



THE RULES OF THE PERFECT VEGAN DISH



Discover how to balance your vegan meals for a nutritious and well-rounded diet.



a healthy dish base VEGETABLES (50%)

Vegetables should make up half of your plate, offering a wide range of essential vitamins, minerals, and fibres. Choose a mix of leafy greens (spinach, rocket), colourful vegetables (peppers, carrots), and cruciferous vegetables (broccoli, cauliflower).

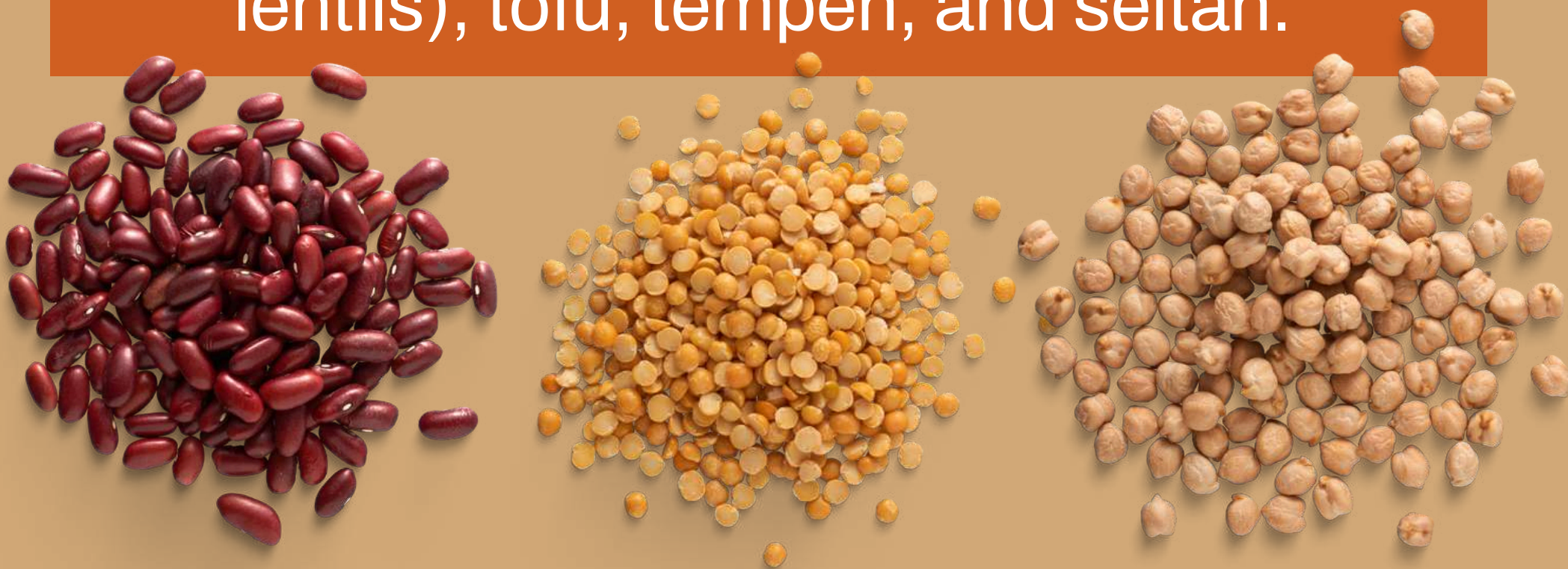


PLANT-BASED PROTEINS (20%)



Proteins are essential for maintaining and repairing tissues.

In a vegan diet, there are plenty of protein-rich options that can be added to your dish, such as legumes (beans, lentils), tofu, tempeh, and seitan.





WHOLE GRAINS (25%)



Whole grains are key to providing long-lasting energy and fibre, which aid digestion and help regulate blood sugar levels. You can opt for brown rice, quinoa, farro, barley, or oats.





PLANT-BASED FATS (5%)

Healthy fats are crucial for the absorption of fat-soluble vitamins and for heart health. Vegan sources of healthy fats include nuts and seeds (almonds, walnuts, chia seeds, flaxseeds), avocados, and plant-based oils (olive oil, flaxseed oil).





a sweet touch FRUIT



Fruit can add a natural sweetness and extra nutrients to your meal. It's an excellent source of vitamins, minerals, and fibre. Eating a variety of fruits ensures a balanced intake of these essential nutrients.





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