

### Sample Vegan Dinner Menu Ideas

**Classic - No-Meat, Veggies and Potatoes – (with a fruit shortcake for dessert!)** (totals: 700 calories, 125g carbs, 45.5g protein, 16.8g fat)

- 2 servings of Gardein beefless tips
- 2 cups fresh steamed mixed vegetables (or frozen if nothing else)
- 1 medium-size baked potato, salt and pepper to taste, and (1 tsp. vegan butter – optional)
  
- **(Dessert)** : 1 cup fresh fruit (of your choice, or mix it up), and 4-5 tbsp vegan whipping cream – and enjoy!  
(Annie's Organic Flaky Biscuit optional, add (3g protein, 26g carbs, 6g fat, and 170 calories)

**More to come, but while I gather more info to update here, try the Menu Idea above.**

**Come back soon!!**