

Healthy What Vegans Eat

Go Vegan!

- 🔥 Vegetable/Fats - 45%
- 🔥 Fruit - 20%
- 🔥 Grains - 10%
- 🔥 Vegan Packaged Food - 10%
- 🔥 Sprouts - 10%
- 🔥 Seaweed/Algae - 5%

Basically, eat a wide variety of fruit, veg, and healthy fats.

