

# 130 Recipes To Get Healthy & Lose Weight With Fruitarian Meal Plan Vegan Diet

Are you tired of following diets that require you to restrict yourself from enjoying food? Are you looking for a sustainable way to get healthier and shed those extra pounds? Look no further! With the Fruitarian Meal Plan Vegan Diet, you can achieve your health goals while enjoying a variety of delicious and nutritious recipes.

## **The Fruitarian Meal Plan Vegan Diet: What is it?**

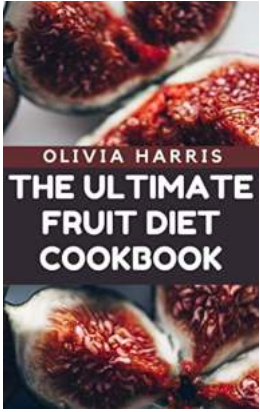
The Fruitarian Meal Plan Vegan Diet is a plant-based diet that primarily focuses on consuming whole fruits and vegetables in their natural state. This diet is not only nutrient-rich but also promotes weight loss and overall well-being. By incorporating a wide range of fruits, vegetables, nuts, and seeds, you can easily meet your daily nutritional needs while enjoying a colorful and diverse meal plan.

## **130 Recipes for a Healthy and Delicious Journey**

In this article, we bring you a collection of 130 mouth-watering recipes that will make your Fruitarian Meal Plan Vegan Diet a delightful experience. From breakfast options to wholesome lunch and dinner ideas, and even delectable desserts, we've got you covered. Get ready to explore new flavors, indulge in natural sugars, and boost your health along the way.

**The Ultimate Fruit Diet Cookbook: 130+ Recipes To Get Healthy, Lose Weight, With A Fruitarian Meal Plan (Vegan Diet, Plant Based Whole Foods, High Carbohydrate, Low Fat)**

by Tracey Medeiros (Kindle Edition)



★ ★ ★ ★ ☆ 4.6 out of 5  
Language : English  
File size : 354 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 41 pages  
Lending : Enabled



### 1. Breakfast Recipes:

- Tropical Fruit Bowl: A refreshing blend of fresh tropical fruits like mango, pineapple, and papaya.



- Green Smoothie Bowl: A nutritious mix of spinach, kale, banana, and plant-based milk topped with your favorite fruits and seeds.



- Fruity Oatmeal: A warm bowl of oats cooked in almond milk, topped with berries and a sprinkle of cinnamon.





## 2. Lunch Recipes:

- Rainbow Salad: A colorful mix of fresh vegetables like bell peppers, cherry tomatoes, carrots, and avocado topped with a tangy lime dressing.

# Meal Plan #1 - Whole Plant Foods

For recipes - [www.thespiritdiary.blogspot.com.au](http://www.thespiritdiary.blogspot.com.au)

**AFTER WAKING UP:** HOT WATER W/ HALF SQUEEZED LEMON



**BREAKFAST:** CHOC BANANA SMOOTHIE\* - WATER, BANANA, BLUEBERRIES, CACAO, SPINACH



**SNACK:** MEDJOOOL DATES



**LUNCH:** LUNCH BOWL\* - BLACK BEANS, SWEET POTATO, BRUSSELS SPROUTS, HUMMUS & TAHINI LEMON SAUCE



**SNACK:** DATE, OATMEAL AND WALNUT BALL\*



**DINNER:** MUSHROOM STIR-FRY\* - MUSHROOMS, ONION, BEANS, BROCCOLI, SPINACH, CHILI, UDON NOODLES



**DESSERT:** NICECREAM WITH CARAMEL SAUCE- BANANA, MEDJOOOL DATES



Hello! I lost 12kg (26lb) in 3 months with no exercise just by eating whole foods only. I'm learning something new every day and would love you hear from you. You can contact me through my blog anytime.

\* recipe on blog at [www.thespiritdiary.blogspot.com.au](http://www.thespiritdiary.blogspot.com.au)

- Quinoa Stuffed Bell Peppers: Bell peppers filled with a delicious mixture of quinoa, black beans, corn, and spices.



- Sweet Potato and Chickpea Curry: A hearty and flavorful curry made with sweet potatoes, chickpeas, and aromatic spices.





### 3. Dinner Recipes:

- Zucchini Noodles with Tomato Sauce: Spiralized zucchini noodles served with a homemade tomato sauce packed with herbs and spices.





- Lentil and Vegetable Stir-fry: A protein-packed stir-fry featuring lentils, broccoli, bell peppers, and other colorful vegetables.



- Sweet and Sour Tofu: Crispy tofu cubes coated in a tangy sweet and sour sauce, served with steamed rice.



#### 4. Dessert Recipes:

- Mixed Berry Chia Pudding: A creamy and indulgent dessert made with chia seeds, plant-based milk, and a medley of mixed berries.





- Vegan Chocolate Mousse: A rich and velvety chocolate mousse made with avocado, cocoa powder, and a touch of sweetness.



- Coconut Bliss Balls: A bite-sized treat made with dates, coconut, and nuts, perfect for satisfying your sweet cravings.



## **Benefits of the Fruitarian Meal Plan Vegan Diet**

The Fruitarian Meal Plan Vegan Diet offers numerous health benefits, including:

- **Weight Loss:** As the diet is low in processed foods and high in fiber, it can aid in weight loss and enhance metabolism.



- **Improved Digestion:** The high fiber content in fruits and vegetables promotes healthy digestion and prevents constipation.
- **Lower Risk of Chronic Diseases:** By eating a wide variety of fruits and vegetables, you can reduce the risk of chronic diseases such as diabetes, heart diseases, and certain cancers.
- **Increased Energy Levels:** The natural sugars found in fruits provide a steady source of energy, and the diet's nutrient-dense nature boosts overall vitality.
- **Enhanced Skin Health:** The abundance of vitamins, minerals, and antioxidants in fruits and vegetables can support healthy skin and a youthful complexion.

Embark on a healthy and delicious journey with the Fruitarian Meal Plan Vegan Diet. With 130 recipes to choose from, you'll never run out of options to keep your taste buds satisfied while reaching your health and weight loss goals. Start your transformation today and enjoy the benefits of this nutrient-rich lifestyle!



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Harness The Power Of The Fruit Diet!

Lose Weight, Boost Your Energy Levels & Feel Fantastic

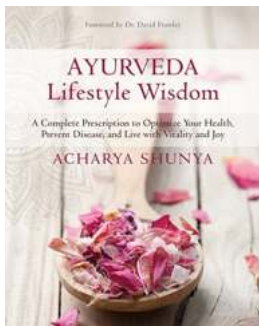
Are You Ready To Improve Your Life With The Fruit Diet? If So You've Come To The Right Place...

Here's A Preview Of What This Fruitarian Diet Book Contains...

- An Overview of Fruitarianism
- The Beauty of Being a Fruitarian
- Is The Fruitarian Diet Right For You? Here's Who Will Benefit Most...
- The Select Few Who Should Not Implement A Fruit Based Diet \*\*Must Read\*\*
- The Typical Fruitarian Diet
- Simple Fruits Explained
- Compound Fruits Explained
- Nuts & Seeds - A Necessity For The Fruitarian?
- Transitioning To the Fruitarian Diet Correctly
- Understanding the Different Fruitarian Diets (Survivor, Modern etc.)

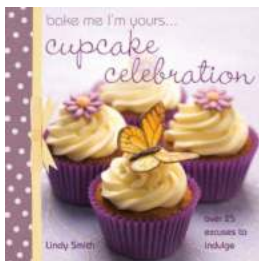
- Developing Your New Meal Plan
- A Plethora Of Fruitarian Diet Recipes For You To Enjoy!
- Buying, Storing, and Preserving Fruits
- And Much, Much More!

Download Your Copy Now And Let's Get Started!



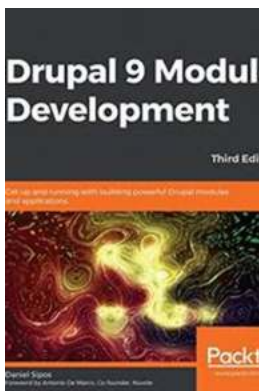
## Unlock the Complete Prescription To Optimize Your Health, Prevent Disease, And Live With Power

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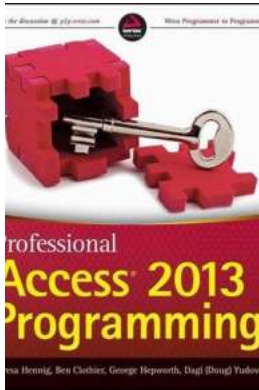
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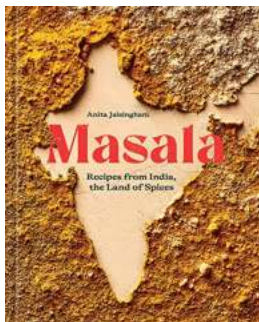
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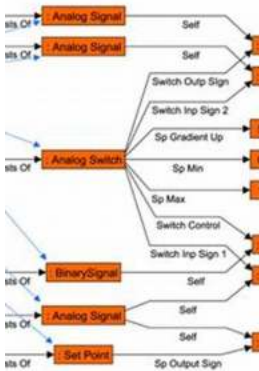
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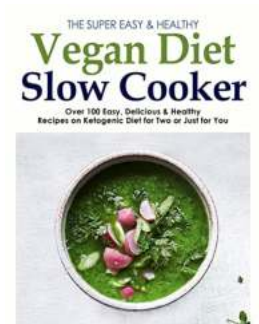
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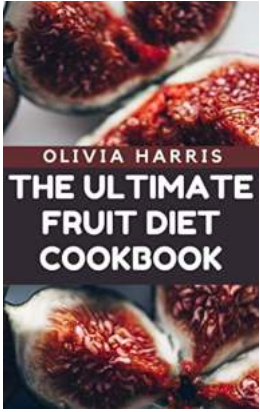
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