

supravegan

Beyond Veganism

Today's 6 Checks:

■ Greens

2+ cups

■ Beans/Lentils

1.5 cups

■ Berries

1/2 cup

■ Cruciferous

1 serving

■ Onions/Garlic

generous

■ Mushrooms, cooked

1/2 cup

+ Flax (1 tbsp)

No oil. No boxes. No shaker.