

Bill Clinton's Vegan Diet

I'm a 41 year old male with a history of heart disease in my family. So, I decided to consider Bill Clinton's vegan diet. After all, the former President of the United States, who suffers from heart disease, must have the best nutritionist and doctor on the planet.

Breakfast: Almond-milk smoothie

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Fresh berries

Nondairy protein powder

Chunk of ice

Lunch

Green salad

Beans

Dinner (Options)

quinoa

Incan super-grain

Broccoli

Veggie burger

Whipped cauliflower (His Favorite)

Proteins (Once per week) maintain iron, zinc and muscle mass.

Organic salmon

Omega-3-fortified eggs

Dessert

Fruit

Snacks

Nuts

Hummus and veggies

Exercise

Golf (No cart)

Walks 2-3 miles per day

Weights and uses an exercise ball

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