

3-Day Plant-Based Dinner & Dessert Menu for Elderly People

Day 1

Dinner: Tofu and vegetable stir-fry with brown rice

-> Calories: 450 | Protein: 20g | Fiber: 8g | Calcium: 300mg

Dessert: Chia pudding with almond milk and sliced strawberries

-> Calories: 180 | Fiber: 6g | Omega-3: 3g | Calcium: 150mg

Day 2

Dinner: Baked eggplant with lentil-tomato sauce and quinoa

-> Calories: 480 | Protein: 18g | Fiber: 10g | Iron: 3.5mg

Dessert: Baked apples with cinnamon and chopped walnuts

-> Calories: 200 | Fiber: 4g | Healthy Fats: 5g

Day 3

Dinner: Stuffed zucchini boats with brown rice, black beans, and corn

-> Calories: 460 | Protein: 17g | Fiber: 9g | Magnesium: 85mg

Dessert: Banana 'nice cream' blended with peanut butter

-> Calories: 220 | Protein: 5g | Potassium: 400mg