

- I follow an alternative diet (vegan, vegetarian, etc.). Are these meal plans compatible with my preferences?

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Dr. Axe's meal plans are not specifically designed for vegan/vegetarian preferences, but the recipes are easily modified. The "Nourishing Foods" list along with the meal plans provide a vital guide for *all* dietary lifestyles. Dr. Axe does include some recipe suggestions for Vegans but all of the plans can be altered to fit your lifestyle.
