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

- [x] Almond-milk smoothie
- [x] Fresh berries
- [x] Nondairy protein powder
- [x] Chunk of ice

Lunch

- [x] Green salad
- [x] Beans

Dinner (Options)

- [x] quinoa
- [x] Incan super-grain
- [x] Broccoli
- [x] Veggie burger
- [x] Whipped cauliflower (His Favorite)

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

- [x] Organic salmon
- [x] Omega-3-fortified eggs

Dessert

- [x] Fruit

Snacks

- [x] Nuts
- [x] Hummus and veggies

Exercise

- [x] Golf (No cart)
- [x] Walks 2-3 miles per day
- [x] Weights and uses an exercise ball

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