Lizzo Feels “Very Lit” on Her New Vegan Diet

The singer shared her new plant-based regimen for a healthier lifestyle with fans on social media.

July 2, 2020 By Alicia Green

Grammy Award winner Lizzo is the latest superstar to advocate for veganism. In a series of TikTok videos, the 32-year-old singer showed her 8.8 million followers examples of what she’s been putting on her plate since she started her new diet, People reports.

“As a new vegan, I’m enjoying exploring flavors from plants & plant-based proteins!” she wrote in a caption for a recent video. “Every journal is personal & deserves to be celebrated.”

@lizzo

???? as a new vegan im enjoying exploring flavors from plants & plant based proteins! Every journey is personal & deserves to be celebrated

♬ Wii - Mii Channel - Super Guitar Bros

Lizzo shared examples of foods she’s had for breakfast, lunch and dinner. Although she stressed that those dishes aren’t part of her everyday routine, she noted they represent a “pretty average” day’s worth of meals.

Usually, she begins her day by indulging in a green breakfast smoothie made with coconut water, kale or spinach, and frozen fruit. Lunch might consist of a kale salad with red cabbage, broccoli, seasoned avocado, white onions and carrots, while dinner might be a truffle-chickpea-mushroom ball with quinoa and salad followed by a peanut butter jelly smoothie containing frozen strawberries, oats, oat milk, vanilla protein powder and “love from Jesus” for dessert.

Lizzo shared that the hardest part about going vegan has been giving up her favorite eats as well as finding new foods to help satisfy cravings when she's hung over. She's also given up hot Cheetos, she said, because the snack negatively affected her acid reflux. But she's found a plant-based alternative called Lesser Evil Paleo Puffs.

"I used to crave cheesy eggs, so here is my substitute for craving when you're hungover," she said in another video that featured her vegan breakfast scramble using an egg alternative and layers of a carne asada bean and corn mixture with spinach and vegan cheese.

@lizzo

Might do a what I eat in a day vid because I feel like us fat queens need to represent ????

♬ original sound - lizzo

In addition, Lizzo revealed how she gets her vegan bacon nicely crunchy and candied: She cooks the meat substitute in maple syrup. The singer admitted that the results might not look very good but sure cures her hangovers.

Besides this new diet that's part of her journey to a healthier life, Lizzo also cycles and jumps rope among other activities.

During her video workouts, Lizzo asks people to stop body shaming others.

"Hey, so I've been working out consistently for the last five years and it may come as a surprise to some of y'all that I'm not working out to have your ideal body type. I'm working out to have my ideal body type," she said in one video clip. "And you know what type that is? None of your f------ business because I am beautiful, I am strong, I do my job and I stay on my job."

For related coverage, read "Beyoncé and Jay-Z Advocate for Veganism" and "More Proof That Plant-Based Diets Can Improve Heart Health."

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