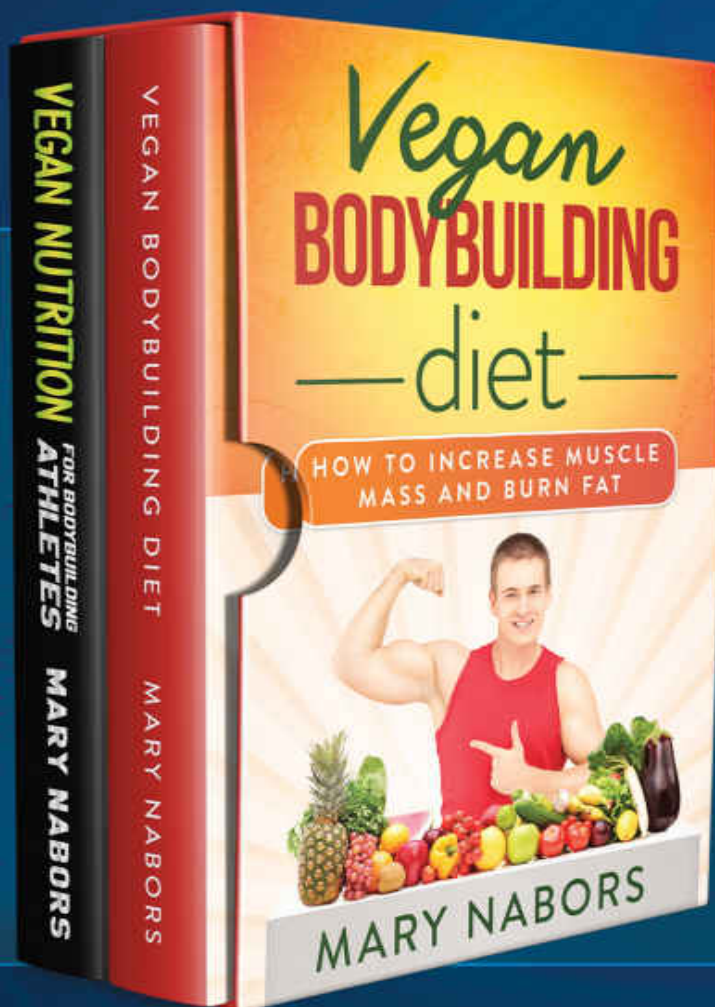


# ***BODYBUILDING*** *Diet*

**2  
BOOKS  
IN 1**



**VEGAN BODYBUILDING  
DIET—HOW TO  
INCREASE MUSCLE  
MASS AND BURN FAT  
+ VEGAN NUTRITION  
FOR BODYBUILDING  
ATHLETES—BIGGER,  
LEANER, AND  
STRONGER THAN  
EVER**

**MARY NABORS**

# VEGAN BODYBUILDING DIET

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# How to Increase Muscle Mass and Burn Fat

**Mary Nabors**

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[I don't think anyone has complained about a vegan diet that doesn't provide enough carbohydrates - carbohydrates are almost ubiquitous in plant foods. Complex carbohydrates such as whole grains, tubers, and starch are currently a good basis for carbohydrate intake: Rice, quinoa, potatoes.](#)

[These are an excellent choice due to their high starch content and both soluble and insoluble fibers. That said, it helps you feel full and digest slowly, without causing blood sugar spikes.](#)

[Some processed, refined carbohydrates such as pasta, bread, and flour-based foods are also acceptable in moderate amounts. Even processed carbohydrates such as cakes, cookies, and sweet grains can be included in small amounts in a healthy vegan diet.](#)

[Here is a list of high healthy complex carbohydrates:](#)

- [Sweet potato and mountain MS](#)
- [White potato](#)
- [Brown rice](#)
- [Legumes, i.e., lentils, and beans](#)

- [Quinoa](#)
- [buckwheat](#)
- [Oatmeal](#)
- [Whole grain pasta](#)

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#### [WHAT IS VEGAN?](#)

[Personalities who do not consume or manage mammal commodities.](#)

[Vegetarianism is a practice of avoiding the use of animal products, especially in nutrition, and a related philosophy that rejects the status of animal products. Dieters and philosophers are known as vegans. You can differentiate between several vegan categories.](#)

[The phrase "vegan" was invented in 1944 by a meagre group of vegetarians they left the Leicester Vegetarian Society in the United Kingdom and established the Vegan Association.](#)

[Like vegetarians, in addition to withholding meat, they have chosen not to consume dairy products, eggs, or other products of animal origin.](#)

[The term "vegan" was chosen by combining the first and the last letter of "vegetarian".](#)

[Veganism is currently determined as a way of life that judges to exclude all forms of animal exploitation and brutality.](#)

[Vegetarianism is a lifestyle that aims to eradicate all mammal products and limit the exploitation of animals as much as possible.](#)

#### [BENEFITS OF VEGAN](#)

#### [WHY DO PEOPLE GO VEGAN?](#)

[Vegans typically avoid animal products for one or more of the following reasons:](#)

[Ethics](#)

[Health](#)

[Environment](#)

#### [WHAT IS VEGAN BODYBUILDING?](#)

[For aesthetic reasons, bodybuilders conduct intensive strength training and strive to build muscle tissue.](#)

[Nutrition plays an essential role in the process of building muscle. It is generally accepted that protein intake is quite high at around 0.7 to 1.0 grams per pound of body weight per day \(1.6 to 2.2 grams/kg\) for optimal muscle growth to occur.](#)

[10-20% additional calories are also beneficial for building muscle mass. This is particularly useful for those who are new to training.](#)

[Traditional bodybuilding diets contain many animal foods due to their high protein and calorie content.](#)

[Vegan bodybuilding diets do not contain all animal products and are higher in protein than conventional vegan diets.](#)

[This is a challenge for bodybuilders after a vegan diet since vegetable proteins are usually of lower quality than animal proteins and can affect muscle building.](#)

[Therefore, careful planning is required to ensure adequate intake of protein, calories and some micronutrients that may not be included in the vegan diet.](#)

[Vegan bodybuilding diets change in different phases of a bodybuilder's life, even if body fat is often reduced in the off-season and prepared for competitions.](#)

[Vegan bodybuilding diets are rich in fruits, vegetables and vegetable proteins. It excludes all animal products and usually contains more protein than traditional vegan foods.](#)

[WHAT IS VEGAN BODY BUILDING AND NUTRITION?](#)

[CATAGORIES:](#)

[HEALTH AND FITNESS IN VEGAN BODYBUILDING](#)

[6 SCIENCE-BASED HEALTH BENEFITS OF EATING VEGAN](#)

[Vegan diets help you lose weight.](#)

[However, they also offer a number of additional health benefits.](#)

[First, a vegan diet helps maintain a healthy heart.](#)

[In addition, this diet can provide protection against type 2 diabetes and certain types of cancer.](#)

[1. A VEGAN DIET IS RICHER IN CERTAIN NUTRIENTS](#)

[Switching from a typical western to a vegan diet eliminates meat and animal products.](#)

[This means that you are necessarily more dependent on other foods. For whole vegan foods, the alternatives are in the form of whole grains, fruits, vegetables, beans, peas, nuts and seeds.](#)

[Since these foods make up a more significant part of the vegan diet than typical Western diets, they can contribute to a higher daily intake of certain useful nutrients.](#)

[For example, some studies have reported that vegan diets tend to contain more fibre, antioxidants, and beneficial phytonutrients. It also appears to be rich in potassium, magnesium, folic acid, vitamins A, C and E.](#)

[Nonetheless, not all vegan foods are the same.](#)

[For example, a poorly planned vegan diet may contain insufficient amounts of essential fatty acids, vitamin B12, iron, calcium, iodine or zinc.](#)

[Therefore, it is essential to avoid vegan options in low-nutrient fast foods. Instead, focus your diet on whole nutrient-rich plants and fortified foods. You can also consider supplements like vitamin B12.](#)

[Vegan entire foods are generally higher for certain nutrients. However, make sure you get all the nutrients your body needs.](#)

[2. IT CAN HELP YOU LOSE EXCESS WEIGHT](#)

[More and more people are relying on plant foods in the hope of losing weight.](#)

[There is probably a good reason for this.](#)

[Numerous observational comparisons show that vegans manage to be thinner and have a lower body mass index \(BMI\) than non-vegans.](#)

[In addition, some randomized controlled trials - the gold standard for scientific research - report that vegan diets are more effective in reducing weight than comparable diets.](#)

[Interestingly, participants on a vegan diet weighed less than participants on a reduced-calorie diet, even if they were allowed to eat until the vegan group was full.](#)

[In addition, a recent small study comparing the weight loss effects of five different diets concluded that vegetarian and vegan, as well as standard semi-vegetarian and western diets, were accepted.](#)

[Even if you haven't followed your diet completely, the vegetarian and vegan groups will lose slightly more than a standard Western diet.](#)

[Vegan diets tend to naturally reduce calorie intake. This will help promote weight loss without actively reducing calories](#)

[3. IT APPEARS TO LOWER BLOOD SUGAR LEVELS AND IMPROVE KIDNEY FUNCTION](#)

[Switching to vegan also has benefits for type 2 diabetes and decreased kidney function. In fact, vegans tend to have low blood sugar, high insulin sensitivity, and up to 50-78% reduced risk of type 2 diabetes.](#)

[Studies have shown that vegan diets in diabetics even lower blood sugar levels than diets from the American Diabetes Association \(ADA\), the American Heart Association \(AHA\) and the National Cholesterol Education Program \(NCEP\).](#)

[In one study, 43% of participants who followed a vegan diet reduced their hypoglycemic dose, while only 26% of ADA participants recommended a diet.](#)

[Other studies have reported that diabetics who use meat instead of vegetable protein may reduce the risk of kidney dysfunction.](#)

[A vegan diet can reduce the risk of type 2 diabetes. It is also particularly effective in lowering blood sugar levels and can help prevent further medical problems from occurring.](#)



#### 4.A VEGAN DIET MAY PROTECT AGAINST CERTAIN CANCERS

#### 5. IT'S LINKED TO A LOWER RISK OF HEART DISEASE

- : Eating fresh fruits, vegetables, legumes, and fiber reduces your risk of heart disease.
- : All of this is usually fed in large quantities with well-planned vegan diets.
- : Observational studies are comparing vegetarians to vegetarians and the general population report that vegetarians can benefit by reducing their risk of developing high blood pressure by up to 75%.
- : Vegans can reduce the risk of dying from heart disease by up to 42%.
- : Besides, several randomized controlled trials have reported that vegan diets significantly lower blood sugar, LDL cholesterol and total cholesterol levels than comparable foods.
- : This is particularly beneficial for heart health because lowering high blood pressure, cholesterol and blood sugar reduces the risk of heart disease by up to 46%.
- : Vegans also consume more whole grains and nuts compared to the general population. Both are good for your heart.
- : Vegan diets can improve heart health by significantly reducing the risk factors that contribute to heart disease.

#### 6. A Vegan Diet Can Reduce Pain from Arthritis

#### DIETS AND NUTRITION IN VEGAN BODYBUILDING

Vegan bodybuilding diets usually contain many of the following foods:

- : beans and legumes. These provide an excellent source of protein and fiber.
- : Hemp, flax, sunflower, chia seeds. They contain significant amounts of protein and omega-3.
- : Quinoa and Amaranth. These two pseudo particles provide a complete source of protein.
- : Meat substitute. These products, which look like meat, are usually made from soy or pea protein.
- : Soy products. Examples include tofu, tempeh, edamame, soy milk, soy protein powder.
- : Vegetable milk and yoghurt enriched with calcium. These fortified products help vegans meet their daily calcium and vitamin D needs.
- : Spirulina. These turquoise algae contain many proteins as well as some vitamins and minerals.
- : Vegan protein powder. The best strains are usually made from a combination of protein sources such as peas, hemp, and brown rice.
- : nutritional yeast. Nutritional yeasts that are used to use their flavour in vegan cooking are usually fortified with vitamin B12.
- : Sprouted grain bread. These provide an excellent source of protein and complex carbohydrates.
- : oats. Oatmeal and oats offer substantial amounts of protein and useful fiber per serving.
- : fruits and vegetables. This is an integral part of the vegan diet.
- : Whole grains and cereals. They are an excellent source of protein, B vitamins and fiber.
- : Nuts and nut butter. Combined with other complementary proteins, it is an excellent source of protein. They are also a good source of healthy fats.
- : Tahini. This sesame paste provides enough fat and a small amount of protein per serving.
- : Healthy oils. Oils like olives, avocados and hemp seeds are excellent sources of healthy fats and some essential omega-3 fatty acids.
- : Vegan dark chocolate. Vegan dark chocolate, rich in antioxidants, contains essential vitamins and minerals such as calcium, iron, potassium, magnesium, vitamins A, B and E.

#### Dietary supplements

- : One of the several significant complements to examine is vegan protein powder. This way, you can achieve the recommended protein intake levels for bodybuilding while staying within a specific calorie range.
- : There are many vegan protein powders such as soy isolate, peas, hemp, brown rice. It's best to find a powder that contains some ingredients to make sure you get all of the essential amino acids.
- : One of the other possibly helpful supplements is a vegan multivitamin that contains a sufficient amount of nutrients that are usually missing in vegan diets, such as calcium, iron, zinc, vitamins B12 and D.
- : Other supplements to consider include creatine and beta-alanine. These two well-studied compounds naturally occur in meat products and are prepared in vegan-friendly variations. They can perform a role in potential metabolism and muscle building.

- : [Dietary supplements are not essential for a vegan diet but can reduce the possibility of malnutrition and optimize nutrition for bodybuilding purposes.](#)
- : [Vegan bodybuilding diets are based on some nutritious whole foods. Dietary supplements can also play an important role in supplementing nutrients that may be missing in the diet.](#)

#### [Foods to avoid](#)

[Vegan bodybuilding diets tend to avoid or limit the following foods:](#)

- : [animal feed. Meat, fish, poultry, milk, egg and bee products are not part of the vegan diet. Certain animal additives found in some foods also fall into this category.](#)
- : [Foods that may not be suitable for vegans. Products such as bread, fried foods, sweets, potato chips, and dark chocolate can contain animal ingredients.](#)
- : [Vegan junk food. Sweets, ice cream, and some vegan protein bars usually contain a lot of refined sugar and calories and need to be restricted.](#)
- : [Simulated meat and cheese. These tend to be processed and can contain additives. They also tend to provide fewer nutrients than whole foods. Therefore, these products must be restricted. Vegan diets are usually based on non-animal whole foods. There are some foods you should consider when starting a diet. Some contain traces of animal ingredients, while others do not have a healthy nutritional profile.](#)

#### [BENEFITS:](#)

##### [POTENTIAL BENEFITS OF VEGAN BODYBUILDING DIET](#)

- : [Possible benefits of the vegan bodybuilding diet](#)[Vegan diets have some potential health benefits.](#)

##### [REDUCES HEART RISKS](#)

- : [People who eat vegan seem to have a significantly lower risk of developing heart disease.](#)
- : [This may be anticipated in part to a decrease in saturated fat and cholesterol intake and an increase in fiber and various plant compound intake.](#)
- : [Vegans traditionally have lower blood pressure and lower total and LDL \(bad cholesterol\) levels than the general population.](#)
- : [In addition, vegan bodybuilding diets are rich in fruits and vegetables and contain a good amount of fiber. A high fiber intake reduces the occurrence of strokes and heart diseases.](#)

##### [CAN PROMOTE A HEALTHY BODY WEIGHT](#)

- : [Vegan dieters usually have a lower body mass index \(BMI\) than traditional Western dieters, which reduces the risk of some disease factors.](#)
- : [A 16-week study examined the effects of vegan diets on 75 overweight people. The vegan diet was found to improve body weight, body fat mass and insulin resistance markers more effectively than the control diet.](#)
- : [If you start your bodybuilding journey with a little weight loss, a vegan diet can be beneficial in this regard.](#)

##### [MAY PROTECT AGAINST CERTAIN CANCERS](#)

- : [Finally, different amounts of red meat are associated with a higher risk of colon cancer.](#)
- : [Subsequently, various levels of processed red meat have been linked to a higher risk of colorectal cancer. This increased risk does not apply after vegan dieting.](#)
- : [Vegan bodybuilding diets are rich in fruits and vegetables and can provide some health benefits, such as promoting a healthy weight, including lowering the risk of heart disease and cancer.](#)

##### [TIPS FOR VEGAN BODYBUILDING AND NUTRITION](#)

##### [HOW MANY CALORIES YOU NEED?](#)

##### [MACRONUTRIENT BREAKDOWN](#)

##### [HOW DOES MY BODY USE MACROS?](#)

- : [Why should I track macros and not calories?](#)
- : [How do I know my macronutrient breakdown?](#)

##### [VARIETY OF VEGAN PROTEIN SOURCES](#)

- : [Here are 17 plant foods that contain large amounts of protein per serving.](#)

##### [1. Seitan](#)

- : [Seitan is also an excellent source of selenium and contains small amounts of iron, calcium and phosphorus.](#)

- : [You can find this meat alternative in the refrigerated area of most health food stores or use this recipe to create your own version with important wheat gluten.](#)
- : [Seitan can be fried, roasted or grilled in a pan. Therefore, it can easily be integrated into various recipes.](#)
- : [Seitan should be avoided by people with celiac disease or sensitivity to gluten.](#)
- : [Seitan is a slice of simulated meat made from wheat gluten. Its high protein content, meaty texture and versatility make it a popular plant-based protein selection among many vegetarians and vegans.](#)

## [2. Tofu, Tempeh and Edamame](#)

- : [Tofu, Tempe and green soybeans are all made from soybeans.](#)
- : [Soy is considered a complete source of protein. This means providing the body with all the essential amino acids it needs.](#)
- : [Edamame is an immature soybean with a sweet, slightly grassy taste. They must be steamed or cooked before consumption and can be eaten individually or added to soups and salads.](#)
- : [Tofu is made from tofu, which is compressed similarly to cheese making. Tempe is made by boiling ripe soy and fermenting slightly before adding it to the putty.](#)
- : [Tofu is not very tasty, but easily absorbs the taste of the ingredients provided. Relatively, Tempeh has a characteristic nutty taste.](#)
- : [Both tofu and Tempeh can be used in a variety of recipes, from burgers to soups to chili.](#)
- : [All three contain iron, calcium and 10-19 grams of protein \(100 grams\) per 3.5 ounces.](#)
- : [Edamame is also rich in folic acid, vitamin K and fiber. Tempe contains large amounts of probiotics, vitamin B and minerals like magnesium and phosphorus.](#)
- : [Tofu, Tempeh and green soybeans all come from soy, a complete source of protein. It is also rich in some other nutrients and can be used in various recipes.](#)

## [3. Lentils](#)

- : [Eighteen grams of protein lenses \(240 ml\) per cooked cup are an excellent source of protein.](#)
- : [Can is used in a variety of dishes, from fresh salads to savory soups.](#)
- : [Lentils also contain many slowly digested carbohydrates, and a cup \(240 ml\) provides about 50% of the recommended daily allowance.](#)
- : [In addition, it has been shown that the type of fiber in lentils feeds on good bacteria in the colon and promotes a healthy intestine. Lentils also help reduce the risk of heart disease, diabetes, obesity, and some types of cancer.](#)
- : [In addition, lentils are rich in folic acid, manganese and iron. It is also rich in antioxidants and other health-promoting plant substances.](#)
- : [Lentils are a source of food. They are high in protein and contain significant amounts of other nutrients. They can also help reduce the risk of various diseases.](#)

## [4. Chickpeas and Most Varieties of Beans](#)

- : [Kidney, black, focus and most other types of beans contain large amounts of protein per serving.](#)
- : [Chickpea, also called chickpea, is another legume with high protein content.](#)
- : [Both beans and chickpeas each contain about 15 grams of protein \(240 ml\) per cooked cup. It is also an excellent source of complex carbohydrates, fiber, iron, folic acid, phosphorus, potassium, manganese and some useful phytonutrients.](#)
- : [In addition, some studies have shown that a diet rich in beans and other legumes can lower cholesterol, control blood sugar, lower blood pressure, and even lower belly fat.](#)
- : [Add beans to your diet by preparing a delicious bowl of homemade chilly, or sprinkle roasted chickpeas with a little turmeric for additional health benefits.](#)
- : [Beans are protein-filled legumes that promote health, including various vitamins, minerals, and beneficial phytonutrients.](#)

## [5. Nutritional Yeast](#)

### [□ CONSIDER SUPPLEMENTS](#)

- : [Vitamin B12: "Since vitamin B12 is the only vitamin that is not found in plant-based foods, most doctors recommend adding B12 to vegans," says Venus. \(He and Matthews both take B12 supplements\).](#)
- : [Iron: "While iron can be obtained from plant sources such as spinach, beans, and raisins, this form of iron \(called non-heme\) is usually difficult to absorb, so many vegans are deficient. Suffer" to that Increase iron intake.](#)
- : [Vitamin D: A vitamin D deficiency is also common, as it most often occurs in animal foods. In addition, three-quarters of adults have a low vitamin D content](#)

- : [Omega 3: "Chia and flax seeds contain Omega 3, but I still consume vegan algae-based Omega 3," says Matthews.](#)
- : [Before taking the pill, contact your doctor to determine if there is a risk of missing you and work with them to try. We determine which supplements to try," says Moreno.](#)
- : [Branched amino acid preparations](#)

[Another important addition is the branched-chain amino acids. These should be taken, especially before and after training, because they prevent the loss of muscle mass.](#)

- : [Consider refilling iron](#)

[One of the nutrients that can be lacking without eating lean meat is iron. Since iron is involved in the development of red blood cells, there is no risk of hypoxia. This way, you will find that you get tired pretty quickly when you exercise. If you are planning a long-term vegetarian diet, you should add one iron supplement a day.](#)

#### [Vitamin B12](#)

- : [Foods that are often claimed to be rich in vitamin B12 include unwashed organic products, mushrooms, seaweed, spirulina, chlorella, and nutritional yeast grown on B12-rich soils.](#)
- : [Some people think vegans who eat enough of the right plant foods don't have to worry about vitamin B12 deficiency.](#)
- : [Nonetheless, there is no systematic basis for this idea.](#)
- : [Some studies have shown that vegetarians and vegans are at increased risk of deficiency, although everyone can lower vitamin B12 levels. This is especially true for vegans who don't take supplements.](#)
- : [Vitamin B12 is important for many physical processes, such as protein metabolism and the formation of oxygen-bearing red blood cells. It additionally performs an influential role in the health of the nervous system.](#)
- : [Too little vitamin B12 can cause anaemia, damage to the nervous system, infertility and bone and heart diseases.](#)
- : [The recommended daily dose is 2.4 µg per day for adults, 2.6 µg per day for pregnancy and 2.8 µg per day for breastfeeding.](#)
- : [The entirely accurately proven method for vegans to achieve these values is to consume foods fortified with B12 or vitamin B12 supplements. Foods fortified with B12 typically include vegetable milk, soy products, breakfast cereals, and nutritional yeast.](#)
- : [Some plant foods seem to contain the form of vitamin B12 naturally, but there is still debate as to whether this form is effective in humans.](#)
- : [In addition, there is no scientific evidence for unwashed organic products as a reliable source of vitamin B12.](#)
- : [Nutritional yeast contains vitamin B12 only in an enriched form. However, vitamin B12 is sensitive to light and may deteriorate when purchased or in a clear plastic bag.](#)
- : [It is essential to note that vitamin B12 is best absorbed in small amounts. The less you take vitamin B12, the more you have to take it.](#)

#### [2. Vitamin D](#)

##### [3. Long-chain omega-3s](#)

- : [Omega-3 fatty acids can be divided into two categories.](#)
- : [Essential omega-3 fatty acids: α-linolenic acid \(ALA\) is the only essential omega-3 fatty acid. In other words, it can only be taken out of the diet.](#)
- : [Long-chain omega-3 fatty acids: This category includes acids \(EPA\) and docosahexaenoic acid \(DHA\). They are not supposed imperative because your body can make them from ALA.](#)
- : [Long-chain omega-3 fatty hallucinogens play a fundamental role in the intellect and kernels. Proper nutrition can also be important to reduce brain development and the risk of inflammation, depression, breast cancer, and attention deficit hyperactivity disorder \(ADHD\).](#)
- : [Shrubs with a great ALA content incorporate flax grains, chia seeds, pecans, burlap bulbs and soy. EPA and DHA are mainly found in animal products such as oily fish and fish oil.](#)
- : [Once you have enough ALA, you should theoretically maintain adequate EPA and DHA levels. Nevertheless, examination insinuates that the metabolism of ALA to EPA is about 5 to 10%, while the conversion to DHA can be up to 2 to 5%.](#)
- : [In addition, studies consistently show that vegetarians and vegans have lower EPA and DHA blood and tissue concentrations of up to 50% than omnivores.](#)
- : [Greatest fitness professionals agree that 200-300 mg per day is enough.](#)
- : [Vegans can achieve this recommended intake by adding algae oil.](#)
- : [In addition, minimizing the intake of omega-6 fatty acids from oils such as corn, safflower, sunflowers and sesame oil and eating sufficient ALA-rich foods can further increase the EPA and DHA levels. Vegans tend to have low blood and tissue levels of long-chain omega-3 fatty acids. Therefore, they can benefit from an EPA and DHA supplement.](#)

#### 4. Iodine

#### 5. Iron

- : Iron is a nutrient used to make new DNA and red blood cells that carry oxygen into the blood. Necessary for energy metabolism.
- : Too little iron can cause symptoms such as anaemia, fatigue and decreased immune function.
- : The recommended daily dose is 8 mg for adult men and women after menopause. It should be increased to 18 mg per day for adult women and 27 mg per day for pregnant women.
- : Iron comes in two forms, heme and non-heme. Heme is only available from animal products, while non-heme occurs in plants.
- : Since it is easier to ingest heme iron from the diet than non-heme iron, vegans are advised to aim for 1.8 times the normal recommended daily dose. However, more research is needed to determine if such a high intake is required.
- : Vegans with low iron intake should aim to eat iron-rich foods such as cruciferous vegetables, beans, peas, dried fruits, nuts and seeds. Iron-fortified foods like cereals, fortified bread, and some vegetable milk products are even more helpful.
- : Cooking in cast iron pots and pans, avoiding tea or coffee with meals, or combining iron-rich foods with a source of vitamin C can also promote iron absorption. See.
- : The best way to determine if a supplement is needed is to have a doctor check hemoglobin and ferritin levels.
- : The unnecessary intake of food supplements such as iron can damage the cells and inhibit the absorption of other minerals.
- : In very high concentrations, cramps, organ failure and coma can occur and, in some cases, can be fatal. Therefore, it is recommended that you do not supplement unless you really need to.
- : Vegans who don't get enough iron from their diet should consider fortified foods or supplements. However, values that are too high can be harmful, and iron supplements are not recommended for everyone.

#### 6. Calcium

- : Calcium is a mineral that is necessary for the health of bones and teeth. It also represents a part in tissue purpose, nerve signals and heart health.
- : Calcium RDA is set at 1,000 mg per day for most adults and increased to 1,200 mg per day for adults over 50.
- : Vegetable calcium sources are Choy, kale, mustard green, beet green, watercress, broccoli, chickpeas, calcium-fortified tofu, fortified vegetable milk or juice.
- : Libraries, nevertheless, serve to agree that most vegans don't get enough calcium.
- : A comment often heard in the vegan community says that vegans consume less calcium than omnivores because they don't use this mineral to neutralize the acidity that is produced by a meat-rich diet.
- : More research is needed to determine how a meat-free diet affects daily calcium needs. However, there is evidence that vegans who consume less than 525 mg of calcium tend to have a higher risk of breakage.
- : For this reason, all vegans should consume at least 525 mg of calcium a day to achieve a recommended daily dose. If diet and fortified foods alone cannot achieve this, you need to use supplements.
- : Vegans with low calcium intake through food should consider taking daily supplements. This is exceptionally essential for those who receive less than 525 mg a day.

#### 7. Zinc

##### □ CONSUME PLENTY OF FRUITS AND VEGETABLES

- : Vegan and vegetarian diets have become increasingly popular in recent years, and a recent study suggests that up to 3.5 million people cut animal products for environmental, health, and ethical reasons.
- : Countless studies record the myriad benefits of people who eat a lot of fruits and vegetables. However, new analyzes show that eating vegetables has significant health benefits.
- : According to a research by Harvard T. H. at the Chang Health School in Boston, eating lots of healthy fruits and vegetables can reduce the risk of developing diabetes by almost a quarter.
- : A survey of more than 300,000 people analyzed the relationship between plant foods and type 2 diabetes and found that those who consume mainly plant foods get 23% less sick.
- : Researchers say such foods may be due to their abundance of antioxidants that protect against diabetes, while many people have found this insulin (a hormone that controls blood sugar). Improves the sensitivity and reduces weight gain.

##### □ DON'T NEGLECT CHICKPEAS AND LEGUMES

- : For vegetarians trying to build muscle, chickpeas and other legumes are one of the most important sources of protein that need to be studied. They are also excellent low-fat sources of carbohydrates and great snacks before a hard workout.

- Vegetables are a species of shrubs that are technically berries. When dry, it is also called a pulse. Known legumes are beans, peas, chickpeas, lentils, soybeans, peanuts and alfalfa. They have the unique ability to coexist with nitrogen-fixing bacteria to provide a reliable digestible source of plant proteins.
- For example, cooking 100 grams of chickpeas gives 18% of the daily protein value, 30% of the daily fiber, 43% of the daily folic acid intake and 52% of the trace element manganese. It is also rich in resistant starch and fuels intestinal bacteria, producing short-chain fatty acids like butyric acid, which are beneficial for a healthy intestine. Legumes are grown for human consumption and are also an essential source of nutrients for farm animals.

#### LEGUMES AND CARDIOVASCULAR HEALTH

- SWAP RICE FOR QUINOA
- UTILIZE SOY PROTIEN POWDERS
- It is very advisable to use protein powder if you otherwise eat animal by-products and soy protein powder. These can dramatically increase your protein intake and are quick and convenient when needed. They are undoubtedly "essential" in your daily diet as long as you make sure you mix them with other sources of protein.
- AVOID A HEAVEY RELAINCE ON PROCESSED FOODS
- KEEP YOUR WORKOUTS SHORT BUT INTENSE
- If you want to train as a vegetarian, you should aim for short, intensive training. This prevents the loss of muscle mass and prevents your body from relying on protein to complete these workouts. If you have had a very long training session, your protein requirements will be very high, which can make it more challenging to eat a vegetarian diet.
- UTILIZE EGG WHITE
- Protein contains essential vitamins such as A, B-12 and D. One of the essential vitamins is riboflavin, also called vitamin B2, which is needed to prevent various diseases such as age-related macular degeneration, cataracts and migraines.
- BE SURE TO VARY YOUR FOOD CHOICES
- Also, make sure that you take the time to change the food in your diet. As a vegetarian, you may be attracted to the same food over and over again. If possible, try to prevent this. Ensuring wider varieties helps prevent malnutrition and bring good luck o your diet program.
- MAKE USE OF TEMPEH
- Another protein source that is very beneficial for vegetarians is tempeh. This is often overlooked. Now find a creative way to improve your diet. Many people prefer this over tofu. This is the other main vegetarian option.
- Tempe is made from soy, but different beans, whole grains and spices are often added.
- CONSIDER GOING LACTO-OVOVEGETARIAN
- One thing that you may want to consider and that is very much based on your personal belief that you are a Lacto-Ovo vegetarian. This means that both eggs and dairy products are included in the diet. This dramatically increases your protein options by adding eggs and protein, cottage cheese, yoghurt, cheese, and milk. It will definitely make your life as a vegetarian bodybuilder easier.

#### Benefits

- Studies have shown that a carefully planned and balanced lacto-ovo-vegetarian diet can help your health in many ways.
- MAY HELP PREVENT TYPE 2 DIABETES
- CAN SUPPORT HEALTHY WEIGHT LOSS
- IMPROVES HEART HEALTH
- Consuming beef, several varieties of grease and processed carbohydrates has long been associated with arteriosclerosis. This can form plaque in the arteries and lead to heart disease.
- Vegetarian diets have been shown to reduce and even reverse the risk of coronary artery disease. This is especially true when the amount of animal feed is limited, e.g. B. on a vegetarian Lacto-ovo diet.
- Plant-based diets have been shown to improve cardiac blood flow, improve vascular health, and lower blood pressure. All of this can reduce the risk of heart disease.
- MAY REDUCE CANCER RISK
- MAY LOWER GALLSTONE RISK













## **ABOUT VEGAN DIET**

Many people consider vegetarianism and bodybuilding to be mutually exclusive. Well, they're wrong. You can absolutely do both. However, you need to know what you are doing. One reason why vegan bodybuilding is faced with a modern bum rap is that it is more confusing than traditional omnivorous approaches. For this reason, research has shown that omnivores tend to have more muscles than vegetarians. There are also some nutritional myths that are common among vegans, making muscle building particularly tricky.

### **The conclusion is:**

Failure to understand and correct the deficiencies and limitations of vegan nutrition related to bodybuilding can lead to disappointing results. But if you do it and plan and adjust accordingly, you can build muscle, lose fat, and become stronger. Learn about the most common mistakes vegans make when building muscle and how to get the most out of training with vegetable fuels.



## WHAT IS A VEGAN BODYBUILDING DIET?

For aesthetic reasons, bodybuilders conduct intensive strength training and strive to build muscle tissue. Nutrition plays an important role in the process of building muscle. For optimal muscle growth, it is generally believed that protein intake is fairly high at around 0.7 to 1.0 grams per pound per day (1.6 to 2.2 grams/kg). An excess of 10 to 20% of calories can also help build muscle, especially for those new to training. Traditional bodybuilding diets contain many animal foods due to their high protein and calorie content.

Vegan bodybuilding diets contain no animal products and contain more protein than conventional vegan diets. This is a challenge for bodybuilders after a vegan diet since vegetable proteins tend to be of lower quality than animal proteins and can affect muscle building. Therefore, careful planning is required to ensure adequate intake of protein, calories, and some micronutrients that may not be included in the vegan diet. Vegan bodybuilding diets change in different phases of a bodybuilder's life, e.g., B. in the off-season or when preparing for competitions where body fat is often lost.



## **SOME IMPORTANT KEY POINTS**

- 1) Many vegans have difficulty building muscle because it is difficult to eat enough high-quality protein. This can be solved by eating more suitable plant protein.
- 2) Vegans must also have sufficient omega-3 fatty acids, vitamin B12, vitamin D, and other nutrients from a variety of foods and nutritional supplements.
- 3) The most effective way to make vegan bodybuilding work is to create a vegan bodybuilding diet plan. Read on to learn how!

## HOW TO IMPLEMENT THE DIET

Implementing a vegan diet may seem very easy, but ensuring complete nutrition requires considerable planning. Vegan bodybuilding diets include several staple foods on which much of the diet is based. Many vegan recipes require some products. To start a vegan bodybuilding diet, it is beneficial to plan a 5-7-day meal to ensure all the ingredients. If you are moving from a traditional diet, it may be helpful to slowly add more vegan foods to your normal diet before you switch completely.



## **THE TRUTH ABOUT PROTEIN AND VEGAN BODYBUILDING**

Decades of anecdotal and scientific knowledge of muscle building have shown that certain elements of nutrition and training are more important than others.

For example, if you want to maximize muscle growth.

- You want to make sure you don't run out of calories.
- You want to gradually strain the muscles.
- You want to focus on combined exercises.
- You want to restrict the cardiorespiratory function.
- You want to eat many carbohydrates.
- And you want to eat enough protein.

This last point is very important.

Numerous well-designed and expert-reviewed studies have no doubt shown that a high protein diet builds muscle and reduces fat better than a low protein diet. In terms of the exact amount, studies have shown that the optimal intake of bodybuilding proteins is between 0.8 and 1.2 grams per pound of body weight. And here many vegan bodybuilders die from grapevines.





WHERE MANY VEGANS

GO WRONG WITH PROTEIN INTAKE



From a nutritional subject of sense, the main difference between vegans and omnivores is protein intake. Most people who eat "healthy" meals along the way already consume most of their carbohydrates and fats from plant-based foods such as grains, fruits, vegetables, nuts, and oils. This doesn't change if you go vegan. However, merely replacing your favorite high protein animal foods like meat, eggs, and dairy with low protein plant foods like beans, grains, and nuts will change your protein intake. Not only that, but many people are also replacing those protein sources that are particularly good for building muscle with something that is not.

However, instead of recognizing that eating enough protein in a vegan diet takes a little more thought and effort than an omnivorous diet, many vegans dig their heels and follow a solid diet. That is, instead of acknowledging that their diet is perfect and not unique in every way, they make it white. And they usually rely on a lie to do that.

## 1. YOU DON'T NEED MUCH PROTEIN TO MAXIMIZE MUSCLE GROWTH.

Low-protein diets are popular with vegans and are almost responsible for the misunderstanding that they cannot build muscle like meat-eaters. Indeed, vegans need protein to build muscle more effectively than meat-eaters.



## **2. THERE'S NO SUCH THING AS A "PROTEIN DEFICIENCY."**

How a dictionary defines protein deficiency: "Reduced or insufficient digestion of food proteins and essential amino acids or excessive removal of proteins due to decreased kidney function." Besides, many studies conducted by scientists around the world have shown the catastrophic effects of protein deficiency. Protein deficiency is definitely real, and most vegans can get enough protein from plants to prevent this, but not enough to optimally support muscle growth.

### **3. ALL/MOST VEGETABLES ARE A GREAT SOURCE OF PROTEIN.**

Vegetables are an excellent source of carbohydrates and micronutrients, but are they proteins? Not so much.

For example:

Broccoli contains approximately 13 grams of protein per pound.

Brussels sprouts are slightly better and provide about 15 grams of protein per pound.

A cup of green peas contains only 8 grams of protein.

A spinach bowl contains only 5 grams.

As you can see, you should go there with a few buckets of these vegetables if you need to eat about 1 gram of protein per pound of bodyweight a day.

Let's compare the protein content of this vegetable with animal products.

Loin steaks contain about 90 grams of protein per pound.

Chicken breast contains approximately 96 grams of protein per pound.

Natural salmon contains approximately 89 grams of protein per pound.

Eggs contain about 57 grams of protein per pound.

Of course, if you include animal feed in your diet, it's much easier to meet your daily protein needs.



# 1. ALL PLANT PROTEINS ARE EQUALLY GOOD FOR MUSCLE BUILDING AS ANIMAL PROTEINS

Not all proteins are the same. Not correctly to build muscle.

To understand why you need to talk about amino acids first.

Amino psychedelics are the "fabric blocks" of proteins and tissues in the body, including muscle tissue.

The body needs 21 amino acids to survive, nine of which have to be obtained from food.

These are known as "essential amino acids" and are particularly relevant for muscle building. It directly stimulates protein synthesis by activating a mammalian rapamycin target known as leucine or an enzyme involved in cell growth known as mTOR.

For this reason, research shows that the leucine content in the diet directly influences the resulting protein synthesis.

In other words, a high leucine diet is more muscle building than a low leucine diet.

There are two things to consider when evaluating protein sources:

How much protein does the body absorb?

## His amino acid profiles

It is not true that plant proteins are "incomplete" (there are no essential amino acids), but some plant proteins are not absorbed efficiently, and certain amino acids are less than others. Is.

For example, protein from cannabis seeds is less absorbed and contains fewer essential amino acids than pea protein. These bioavailability and amino acid points are important because they explain why eating 100 g of hemp protein is not the same as eating 100 g of pea protein. The former has less muscle-building potential than the latter. To understand the importance of the amino acid profile, we compare the protein in broccoli with the protein in beef. Shows how 275 calories (4 ounces of steak and 9 cups of broccoli) are obtained in terms of essential amino acids.

Essent	Steak	Broccoli
histidine	0.975	0.48

isoleucine	1.391	.0643
leucine	2.431	1.05
lysine	2.583	1.099
methionine	0.796	0.309
cysteine	0.394	0.228
threonine	1.221	0.716
tryptophan	0.201	0.269
valine	1.516	1.018

As you can see, it's not close. You need to eat 18 cups of broccoli to get the essential amino acids in just 4 ounces of steak. The same problem occurs with many other vegetable protein sources (bioavailability and amino acid profiles). This gives you the first big clue of how vegan bodybuilding works. It would help if you got enough protein that is well absorbed and rich in essential amino acids. In fact, many vegetable protein sources have low bioavailability and low amino acid profiles compared to sub-profiles, which in other words, makes it difficult to eat a protein-rich diet only with plant-based foods. The challenge is even higher than with omnivores. This double punch is the main reason why vegan bodybuilding is more confusing than omnivorous bodybuilding. The average protein sources (meat, eggs, dairy products) preferred by western omnivores are also very well absorbed by the body and are very rich in essential amino acids, especially leucine.

In itself, this is a diet that significantly promotes muscle growth. And based on my experience talking to hundreds of people who struggled to build muscle on a vegan diet, I found that the average vegan was too low for high-quality protein to build muscle efficiently I found to eat. This makes it much more challenging to build muscle than vegans.

However, many people are not aware of this and consider vegan diets as an overall responsibility. You can't be big and strong without animal feed. Well, they're wrong. You need to know how to create an appropriate vegan bodybuilding diet.

Summary: Since many vegetable protein sources are poorly absorbed and contain fewer essential amino acids than animal protein sources, vegans must pay special attention to protein intake in order to optimize muscle growth



## WHAT ARE THE BEST SOURCES OF VEGAN PROTEIN?



As you know, the best sources of vegan protein are those that are well absorbed and rich in essential amino acids, with particular attention to leucine.

There are a few protein sources that fit the bill:

Grains like rice and oats

Vegetables and legumes such as peas, beans, potatoes

Nuts like almonds, peanuts, walnuts, pistachios

Seeds like quinoa and buckwheat (unfortunately most other grains are indigestible unless they are ground into flour)

It's as simple as:

It would be nice if we could get most (70% +) of the daily protein from high-quality sources like this.

However, getting most of the protein from poor quality sources like cannabis, corn, and wheat can be challenging.

In addition to the ones already mentioned, there are more specific, protein-rich, vegan-friendly foods to help you achieve your protein goals.

- Lenses
- chickpea
- Seitan
- Amaranth
- Kamet
- nutritional yeast
- Spelling, orthography
- Cheer the seeds

#### Structured Plant Protein (TVP)

- Flax seeds
- Pumpkin seeds
- mycoprotein
- protein powder

Now there is a food that is noticeably missing from this list. Soy. Read on to find out why.

Summary: The easiest way to create a vegan diet plan that provides enough high-quality protein is to make proteins like beans, peas, nuts, and individual grains that are nutritious, well absorbed, and rich in essential amino acids Source is on quinoa and rice.

## THE PROBLEM WITH SOY PROTEIN



Soy protein is a mixed bag.

It's a versatile source of protein for muscle building, but it's also a source of ongoing debate. According to some studies, the regular consumption of soy foods has a female effect on men, since the estrogenic molecule in soy foods is called flavone.

For example, a study conducted by a Harvard University scientist analyzed sperm from 99 men, compared it to soy, and compared flavone intake over the past three months.

What they found was that both flavone and soy were associated with reduced sperm counts. Men in the highest soy food category had an average of 41 million fewer sperm/ml than men who did not

consume soy.

A study conducted by University of Guelph researchers found that 32 men consumed low or high levels of soy protein isoflavones for 57 days without sacrificing semen quality.

In addition, some reviews suggest that neither soy foods nor isoflavones alter androgen levels.

There is even evidence that isoflavones help normalize estrogen levels by reducing or increasing production as needed.

So, what do you get?

Well, there is no easy answer yet.

However, it has been found that the effect depends on the presence or absence of certain intestinal bacteria. These bacteria, found in 30-50% of people, metabolize isoflavones in soybeans called daidzein and estrogen-like hormones called equal.

This appears from an investigation carried out by scientists from Beijing University. They found that testosterone levels drop, and estrogen levels rise when men who produce equal eat large amounts of soy products for three days. These effects were not seen in women regardless of equal production or lack thereof.

Well, that's an overview of soy and men. What about women

Research has shown that hormones are unlikely to be affected regardless of equal production. So, there is no need to worry here.

When you consider everything, I think it is probably unnecessary to avoid soy protein altogether.

That said, there are many other sources of vegetable protein. Why not choose something else?

If you're vegan, limit your intake to 30 to 40 grams or less of soy protein a day (to be honest, just choose rice or pea protein powder instead).

However, when adding soy to your diet, consider the following foods:

- Edamame
- Tofu
- Tempe
- Soy protein concentrate (depending on the processing method, there may actually be a lack of isoflavones)

Summary: Men can include soy in their diet, but they cannot be harmful, but since many other good sources of protein are available with no possible adverse side effects, protein from non-soy sources is recommended that you take the majority of them.

## BALANCING YOUR MACROS FOR VEGAN BODYBUILDING



The dictionary defines "macronutrients" as follows:

Nutrients that are needed in relatively large quantities: proteins, carbohydrates, fats, minerals such as calcium, zinc, iron, magnesium, and phosphorus.

(Most people only consider macro as protein, carbohydrates, and fat, but technically it also contains macro minerals and water.)

When it comes to nutrition and planning, proteins, carbohydrates, and fats are the essential macronutrients to look out for.

When it comes to building muscle, it is essential to get the "macro" right.

This applies regardless of whether you are vegan or omnivorous.

The standard diet recommended for lean bodybuilding is:

About 1 gram of protein per pound of body weight a day

(This should be a little higher when cutting.)

Approximately 0.35 grams of fat per weight of body weight a day

(This can be a little lower when cutting.)

About 2.2 grams of carbohydrates per pound of body weight a day

(Again, this is lower when you cut.)

Currently, achieving the macro guidelines described above as omnivores are fairly straightforward, mainly due to the amount of low-carb and low-fat protein available.

However, vegans may need to eat more fat and fewer carbohydrates to achieve both protein and calorie goals, especially when cutting.

(This is mainly because most forms of "good" vegan protein contain carbohydrates and fats.)As you know, consuming enough calories and protein is very important if you want to build muscle.High carb diets promote muscle growth more than low carb diets, but this is of secondary importance.So, if you need to "sacrifice" some of the carbohydrates to get enough protein without eating too many calories, you have to do so.However, we do not recommend reducing carbohydrate intake unnecessarily. If you are sedentary and not overweight, there is no reason to continue your low-carb diet.

Otherwise, the only thing that balances the macro is to familiarize yourself with the calories and macros of the foods you enjoy eating and to use that knowledge to create an appropriate diet plan. Again, you can read more about the entire meal planning process, but all you need is a little trial and error. It should also be mentioned here that good vegan protein powder can add a large amount of protein to the diet without disturbing carbohydrates and fats, and this can be very helpful. As already mentioned, my goal is pea protein or ideally a protein mixture of rice and pea (their amino acid profiles complement each other and look like whey protein in combination).

## THE VEGAN MENU FOR BODYBUILDERS





## **FAT**

Here are some of my favorite vegan fat sources (many of which also contain protein):

- avocado
- Nut butter like peanuts and almonds

Nuts such as cashew nuts, macadamia nuts, Brazil nuts

- Tahini

Olive, avocado and macadamia nut oil

## **CARBS**

For carbohydrates, these are my problems:

Potatoes (sweet and white)

oats

Rice (brown, white, wild)

bulgur

Quinoa

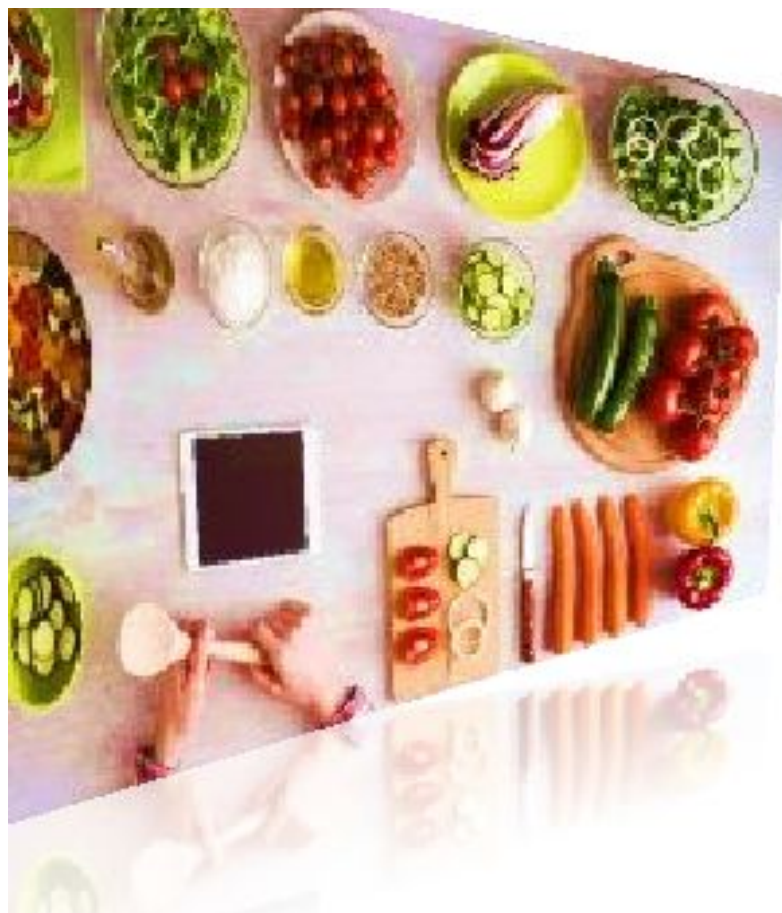
Whole grain pasta and bread

Vegetables such as broccoli, carrots, kale, mushrooms, cauliflower

Fruits like bananas, apples, berries, pineapples, and oranges

Summary: The goal is to increase 1 gram of protein, 0.35 grams of fat, and 2.2 grams of carbohydrates per pound of body weight per day.

## HOW TO CREATE A VEGAN BODYBUILDING MEAL PLAN



Meal planning is straightforward. There are only four steps.

1. Calculate calories.

2. Create a macro.
3. Determine the timing and size of the meal.
4. Choose a meal for each lunch.

If you are unfamiliar with any of them, read this meal planning article before proceeding.

The focus of this article is on step 4 because this will trip many vegans.

In particular, there are two problems:

## **1. EATING ENOUGH PROTEIN**

For most people, one gram of protein per pound of body weight a day seems impossible.

## **2. BALANCING THEIR MACROS**

A wrong choice of food makes it very difficult to cover not only the protein requirement but also the carbohydrate and fat requirement.

For example, many vegans have difficulty approaching the standard bodybuilding calorie split, which is 40% daily protein calories, 40% carbohydrates, and 20% fat.

Often, reaching a vital nutrient goal is another hopelessly high or low. Fortunately, these problems are relatively easy to overcome. First, let's talk about protein.

## WHAT ABOUT MICRONUTRIENT DEFICIENCIES?



You may have heard that excluding animal products from the diet increases the risk of various types of malnutrition.

This is true.

For example, many vegans have low levels.

Vitamin D and B12

- iron

- calcium
- zinc

Omega-3 fatty acids EPA and DHA

Riboflavin (B2)

- iodine

(Many omnivores also have a variety of micronutrient deficiencies, so indiscriminate eating does not guarantee a healthy diet.)

You may have heard that vegan shortcomings can be avoided by simply adding certain foods to your diet.

This is a point, but it is more comfortable.

For example, some vegetable calcium is not as bioavailable as milk calcium (anyway, several servings of vegetables are required to make up one serving of milk).

Many vegetable iron and zinc sources are also inferior to animal sources and have to be consumed in considerable quantities.

The problem with omega-3 fatty acids can be summed up by the fact that the primary source of this vital fat in vegans is alpha-linoleic acid, which is poorly absorbed by the body.

This means that you have two options to optimize your health and performance with a vegan diet.

- 1) Manage your diet so that it is rich in foods rich in the nutrients listed above.
- 2) Supplement.

In the case of vitamin D, EPA, DHA, etc., only dietary supplements are a viable option.

Personally, I choose door number 2 because it's simple and fairly inexpensive. However, if you're a solid anti-supplement guy or a girl, you should plan your meal to get enough you need to spend extra time on lots of essential nutrients, that your body needs.

Below are some of my recommended sources of nutrients that are not readily available in vegan diets

- Vitamin D: food supplement.
- Vitamin B12: food supplement, fortified cereals.





- Iron: beans, plums, fortified cereals.
- Calcium: edamame, tofu, sesame, almond, spinach, bok choy.
- Zinc: soy products, nuts, seeds, mushrooms, lentils.
- Omega-3 fatty acids: crush flax seeds and walnuts. However, we recommend using seaweed oil instead (although it can be expensive).
- Riboflavin: almonds, mushrooms, fortified cereals.
- Iodine: kelp (especially kelp, kelp), iodized salt.

Vegans are at higher risk for certain micronutrient deficiencies, but these can be avoided by eating suitable foods and supplements.

## EXAMPLES OF VEGAN BODYBUILDING MEAL PLANS

At this point, I want to see an excellent vegan bodybuilding diet. Here are some that I've created for customers with custom meal plans. As you can see, with a little work and creativity, you can do well.

VEGAN MEAL PLAN - BULK					
MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT
 <b>BREAKFAST</b>	2 scoops vegan protein	200	34	6	2
	250ml rice milk	127	11	26.4	2.1
	1 medium banana	105	1.2	26.9	0
	1-2 scoops pre-workout	5	0	5	0
	<b>TOTAL</b>	<b>437</b>	<b>56.2</b>	<b>64.3</b>	<b>4.1</b>
 <b>WORKOUT</b>					
 <b>POST WORKOUT SHAKE</b>	2 scoops vegan protein	200	34	6	2
	250ml rice milk	127	11	26.4	2.1
	2 medium bananas	210	2.4	53.8	0
	100g blueberries	87	0.8	14.6	0.5
	2 tablespoons peanut butter OR almond butter	188	8	6.2	16.1
	5g creatine	0	0	0	0
	multivitamin	0	0	0	0
<b>TOTAL</b>	<b>792</b>	<b>46.3</b>	<b>107</b>	<b>20.5</b>	
 <b>LUNCH</b>	170g seitan	187	30.2	0	2.2
	400g (cooked) whole wheat pasta	474	16.1	79.7	1.7
	150ml pasta sauce	141	2.9	24.4	2.9
 <b>DINNER</b>	200g seitan	224	35.8	0	3.8
	400g (cooked) whole wheat pasta	474	16.1	79.7	1.7
	150ml pasta sauce	141	2.9	24.4	2.9






### VEGAN MEAL PLAN - BULK

MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	1/2 tablespoon olive oil for pasta	60	0	0	7
	dry seasonings (if desired)	4	0	1	0
	<b>TOTAL</b>	<b>778</b>	<b>88.2</b>	<b>109.1</b>	<b>13.8</b>
SNACK	2 slices whole grain bread	160	8	78	0.2
	2 tablespoons peanut butter OR almond butter	184	8	6.8	16.1
	1 tablespoon jam	56	0.3	12.9	0
	<b>TOTAL</b>	<b>404</b>	<b>16.1</b>	<b>48.1</b>	<b>16.3</b>
DINNER	220g extra firm lite tofu	181	19.5	2.0	4.2
	200g (cooked) brown rice	205	4.1	44.8	1.1
	200g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	69	4.0	12.2	0.6
	lemon juice, cilantro, dry seasonings (if desired)	10	0	2.5	0
	<b>TOTAL</b>	<b>394</b>	<b>20.2</b>	<b>62.3</b>	<b>6.2</b>
<b>DAILY TOTAL</b>		<b>2790</b>	<b>182.1</b>	<b>386.8</b>	<b>60.9</b>
<b>DAILY TARGET</b>		<b>2794</b>	<b>180.4</b>	<b>378.3</b>	<b>62.1</b>

<b>DAILY TOTAL</b>		<b>2790</b>	<b>182.1</b>	<b>386.8</b>	<b>60.9</b>
<b>DAILY TARGET</b>		<b>2794</b>	<b>180.4</b>	<b>378.3</b>	<b>62.1</b>
<b>DAILY DIFFERENCE</b>		<b>-4</b>	<b>11.7</b>	<b>108.5</b>	<b>-1.2</b>



### VEGAN MEAL PLAN - CUT

MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT
 <b>BREAKFAST</b>	1/2 cup (unsweetened) dry old-fashioned oats	190	6	27	3
	1/2 cup blueberries OR 1/4 cup blueberries	25	0.5	5.0	0.3
	cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.5	0
	coffee with 3 tablespoons soy creamer	45	0	3	3
	<b>TOTAL</b>	<b>270</b>	<b>6.5</b>	<b>37.2</b>	<b>6.3</b>
 <b>LUNCH</b>	2 servings (1/2 cup) Kale or Spinach (Frozen or Fresh) (Frozen or Fresh)	260	40	44	3
	lemon juice, cilantro, soy seasonings (if desired)	4	0	1	0
	<b>TOTAL</b>	<b>264</b>	<b>40</b>	<b>45</b>	<b>3</b>
 <b>PRE-WORKOUT</b>	1.5 scoops vegan protein	95	32.5	2.5	0.4
	1 cup soy milk (unsweetened)	90	7	2	4
	3M veg protein powder	60	0.5	12.8	0.1
	1.2 scoops post-workout	6	0	6	0
	<b>TOTAL</b>	<b>310</b>	<b>40.5</b>	<b>24.3</b>	<b>4.5</b>



MEALS/DAYS



MEALS/DAYS

TOTAL

310

40.5

24.3

4.5

PRE-WORKOUT

1.5 scoops vegan protein

1 cup soy milk (unsweetened)

3M veg protein powder

1.2 scoops post-workout

95

90

60

6

32.5

7

0.5

0

2

12.8

0.1

6

0

310

40.5

24.3

4.5



## VEGAN MEAL PLAN - CUT

MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT	
 <b>POST-WORKOUT DINNER</b>	6 ounces seitan	226	30.5	7.5	3.7	
	3/4 cup (cooked) lentils OR 3/4 cup (cooked) black beans	170	13.4	29	0.6	
	8 ounces vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	46	3.8	9.3	0.4	
	dry seasonings (if desired)	1	0	1	0	
	<b>TOTAL</b>	<b>443</b>	<b>58.7</b>	<b>46.8</b>	<b>4.7</b>	
 <b>SNACK</b>	1 rice cake	35	0	7	0	
	1 tablespoon peanut butter OR almond butter	91	4	4.2	8.1	
	<b>TOTAL</b>	<b>126</b>	<b>4</b>	<b>11.2</b>	<b>8.1</b>	
		<b>DAILY TOTAL</b>	<b>1511</b>	<b>151.5</b>	<b>167.5</b>	<b>31.9</b>
		<b>DAILY TARGET</b>	<b>1515</b>	<b>151.5</b>	<b>151.5</b>	<b>33.7</b>

## WHAT VEGAN BODYBUILDING DIETS ARE REALLY LIKE?

Here, vegan bodybuilders and dieticians give tips for training the vegan bodybuilding diet.



On the surface, it is hard to believe that bodybuilding, a sport characterized by the definition of extreme muscles, can coexist with a herbal regime. However, vegan bodybuilders can build muscle and build strength.

For reference, there are different categories of bodybuilding, bikini, body type, physique, and bodybuilding, that emphasize muscle size to varying degrees. Overall, bodybuilding requires

competitors to lose fat and build muscle at the same time. Bodybuilders achieve this through weight training and dietary combinations. Therefore, on the day of the competition, you crossed the stage with very little body fat. Is Bulk Up and Losing Weight Really Possible with a Plant-Based Diet? "Yes. 100% possible," says Anthony Balduzzi M.D., founder of the Fit Mother Project. "But like an intelligent vegan diet and competitive bodybuilding, you need an aggressive eating plan and strategy."

## 1. BODYBUILDING NUTRITION 101

If vegan bodybuilding seems similar something you sway be occupied in getting out of control, you need to understand some food and nutrition bodybuilding rules that must apply to everyone. Most bodybuilders (as well as meat-eaters and non-meat eaters) divide the season into two phases—the bulk and cut season. During the bulk period, the athlete's diet is high in calories, high in protein, and improves intensive training to gain as much muscle as possible. The athlete then tries to reduce total body fat during the cutting phase, usually by gradually reducing calorie and fat intake.

Both stages require the right number of calories and the right balance of the three primary nutrients: protein, carbohydrates, and fat. "Our body needs the right to restore calories and fuels in the form of protein, carbohydrates, and healthy fats, as well as gain strength and lose weight," says Dr. Barduzzi.

The number of calories and macronutrient breakdown vary from person to person. Most athletes will work with a nutritionist or trainer to understand calorie and macronutrient needs at every stage of preparation, as well as with the founders of vegan bodybuilder Natalie Matthews, IFBB Bikini Pro, and Fit Vegan Chef gives some basics on calories and macronutrients that can be useful.





## 2. HOW MANY CALORIES YOU NEED

Counting calories is controversial, but some argue that it is better to "go out," but counting calories is an integral part of the bodybuilding diet.

"When you try to build muscle, your body needs fuel to build muscle fibers and increase their size," explains Dr. Barduzzi. Likewise, reducing the number of calories you eat can lead to fat loss. This can actually build muscle and appears to be "cut." There are online calculators that you can use to calculate how many calories you should eat in different phases of the season.

"These are great tools to get an estimate of the number of calories you should be eating, but I recommend using this as a starting point and experimenting because everyone is different." Activity levels, metabolism, hydration, stress level, sleep quality, duration of the menstrual cycle, etc. affect the number of calories needed, weight and muscle loss, maintenance, and gain.

There is no difference between omnivores and vegan bodybuilding: "The daily calorie intake is the same for vegans and omnivores," says Venus. "Some people think vegans need to burn more calories, but that's not true."

### 3. MACRONUTRIENT BREAKDOWN

"One of the biggest mistakes people make when they start a vegan bodybuilding diet plan is that they cannot eat enough high-quality calories, which can really slow down muscle-building results," says Dr. Balduzzi. So, what determines the quality of a meal?

Macronutrients (also known as proteins, carbohydrates, and fats) are the most essential nutrients the body needs to function properly and efficiently. The concept of "counting macros" is essential to ensure that you get a certain balance every day.

"The Macro Diet is also known as a flexible diet because you can use whatever you want to do as long as you reach your goal at the end of the day," explains Matthews.

Is this division different for vegan and non-vegan athletes? No! "The main nutrients are the same," says Matthews. "My trainer gives me and the omnivores the same breakdown of macronutrients. I use vegan food to attack them."

There are no difficult and fast rules about what your most crucial nutrient distribution should look like, and this ratio probably depends on how far you are from the competition day. "In general, in bodybuilding, we want to keep carbohydrates high, fats low to moderate, and proteins high enough to support muscle growth," says Venus. "After that, starting a cut, "usually before the competition, reduces caloric and carbohydrate intake and slightly increases fat intake.

For example, general guidelines usually require that the protein/carbohydrate/fat ratio be set to 20/60/20, but Matthews eats a high-protein diet with a breakdown of 40/40/20. This division changes during the amputation and bulk season, so you'll likely need to work with experts. "If you are a bodybuilder, having another pair of eyes is very helpful to make sure you are eating the right meal," says Matthews.

#### 4. VARIETY OF VEGAN PROTEIN SOURCES

One of the most common misconceptions about vegan diets is that they are low in protein. Given that bodybuilders generally consume more protein than the average population, it is not surprising that there is a misunderstanding that vegan bodybuilders are more challenging to consume enough protein.

"We get hundreds of messages every week asking vegan bodybuilders how to get enough protein," says Matthews.

However, experts have confirmed that 100% is possible to get enough protein for vegan bodybuilders. "There are far more vegan sources of protein than people realize," says Matthews. Her preferred vegan protein sources are lupine, tofu, structured vegetable protein, bean noodles, Tempe, site, fava beans, essential wheat gluten, and hemp seeds.

Venus likes to consume them as well as chickpeas, lentils, chickpeas, and vegan protein powder. Amaranth, nut butter, nuts, kidney beans, black beans, and oatmeal are also good sources of protein, says Dr. Barduzzi. Potatoes, vegetables, chlorella, mushrooms, and Brussels sprouts also contain protein.

It is worth noting that not all vegan protein sources are the same. Proteins are made up of amino acids, and some of these amino acids are "non-essential" (the body can make it yourself) and "essential" (the body can't make it and must be taken from food). They included).

"There are nine essential amino acids, and our body needs all nine essential amino acids to build muscle, etc. All animal sources (turkey, chicken, pork, dairy, eggs, beef, fish) contain all nine, but most plant-based foods do not all nine essential amino acids.

"There are three exceptions: quinoa, buckwheat, and soy," says Dr. Balduzzi. For reference, tofu, tempeh, soy-based TVP, and soy protein powder are all soy-based and therefore contain nine essential amino acids.

However, if you eat a variety of plant foods, your body can store and combine amino acids to make whole proteins, says Dr. Barduzzi. For example, rice and beans are each incomplete protein, but when combined together, they contain all the essential amino acids.

## **5. WHERE DO YOU GET YOUR CARBOHYDRATES FROM?**

I don't think anyone has complained about a vegan diet that doesn't provide enough carbohydrates - carbohydrates are almost ubiquitous in plant foods. Complex carbohydrates such as whole grains, tubers, and starch are currently a good basis for carbohydrate intake: Rice, quinoa, potatoes.

These are an excellent choice due to their high starch content and both soluble and insoluble fibers. That said, it helps you feel full and digest slowly, without causing blood sugar spikes.

Some processed, refined carbohydrates such as pasta, bread, and flour-based foods are also acceptable in moderate amounts. Even processed carbohydrates such as cakes, cookies, and sweet grains can be included in small amounts in a healthy vegan diet.

Here is a list of high healthy complex carbohydrates:

- Sweet potato and mountain MS
- White potato
- Brown rice
- Legumes, i.e., lentils, and beans
- Quinoa
- buckwheat
- Oatmeal
- Whole grain pasta

## **6. WHERE DO YOU GET YOUR FATS FROM?**

The best sources of healthy fats for vegan nutrition are nuts and seeds. Packed with healthy proteins, minerals, fiber, vitamin E, essential fatty acids, nuts, and seeds, they are the absolute advocates of nutrients. If you are so unhappy that you have a nut allergy, you will be missed! Eating many nuts now correlates with heart disease, all-cause mortality, and reduced cancer risk. It is important to note that these foods are also very high in calories since 9 grams of calories are in grams of fat compared to 4 grams of carbohydrates or protein.

Nuts and seeds are ideal for weight gain.

On the contrary, even a large handful of innocent nuts can contain hundreds of calories, which can have a negative impact on weight loss. One of the foods everyone should include in their vegan diet is universal flaxseed.

These are painful because they are very nutritious: a tablespoon provides vegans with 1.6 grams of omega-3 in addition to lignin, which is known for its anti-cancer properties. However, healthy vegan fat can come from many places, such as:

- linseed (eat)
- Chia seeds
- cashew nuts
- Brazil nuts
- Almond
- peanuts
- avocado
- Macadamia nuts
- Walnuts
- Tahini (sesame paste)

And all the other obscure nuts and seeds that we forgot to mention

## 7. DON, T FORGET YOUR FRUITS AND VEGETABLES

It was part of the fiber, water, and sugar and gave me no protein. Then why did I bother her? When I look back now, I'm fed up with how ignorant I am.

Neglecting fruits and vegetables is a big mistake. Why?

In part, eating more vegetables and fruits can reduce the risk of cardiovascular disease, cancer, and death for all reasons.

Basically, it should not be considered later to turn green, red, and yellow. Vegetables and fruits contain many life-supporting nutrients.

There are flavonoids called anthocyanins (sounds like Professor Frank's words) that help fight heart conditions like cardiovascular diseases. This flavonoid is only found in vegetables such as blueberries and red cabbage.

This is followed by a potent antioxidant called sulforaphane, which is supposed to fight cancer and inflammation problems. It is often found on many cruciferous vegetables. In general, herbs can be bottled low in calories to provide lots of nutrients and more.

So, if you want to lose weight more quickly, give lots of friendly, low-calorie vegetables. If you wrote down all the plants in the world, you would write a vegan version of war and peace, but here are some of the most important:

### VEGETABLES

- **broccoli**
- **carrot**
- **all peppers of all colors**
- **red cabbage**
- **Cauliflowers**
- **Green peas**
- **Kale, spinach, dark green leaves**
- **tomato**
- **Artem kinds of mushrooms**
- **herbs, coriander or coriander (?), Parsley, sage, dill**

## **FRUIT**

- **banana**
- **Apple**
- **strawberry**
- **Mango**
- **Ineo Pineapple**
- **blueberry**
- **Cherry**
- **Kiwi**
- **Dorian (if you have a brave soul)**

## 8. CONSIDER SUPPLEMENTS

Due to poor planning and lack of variety, every diet can contain certain nutrients, and vegan bodybuilding diets are no exception. Matthews can reduce the risk of the deficiency by eating a range of foods and prioritizing the products during the season.

However, these other nutrients are worth noting:

Vitamin B12: "Because vitamin B12 is the only vitamin that is not found in plant foods, most doctors recommend adding B12 to vegans," says Venus. (He and Matthews both take B12 supplements).

Iron: "Although iron can be obtained from plant sources such as spinach, beans, and raisins, many vegans suffer from a deficiency because this form of metal (called non-heme) tends to be poorly absorbed. To improve iron absorption, Dr. Barduzzi recommends consuming iron along with some vitamin C that has been shown to increase intake dramatically.

Vitamin D: Vitamin D deficiency is also somewhat common, says Moreno, because it is most common in animal foods. Besides, three-quarters of adults have a low vitamin D content

Omega-3: Balduzzi also recommends taking omega-3 supplements. "Chia seeds and flax seeds contain omega-3 fatty acids, but I still consume vegan algae-based omega-3 fatty acids," said Matthews.

But before taking the pill, he said, "Talk to your doctor to see if you're at risk or missing, and don't like to buy." Please judge.





## **9. MIX IT UP**

When counting macros and calories and preparing meals, you may want to eat the same food more than once. However, an excellent vegan bodybuilding diet plan (or optional) includes variety.

"The variety helps you get the micronutrients your body needs and ensures that you get all the essential amino acids you need," says Dr. Barduzzi. This is particularly important during a "cut" where inadequate eating plans can lead to malnutrition, he says.

Don't worry: "There are many creative things you can do for a vegan diet.



## HOW TO CREATE ONE IN 3 SIMPLE STEPS

Before you learn how to build muscle throughout the diet part of the equation, you need to know a few basic things in advance for your diet plan to working correctly. Not that hard.

A diet plan is essential for building muscle, especially when bulking and cutting as a vegan bodybuilder.

- Calculate the calories.
- Understand the macro.
- Think about what to consume.

That's it. Certain are the three sources you necessitate to develop to set up a vegan nutrition for success, grow your biceps, and be great.

At first glance, it may seem pretty simple. If you only need three steps, it shouldn't be too difficult. Yes, that's it.

I often repeat that people are completely wrong with these basics. This affects both muscle growth and strength and can even affect your health.

It underestimates the need for calories, eats too little fat (to a point where it is harmful to health), lacks enough protein sources to optimize muscle growth and repair. Not to nourish the body with essential micronutrients.

The third on the list, especially for beginners, seems to be a vegan diet.

Without protein from traditional bodybuilding staple foods like chicken breast and ground beef, it is challenging to find where to get the right plant protein to balance macronutrient intake. It is not very easy.

## STEP 1. FIGURE OUT YOUR CALORIES

Weight gain and weight loss may appear like this from time to time but are not magically determined. Neither does it depend on eating so-called "healthy" foods that are slim, or eating fattened "unhealthy" foods.

Your body does not care what the mainstream media or the "guru" of the vegan diet label and what different foods are labeled. Your figure simply considers around the number of enthusiasms you apply, and the manageable psychology behind weight gain and weight loss leads to one thing:

Calories in and calories out.

The mechanism is as follows.

- Eat more calories a day than your body burns and accumulate this excess energy as body fat over time.
- You burn fewer calories every day than your body burns and burn body fat over time to compensate for this energy imbalance.

Not only is this innumerable from the multiple case studies on fitness with CICO, but scientific consensus and the laws of thermodynamics suggest that the most effective way to lose those extra pounds is to agree to eat fewer calories than you would regularly burn (1).

Of course, this is the first thing you need to do to create your meal plan. To determine your energy intake, enter your own data using the TDEE calculator (Daily Total Energy Consumption) below.

This gives you an estimate of your maintenance calories. This is basically a calorie intake that does not increase or decrease. Look at the picture above and then your stomach. You should be capable of determining your physique lipid interest coarsely. For Men - If your aggregate grease is over 15%, you need to start reducing (fat loss) to 10%. At this point, start building up (muscle building) until you reach about 15% body fat again. Cut off the process and start again. Rinse and repeat. The same rules apply to women, but different numbers are used. No matter where you start, it will reduce (fat loss) to about 19% body fat. At this point, start bloating until you have reached approximately 27% body fat. Rinse and repeat

## **FILL UP ON HIGH PROTEIN PLANT FOODS**

When choosing a vegan bodybuilding diet, it is essential to consume enough protein to achieve your muscle-building goals. Since many vegan protein sources don't usually contain all of the essential amino acids, you need to eat more and more of these foods to meet your needs on a regular basis. Bottling high-protein vegan foods like citrus, tofu, legumes, and quinoa can meet your protein needs and maximize muscle growth. Vegan protein powder also helps meet protein needs by providing a concentrated source of protein during and during exercise.

## □ **MAKE SURE TO EAT ENOUGH FAT**

Since fat provides twice as many calories as carbohydrates and protein per gram, consuming enough fats will give you the calories you need to build muscle. The general recommendation for off-season bodybuilder fat intake is 0.5 grams per pound (1 gram per kilogram). This corresponds to about 80 grams of fat a day for a male bodybuilder weighing 80 kg. When you start a vegan bodybuilding diet, it may be helpful to track your macronutrient (protein, carbohydrate, fat) intake in the first few weeks to meet your needs.

## □ **DRINK PLENTY OF FLUIDS**

The fiber intake can be very high, as vegetarian bodybuilding diets are usually rich in fruits, vegetables, grains, and legumes. A significant increase in fiber intake can cause specific side effects, such as flatulence, excessive gas, and abdominal pain. Drinking plenty of water is one way to avoid the complications of a high-fiber vegan diet. A minimum of 1 ml of liquid per calorie is the right place to start. For example, if you are on a 2,000-calorie diet, aim for 2,000 ml of water. However, keep in mind that your water needs may change, especially when exercising.



## □ **EDUCATE YOURSELF**

Education plays a crucial role in continuing a vegan diet and can differentiate between successful and failed diets. The vegan diet prohibits certain food groups and endangers followers for inevitable malnutrition. To prevent this, it is essential to know which foods provide the vital nutrients that your diet may lack. Fortunately, the growing popularity of vegan nutrition has created educational resources that can lead you in the right direction.

## □ **EAT MOSTLY (80%) NUTRIENT-DENSE, WHOLE PLANT FOODS**

The nutrient density of foods refers to the number of nutrients per calorie.

For example, if bananas contain 50 nutrients per calorie and French fries contain three nutrients per calorie, bananas are obviously more nutritious. These numbers are built in the middle, but I want to bet that bananas are the more nutritious of the two! In this case, your vegan diet will be more productive and healthier if you eat more bananas than chips.

Let's look at an example of how to do things: the standard American diet. Highly processed and refined foods such as ice cream, sweets, cakes, cookies, pizza, burgers, junk food, etc. provide much energy all day long, but have a nutrient density of around zero. On the other side of the spectrum, you can see whole and unprocessed plant foods. Starch, root vegetables, whole grains, legumes: beans and lentils, fruits and vegetables, nuts, and seeds - all plant foods are almost "grown in nature." Common to these foods is that they are very rich in life-supporting nutrients, vitamins, minerals, phytochemicals, etc. Eating many of these foods on a vegan bodybuilding diet generally increases the overall nutritional density of the menu and protects against possible malnutrition.

It is recommended to include at least 80% plant-based whole foods in your vegan diet. The remaining 20% is provided in the form of refined/processed foods that are nutritious. Sometimes you need a little snack. You can also eat a very healthy vegan whole food and taste your guilt with vegan ice cream, pizza, and cookies. Of course, if you want, sticking to 100% unprocessed vegetables is perfectly fine. It feels great when we personally go with whole plant foods.

The reason for the special vegan diet is that you can occasionally go to restaurants and deal with decadent vegan food without feeling guilty. If there is room in the macro, add cakes. If you stay within calorie needs, eating junk food will sometimes not affect your weight or progress, and your health will not be affected.

## **THE VEGAN ATHLETE PLATE MODEL**

Do you need the inspiration to prepare a meal? A good starting point is:

- 1) 1/3 of the plate must be a kind of complex carbohydrate
- 2) A third of the dishes are high-protein legumes
- 3) One-third of the plate must consist of vegetables
- 4) 1 serving of nuts/seeds or nut butter
- 5) A serving of fruit/berries

Note that this is a raw board model that MS Paint never designed and is only a guideline for setup. There are countless ways to eat a very nutritious, plant-based diet with high protein content, high carbohydrate content, and medium fat content. This can be done as you see fit (although eating vegetables is still a must). Take part in the plant muscle puzzle and see two vegan diet plans for mass gain and fat loss.

## **HOW MANY TIMES TO EAT PER DAY?**

If you want to "fire a metabolic fire" and remove more fat, you may need to eat several small meals throughout the day. Besides, the constant flow of protein ensures that muscle growth is always maximized.

Now I don't want to pop the bladder, but given the vegan diet, this is somewhat unreliable. After all, it doesn't matter how often you eat one or seven meals a day - the difference is negligible. As a result, you need to eat as often as you and your habits.

### **Can't get enough calories when you're bulky?**

Start with a hearty breakfast in the morning and eat four or five small meals throughout the day. Or include Vegammas Gainer in your diet.

### **Can't control the calories while chopping?**

Try intermittent fasting. This is the case if you only eat during the 6 to 8-hour period and can eat about 2-3 times a day with careful planning

## HOW TO COOK TASTY AND NUTRITIOUS VEGAN FOOD

Becoming a Gordon Ramsay with plant foods and fitness foods doesn't happen overnight. No, it happens over time when you discover a whole plant-based food, a delicious combination of flavors, and a high-protein diet that serves as a staple for a vegan diet.

If all of this "eating and exercising properly" is brand new, you can understand when you're a little lost. It takes time to get used to and practice, but after a while, you need to build a repertoire of delicious protein-rich and macro-friendly meals.

One of the tips for beginners is to make previous omnivores "vegetarian."

Replace Bolognese spaghetti ground beef with red lentils or structured soy protein.

Instead, focus on the beans and turn the chili into chili.

- Lentil meatballs, hamburgers, falafel, etc.
- Make scrambled eggs with tofu.

Here's another idea. Consider a combination of legumes with a combination of starchy carbohydrates and vegetables. Take favorites from each category and combine them with a meal:

- Brown rice and vegetable tofu.
- Black beans from sweet potatoes and broccoli.
- Quinoa and red cabbage chickpea salad.
- Vegan protein powder, including oatmeal and berries.



## **THE PHILOSOPHY: HEALTHY BUT ACCESSIBLE**

There is a great book that supports what I think is an "ideal" diet for athletic performance—Vegan, high quality, alkaline.

Eating like this is excellent. But it is difficult—lots of strange ingredients, low-temperature cooking, and very little starchy goodness for pasta lovers between us. For meat-eaters looking for a change (without rebelling against the family), the gap between this type of diet and the current diet is large.

We want to offer an alternative, plant-based diet (or vegetarian as long as you want to consume it) that is sufficient to support endurance training and to adapt to strength training. And it has access to new vegans that are delicious.

I'll be the first person to acknowledge that you can get better nutrition, but I think it's more important that you have a diet that stays first. Once you get used to eating vegetarian and vegan (and training this diet), make further progress by increasing micronutrient density, trying intermittent fasting, or trying vegetarian or vegan diets. It is time to think.





## STAPLE FOODS

This list includes common foods that can help endurance athletes meet their vegetarian nutritional needs. It is true that there are many more foods that can be added. The idea here is to list those that can be found in general grocery stores and have a less unfamiliar taste.

- All types of cooked and raw vegetables
- Vegetable sprout
- All types of fruit, usually raw
- Beans and other legumes: lentils, chickpeas, black beans, pinto beans, red beans
- Starchy vegetables like potatoes and sweet potatoes
- Brown rice
- pasta
- Whole grain bread, pita, bagels
- Other grains and seeds: Bulgur wheat, buckwheat, farro, millet, quinoa, linseed, hemp seeds, chia seeds
- hummus

Nuts, nut milk, nut butter: almond, cashew nut, walnut, almond milk, hazelnut milk, peanut butter, almond butter, sunflower butter

Agave nectar (as a training fuel, not a universal sweetener)

- protein powder
- Soy products: tofu, tempeh
- Tea and coffee (limited)



## **CALORIC BREAKDOWN**

When we eat, we don't count calories or the ratio of carbohydrates to protein and fat. We don't think you need to do this unless your goal is to build muscle or lose weight.

In general, however, such ratios can be achieved from a variety of food sources, especially for endurance athletes. In other words, take your preferred endurance diet numbers and let them work without meat. However, endurance diets are usually high in carbohydrates, which makes vegetarian and vegan approaches particularly suitable.

We don't count the calories correctly, but we check the calorie distribution so that it comes very close to the ratio in the book "Food for Fitness" by Chris Carmichael, the former trainer of Lance Armstrong. Carmichael's recommendations vary by training period, but are rough as follows:

- Carbohydrates 65%
- Protein 13%
- Fat 22%

If you want to achieve these numbers with a plant-based diet, you should be fine. And you won't find it difficult.

## **HOW MUCH SHOULD YOU EAT?**

It fills up comfortably but does not cushion. Athletes have the luxury of eating more calories than sedentary people. In fact, you need more calories. If your goal is weight loss or if you exercise more or less than me, your needs will be different from mine. Find the right meal for you.

## **THE KICKSTART PLAN**

The 7-day kickstart plan is unique in that it focuses on the highest quality whole foods (including 7 grains worth eating daily) and ensures that you have everything you need for a plant-based diet need is.

The kickstart plan includes:

- The 7-day meal plan that focuses on foods worth eating every day
- 14 favorite recipes that are nutritious, tasty and easy to prepare
- Focus on simplicity and speed to minimize stress and time

## **POTENTIAL BENEFITS OF THE VEGAN BODYBUILDING DIET**

Vegan nutrition has several potential health benefits.

- **REDUCES HEART DISEASE RISK**

People who eat vegan seem to have a significantly lower risk of developing heart disease. This may be expected in part to a decrease in saturated fat and cholesterol intake and an increase in fiber and various plant compound intake. Traditionally, vegans manage to have more economical hemoglobin strength and more moderate levels of entire cholesterol and LDL (bad) cholesterol than ordinary people. Besides, vegan bodybuilding diets are high in fruits and vegetables and high in fiber. A high fiber intake reduces the occurrence of strokes and heart diseases.

- **CAN PROMOTE A HEALTHY BODY WEIGHT**

Those who eat vegan usually have a lower body mass index (BMI) than those who follow a traditional Western diet and reduce the risk of some disease factors.

A 16-week study looked at the effects of a vegan diet on 75 overweight people. The vegan diet was found to improve body weight, body fat mass, and insulin resistance markers more effectively than the control diet.

If you start your bodybuilding journey with a little weight loss, a vegan diet can be beneficial in this regard.



- **MAY PROTECT AGAINST CERTAIN CANCERS**

Continued vegan diets reduce the risk of different types of cancer compared to traditional western foods.

This effect may be due to an increase in legumes, fruits, and vegetables related to vegan diets, as well as an increase in fiber, micronutrients, and phytonutrients.

A vegan diet has also been linked to a decrease within BMI. An extraordinary BMI is different uncertainty portion for specific types of cancer.

Also, eating more soy, which is typical of vegan dieters, is associated with a reduced risk of breast cancer in women.

Eventually, different amounts of processed red meat have been linked to a higher risk of colon cancer. This increased risk does not apply to a vegan diet.

## **DOWNSIDES OF THE VEGAN BODYBUILDING DIET:**

While the vegan bodybuilding diet seems to have many potential benefits, there are some drawbacks to consider.

Vegan bodybuilding diets have several disadvantages, including an increased risk of nutrient deficiency, excessive fiber intake, and difficulty in satisfying protein and calorie requirements. These should be analyzed before beginning a vegan diet.



- **CAN INCREASE YOUR RISK OF NUTRIENT DEFICIENCIES**

The main disadvantage of vegan bodybuilding diets is that they are at high risk of malnutrition.

The prohibition of creature results from the diet reduces the absorption of various essential nutrients, mainly calcium, omega-3, iron, zinc, vitamin B12, and D.

You may need to take vegan multivitamins to consume these nutrients properly. Vegan omega-3 supplements, usually made from algae, are also available.

Although these nutrients can be obtained from fortified vegan foods, nutritional education plays a key role in starting a vegan diet.

- **HIGHER FIBER INTAKE**

Another possible disadvantage of the vegan bodybuilding diet is the excessive intake of fiber.

High fiber intake is generally considered healthy, but too much fiber can cause digestive problems such as fullness, excessive gas, and abdominal pain.

The recommended fiber intake is 14 grams per 1,000 calories. This is approximately 25 grams for women and 38 grams for men. This amount can easily be exceeded with a vegan diet.

Excessive fiber intake can lead to satiety and loss of appetite. While this can be beneficial for some people, if you don't consume enough calories, it can limit progress in bodybuilding.

- **CAN BE TOUGH TO MEET PROTEIN AND CALORIE NEEDS**

Vegan bodybuilding diets mainly consist of nutrient-rich, fiber-rich foods, which makes it difficult to meet protein and calorie needs without proper planning. Vegan diets are usually lower in calories than conventional foods because many high-calorie animal feeds are excluded. Therefore, following a vegan bodybuilding diet, it may be more difficult for your body to eat more calories than to burn to support your bodybuilding goals.

This can be offset by increasing the portion size, adding healthy fats to your diet, and reducing the volume by eating cooked vegetables as opposed to raw vegetables.

- **MAY BE OVERLY RESTRICTIVE FOR SOME PEOPLE**

By eliminating all animal products, vegan bodybuilding diets can be too limited for some.

Although the selection and availability of vegan foods have increased rapidly in recent years, the diet can be considered slightly monotonous compared to the traditional Western diet.

Fortunately, the number of creative vegan recipes that can bring your diet to life and keep it interesting is endless.

## FOODS TO EAT



Vegan bodybuilding diets usually include many of the following foods:

Beans and legumes: These provide an excellent source of protein and fiber.

Hemp, flax, sunflower, chia seeds: rich in protein and omega-3.

Quinoa and Amaranth: These two pseudo-cereals provide a complete source of protein.

Meat substitute: These products that look like meat are usually made from soy or pea protein.

Soy products: Examples are tofu, tempeh, green soybeans, soy milk, soy protein powder.

Calcium-fortified vegetable milk and yogurt: These fortified products help vegans meet their daily calcium and vitamin D needs.

Spirulina: These cyanobacteria are full of proteins and some vitamins and minerals.

Vegan protein powder: Usually, the best varieties are made from a combination of protein sources such as peas, hemp, and brown rice.

Nutritional yeast: Nutritional yeast that is used to use its taste in vegan cooking is usually fortified with vitamin B12.

Germinated grain bread: These provide an excellent source of protein and complex carbohydrates.

Oats: Oatmeal and oats contain a significant amount of protein per serving and some useful fiber.

Fruit and vegetables: These are an important part of the vegan diet.

Whole Grains and Grains: These are excellent sources of protein, vitamin B, and fiber.

Nuts and Nut Butter: In combination with other complementary proteins, they are an excellent source of protein. They are also a good source of healthy fats.

Tahini: This sesame paste provides enough fat and a small amount of protein per serving.

Healthy oils: oils like olives, avocados, and hemp seeds provide an excellent source of healthy fats and some essential omega-3 fatty acids.



Vegan dark chocolate: Vegan dark chocolate, rich in antioxidants, contains essential vitamins and minerals such as calcium, iron, potassium, magnesium, vitamins A, B, and E

## **DIETARY SUPPLEMENTS**

Vegan bodybuilding meals don't have to be boring as there are many creative recipes. There are several main ingredients on which many of the recipes are based. It is helpful to plan a few days with meals to make shopping easier.

Vegan bodybuilding diets are based on some nutritious whole foods. Dietary supplements can also play an important role in supplementing nutrients that may be missing in the menu.

Given that vegan bodybuilding diets may contain certain nutrients, it is recommended that followers use certain supplements.

With the growing popularity of vegan diets in recent years, the following supplements have significantly improved quality and taste.

One of the most important supplements to consider is vegan protein powder. This way, you can achieve the recommended protein intake levels for bodybuilding while staying within a certain calorie range.

There are many vegan protein powders like soy isolate, peas, hemp, and brown rice. It's best to find a powder that contains some ingredients to make sure you get all of the necessary amino acids. The extra conceivably helpful appendix is a vegan multivitamin that provides sufficient nutrients (such as calcium, iron, zinc, vitamins B12, and D) that are usually missing in vegan diets.

Some other complements to contemplate are creatine and beta-alanine. These two well-studied compounds occur naturally in meat products and are prepared in vegan-friendly differences. They can play a role in energy metabolism and fiber architecture.

Dietary continuations are not required for vegan nutrition, but they can overcome the likelihood of consumption and optimize nourishment for your bodybuilding objectives.

## **FOODS TO AVOID**

Vegan diets are usually based on non-animal whole foods, but there are some foods that you should consider when starting a diet. Some contain traces of animal ingredients, while others do not have a healthy nutritional profile.

Vegan bodybuilding diets tend to avoid or limit the following foods:

**Animal feed:** Meat, fish, poultry, milk, egg, and bee products are not included in the vegan diet. Certain animal additives found in some foods also fall into this category.

**Foods that may not be suitable for vegans:** Products such as bread, fried foods, sweets, potato chips, and dark chocolate can contain animal ingredients.

**Vegan junk food:** sweets, ice cream, and vegan.

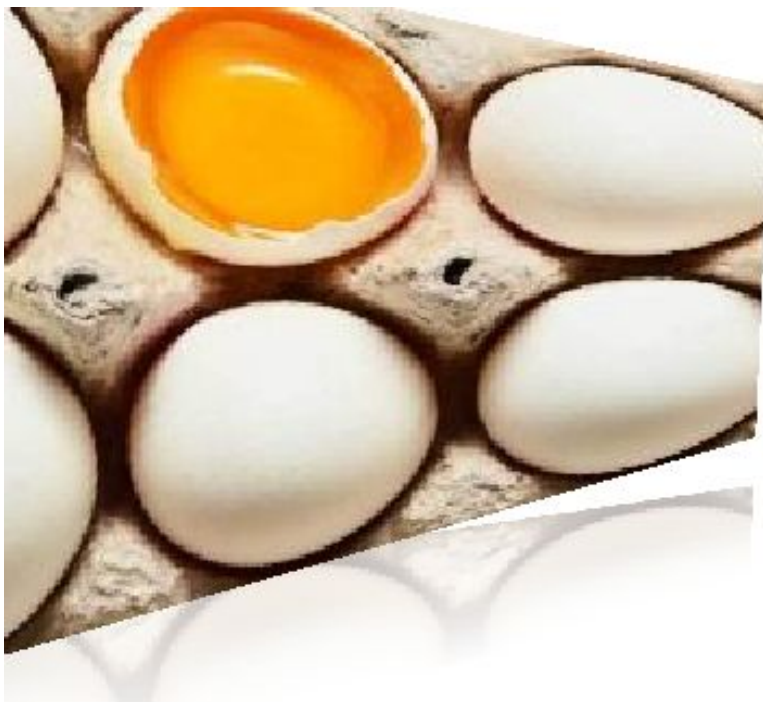
**Vegan junk food:** Sweets, ice cream, and vegan protein bars need to be restricted as they are usually refined sugar and high in calories.

**Mock meat and cheese:** These are usually processed and can contain additives. They also tend to provide fewer nutrients than whole foods. Therefore, these products must be restricted.

## 5-DAY MEAL PLAN

Vegan bodybuilding meals don't have to be boring as there are many creative recipes. There are several main ingredients on which many of the methods are based. It is helpful to plan a few days with meals to make shopping easier.

The intake of calories and macronutrients varies greatly depending on individual and specific goals. Here is an example of a 5-day vegan bodybuilding diet. While a vegan diet has some health benefits, bodybuilding has some disadvantages.



## □ DAY 1

- **Breakfast: protein oatmeal made from oats, vegan protein powder, soy milk, bananas, and nut butter**
- **Lunch: Fried tofu with firm tofu, vegan pasta, beans, red lentils, celery, onions and spinach**
- **Dinner: Teriyaki tempeh with broccoli and quinoa**
- **Snack: strawberry-banana-protein shake**

## □ DAY 2

- Breakfast: breakfast burritos with vegan tortilla tofu scrambled eggs and vegetables
- Lunch: lentils, kidney beans, legumes, lentil bread made from nutritious yeast
- Dinner: a fried vegetable burger with black beans and sweet potato
- Snacks: peanut butter and oatmeal snack bar

### □ DAY 3

- Breakfast: hummus toast made from sprouted grain bread, hummus, hemp seeds, and sunflower seeds
- Lunch: a vegan burrito bowl with rice, beans, and homemade mock tacos
- Dinner: sweet and sour fried tofu, rice noodles and vegetables
- Snack: Mock tuna salad sandwich

## □ DAY 4

- Breakfast: Chocolate peanut butter smoothie bowl with banana, peanut butter, almond milk, vegan protein powder, cocoa powder
- Lunch: meatballs with black beans and quinoa over whole vegan noodles
- Dinner: vegan chilies with chopped tofu, kidney beans, tomatoes, and red lentils
- Snack: Fried chickpeas with bell pepper flakes



## □ DAY 5

- Breakfast: protein pancakes made from whole grain and vegan protein powder and your favorite topping
- Lunch: Fried coconut and tofu curry made from tofu, buckwheat and green soybeans
- Dinner: vegan, sloppy Joe made from lentils and vegetables
- Snacks: Chocolate Peanut Butter Protein Shake

## **THE BOTTOM LINE**

The growing popularity of vegan diets has attracted many people, including those from the bodybuilding community.

While traditional bodybuilding diets contain large amounts of animal protein, vegan bodybuilding diets eliminate all animal products and contain more protein than traditional vegan foods I am

There's no reason why you can't build muscle as a vegan, but you have to recognize that it's more complicated than if you were on an omnivorous diet.

The biggest challenge in building muscle with a vegan diet is getting enough high quality, easily absorbable protein.

However, careful selection of specific plant foods that are high in high-quality proteins can avoid this problem. However, you still need to consume large amounts of these foods to achieve your daily protein goal of around 1 gram of protein per pound of body weight.

Plan additional meals by covering further distances to consistently achieve this protein goal while getting most of the protein from high-quality sources like peas, beans, quinoa, rice, nuts, etc. You can build muscle effectively.

Although soy is also an excellent source of high-quality protein, some studies have shown that consuming large amounts of it can be harmful to men. It is therefore recommended to get most of the protein from other sources.

Regarding macros for building muscle in vegan diets, my recommendations are the same as for meat-eaters.

- Eat about 1 gram of protein per pound of body weight.
- Eat about 0.35 grams of fat per pound of body weight.
- Eat approximately 2.2 grams of carbohydrates per pound of body weight.

For vegans, lowering carbohydrates and increasing fat intake can be easy to achieve your protein and calorie goals. However, this is not necessary.

Certain micronutrient deficiencies are more common among vegans than omnivores. However, eating and strategically supplementing foods rich in various micronutrients can avoid this problem.

So that's all done.

If you plan and track calories and macros, regularly eat a handful of staples, and don't want to take supplements, as a vegan, you will have trouble building muscle.

On the other hand, you can build muscle usually if you carefully manage your diet and eat enough high-quality protein and calories, as well as enough nutritious foods to avoid a deficiency in micronutrients.



## PLANT-BASED ATHLETES

Professional plant-based athletes find strength in Body, mind, and planet. Bodybuilders and fitness fanatics turn to vegetarianism to achieve body build and achieve incredible results. Charlotte Willis speaks directly to vegan strength trainer Vanessa Espinosa and examines the rise of vegan fitness packages and the fact that vegan nutrition is stronger than ever.





## □ **PLANT-BUILT BODIES**

Contrary to popular belief, muscle growth and vegans are closely related. Athletes who have switched to veganism have experienced excellent health-related training benefits to support muscle metabolism and strength. Muscle pain, fatigue, and shortened recovery times are often reported, with reduced inflammation and injury rates after just a few months of plant feeding.

## □ ABS ARE SCULPTED IN THE KITCHEN

Nutrition is essential so that all training plans can deliver optimal results. Vegetarianism makes no difference in this regard. If you want to build muscle or exercise for a vegan diet, you need to make sure you have a variety of nutrient-rich food sources.

To ensure this diversity, traditional dishes are prepared three times a day.

Veganism offers optimal conditions for muscle growth and support. Just looking at Vanessa is enough. An easy way to get the right fuel for your Body is to schedule a series of meals for the week. Then you can create a different balance between carbohydrates, proteins, and fats as well as fresh fruits and vegetables every day. Vanessa's secret: "Eat easily so that you can eat the wrong meal like vegan cookies." Other typical meals include sweet potatoes, tofu, roasted vegetables, and lentils. She also mixes snacks with nut butter, fruits, and nuts.







## □ **CALORIES IN VERSUS CALORIES OUT**

During exercise, it is essential to increase the net caloric intake in your diet to meet the Body's demands for increased muscle consumption and metabolism. Simply put, the calories burned per day should exceed the total calories burned. An average 30-minute weight training weight session ranges from 90 to 250 calories burned, depending on your weight and gender. When planning your diet, supplement high-calorie, nutritious foods such as avocados, nuts, seeds, whole grains, and beans.

## □ THE PROTEIN DEBATE

The question most asked by all vegans, whether they are athletes or not, is, "Where do you get your protein from?" Proteins consist of basic building blocks called amino acids. Vanessa explains: "Fruits and vegetables, nuts, seeds, grains, and legumes contain amino acids that are absorbed by our Body. It takes our Body a day for protein to grow. It only requires 5-10% of the calories in

For the trainees, this intake is around 1 to 1.5 g of protein per pound of body weight, spread over the day.

Although the sources of protein are very diverse and abundant throughout the plant kingdom, specific references such as quinoa, buckwheat, and soy contain a so-called complete amino acid profile. This means that it includes all the essential amino acids that are required for optimal muscle metabolism. Vanessa consists of these sources in her daily diet. "My favorite muscle building foods are quinoa, buckwheat, hemp, peas, and soy."

However, eating a variety of protein sources throughout the day ensures that the Body's daily needs for all amino acids are met, increasing muscle tone. Here are some great sources:

- Pumpkin seeds
- Peanut butter
- Oats
- Tofu and Tempe
- Whole grain bread
- Spinach



## □ START BUILDING YOUR VEGAN BODY

Build a truly muscular and robust body in an incredibly healthy and caring way by following a planned and varied diet, increasing calorific value to meet energy needs, and following regular exercise routines.

Whether you're a regular fitness bunny or a beginner lifting dumbbells, a plant-based diet will definitely improve your workout. And I hope these athletes will inspire you as much as I do. When it comes to Jim, meat shows once and for all that it doesn't matter.



Vegan diets have become increasingly popular in recent years due to health benefits and ethics in treating animals, and more and more people are adopting these diets.

Not only has it attracted the public, but also athletes, including bodybuilders. Nutrition is essential for all bodybuilders, especially for vegan athletes and trainees. While it is possible to build an impressive physique while adhering to a vegan diet and lifestyle, careful planning is required to maximize testosterone and insulin production and maximize regeneration.

Eating vegans have become more comfortable in recent years due to the growing awareness and mainstreaming of the vegan lifestyle. Most of the chain's supermarkets have an organic section, and the number of natural and organic markets in the United States is increasing. Anyone, vegan or non-vegan, can enjoy the benefits of eating natural and organic foods.

## **NUTRITIONAL PRINCIPLES & GUIDELINES**

Just because I'm vegan doesn't mean I don't follow the same guidelines as a bodybuilder champion when it comes to nutrition. In fact, the opposite is the case. I still eat the same thing as a professional bodybuilder, but the only difference is that all of my protein sources are not meat or dairy and contain no animals or animal by-products.

Besides, all the foods in my diet are organic and contain only natural ingredients. I set my eating plan according to the following basic guidelines, but I encourage you to do the same.

## **1. EAT SMALL, FREQUENT MEALS**

Consuming 6 to 8 moments a day is approximately every 2 to 4 hours. In order to maintain a positive nitrogen balance, it is essential to maintain a constant flow of nutrients (proteins, calories, healthy fats, sophisticated and low glyceimic carbohydrates) into the body.

They not only improve your metabolism and fat-burning ability but also provide you with the nutrients you need to grow and relax so that you can work hard the next time you visit the gym.

## **2. EAT YOUR BODYWEIGHT IN GRAMS OF PROTEIN**

Aim for 1-1.5 grams per pound of body weight in grams of protein. In the off-season, for example, they weigh between 180 and 185 pounds. This past off-season was 180 pounds, equivalent to 180 grams of protein a day. This is divided into six meals a day, an average of 30 grams of protein a day.



### **3. CARBOHYDRATES ARE CRUCIAL TO MUSCLE GROWTH**

The great thing about vegan diets is the fact that they eat organic foods. For carbohydrates, only eat whole grain bread that is high in fiber and low in glycemic carbohydrates to keep blood sugar levels even. In the mass production phase, we strive to achieve 2-3 grams of carbs per pound of body weight per day and 360-540 grams per day.

#### **4. EAT ENOUGH CALORIES**

This is the biggest problem for most hard gainers and can be difficult, especially for vegans. The reason is not a lack of nutrition, but the fact that the diet is rich in fiber and low in calories due to the richness of fruits and vegetables.

It is essential to consume 15 to 20 calories per pound of body weight. Start with small numbers and adjust them up or down over time. If your gains are steadily increasing and your body fat seems to be building muscle with the least increase, keep your calorie intake or increase it slightly. Conversely, reduce the calories until the desired effect occurs.

## **5. FAT SHOULD COMPRISE ROUGHLY 30% OF OVERALL CALORIES**

The advantage of the vegan diet is that the fat consumed is healthy. Omega-5 mainly from nuts.

## **The Nutrition Plan**

Once you've confirmed that you've worked out the five guidelines to follow when developing an eating plan, let's take a look at what it looks like. We've made a typical off-season meal plan for you. We usually eat about the same every day, but sometimes things change, and my total calories can vary slightly from day today.

### **Meal 1: 8 a.m.**



Granola

2/3 cup



Milk(soy)

2 cups



Orange

1

**Meal 2: 11 a.m.**



Tempeh

6 oz.



Cheese (vegan)

2 slices



Whole Wheat Bread

2 slices



Peanut Butter

2 tbsp.



Bagel

1



Banana

1

**Meal 3: 2 pm.**



Whole Wheat Bread

2 slices



Banana

1



Protein Shake(soy)

20 g





Protein Bar

1

**Meal 4: 4 p.m.**



Rice Cake

1



Soda(organic)

1



Apple

1

**Meal 5: 6 p.m.**



Tofu

6 oz.



Salad

1



Burger Patty(vegan patty, with vegan cheese)

1

**Meal 6: 10 p.m.**



Peanut Butter

2 tbsp.



Protein Shake(soy)

20 g



Protein Bar

1

## **CHEAT MEALS**

Don't deprive yourself of the food you crave or want to eat in the off-season. It is essential to take time to enjoy moderation and cheat on diet. Take your time to taste every bite and enjoy the taste. This way, your brain time can find the comfort of flavor, and if you eat slowly, your body will tell you that you are full and no longer want or desire I have time to say to you.

## **BEVERAGES**

Except for protein shake and post-workout soda, I don't specify what I drink all day. This is because of how much fluid you drink depends on your thirst. Drink only when you are thirsty. My options are water (lemon-flavored water) and green tea made from tea leaves.

Take about 1.5 to 2 liters of water a day. This includes water, soy milk, green tea, and soy protein shakes. The fluid intake is measured using the urine color. Make your urine light yellow to clarify.

## MEALS ON NON-TRAINING DAYS

You can eat the same type of meal on holiday. The only exception is the lack of organic soda.  
Number of meals after 2 p.m. the following needs to be changed:

### Meal 3: 2 p.m.



Protein Bar

1



Spinach

1 cup



**Meal 5: 8 p.m.**



Protein Shake(soy)

20 g

**Meal 6: 10 p.m.**



Peanut Butter

2 tbsp.



Milk(soy)

1-2 cup

This is the way to eat on a typical day. This plan gives you high-quality muscles but keeps you fairly slim even during the filling phase. The food is delicious, and you won't feel anything short.



# **VEGAN NUTRITION FOR BODYBUILDING** **ATHLETES**

## **Bigger, Leaner, and Stronger Than Ever**

**MARY NABORS**

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## INTRODUCTION

Vegan nutrition has enhanced frequently prevalent in modern years due to health benefits and ethics in treating animals, and more and more people are adopting these diets. Not only has it attracted the public, but also athletes, including bodybuilders.



"Vegan is the healthiest diet and the healthiest role model to support animal rights."

## □ WHAT IS VEGAN?

Personalities who do not consume or manage mammal commodities.

Vegetarianism is a practice of avoiding the use of animal products, especially in nutrition, and a related philosophy that rejects the status of animal products. Dieters and philosophers are known as vegans. You can differentiate between several vegan categories.

- The phrase "vegan" was invented in 1944 by a meagre group of vegetarians they left the Leicester Vegetarian Society in the United Kingdom and established the Vegan Association.
- Like vegetarians, in addition to withholding meat, they have chosen not to consume dairy products, eggs, or other products of animal origin.
- The term "vegan" was chosen by combining the first and the last letter of "vegetarian".
- Veganism is currently determined as a way of life that judges to exclude all forms of animal exploitation and brutality.
- Vegetarianism is a lifestyle that aims to eradicate all mammal products and limit the exploitation of animals as much as possible.

## □ BENEFITS OF VEGAN

### □ WHY DO PEOPLE GO VEGAN?

**Vegans typically avoid animal products for one or more of the following reasons:**

- **Ethics**
  - Ethical vegans firmly believe that all living things have the right to life and freedom.
  - Therefore, they refuse to end the life of a conscious being, only to consume this meat, to drink milk or to wear skin.



- Ethical vegans also resist the psychological and physical stress that animals can endure due to modern farming practices.
- For example, ethical vegans complain about small pens and cages in which many animals live and which are rarely slaughtered after birth.
- In addition, many vegans reject agricultural industry practices, such as the crushing of live roosters by the egg industry and the entry of ducks and geese into the foie gras market.
- Ethical vegetarians can protest, raise awareness, and show resistance by choosing products that do not involve animal husbandry.

#### □ **Health**

- Some people choose vegetarians because of possible health effects.
- A plant-based nutrition can decrease the uncertainty of heart disease, type 2 diabetes, cancer and premature death, for example.
- Reducing the consumption of animal products can also reduce the risk of Alzheimer's and death from cancer and heart disease.
- Some people have also opted for vegetarianism to avoid the side effects of antibiotics and hormones used in modern animal husbandry.
- Finally, studies consistently link vegan nutrition with lower body weight and Body Mass Index (BMI). Some people can choose these diets to lose weight.

#### □ **Environment**

- Due to the environmental impact of animal husbandry, people can also avoid animal products.
- A United Nations (UN) report from 2010 found that these products generally require more resources than plant options and increased greenhouse gas emissions.
- For example, livestock farming contributes 65% to global nitrous oxide emissions, 35-40% to methane emissions and 9% to carbon dioxide emissions.

- These chemicals are considered three major greenhouse gases that are involved in climate change.
- In addition, animal husbandry is usually a water-intensive process. For example, producing one pound (0.5 kg) of beef requires 550 to 5,200 gallons (1,700 to 19,550 litres) of water.
- This is up to 43 times deeper liquid than is required to produce the same amount of grain.
- Animal husbandry can also lead to deforestation if forest areas for arable land or pasture are burned. The destruction of this habitat is believed to contribute to the extinction of various animal species.
- You can choose vegans for a variety of reasons, including ethical, health, and environmental concerns.

## □ WHAT IS VEGAN BODYBUILDING?

For aesthetic reasons, bodybuilders conduct intensive strength training and strive to build muscle tissue.

Nutrition plays an essential role in the process of building muscle. It is generally accepted that protein intake is quite high at around 0.7 to 1.0 grams per pound of body weight per day (1.6 to 2.2 grams/kg) for optimal muscle growth to occur.

- 10-20% additional calories are also beneficial for building muscle mass. This is particularly useful for those who are new to training.
- Traditional bodybuilding diets contain many animal foods due to their high protein and calorie content.
- Vegan bodybuilding diets do not contain all animal products and are higher in protein than conventional vegan diets.
- This is a challenge for bodybuilders after a vegan diet since vegetable proteins are usually of lower quality than animal proteins and can affect muscle building.
- Therefore, careful planning is required to ensure adequate intake of protein, calories and some micronutrients that may not be included in the vegan diet.
- Vegan bodybuilding diets change in different phases of a bodybuilder's life, even if body fat is often reduced in the off-season and prepared for competitions.
- Vegan bodybuilding diets are rich in fruits, vegetables and vegetable proteins. It excludes all animal products and usually contains more protein than traditional vegan foods.

## □ WHAT IS VEGAN BODY BUILDING AND NUTRITION?

Proper nutrition is one of three things you need to do to achieve your intensity goals (the other two are rest and exercise). The basics of a healthy strength training diet are

straightforward, and most people already know the basics! "Don't eat garbage!" Eat a little more than you need to maintain your current weight! "Of course, you can break it down, but for our purposes, we will look at these three basic systems: What are the three primary systems? Weight.

- **WHAT DO THEY HAVE IN COMMON?**

All three systems rely on eating lots of small meals throughout the day (7-8 meals, one every two hours) and consuming a large amount of water. Eat only healthy food (no garbage). Monitor your weight and body fat percentage (you can gain weight but lose fat).

## **CATAGORIES:**

### **☐ HEALTH AND FITNESS IN VEGAN BODYBUILDING**

#### **6 SCIENCE-BASED HEALTH BENEFITS OF EATING VEGAN**

- ☐ Vegan diets help you lose weight.**
- ☐ However, they also offer a number of additional health benefits.**
- ☐ First, a vegan diet helps maintain a healthy heart.**
- ☐ In addition, this diet can provide protection against type 2 diabetes and certain types of cancer.**

#### **1. A VEGAN DIET IS RICHER IN CERTAIN NUTRIENTS**

- ☐ Switching from a typical western to a vegan diet eliminates meat and animal products.**
- ☐ This means that you are necessarily more dependent on other foods. For whole vegan foods, the alternatives are in the form of whole grains, fruits, vegetables, beans, peas, nuts and seeds.**

- Since these foods make up a more significant part of the vegan diet than typical Western diets, they can contribute to a higher daily intake of certain useful nutrients.
- For example, some studies have reported that vegan diets tend to contain more fibre, antioxidants, and beneficial phytonutrients. It also appears to be rich in potassium, magnesium, folic acid, vitamins A, C and E.
- Nonetheless, not all vegan foods are the same.
- For example, a poorly planned vegan diet may contain insufficient amounts of essential fatty acids, vitamin B12, iron, calcium, iodine or zinc.
- Therefore, it is essential to avoid vegan options in low-nutrient fast foods. Instead, focus your diet on whole nutrient-rich plants and fortified foods. You can also consider supplements like vitamin B12.
- Vegan entire foods are generally higher for certain nutrients. However, make sure you get all the nutrients your body needs.

## 2. IT CAN HELP YOU LOSE EXCESS WEIGHT

- More and more people are relying on plant foods in the hope of losing weight.
- There is probably a good reason for this.
- Numerous observational comparisons show that vegans manage to be thinner and have a lower body mass index (BMI) than non-vegans.
- In addition, some randomized controlled trials - the gold standard for scientific research - report that vegan diets are more effective in reducing weight than comparable diets.
- Interestingly, participants on a vegan diet weighed less than participants on a reduced-calorie diet, even if they were allowed to eat until the vegan group was full.
- In addition, a recent small study comparing the weight loss effects of five different diets concluded that vegetarian and vegan, as well as standard semi-vegetarian and western diets, were accepted.
- Even if you haven't followed your diet completely, the vegetarian and vegan groups will lose slightly more than a standard Western diet.
- Vegan diets tend to naturally reduce calorie intake. This will help promote weight loss without actively reducing calories

**LOSS WITHOUT ACTIVELY REDUCING CALORIES**

**3. IT APPEARS TO LOWER BLOOD SUGAR LEVELS AND IMPROVE KIDNEY FUNCTION**

- **Switching to vegan also has benefits for type 2 diabetes and decreased kidney function. In fact, vegans tend to have low blood sugar, high insulin sensitivity, and up to 50-78% reduced risk of type 2 diabetes.**
- **Studies have shown that vegan diets in diabetics even lower blood sugar levels than diets from the American Diabetes Association (ADA), the American Heart Association (AHA) and the National Cholesterol Education Program (NCEP).**
- **In one study, 43% of participants who followed a vegan diet reduced their hypoglycemic dose, while only 26% of ADA participants recommended a diet.**
- **Other studies have reported that diabetics who use meat instead of vegetable protein may reduce the risk of kidney dysfunction.**
- **A vegan diet can reduce the risk of type 2 diabetes. It is also particularly effective in lowering blood sugar levels and can help prevent further medical problems from occurring.**

#### **4.A VEGAN DIET MAY PROTECT AGAINST CERTAIN CANCERS**

- According to the World Health Organization, factors within your control, including diet, can prevent about a third of all cancers.
- For example, eating legumes regularly can reduce the risk of colorectal cancer by about 9 to 18%.
- Studies also suggest that eating at least seven parts of fresh fruits and vegetables a day can reduce your risk of cancer death by up to 15%.
- Vegans generally eat significantly more legumes, fruits and vegetables than non-vegans. This may explain why vegans can benefit from a 15% reduction in the risk of developing or dying from cancer in a recent review of 96 studies.
- In addition, vegan diets generally contain many soy products and can offer protection against breast cancer.
- Avoiding the use of certain animal products can also help reduce the risk of prostate, breast and colon cancer.
- vegan diets may be due to the lack of smoked or processed meat or high-temperature cooked meat that is believed to promote certain types of cancer. Although vegans also avoid dairy products, some studies have shown that the risk of prostate cancer can be slightly increased.
- On the other hand, there is also evidence that dairy products can help reduce the risk of other cancers, such as colon cancer. Therefore, avoiding dairy products may not be a factor



in reducing the overall cancer risk of vegans.

- It is important to note that these studies are inherently observable. It is improbable to circumscribe the demanding mentality why vegans are at low risk of cancer.
- Until the researchers know more, however, it is advisable to increase the amount of fresh fruit, vegetables and legumes consumed daily and to limit the consumption of processed, smoked and cooked meat.
- Certain aspects of the vegan diet can offer protection against prostate, breast and colon cancer.

## **5. IT'S LINKED TO A LOWER RISK OF HEART DISEASE**

- **Eating fresh fruits, vegetables, legumes, and fiber reduces your risk of heart disease.**
- **All of this is usually fed in large quantities with well-planned vegan diets.**
- **Observational studies are comparing vegetarians to vegetarians and the general population report that vegetarians can benefit by reducing their risk of developing high blood pressure by up to 75%.**
- **Vegans can reduce the risk of dying from heart disease by up to 42%.**
- **Besides, several randomized controlled trials have reported that vegan diets significantly lower blood sugar, LDL cholesterol and total cholesterol levels than comparable foods.**
- **This is particularly beneficial for heart health because lowering high blood pressure, cholesterol and blood sugar reduces the risk of heart disease by up to 46%.**
- **Vegans also consume more whole grains and nuts compared to the general population. Both are good for your heart.**
- **Vegan diets can improve heart health by significantly reducing the risk factors that contribute to heart disease.**

## **6. A Vegan Diet Can Reduce Pain from Arthritis**

- **Several studies have reported that vegan diets have a positive effect on people with different types of arthritis.**
- **In a study, 40 arthritic participants were randomly selected to either continue an omnivorous diet or switch to a vegetarian diet for six weeks.**

- People who eat vegan reported a higher energy level and a better general function than people who did not change their diet.
- Two other studies are examining the effects of raw probiotic vegan food on the symptoms of rheumatoid arthritis.
- Both participants in the vegan group reported that symptoms such as pain, swelling of the joints and morning stiffness improved significantly compared to those who continued to eat all the food.
- A vegan diet based on whole foods rich in probiotics can substantially reduce the symptoms of osteoarthritis and rheumatoid arthritis.

## □ DIETS AND NUTRITION IN VEGAN BODYBUILDING



Vegan bodybuilding diets usually contain many of the following foods:

- **beans and legumes.** These provide an excellent source of protein and fiber.
- **Hemp, flax, sunflower, chia seeds.** They contain significant amounts of protein and omega-3.
- **Quinoa and Amaranth.** These two pseudo particles provide a complete source of protein.
- **Meat substitute.** These products, which look like meat, are usually made from soy or pea protein.
- **Soy products.** Examples include tofu, tempeh, edamame, soy milk, soy protein powder.
- **Vegetable milk and yoghurt enriched with calcium.** These fortified products help vegans meet their daily calcium and vitamin D needs.
- **Spirulina.** These turquoise algae contain many proteins as well as some vitamins and minerals.
- **Vegan protein powder.** The best strains are usually made from a combination of protein sources such as peas, hemp, and brown rice.
- **nutritional yeast.** Nutritional yeasts that are used to use their flavour in vegan cooking are usually fortified with vitamin B12.
- **Sprouted grain bread.** These provide an excellent source of protein and complex carbohydrates.
- **oats.** Oatmeal and oats offer substantial amounts of protein and useful fiber per serving.
- **fruits and vegetables.** This is an integral part of the vegan diet.
- **Whole grains and cereals.** They are an excellent source of protein, B vitamins and fiber.
- **Nuts and nut butter.** Combined with other complementary proteins, it is an excellent source of protein. They are also a good source of healthy fats.
- **Tahini.** This sesame paste provides enough fat and a small amount of protein per serving.
- **Healthy oils.** Oils like olives, avocados and hemp seeds are excellent sources of healthy fats and some essential

omega-3 fatty acids.

- **Vegan dark chocolate.** Vegan dark chocolate, rich in antioxidants, contains essential vitamins and minerals such as calcium, iron, potassium, magnesium, vitamins A, B and E.

## **Dietary supplements**

- Considering that the vegan bodybuilding diet may lack certain nutrients, it's recommended that followers take advantage of certain [dietary supplements](#).
- With the rise in popularity of the vegan diet in recent years, nutrition supplements geared toward those following it have greatly improved in quality and taste.

- **One of the several significant complements to examine is vegan protein powder. This way, you can achieve the recommended protein intake levels for bodybuilding while staying within a specific calorie range.**
- **There are many vegan protein powders such as soy isolate, peas, hemp, brown rice. It's best to find a powder that contains some ingredients to make sure you get all of the essential amino acids.**
- **One of the other possibly helpful supplements is a vegan multivitamin that contains a sufficient amount of nutrients that are usually missing in vegan diets, such as calcium, iron, zinc, vitamins B12 and D.**
- **Other supplements to consider include creatine and beta-alanine. These two well-studied compounds naturally occur in meat products and are prepared in vegan-friendly variations. They can perform a role in potential metabolism and muscle building.**
- **Dietary supplements are not essential for a vegan diet but can reduce the possibility of malnutrition and optimize nutrition for bodybuilding purposes.**
- **Vegan bodybuilding diets are based on some nutritious whole foods. Dietary supplements can also play an important role in supplementing nutrients that may be missing in the diet.**

## **Foods to avoid**

Vegan bodybuilding diets tend to avoid or limit the following foods:

- animal feed. Meat, fish, poultry, milk, egg and bee products are not part of the vegan diet. Certain animal additives found in some foods also fall into this category.
- Foods that may not be suitable for vegans. Products such as bread, fried foods, sweets, potato chips, and dark chocolate can contain animal ingredients.
- Vegan junk food. Sweets, ice cream, and some vegan protein bars usually contain a lot of refined sugar and calories and need to be restricted.
- Simulated meat and cheese. These tend to be processed and can contain additives. They also tend to provide fewer nutrients than whole foods. Therefore, these products must be restricted. Vegan diets are usually based on non-animal whole foods. There are some foods you should consider when starting a diet. Some contain traces of animal ingredients, while others do not have a healthy nutritional profile.

## **BENEFITS:**

### **□ POTENTIAL BENEFITS OF VEGAN BODYBUILDING DIET**

- Possible benefits of the vegan bodybuilding dietVegan diets have some potential health benefits.

### **□ REDUCES HEART RISKS**

- People who eat vegan seem to have a significantly lower risk of developing heart disease.

- This may be anticipated in part to a decrease in saturated fat and cholesterol intake and an increase in fiber and various plant compound intake.
- Vegans traditionally have lower blood pressure and lower total and LDL (bad cholesterol) levels than the general population.
- In addition, vegan bodybuilding diets are rich in fruits and vegetables and contain a good amount of fiber. A high fiber intake reduces the occurrence of strokes and heart diseases.

## □ CAN PROMOTE A HEALTHY BODY WEIGHT

- Vegan dieters usually have a lower body mass index (BMI) than traditional Western dieters, which reduces the risk of some disease factors.
- A 16-week study examined the effects of vegan diets on 75 overweight people. The vegan diet was found to improve body weight, body fat mass and insulin resistance markers more effectively than the control diet.
- If you start your bodybuilding journey with a little weight loss, a vegan diet can be beneficial in this regard.

## □ MAY PROJECT AGAINST CERTAIN CANCERS

- A continued vegan diet reduces the risk of different types of cancer compared to the traditional western diet.
- This effect is likely due to the increased intake of legumes, fruits and vegetables associated with the vegan diet, which increases the intake of fiber, micronutrients and phytonutrients.
- The vegan diet is also associated with a decrease in BMI. A high BMI is another risk factor for certain types of cancer.
- In addition, eating more soy, which is typical of vegan dieters, is associated with a reduced risk of breast cancer in women.



- Finally, different amounts of red meat are associated with a higher risk of colon cancer.
- Subsequently, various levels of processed red meat have been linked to a higher risk of colorectal cancer. This increased risk does not apply after vegan dieting.
- Vegan bodybuilding diets are rich in fruits and vegetables and can provide some health benefits, such as promoting a healthy weight, including lowering the risk of heart disease and cancer.

## □ TIPS FOR VEGAN BODYBUILDING AND NUTRITION



## □ HOW MANY CALORIES YOU NEED?

Which calories does CA need?

calorie intake

Transactions are as follows.

- If you want to gain weight, you need to eat more than burn your body.
- If you want to lose fat, you need to eat rather than burn.
- This has been proven by science.
- Known as "calorie burned calories" (CICO).
- Therefore, the first step in your weight goal is to calculate your calorie requirements.
- show to calculate calorie requirements
- It will help if you start by calculating your basal metabolic rate (BMR). This is the energy consumption rate at rest. Calories burned when you do nothing at all.
- This formula (by Harris-Benedict) varies by gender. It would help if you plugged in some variables. Your age, height, weight.
- next, you need to consider activity levels using multipliers.
- x1.0: Sedentary

- x1.2: very light activity
- x1.4: Light activity
- x1.6: Moderate activity
- x1.8: Many activities
- x2.0: Extreme activity



- **I often sit down and do nothing all day. I watch TV and work at my desk without physical activity.**
- **Light activity means non-physical work and light activity like walking.**
- **Moderate activity means non-physical work, including daytime physical activity and workout sessions.**
- **High activity means non-physical jobs with two workout sessions daily, or one workout session and one workout per day.**
- **Finally, you need to adjust the numbers to meet your weight goals. Your adjustment depends on your body type.**
- **For atypical (naturally thinned), reduce calories by 10% to gain weight and increase muscle by 20%.**

- For end morphs (who are struggling to lose weight), reduce calories by 20% to lose weight and increase muscle gain by only 10%.
- men
- $(66 + (13.7 \times \text{bodyweight kg}) + (5 \times \text{height cm}) - (6.8 \times \text{age})) \times \text{activity level}$
- women
- $(655 + (\text{weight in } 9.6 \times \text{kg}) + (\text{height in } 1.7 \times \text{cm}) - (4.7 \times \text{age})) \times \text{activity level}$
- example
- Male, 36, 80 kg, 185 cm, moderately active, deformed, increased muscle:
- $((66 + (13.7 \times 80) + (5 \times 185) - (6.8 \times 36)) \times 1.6) \times 1.2 = 3537$
- Female, 30, 60 kg, 170 cm, somewhat active, end morph, weight loss:
- $((655 + (9.6 \times 60) + (1.7 \times 170) - (4.7 \times 30)) \times 1.4) \times 0.8 = 1544$
- Calorie counting is a subject of controversy, but while some (including nutritionists!) claim that it is better to opt-out, counting calories is a major part of bodybuilding nutrition.
- "When you're trying to build muscle mass, your body needs fuel to build and increase muscle fiber size." Similarly, reducing the number of calories you eat can result in fat loss. This may actually build muscle and appear to be "cut". (Related: How many calories should I eat to lose weight?)
- There are online calculators (such as this) that can be used to calculate how many calories to eat at various stages of the season.
- "These are great tools to get an estimate of the number of calories you should eat. But we recommend using this as a starting point and experimenting because everyone is different." Youtuber, a vegan bodybuilder, because activity levels, metabolism, hydration, stress levels, sleep quality, menstrual cycle time, etc., all affect the number of calories needed, weight and muscle loss, maintenance and gain.
- This is no different between omnivores and vegan bodybuilding: "Daily caloric intake will be the same in vegans and omnivores," says Venus. "Some people think that vegans need to burn more calories, but this is not true."

## □ MACRONUTRIENT BREAKDOWN

- "One of the most influential misconceptions personages obtain when starting a vegan bodybuilding diet plan is that they cannot eat enough high-quality calories, which can really slow muscle growth. So, what determines the quality of a meal? Breakdown of its main nutrients. (Related: A Complete Guide to Macro Diet).
- Macronutrients (also known as proteins, carbohydrates and fats) are the most important nutrients the body needs to function properly and efficiently. The concept of "counting macros" is essential to ensure that you get a certain balance every day.
- "Macro diets are also known as flexible diets because you can use any food at the end of the day as long as you achieve your goals," explains Matthews.
- Is this division different for vegan and non-vegan athletes? No! "The main nutrients are the same," says Matthews. "The trainer gives me and the omnivores the same nutrient breakdown. I attack with vegan food."
- There are no stringent dictates for ascertaining the breakdown of key nutrients. The ratio may change depending on how far you are from the competition day. "In general, bodybuilding requires that carbohydrates be high, fats low to moderate, and protein high enough to support muscle growth," Venus says. "After that, starting a "cut", usually before the competition, reduces caloric and carbohydrate intake and slightly increases fat intake." "
- For example, the general guidelines usually have a protein/carbohydrate / fat ratio of 20/60/20, while Matthews eats a high protein diet with a 40/40/20 split. This division changes during the amputation and bulk season, so you'll likely need to work with experts. "If you are a bodybuilder, having another pair of eyes is very helpful to make sure you are eating the right meal," says Matthews.



Bread



Meat



Margarine

### Digestion



Glucose



Amino  
Acids



Fatty  
Acids

## HOW DOES MY BODY USE MACROS?

- **Carbohydrates:** Despite their bad reputation, carbohydrates are essential when consumed from healthy sources. Carbohydrates are required for optimal brain and muscle function. "Different forms of carbohydrates are the most needed macronutrients." "When complex carbohydrates are eaten and broken down, they are the primary source of energy that drives our daily activities. Depending on the goal, carbohydrates have to meet 45-65% of a customer's daily calorie needs."
- **Fat:** It's easy to believe that the more fat you eat, the more fat you have. It is not always true. Fat is important for the proper functioning of the body. "Healthy fats help absorb vitamins and provide the body with essential fatty acids that are not made in-house. We love foods that love the taste and texture that they enjoy so much," said Burgess. Say, however, not all fats are the same. "Use as much saturated fat (meat, butter, cream) and trans-fat (contained in processed, packaged foods, fast foods and some margarine) as possible in healthier unsaturated vegetable-based fats (nuts, avocado, olive oil, etc.)"
- **Protein:** Proteins are broken down into amino acids in the intestine and used as building blocks. "Protein helps repair all tissues, including muscles, bones, and skin." "It is also used to make essential hormones and enzymes that support the immune system." When used by the body as a source of energy, it is usually necessary for the body's carbohydrate and fat stores to continue functioning properly. She adds that the protein has been used up to the required level.

- **Why should I track macros and not calories?**

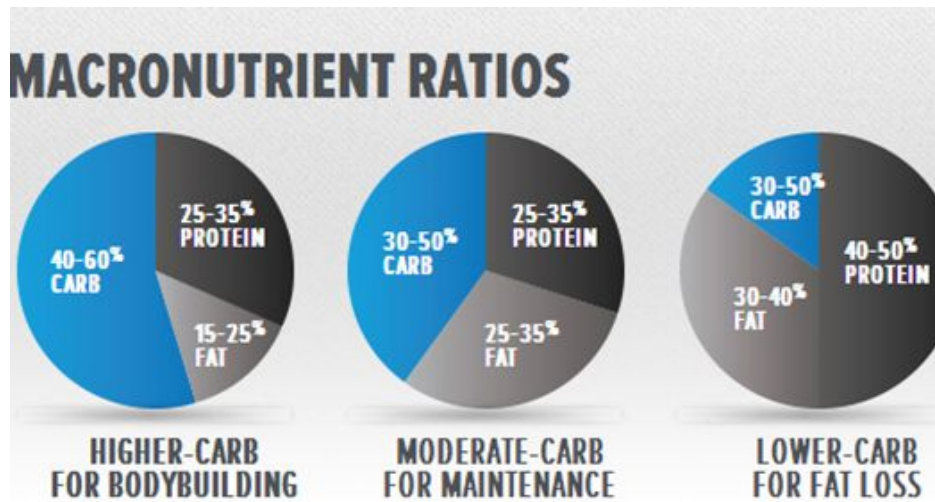
Because not all calories are the same. Calories are a measure of how much energy your body receives when you consume it. However, you need to consider the source of the calories. Although the calories of the two foods are similar, the breakdown of macro and micronutrients is completely different. Things that consist of simple carbohydrates and fats, like chocolate cake, are quickly absorbed and stored as fat. A more even balance of vitamins, minerals and fiber such as carbohydrates, fats, proteins and sweet potatoes can serve as active body fuel. And you get more bored.

As long as your calorie intake is low, you can definitely lose weight loss calories. However, watch out for macros if you want to make a nutritious choice that your body can do optimally.



- **How do I know my macronutrient breakdown?**

"First of all, it's important to understand your ultimate health and fitness goals," says Burgess. "Most people fall into three categories: weight loss, muscle building, or general maintenance." The macro requirements vary depending on physical goals. Regardless of whether you recently started a new training program or just want to recover from the fun of the Christmas party, you can change your essential nutrients to drive progress. Start here and get an idea of what an average macronutrient balance looks like. From there, you can adjust the number of carbohydrates, fats and proteins to your personal needs and needs.



## □ VARIETY OF VEGAN PROTEIN SOURCES

- One of the most common misunderstandings in vegan diets is low in protein. Given that bodybuilders generally consume more protein than the average population, it's no surprise that there is a misunderstanding that vegan bodybuilders have greater difficulty getting enough protein.



- "Vegan bodybuilders receive hundreds of messages every week asking how they can get enough protein," says Matthews.
- However, experts have confirmed that it is 100% possible to get enough protein as a vegan bodybuilder. "There are far more vegan sources of protein than people realize," says Matthews. Her preferred vegan protein sources are beans, tofu, structured vegetable protein, bean noodles, Tempe, fava beans, important wheat gluten and hemp seeds.
- Venus prefers to consume them as well as chickpeas, lentils, chickpeas and vegan protein powder. Amaranth, nut butter, nuts, kidney beans, black beans and oatmeal are also excellent sources of protein. Potatoes, vegetables, chlorella, mushrooms and Brussels sprouts also contain protein.

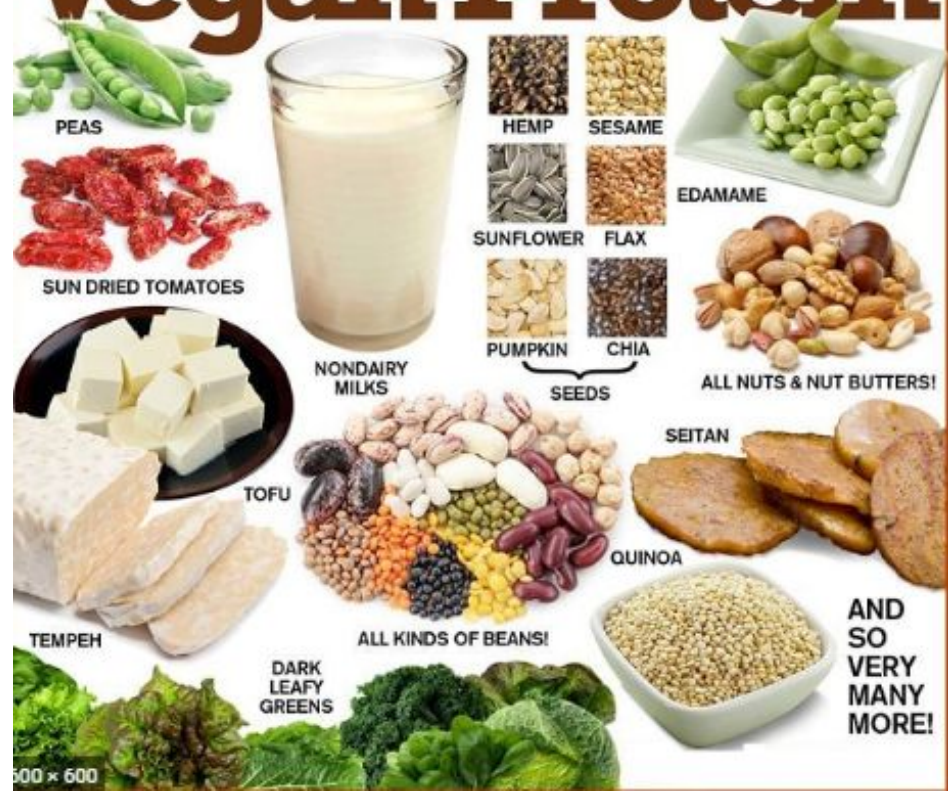
- It is worth noting that not all vegan protein sources are the same. Proteins are made up of amino acids, and some of these amino acids are "non-essential" (the body can make it yourself) and "essential" (the body can't make it and must be taken from food). Included).
- "There are nine essential amino acids, and our body needs all of these nine essential amino acids to build muscle, for example."
- All animal resources such as turkey, chicken, pork, dairy, eggs, beef, fish etc. contain all nine types, but most plant foods contain all nine essential amino acids. It is not.
- "There are three exceptions: quinoa, buckwheat, soy tofu, tempeh, soy-based TVP and soy protein powder are all based on soy and therefore contain nine essential amino acids.
- When consuming various plant foods, however, the body can store and combine amino acids to form complete proteins. For example, rice and beans are individually incomplete proteins, but when combined, they are all essential amino acids.
- When practising a vegan bodybuilding diet, it is important to consume enough protein to achieve your muscle-building goals.
- Since many vegan protein sources don't usually contain all the essential amino acids, you need to eat more and more of these foods to meet your needs regularly.
- Filling high-protein vegan foods like citrus, tofu, legumes, quinoa, etc. can meet your protein needs to maximize muscle building.
- vegan protein powder also helps meet protein needs by providing a concentrated source of protein throughout the workout and throughout the day.
- what do you eat?
- protein source
  - Tempe
  - Tofu
  - Seitan
  - Edamame
  - Lenses
  - chickpea
  - nutritional yeast

- Quinoa
- Cannabis seeds
- beans
- Amaranth

Oats

- A common problem with vegetarian and vegan diets is that they may be missing.
- However, many experts agree that a well-planned vegetarian or vegan diet can provide you with all the nutrients you need.
- However, certain plant foods contain significantly more protein than other plant foods.
- And high protein diets can promote strength, satiety and weight loss.

# There are many excellent sources of **Vegan Protein**



- **Here are 17 plant foods that contain large amounts of protein per serving.**

### **1. Seitan**

- Seitan is a popular source of protein for many vegetarians and vegans.
- Made from gluten, the main protein in wheat. Unlike many soy-based pork portions of meat, when cooking, it resembles the look and texture of meat.
- Also called wheat or wheat gluten, it contains about 25 grams of protein per 100 grams. This makes it the most abundant source of vegetable protein on this list.

- Seitan is also an excellent source of selenium and contains small amounts of iron, calcium and phosphorus.
- You can find this meat alternative in the refrigerated area of most health food stores or use this recipe to create your own version with important wheat gluten.
- Seitan can be fried, roasted or grilled in a pan. Therefore, it can easily be integrated into various recipes.
- Seitan should be avoided by people with celiac disease or sensitivity to gluten.
- Seitan is a slice of simulated meat made from wheat gluten. Its high protein content, meaty texture and versatility make it a popular plant-based protein selection among many vegetarians and vegans.

## 2. Tofu, Tempeh and Edamame

- Tofu, Tempe and green soybeans are all made from soybeans.
- Soy is considered a complete source of protein. This means providing the body with all the essential amino acids it needs.
- Edamame is an immature soybean with a sweet, slightly grassy taste. They must be steamed or cooked before consumption and can be eaten individually or added to soups and salads.
- Tofu is made from tofu, which is compressed similarly to cheese making. Tempe is made by boiling ripe soy and fermenting slightly before adding it to the putty.
- Tofu is not very tasty, but easily absorbs the taste of the ingredients provided. Relatively, Tempeh has a characteristic nutty taste.
- Both tofu and Tempeh can be used in a variety of recipes, from burgers to soups to chili.
- All three contain iron, calcium and 10-19 grams of protein (100 grams) per 3.5 ounces.
- Edamame is also rich in folic acid, vitamin K and fiber. Tempe contains large amounts of probiotics, vitamin B and minerals like magnesium and phosphorus.
- Tofu, Tempeh and green soybeans all come from soy, a complete source of protein. It is also rich in some other nutrients and can be used in various recipes.

### **3. Lentils**

- **Eighteen grams of protein lenses (240 ml) per cooked cup are an excellent source of protein.**
- **Can is used in a variety of dishes, from fresh salads to savory soups.**
- **Lentils also contain many slowly digested carbohydrates, and a cup (240 ml) provides about 50% of the recommended daily allowance.**
- **In addition, it has been shown that the type of fiber in lentils feeds on good bacteria in**



- **In addition, it has been shown that the type of fiber in lentils feeds on good bacteria in the colon and promotes a healthy intestine. Lentils also help reduce the risk of heart disease, diabetes, obesity, and some types of cancer.**
- **In addition, lentils are rich in folic acid, manganese and iron. It is also rich in antioxidants and other health-promoting plant substances.**
- **Lentils are a source of food. They are high in protein and contain significant amounts of other nutrients. They can also help reduce the risk of various diseases.**

#### **4. Chickpeas and Most Varieties of Beans**

- **Kidney, black, focus and most other types of beans contain large amounts of protein per serving.**
- **Chickpea, also called chickpea, is another legume with high protein content.**
- **Both beans and chickpeas each contain about 15 grams of protein (240 ml) per cooked cup. It is also an excellent source of complex carbohydrates, fiber, iron, folic acid, phosphorus, potassium, manganese and some useful phytonutrients.**
- **In addition, some studies have shown that a diet rich in beans and other legumes can lower cholesterol, control blood sugar, lower blood pressure, and even lower belly fat.**
- **Add beans to your diet by preparing a delicious bowl of homemade chilly, or sprinkle roasted chickpeas with a little turmeric for additional health benefits.**
- **Beans are protein-filled legumes that promote health, including various vitamins, minerals, and beneficial phytonutrients.**

#### **5. Nutritional Yeast**

- **Nutritional yeast is an inactivated strain of *Saccharomyces cerevisiae* yeast and is commercially available as a yellow powder or flake.**
- **It has a cheap taste and is a popular ingredient in cooking**

## □ **CONSIDER SUPPLEMENTS**

- Due to lack of planning and variety, any diet may lack certain nutrients, and vegan bodybuilding diets are no exception. Matthews can reduce the risk of the deficiency by eating a variety of foods and prioritizing the products during the season.
- However, these other nutrients are worth noting:

- **Vitamin B12:** "Since vitamin B12 is the only vitamin that is not found in plant-based foods, most doctors recommend adding B12 to vegans," says Venus. (He and Matthews both take B12 supplements).
- **Iron:** "While iron can be obtained from plant sources such as spinach, beans, and raisins, this form of iron (called non-heme) is usually difficult to absorb, so many vegans are deficient. Suffer" to that Increase iron intake.
- **Vitamin D:** A vitamin D deficiency is also common, as it most often occurs in animal foods. In addition, three-quarters of adults have a low vitamin D content
- **Omega 3:** "Chia and flax seeds contain Omega 3, but I still consume vegan algae-based Omega 3," says Matthews.
- **Before taking the pill, contact your doctor to determine if there is a risk of missing you and work with them to try. We determine which supplements to try, "says Moreno.**
- **Branched amino acid preparations**  
Another important addition is the branched-chain amino acids. These should be taken, especially before and after training, because they prevent the loss of muscle mass.
- **Consider refilling iron**  
One of the nutrients that can be lacking without eating lean meat is iron. Since iron is involved in the development of red blood cells, there is no risk of hypoxia. This way, you will find that you get tired pretty quickly when you exercise. If you are planning a long-term vegetarian diet, you should add one iron supplement a day.

## **Vitamin B12**

- **Foods that are often claimed to be rich in vitamin B12 include unwashed organic products, mushrooms, seaweed, spirulina, chlorella, and nutritional yeast grown on B12-rich soils.**
- **Some people think vegans who eat enough of the right plant foods don't have to worry about vitamin B12 deficiency.**
- **Nonetheless, there is no systematic basis for this idea.**
- **Some studies have shown that vegetarians and vegans are at increased risk of deficiency, although everyone can lower vitamin B12 levels. This is especially true for vegans who don't take supplements.**
- **Vitamin B12 is important for many physical processes, such as protein metabolism and the formation of oxygen-bearing red blood cells. It additionally performs an**

**influential role in the health of the nervous system.**

- **Too little vitamin B12 can cause anaemia, damage to the nervous system, infertility and bone and heart diseases.**
- **The recommended daily dose is 2.4 µg per day for adults, 2.6 µg per day for pregnancy and 2.8 µg per day for breastfeeding.**
- **The entirely accurately proven method for vegans to achieve these values is to consume foods fortified with B12 or vitamin B12 supplements. Foods fortified with B12 typically include vegetable milk, soy products, breakfast cereals, and nutritional yeast.**
- **Some plant foods seem to contain the form of vitamin B12 naturally, but there is still debate as to whether this form is effective in humans.**
- **In addition, there is no scientific evidence for unwashed organic products as a reliable source of vitamin B12.**
- **Nutritional yeast contains vitamin B12 only in an enriched form. However, vitamin B12 is sensitive to light and may deteriorate when purchased or in a clear plastic bag.**
- **It is essential to note that vitamin B12 is best absorbed in small amounts. The less you take vitamin B12, the more you have to take it.**

## **2. Vitamin D**

- **Vitamin D is a fat-soluble vitamin that promotes the absorption of calcium and phosphorus from the intestine.**
- **This vitamin also affects many other physical processes such as immune function, mood, memory and muscle regeneration. The recommended daily allowance (RDA) for vitamin D for children and adults is 600 IU (15 µg) per day. Older and pregnant or breastfeeding women should aim for 800 IU (20 µg) per day.**
- **However, some evidence suggests that your daily needs are much larger than the current RDA.**
- **Unfortunately, very few foods naturally contain vitamin D, and foods fortified with vitamin D are often considered insufficient to meet daily needs.**
- **This can partly explain the global report on vitamin D deficiency in vegans and omnivores.**
- **In addition to small amounts obtained from food, vitamin D can be produced by sun exposure. For most people without sunscreen and as long as most of the skin is exposed,**

staying in the sun for 15 minutes during the day can produce enough vitamin D.

- Older people, dark-skinned people, people living in northern or cold climates, and those who spend little time outdoors may not be able to produce enough.
- Besides, due to the known adverse effects of excessive UV radiation, many dermatologists have warned against using sunlight to increase vitamin D levels.
- The best way to help vegans get enough vitamin D is to check their blood levels. People who don't get enough of fortified foods and sunlight should consider taking vitamin D2 or vegan vitamin D3 supplements daily.
- Vitamin D2 is seemingly adequate for most personalities, but some studies suggest that vitamin D3 is more effective in increasing vitamin D levels in the blood
- Vitamin D deficiency is a problem for vegans and omnivores. Vegans who do not maintain normal blood levels when exposed to fortified foods or sunlight may need to consider taking supplements.

### 3. Long-chain omega-3s

- Omega-3 fatty acids can be divided into two categories.
- Essential omega-3 fatty acids:  $\alpha$ -linolenic acid (ALA) is the only essential omega-3 fatty acid. In other words, it can only be taken out of the diet.
- Long-chain omega-3 fatty acids: This category includes acids (EPA) and docosahexaenoic acid (DHA). They are not supposed imperative because your body can make them from ALA.
- Long-chain omega-3 fatty acids play a fundamental role in the intellect and memory. Proper nutrition can also be important to reduce brain development and the risk of inflammation, depression, breast cancer, and attention deficit hyperactivity disorder (ADHD).
- Sources with a great ALA content incorporate flax grains, chia seeds, pecans, burlap bulbs and soy. EPA and DHA are mainly found in animal products such as oily fish and fish oil.
- Once you have enough ALA, you should theoretically maintain adequate EPA and DHA levels. Nevertheless, examination insinuates that the metabolism of ALA to EPA is about 5 to 10%, while the conversion to DHA can be up to 2 to 5%.
- In addition, studies consistently show that vegetarians and vegans have lower EPA and DHA blood and tissue concentrations of up to 50% than omnivores.
- Greatest fitness professionals agree that 200-300 mg per day is enough.
- Vegans can achieve this recommended intake by adding algae oil.
- In addition, minimizing the intake of omega-6 fatty acids from oils such as corn, safflower, sunflowers and sesame oil and eating sufficient ALA-rich foods can further increase the EPA and DHA levels. Vegans tend to have low blood and tissue levels of long-chain omega-3 fatty acids. Therefore, they can benefit from an EPA and DHA supplement.

### 4. Iodine

- Adequate iodine intake is important for healthy thyroid function to control metabolism.

- Iodine deficiency during pregnancy and early childhood can lead to irreversible intellectual disabilities.
- In grown-ups, inadequate iodine consumption can lead to hypothyroidism.
- This can produce different indications such as low energy levels, dry skin, tingling in the limbs, forgetfulness, depression, weight gain and more.
- Vegans are at jeopardy of iodine insufficiency. Researches determine that vegans have up to 50% beneath hemoglobin iodine levels than vegetarians.
- The RDA for adults is 150  $\mu\text{g}$  iodine per day. Pregnant women should aim for 220  $\mu\text{g}$  per day, but breastfeeding women are encouraged to increase their daily intake to 290  $\mu\text{g}$  per day.
- The iodine content in plant foods depends on the iodine content of the soil in which they are grown. For example, foods grown near the sea tend to contain much iodine.
- The only foods that are always considered rich in iodine are iodized salt, seafood, algae and dairy products. They absorb iodine from solutions used to clean cattle and agricultural equipment.
- Half a teaspoon (2.5 ml) of iodized salt is sufficient to meet your daily needs.
- Vegans who do not want to consume iodized salt and seaweed several times a week should consider taking iodine supplements.
- Iodine plays an essential role in thyroid function and metabolism. Vegans who don't get enough iodine from seaweed or iodized salt should consider taking iodine supplements.

## 5. Iron

- **Iron is a nutrient used to make new DNA and red blood cells that carry oxygen into the blood. Necessary for energy metabolism.**
- **Too little iron can cause symptoms such as anaemia, fatigue and decreased immune function.**
- **The recommended daily dose is 8 mg for adult men and women after menopause. It should be increased to 18 mg per day for adult women and 27 mg per day for pregnant women.**
- **Iron comes in two forms, heme and non-heme. Heme is only available from animal products, while non-heme occurs in plants.**
- **Since it is easier to ingest heme iron from the diet than non-heme iron, vegans are advised to aim for 1.8 times the normal recommended daily dose. However, more research is needed to determine if such a high intake is required.**
- **Vegans with low iron intake should aim to eat iron-rich foods such as cruciferous vegetables, beans, peas, dried fruits, nuts and seeds. Iron-fortified foods like cereals, fortified bread, and some vegetable milk products are even more helpful.**
- **Cooking in cast iron pots and pans, avoiding tea or coffee with meals, or combining iron-rich foods with a source of vitamin C can also promote iron absorption. She.**
- **The best way to determine if a supplement is needed is to have a doctor check hemoglobin and ferritin levels.**
- **The unnecessary intake of food supplements such as iron can damage the cells and inhibit the absorption of other minerals.**
- **In very high concentrations, cramps, organ failure and coma can occur and, in some cases, can be fatal. Therefore, it is recommended that you do not supplement unless you really need to.**
- **Vegans who don't get enough iron from their diet should consider fortified foods or supplements. However, values that are too high can be harmful, and iron supplements are not recommended for everyone.**

## 6. Calcium



- **Calcium is a mineral that is necessary for the health of bones and teeth. It also represents a part in tissue purpose, nerve signals and heart health.**
- **Calcium RDA is set at 1,000 mg per day for most adults and increased to 1,200 mg per day for adults over 50.**
- **Vegetable calcium sources are Choy, kale, mustard green, beet green, watercress, broccoli, chickpeas, calcium-fixed tofu, fortified vegetable milk or juice.**
- **Librarians, nevertheless, serve to agree that most vegans don't get enough calcium.**
- **A comment often heard in the vegan community says that vegans consume less calcium than omnivores because they don't use this mineral to neutralize the acidity that is produced by a meat-rich diet.**
- **More research is needed to determine how a meat-free diet affects daily calcium needs. However, there is evidence that vegans who consume less than 525 mg of calcium tend to have a higher risk of breakage.**
- **For this reason, all vegans should consume at least 525 mg of calcium a day to achieve a recommended daily dose. If diet and fortified foods alone cannot achieve this, you need to use supplements.**
- **Vegans with low calcium intake through food should consider taking daily supplements. This is exceptionally essential for those who receive less than 525 mg a day.**

## **7. Zinc**

- **Zinc is a necessary mineral for the metabolism, the immune function and the repair of somatic cells.**
- **Inadequate zinc intake can lead to developmental disorders, hair loss, diarrhoea and delayed wound healing.**
- **Currently, the recommended daily dose for zinc for adults is set at 8 to 11 mg per day. It increases to 11-12 mg in pregnant women and to 12-13 mg in breastfeeding women.**
- **Only a few plant foods contain much zinc. Besides, the absorption of zinc from some plant foods is limited due to the phytate content. Therefore, vegetarians are advised to aim for 1.5 times the recommended daily dose.**
- **Not all vegans have low blood zinc levels, but a review of 26 recent studies found that vegetarians, especially vegans, had a slightly lower zinc blood level than Omnivores.**
- **Eat various zinc-rich foods throughout the day to maximize your intake. These include whole grains, wheat germ, tofu, sprouted bread, legumes, nuts and seeds.**

- Soaking nuts, seeds and beans overnight, eating enough protein, and taking fermented foods like tempeh and miso also seem to promote absorption.
- Vegans with symptoms of zinc intake or zinc deficiency may consider taking zinc gluconate or zinc citrate daily, which provide 50-100% of the recommended daily allowance.
- Vegans who cannot reach the zinc RDA should first focus on adding zinc-rich foods to their diet. People with low levels of zinc in the blood should consider taking daily supplements.

## □ CONSUME PLENTY OF FRUITS AND VEGETABLES



- Vegan and vegetarian diets have become increasingly popular in recent years, and a recent study suggests that up to 3.5 million people cut animal products for environmental, health, and ethical reasons.
- Countless studies record the myriad benefits of people who eat a lot of fruits and vegetables. However, new analyzes show that eating vegetables has significant health benefits.
- According to a research by Harvard T. H. at the Chang Health School in Boston, eating lots of healthy fruits and vegetables can reduce the risk of developing diabetes by almost a quarter.
- A survey of more than 300,000 people analyzed the relationship between plant foods and type 2 diabetes and found that those who consume mainly plant foods get 23% less sick.
- Researchers say such foods may be due to their abundance of antioxidants that protect against diabetes, while many people have found this insulin (a hormone that controls blood sugar). Improves the sensitivity and reduces weight gain.

## □ DON'T NEGLECT CHICKPEAS AND LEGUMES

- For vegetarians trying to build muscle, chickpeas and other legumes are one of the most important sources of protein that need to be studied. They are also excellent low-fat sources of carbohydrates and great snacks before a hard workout.



- Vegetables are a species of shrubs that are technically berries. When dry, it is also called a pulse. Known legumes are beans, peas, chickpeas, lentils, soybeans, peanuts and alfalfa. They have the unique ability to coexist with nitrogen-fixing bacteria to provide a reliable digestible source of plant proteins.
- For example, cooking 100 grams of chickpeas gives 18% of the daily protein value, 30% of the daily fiber, 43% of the daily folic acid intake and 52% of the trace element manganese. It is also rich in resistant starch and fuels intestinal bacteria, producing short-chain fatty acids like butyric acid, which are beneficial for a healthy intestine. Legumes are grown for human consumption and are also an essential source of nutrients for farm animals.





## LEGUMES AND CARDIOVASCULAR HEALTH

- Researches have revealed that a nutrition rich in vegetables can cause or reduce inflammation. For example, 31 overweight subjects were on a reduced-calorie diet with or without legumes (lentils, chickpeas, peas, beans). A diet high in fruits resulted in more significant weight loss. In addition, cholesterol and blood pressure only decreased in fruits. Finally, the most significant decrease in inflammation measurements (C-reactive protein) occurred when the subjects consumed a legume diet. These and other studies ask why everyone views these simple, nutritious foods in a way other than through a healthy and simple diet.
- Chickpeas are naturally gluten-free and very nutritious. They are an excellent authorization of proetid and fibre, which are essential for a plant-based diet. They can also be bought in cans or dried in practically any local grocery store. Chickpea flour is also becoming increasingly available when you want to use it to make your baking recipe gluten-free (though you may need to keep looking if you don't want to create your own method).





## □ SWAP RICE FOR QUINOA

- If you eat brown rice regularly with meals, replace it with quinoa instead. Quinoa is similar to brown rice (a combination of brown rice and oatmeal) and has a higher total protein content than brown rice. In addition, quinoa is actually a perfect source of protein, but brown rice is not. This is important for building muscle.
- Despite the presence of carbohydrates, the high protein and fiber content makes quinoa an excellent alternative to white rice. Since there are 40 fewer calories per cup, you can plan your weight loss with less effort.



## □ UTILIZE SOY PROTIEN POWDERS

- It is very advisable to use protein powder if you otherwise eat animal by-products and soy protein powder. These can dramatically increase your protein intake and are quick and convenient when needed. They are undoubtedly "essential" in your daily diet as long as you make sure you mix them with other sources of protein.

## □ AVOID A HEAVEY RELAINCE ON PROCESSED FOODS

- A big mistake that many vegetarians make is that they rely heavily on dense, over-processed foods. Do not do that. Keep in mind that vegetarians don't mean you have a free-range to eat as many carbohydrate snacks as you want. You need to eat healthily and work hard to maintain a raw diet of whole grains, fruits, vegetables, and nuts.





## □ KEEP YOUR WORKOUTS SHORT BUT INTENSE

- If you want to train as a vegetarian, you should aim for short, intensive training. This prevents the loss of muscle mass and prevents your body from relying on protein to complete these workouts. If you have had a very long training session, your protein requirements will be very high, which can make it more challenging to eat a vegetarian diet.



## □ UTILIZE EGG WHITE

- Eggs are an essential part of our breakfast and are known for many health benefits. They are also versatile. They can be made with omelets or scrambled eggs, cooked, fried or almost anything. However, there is always debate about how eggs contribute to the elevated cholesterol levels commonly found in egg yolks. Therefore, most people only choose the protein. If you eat protein instead of protein, you may be consuming fewer calories, fat, and saturated fat. Shows some benefits they have ignored protein.

### 1. Cholesterol Free

- Once the egg yolk is removed, it no longer contains cholesterol. Therefore, anyone with high cholesterol can eat protein, which is less likely to cause a risk of heart disease and elevated cholesterol.



## 2. Rich in Protein

- Whole eggs are at the top of the table in terms of protein content—courtesy of Egg Yolk. However, protein also contains many low-fat proteins that are beneficial for the body. High-quality protein helps build muscle and reduces cravings and hunger by keeping you full for longer.



### **3. Low-calorie foods**

- **Eggs are not naturally high-calorie foods. Therefore, cutting egg yolks from the diet only reduces calories. So if you want to lose weight, choose protein instead of whole eggs.**

### **4. Helps maintain blood pressure**

- **Potassium in protein can help lower and maintain blood pressure. Potassium is a mineral and electrolyte that is linked to heart and bone health and the proper functioning of the body. According to a survey by the American Chemical Society, proteins contain a peptide called RVPSL. It is a protein component that helps lower blood pressure.**

### **5. Reduces the risk of cardiovascular diseases**

- **Potassium lowers blood pressure and prevents cardiovascular diseases. It promotes vasodilation, the process by which the blood vessels expand, enables smooth blood flow and prevents the possibility of constipation.**

### **6. Contains Essential Vitamins**

- Protein contains essential vitamins such as A, B-12 and D. One of the essential vitamins is riboflavin, also called vitamin B2, which is needed to prevent various diseases such as age-related macular degeneration, cataracts and migraines.

## □ BE SURE TO VARY YOUR FOOD CHOICES

- Also, make sure that you take the time to change the food in your diet. As a vegetarian, you may be attracted to the same food over and over again. If possible, try to prevent this. Ensuring wider varieties helps prevent malnutrition and bring good luck to your diet program.

## □ MAKE USE OF TEMPEH

- Another protein source that is very beneficial for vegetarians is tempeh. This is often overlooked. Now find a creative way to improve your diet. Many people prefer this over tofu. This is the other main vegetarian option.
- Tempe is made from soy, but different beans, whole grains and spices are often added.



## □ CONSIDER GOING LACTO-OVOVEGETARIAN

- One thing that you may want to consider and that is very much based on your personal belief that you are a Lacto-Ovo vegetarian. This means that both eggs and dairy products are included in the diet. This dramatically increases your protein options by adding eggs and protein, cottage cheese, yoghurt, cheese, and milk. It will definitely make your life as a vegetarian bodybuilder easier.

### **Benefits**

- **Studies have shown that a carefully planned and balanced lacto-ovo-vegetarian diet can help your health in many ways.**

#### **MAY HELP PREVENT TYPE 2 DIABETES**

- Lacto-Ovo vegetarians have a lower risk of developing type 2 diabetes. Even so, eating meat is associated with an increased risk of type 2 diabetes, but the protective effects of a vegetarian diet can be independent of a lack of meat.
- A vegetarian diet reduces the risk of type 2 diabetes by increasing the intake of whole grains, fruits, vegetables, legumes, nuts and other healthy foods and reducing the consumption of saturated fatty acids and trans fats.
- It has also been dispensed to develop blood sugar control and improve sensitivity to insulin, the hormone that regulates blood sugar.
- In addition, herbal diets are high in fiber, slow digestion and improve blood sugar control. Vegetarian diets have also been shown to reduce hemoglobin A1c, a marker for long-term blood sugar control.

#### **CAN SUPPORT HEALTHY WEIGHT LOSS**

- Lacto-Ovo vegetarian diet can help maintain a healthy weight and promote weight loss.
- Vegetarian diets are usually high in fiber and low in calories, which can support an abundance and prevent overeating.
- In fact, research has shown that vegetarianism helps prevent and reverse obesity and diseases related to obesity.
- A survey of approximately 38,000 people found that vegetarians had a lower BMI than omnivores. A high BMI is associated with a high protein and fiber intake, which indicates

that a high-fibre, plant-based diet can help you lose weight.

#### **IMPROVES HEART HEALTH**

- Consuming beef, several varieties of grease and processed carbohydrates has long been associated with arteriosclerosis. This can form plaque in the arteries and lead to heart disease.
- Vegetarian diets have been shown to reduce and even reverse the risk of coronary artery disease. This is especially true when the amount of animal feed is limited, e.g. B. on a vegetarian Lacto-ovo diet.
- Plant-based diets have been shown to improve cardiac blood flow, improve vascular health, and lower blood pressure. All of this can reduce the risk of heart disease.

#### **MAY REDUCE CANCER RISK**

- Vegetarian diets are associated with a reduced risk of various types of cancer. A summary of 96 pieces of knowledge determined that vegetarians were 8% less likely to die of cancer than omnivores.
- Investigations have determined that a diet rich in plant foods such as fruits and vegetables can significantly reduce the risk of cancer. In addition, some studies suggest that diets high in red and processed meat can increase the risk of certain cancers.



#### **MAY LOWER GALLSTONE RISK**

- Lacto-Ovo vegetarians are at lower risk of gallstone disorders, which form hard, stone-like fragments of cholesterol and bilirubin in gallstones that block bile ducts and cause pain

