



BUILT BY PLANTS

THE ULTIMATE VEGAN NUTRITION GUIDE
FOR HEALTH & PERFORMANCE

MISCHA JANIEC™

Built By Plants

First of all, I'd like to give a massive thanks for choosing me to help you!

Change is hard at first, messy in the middle, but gorgeous in the end. Whether you are new to this lifestyle or not, your purchase alone shows that you're not afraid to embrace change. You're open-minded and you're actively pursuing greatness. I salute you!

It's my mission to help as many people as I can to become the best that they can be and I'm so glad you are one of them. This guide was created so that you can make health-conscious eating choices. I want to guide you towards plant based whole foods, which I strongly believe is the best way for human beings to eat, not only for optimal health and performance, but also for the preservation of our beautiful planet and all its inhabitants.

Soon you will know which foods are more or less healthy and why. You will be able to design your own meals, know what you are eating and why you

are eating it. I don't like the concept of a fixed meal plan which you stick to for four weeks or so, simply because I believe that you need to understand what you are doing and why you are doing it. And that is exactly what this guide will teach you, thus giving you flexibility and independence.

I wish you the very best on your journey, and know that if you put in the right effort and commitment required, you will reap the rewards you deserve.




MISCHA JANIEC™

Mission-Statement

Mischa Janiec is a competitive athlete of 10 years and received his natural pro bodybuilding title in 2016 as a vegan. Almost four years ago, Mischa switched to a plant-based diet to observe the effects it would have on his performance in muscle building. After a few months, he noticed he was not only able to continue increasing in strength, he was able to recover faster, lose fat more easily, and overall felt better than ever. He decided to stick to the diet and dove into veganism on a broader scale. After visiting the United States in 2013, he realized the mass production of meat and animal products could not possibly be ethical or optimal for one's health. It is now Mischa's mission to spread awareness of the negative impact the farming industry has not only on our athletic performance but the overall health of our bodies, the environment and our collective consciousness as human beings. He has since been recognized for his efforts by vegan celebrities whom he has had the pleasure of coaching and will appear in the upcoming James Cameron film "The Game Changers", a documentary showcasing high-performance vegan athletes and the message they all stand behind.





**"Take care of your body, it's
the only place you have to
live".**

You will learn about:

The vegan diet.....	8	Best sources of iodine	88
Why go vegan?.....	9	Best sources of iron.....	89
What do vegans eat?.....	12	Best sources of calcium.....	91
What does healthy, whole food, plant based nutrition look like?	15	Is soy healthy?	92
What foods to eat?	16	Vitamin D	93
What foods to avoid?.....	25	Supplements	95
Daily dozen.....	29	Simple tips for you	101
Shopping list.....	33	Manipulating your weight	105
Meal plan sample	36	How to lose/gain weight.....	107
Recipes.....	40	How to find out your maintenance calories.....	110
Tips for eating out.....	73	Macronutrients.....	113
Complex vs simple carbs.....	74	Set macronutrients	114
Where to buy food?	75	Micronutrients	116
Buying in bulk	76	How to track your calories	118
Canned vs fresh	77	Intuitive tracking	120
Fresh vs frozen.....	78	How to weigh yourself	122
Organic vs conventional	79	Meal timing	124
Vegan Protein	80	What's next?.....	126
Best sources of B12	84	Thank you.....	128
Best sources of omega 3 & 6	86		

Note that I didn't use sources for all my claims and I recommend you go to nutritionfacts.org.

This website is where I got a lot of my information from, and you can search for what I refer to in order to find tons of additional linked sources.





The vegan diet

Vegan means by definition:

"a person who does not eat or use animal products"

This means, more specifically, not eating or using anything that comes from animals and when it comes to your diet, it means no meat, dairy, fish or eggs. It sounds like you must sacrifice a lot, but soon you will find out that the plant kingdom has so much to offer and why it is wise to avoid animal products.



Why go vegan?

I will keep it short because there are so many benefits of a vegan diet regarding health, environment and ethics. Let's start with the animals because they suffer the most from a human diet that involves animal products.

It is obvious that animals have to die to become meat such as steak, bacon, chicken, ham etc., but, people simply ignore this fact or justify it to themselves. However, I believe that to truly justify something you have to look at the impact and suffering that is going on. I am convinced if all people could see what animals go through in slaughterhouses, they would immediately stop the 5-minute mouth pleasure in order to stop the suffering and murdering of innocent beings.

Sometimes the connection is harder to make. People often think there is no cruelty and slaughter involved in dairy products. Let's think about it. How does a cow give milk? She needs to be pregnant. How does the cow get pregnant? She is raped by a large metal object that implants sperm into her to fertilize her eggs. When she has the baby, what happens to the baby? Isn't the baby supposed to drink

the milk? The baby gets taken away from the cow after a few days. The mother cow cries for hours. I have heard it and it's horrible and heart-breaking. The calf is force-fed and slaughtered after a few months to become veal (calf meat).

Imagine a human mother in a hospital getting her new born baby taken away and killed. No one would stand for this. But the cow produces milk and gets abused all her life, is fed GMO crops, hormones, antibiotics, and can barely move around. She is impregnated again and again, and after a couple of years when she doesn't produce enough milk anymore, her female baby takes her place and she becomes a hamburger. This is why the dairy industry is even crueler than the meat industry because the animals suffer for so many years.

**“If slaughterhouses had glass walls,
everyone would be vegetarian”**

The ethical aspects are the most obvious, but a whole food, plant-based diet has so many health benefits that it's unbelievable and seems unreal! It's like becoming a superhero who is immune from all the widespread diseases. Let's look at a short paragraph from doctor Michael Greger about just how profound the health benefits truly are:

“Researchers have shown that a more plant-based diet may help prevent, treat or reverse some of our leading causes of death, including heart disease, type 2 diabetes and high blood pressure. Interventional studies of plant-based diets have shown, for example, 90 percent reductions in angina attacks within just a few weeks. Plant-based diet intervention groups have reported greater diet satisfaction than control groups, as well as improved digestion, increased energy and better sleep and significant improvement in their physical functioning, general health, vitality and mental health. Studies have shown plant-based eating can improve not only body weight, blood sugar levels and ability to control cholesterol, but also emotional states, including depression, anxiety, fatigue, sense of well-being and daily functioning. Only one way of eating has ever been proven to reverse heart disease in the majority of patients: a diet centered around whole plant foods. If that's all a whole-food, plant-based diet could do – reverse our number-one killer – shouldn't that be the default diet



until proven otherwise? The fact that it may also be effective in preventing, treating and arresting other leading killers seems to make the case for plant-based eating simply overwhelming.”

Full article:

<https://nutritionfacts.org/topics/plant-based-diets/>



Soon after finding out the health and ethical benefits of a vegan diet, I came across the documentary Cowspiracy and was shocked by the environmental impact of animal agriculture. Animal agriculture is the leading cause of deforestation of rainforests, water consumption, water pollution, species extinction, destruction of wildlife, and greenhouse gas emissions. Animal agriculture is by far the biggest offender of every single category I just mentioned. Point-blank: Our industrialized system of factory livestock harvesting is simply unsustainable. It is killing us and the planet and it is time to acknowledge this reality and change it before it's too late.

I highly recommend that you watch the documentary Cowspiracy.

If you want to know more about why to go vegan and all the benefits, you will find my favorite recommendations and links in the chapter "What's next?"

What do vegans eat?

Vegans eat everything that comes from plants. Animals get their food from plants too, so we are just skipping the middleman and going directly to the source.

Nowadays we eat a lot of junk food and no matter if it's vegan or not, most of it is unhealthy and doesn't lead to our goals, if our goal is to be healthy and thrive.

It is more important what we eat than what we exclude.

You can be vegan and drink Coca Cola and eat potato chips all day, which does not promote health in any way. So being vegan doesn't necessarily mean you are eating healthy. This is why we focus on a whole food, plant-based diet.

Whole means not processed. For example, beans and apples are whole foods. If your food doesn't have an ingredient list it is usually whole, but there are also a lot of whole foods that have an ingredient list, such as applesauce (with only apples, not the kind with added sugar), or tomato sauce.

We want to avoid too much processed food. There

are different definitions that describe what processed food means, and in my opinion, the best one and the one we will use here is as follows:

Processed means something bad was added and/or something good was taken away.

“Bad” would apply to sugar, oil, syrup etc. and “good taken away” would apply to fibre, minerals etc.

For example, applesauce with sugar is a processed food because something bad was added (sugar). Applesauce without added sugar is a processed whole food because nothing bad was added and nothing good was taken away (it is 100% whole puréed apple).

Hummus is processed because there are added oils but it is still a healthy processed food because the health benefits of the chickpeas outweigh (mostly) the bad stuff added (oil, preservatives etc.).

Another example would be natural soy yogurt that usually consists of soy and a little salt. Too much

salt is unhealthy, but because it is only very little added salt in soy yogurt and the health benefits of soy outweigh the negative effects of the extra salt, it is also a healthy processed food.

Later in this guide, I will show you a list of which healthy processed foods I recommend. However, we want to focus on whole foods, with healthy processed foods and a few unhealthy processed foods (which are completely ok when eaten in moderation and can help you to stick to this diet).


A good rule of thumb is 80% whole foods + healthy processed foods and 20% or less unhealthy processed foods.

You can still eat your vegan ice cream, chocolate, pizza and vanilla soy yogurt if you moderate them to 20% or less of your daily calories. With the 80% whole foods + healthy processed foods you are doing your body so much good that you can easily take the remaining 20% to treat yourself and enjoy food.

And soon you will see that you really can enjoy that 80% as well through my recipes and tips that will help you learn to make your healthy food taste great.

You will crave less and less bad processed food because your taste buds will change and become more sensitive which means that even an apple feels like an explosion in your mouth. So after 2-3 weeks of eating a healthy, whole food, plant-based diet, fruits will taste like candy and you will crave your breakfast porridge bowl and your banana ice cream – trust me! Just give it a try and commit to a whole food, plant based lifestyle for at least one month to really see the change, not only in your body but also in your mind and heart.



The background of the image is a close-up photograph of a watermelon. The top half shows the dark red, textured flesh of the watermelon, while the bottom half shows a layer of white, translucent ice cubes. A semi-transparent white rounded rectangle is overlaid on the bottom half of the image, containing the text.

**"Health is not everything,
but without health,
everything is nothing..."**

What does healthy, whole food, plant based nutrition look like?

A healthy, whole food, plant-based diet consists mainly of foods from these 6 categories:

Fruits, vegetables, legumes, whole grains, nuts & seeds, plus a vitamin B12 supplement, a vitamin D supplement if you are not getting enough sun, plenty of clean water and some algae for your iodine.

That is everything you need to be healthy and thrive.

All of these six groups offer a great variety, which we will cover next.



What foods to eat?

Fruits

It is important to eat a lot of fruit and a big variety because the number one dietary risk factor is not eating enough fruit (concluded by the global burden of disease study funded by Bill Gates). It is the largest study ever in the history of humankind on risk factors for disease. So make sure to eat a variety of fruits every day and especially the healthiest fruits like berries and kiwis.

Here is a list of my favorite fruits:

- **Berries**
(I always have a couple frozen bags and some fresh as well, like blueberries, raspberries, strawberries, red currants etc.)
- **Banana**
- **Apple**
- **Kiwi**
- **Mango**
- **Watermelon and other melons**
- **Peach**
- **Nectarine**
- **Grapefruit**
- **Lemon**
- **Lime**
- **Cherry**
- **Orange**
- **Persimmon**
- **Dates**
- **Figs**
- **Grapes**
- **Pineapple**
- **Papaya**
- **Passion fruit**
- **Pear**
- **Avocado**

Pick the ones you like and try other fruits as well

Vegetables

People who eat fruits and vegetables as part of their daily diet have a reduced risk of many chronic diseases. Vegetables are an important part of healthy eating and provide a source of many nutrients, including potassium, fibre, folate, vitamins etc. and other benefits, making them a real superfood!

Here is a list of my favorite veggies:

- **Cucumber**
- **Kale**
- **Lettuce**
- **Carrot**
- **Beetroot**
- **Broccoli**
- **Cauliflower**
- **Bell pepper**
- **Potato**
- **Sweet potato**
- **Leafy greens**
- **Spinach**
- **Arugula**
- **Tomato**
- **Kohlrabi**
- **Eggplant**
- **Zucchini**

Pick the ones you like and try other vegetables as well

Legumes

Legumes have quite a remarkable nutrition profile and are a rich source of healthy fibre and protein.

Here is a list of my favorite legumes:

- Beans
- Peas
- Lentils
- Chickpeas
- Soy such as:
 - Tofu
 - Edamame
 - Tempeh


Pick the ones you like and try other legumes as well



Whole grains

Some popular diet books say you should ditch wheat or gluten to lose weight. Unless you have celiac disease, gluten intolerance, or another reason to cut back, you don't want to miss out on the health benefits of whole grains. You're getting fibre, protein, vitamins, minerals, and a variety of phytochemicals that will improve your health so don't miss out on those healthy whole grains.

Here is a list of my favorite whole grains:

- 
- **Pasta**
(all listed refer to whole grain of course)
 - **Rice**
 - **Millet**
 - **Buckwheat**
 - **Spelt**
 - **Quinoa**
 - **Amaranth**
 - **Oat**
 - **Whole wheat, rye or sourdough**
 - **Corn**
 - **Kamut**

Pick the ones you like and try other whole grains as well

Nuts

Nuts are rich in heart-healthy fats, which lower LDL (“bad” cholesterol) plus, they are a good source of phytosterols compounds that help lower blood cholesterol.

They are packed with fibre, protein, vitamins and minerals, including folate, vitamin E, potassium and magnesium.

Walnuts are the winner amongst nuts, because unlike their siblings, they have a significant amount of essential omega-3 fatty acids, but all nuts are healthy and provide their own benefits so please eat a big variety.

Here is a list of my favorite nuts:

- **Walnut**
- **Almond**
- **Peanut**
- **Cashew**
- **Pecan**
- **Pistachio**
- **Hazelnut**
- **Brazil nut**
- **Macadamia**
- **Pine nut**

Pick the ones you like and try other nuts as well

Seeds

Seeds are nutritional powerhouses; just a small pinch of them is packed with vitamins, minerals, and essential nutrients.

Here is a list of my favorite seeds:

- **Ground flax**
- **Chia**
- **Hemp**
- **Pumpkin**
- **Sunflower**
- **Sesame**

Pick the ones you like and try other seeds as well

Others

Include these whole plant based foods as well to make your diet complete and diverse.

Here is a list of my favorites:

- **Mushrooms**
- **Onion**
- **Garlic**
- **Tomato sauce**
- **Protein powder**
- **Soy sauce**
- **Hummus**
- **Date sugar**
- **Applesauce**
- **Spirulina**
- **Moringa**
- **Baobab**
- **Barley grass**
- **Wheatgrass**
- **Algae like nori, wakame etc.**
- **Maca**
- **Spices**
- **Herbs**

Pick the ones you like and try others as well

Dairy & meat alternatives

Especially for people who make the transition to a predominantly plant-based diet, dairy and meat alternatives can help a lot to overcome your old cravings for animal products and stick to a plant-based diet. But also for people who adopted a plant-based lifestyle a while ago, these foods can be a great and healthy add-on to your diet. Here is a list of my favorite dairy and meat alternatives:

- **Soy milk**
- **Almond milk**
- **Any plant milk**
(try a bunch and find out which ones you like)
- **Soy yogurt**
- **Beyond meat**
- **Nutritional yeast**
- **Nut cheese**
- **Any meat substitute**
(try a bunch and find out which ones you like)

Pick the ones you like and try others as well



I just listed my favorite foods out of these 6 groups + others, but each group has so much more variety to offer and I encourage you not only to try out the foods I listed but also try out new fruits, vegetables, legumes etc.



What foods to avoid?

Beside animal products, we want to avoid too many unhealthy processed foods, moderate our healthy processed food consumption, and eat mostly whole foods. A good ratio, as I said, is 80% whole food + healthy processed foods and 20% or less unhealthy processed foods. But you will notice that after about 2-3 weeks of eating this way, you will crave fewer and fewer unhealthy processed foods and probably not even eat 20% unhealthy processed foods but closer to 5-15%. Because when your taste buds have changed, whole foods will give you real satisfaction. They not only satisfy your taste buds, but also make you feel amazing and full of energy.

Therefore, here is a list of healthy and unhealthy processed foods just to name a few:



Healthy processed foods

- Hummus
- Soy yogurt
- Applesauce
- Tomato sauce
- Guacamole
- Protein powder
- Tofu
- Tempeh
- Soy sauce
- Mustard
- Nut butters
- Tahini
- Pickles
- Most plant milks
- Falafel (if not deep-fried)

Pick the ones you like and try other healthy processed foods as well

Unhealthy processed foods

- Oils
- Sugar
- Vegan ice cream
- Vegan pizza
- Vegan hot dogs
- Vegan cheese
- Vegan burgers
- Vegan chocolate
- Vegan butter
- Granola
- Syrup
- Sweeteners
- Candy
- Sugary cereals
- Fries
- Chips
- Salt
- Soft drinks

Pick the ones that will help you stick to a whole foodplant-based diet and try to reduce them to 20% or less of your daily calories.



Not all of these foods are unhealthy processed foods. Some vegan ice creams or chocolates count as healthy processed foods. For example, if you eat dark chocolate or make your own ice cream out of bananas and healthy whole foods then it is a healthy processed food.

You will learn later in my recipes how to make healthy whole foods taste like unhealthy processed foods.

The background of the image is a dense, close-up shot of numerous walnut shells. The shells are arranged in a way that creates a textured, almost abstract pattern. The colors range from dark brown to light tan, with some shells showing more pronounced ridges and grooves than others. The lighting is soft, highlighting the natural grain and texture of the wood.

**“Let food be your
medicine and medicine
be your food. ”**

Daily dozen

As one of my role models, Dr. Michael Greger, likes to say:

"I suggest we try to center our diets around whole plant foods, but some plants are healthier than others."

For example, you can apparently live extended periods eating practically nothing but white potatoes. That would, by definition, be a whole food, plant-based diet but not a very healthy one. All plant foods are not created equal. The more I've researched over the years, the more I've come to realize that healthy foods are not necessarily interchangeable. Some foods and food groups have special nutrients not found in abundance elsewhere.

For example, sulforaphane, the amazing liver-enzyme detox-boosting compound, is derived nearly exclusively from cruciferous vegetables. You could eat tons

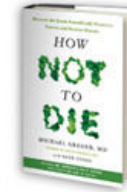
of other kinds of greens and vegetables on a given day and get no appreciable sulforaphane if you didn't eat something cruciferous.

It's the same with flaxseeds and the anticancer lignin compounds. Flax may average a hundred times more lignans than other foods. And mushrooms aren't even plants at all, they belong to an entirely different biological classification and may contain nutrients (like ergothioneine) not made anywhere in the plant kingdom.

So technically, maybe I should be referring to a whole food, plant and fungus based diet, but that just sounds kind of gross.

As the list of foods I tried to fit into my daily diet grew, I made a checklist and had it up on a little dry-erase board on the fridge. We would make a game out of ticking off the boxes. This evolved into my daily dozen. The checklist of all the things I try to fit into my daily routine.

MICHAEL GREGER, M.D.
DAILY DOZEN



1. BEANS



7. FLAXSEEDS



2. BERRIES



8. NUTS



3. OTHER FRUITS



9. SPICES



4. CRUCIFEROUS
VEGETABLES



10. WHOLE
GRAINS



5. GREENS



11. BEVERAGES



5 SERVINGS

6. OTHER
VEGETABLES



12. EXERCISE



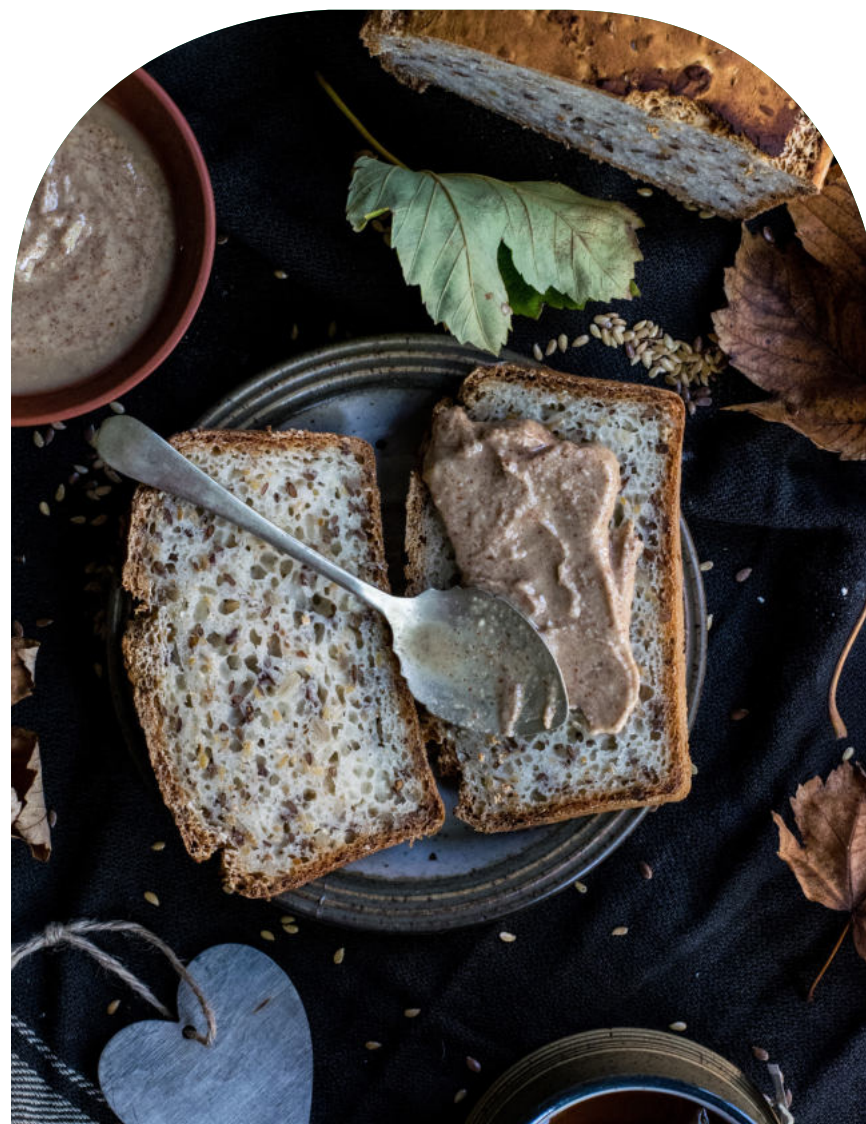
INFOGRAPHIC created by Modern Vegan Family based on healthy diet recommendations by Dr. Michael Greger's **DAILY DOZEN**, suggested daily servings and New York Times Bestselling Book, "How Not to Die". www.nutritionfacts.org

This may all sound like a lot of boxes to check, but it's easy to knock off a bunch at a time. One simple peanut butter banana sandwich and you just checked off four boxes. Or imagine sitting down to a big salad. Two cups of spinach, a handful of arugula, a handful of walnuts, a half cup of chickpeas, a half cup of red bell pepper, and a small tomato. Sprinkle on your flax, add a handful of goji berries and enjoy it with a glass of water and fruit for dessert and you could wipe out nearly half of your daily check boxes in a single meal! And then if you ate it on a treadmill... Just kidding!

Do I check off each glass of water I drink? No. In fact, I don't even use the checklist anymore, I just used it initially as a tool to get me into a routine. Whenever I was sitting down to a meal, I would ask myself, could I add greens to this? Could I add beans to that? (I always have an open can of beans in the fridge). Can I sprinkle on some flax or pumpkin seeds, or maybe some dried fruit? The checklist just got me into the habit of thinking: how can I make this meal even healthier?

I also found that the checklist helped with grocery shopping. Although I always keep bags of frozen berries and greens in the freezer, if I'm at the store and want to buy fresh produce for the week, it helps

me figure out how much kale or blueberries I need. The checklist also helps me picture what a meal might look like. Looking over the checklist, you'll see there are three servings each, of beans, fruits and whole grains and about twice as many veggies in total than any other component.





So, glancing at my plate, I can imagine one quarter of it filled with grains, one quarter with legumes, and a half plate filled with vegetables, along with maybe a side salad and fruit for dessert. I happen to like one-bowl meals where everything's mixed together, but the checklist still helps me to visualize.

Instead of a big bowl of spaghetti with some veggies and lentils on top, I think of a big bowl of vegetables with some pasta and lentils mixed in. Instead of a big plate of quinoa with some stir-fried vegetables on top, I picture a meal that's mostly veggies and, oh look! There's some quinoa and beans in there too. But there is no need to be obsessive about the Daily Dozen. On hectic travel days when I've burned through my snacks, stuck in some airport food court, sometimes I'm lucky if I even hit a quarter of my goals. If you eat poorly one day, just try to eat better the next." – Dr. Michael Greger

I highly recommend Dr. Greger's "Daily Dozen" app for iPhone and Android. You can download and use them both for free -- no ads, no cost. His hope is that the checklist will serve as a helpful reminder to try and eat a variety of some of the healthiest food every day. You can also check out his video where he explains the Daily Dozens in more detail:

<http://bit.ly/DailyDozenMichaelGreger>

Shopping list

This grocery shopping list should give you a guideline to buy from the 6 groups (fruits, vegetables, legumes, whole grains, nuts and seeds), and others, so you have a healthy variety at home and can make complete meals that give you everything you need to thrive and build muscle. This shopping list is only an example and you should adjust the list to what is available and what is in season. For example, on the list is watermelon but if it isn't watermelon season where you live, buy another fruit that is in season like persimmon or pears.

Just make sure to buy out of all 6 groups, so that your diet is diverse, colorful, and thus gives you all the nutrients you need while avoiding any deficiencies. And of course buy the foods you like, but always be open to trying new veggies, legumes etc.

Find some delicious ways to prepare your foods and if you don't like something, no worries because you can get the same nutrients from other whole foods. In the end, your diet should be delicious and satisfying, so find out which whole foods you like, stick to them and always be open to try out some new ones as well.

When I became a plant-eater, I discovered so many great new whole foods that are now my favorites and a big staple of my everyday diet like sweet potatoes, lentils, tofu etc.

Fruits

Bananas
Dates
Apples
Berries (*fresh or frozen*)
Clementine
Lemon
Avocado
Peach
Pear
Kiwi
Grapes
Pomegranate

Vegetables

Kale
Spinach
Broccoli
Cauliflower
Bell pepper
Carrot
Tomatoes
Lettuce
Potatoes
Beet root
Sweet potatoes
Arugula
Cucumber

Legumes

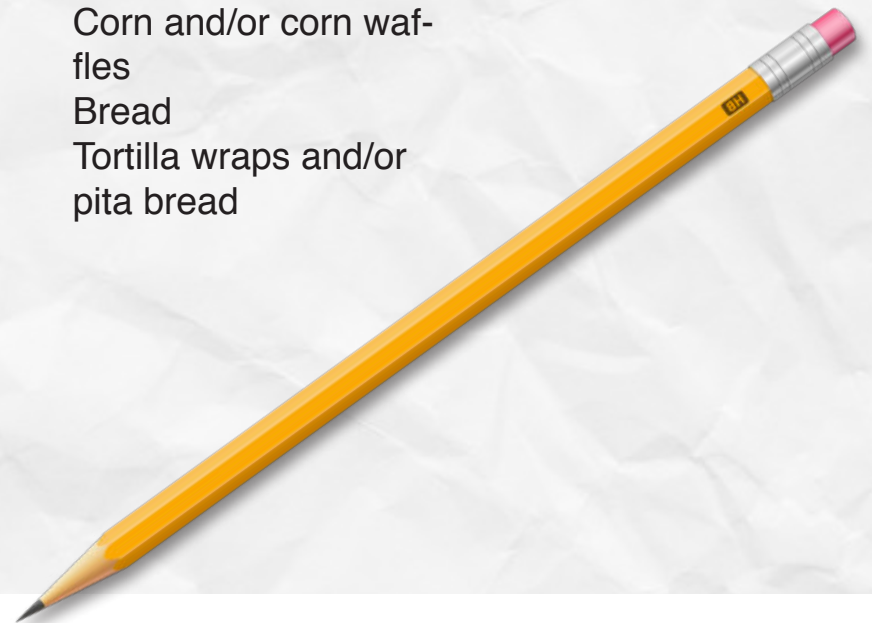
Frozen peas
Kidney beans
Black beans and/or
any beans you like
Chickpeas
Lentils

Whole grains

Oats
Spelt
Quinoa
Brown rice
Bulgur
Millet
Buckwheat
Pasta
Corn and/or corn waf-
fles
Bread
Tortilla wraps and/or
pita bread

Nuts

Walnuts
Almonds
Brazil nuts
Cashews
Peanut butter
Almond butter or any
nut butter you like



Seeds

Chia
Hemp
Flax
Sesame
Pumpkin
Sunflower

Others

Soy milk
Almond milk or any
Plant milk you like
Soy yogurt
Dark chocolate
Soy sauce
Hummus
Tofu
Mushrooms
Tomato sauce
Nutritional yeast
Ginger
Onion
Garlic
Herbs/spices
Mustard
Cacao powder
Nori/wakame or any
algae

For spices I recommend

Cinnamon
Turmeric
Pepper
Red pepper
Cumin
Garlic
Chilli
Curry

For herbs I recommend

Dill
Parsley
Chives
Basil
Mint

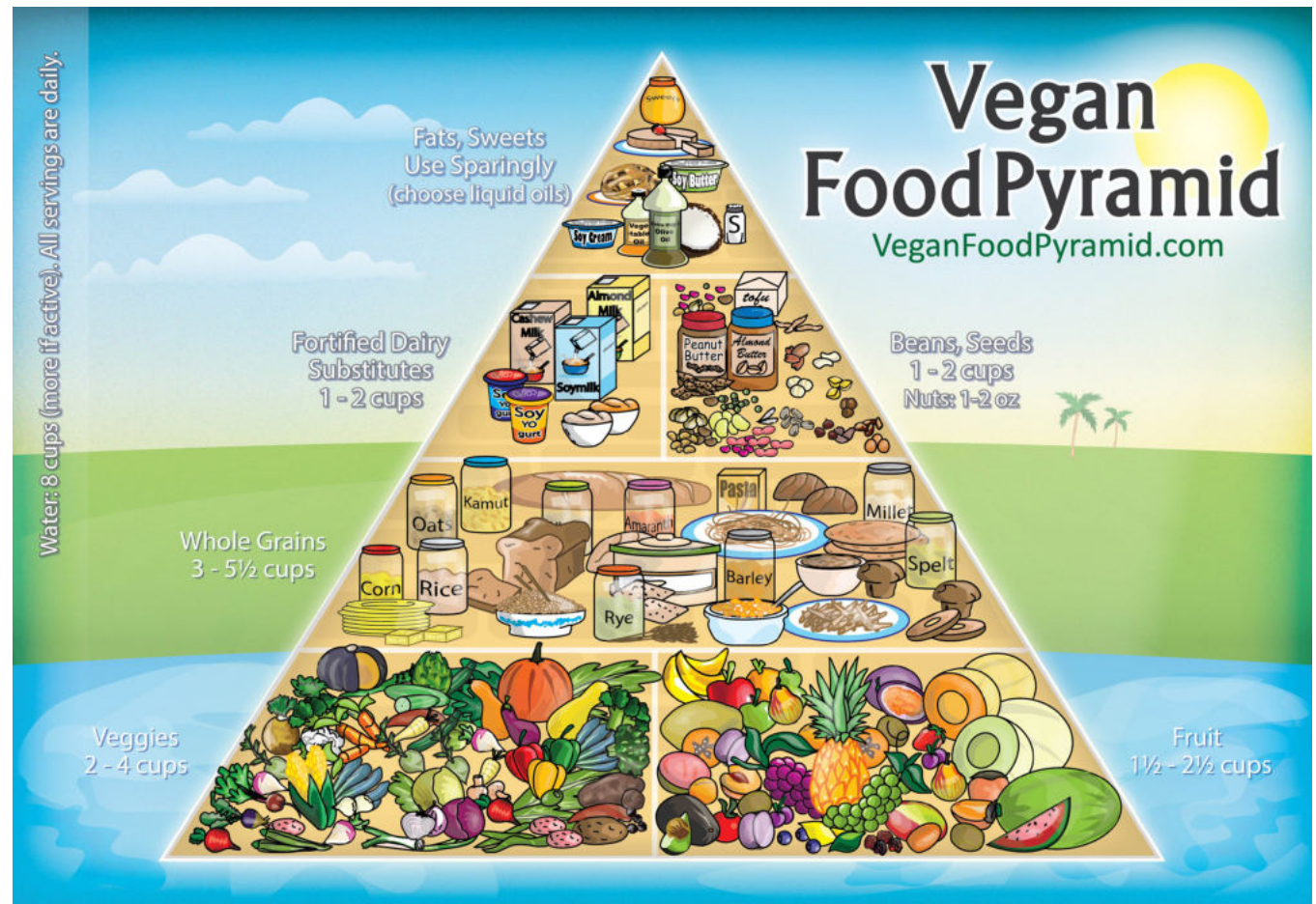
These are just recommendations,
feel free to buy the products you
like out of each food group.

Meal plan sample

This meal plan is only an example to provide you a general guideline on what your week can look like. I recommend eating 3 meals per day: breakfast, lunch and dinner plus 1-3 snacks.

You will learn later in this guideline how to set your calories and macros according to your goals. So take this meal plan as an example and adjust the meal sizes based on your needs.

For example, if it is stated 150g of basmati rice, you may need only 100g or perhaps 200g. So make sure you read this guide thoroughly to gather the knowledge on how to set your calories and macros and stay in control of your weight so you will reach your goals.



Note: Maybe you noticed that in the chapter “What foods to eat” I gave each food group a color.

Fruits

Vegetables

Legumes

Whole grains

Nuts

Seeds

Others

This is because in this meal plan you can substitute any food of a group with another food of that group you like. For example, if you don’t like (or don’t have it at home) frozen peas, then you can substitute this legume with any other legume like beans, lentils or chickpeas.

Or you can substitute basmati rice with any whole grain you like, e.g. quinoa, pasta etc. Similarly, if you don’t like or have broccoli at home, then substitute this vegetable with any vegetable you like, for example cauliflower, spinach etc.

This makes you flexible and independent. You can design your own meals based on what you want and/or have at home. By sticking to my meal samples and substitutions to fit your preferences, you will make sure you eat from all the groups in a day so that you will likely cover every nutrient you need.

After a while, you won’t need my sample meal plan and recipes as a guideline anymore because you will be able to do it intuitively and thus be free, flexible and in control of your meals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Kale shake	Simple muesli for brain power	Power Smoothie	Berry porridge	Beans for breakfast	Pancakes	Everyday Smoothie
Lunch	Rice, tofu and green veggies with lemon	Quinoa love	Vegan spaghetti bolognese	Avocado is heaven	Falafel	Potato love	Burrito
Dinner	British style	Healthy pizza	Potato love	Mighty muesli	Quinoa love	Eat these beans, they are vegan	Not pretty but super delicious and healthy smoothie
Snack	Nice cream	Protein fix	Chocolate mousse	Caramel peanut butter fudge brownies	Fruit salad	Vegan nuts and fruits	Bliss balls



**"What you do today
can improve all your
tomorrows."**

Recipes

Note: When I write 1 apple, onion, carrot etc. just take one. It is much easier for you than if I were to give you the gram amount. And if I state for example 1 can kidney beans, you can of course cook fresh kidney beans as well. The comparison “canned vs fresh” will be covered later in this guide.

The recipes are just a structure of a full meal. Feel free to add to it whichever whole foods you like. I strongly encourage you to add a lot of veggies to your meals because as you saw in the daily dozen, the veggies make up almost half of it. And, of course, include other whole foods that you like. For example, tomato sauce, sweet chilli sauce, hummus, soy sauce, soy yogurt, herbs, fruits, seeds, nuts etc.

If something tastes too boring for you then add a little date sugar. Date sugar is the healthiest sweetener because it is a whole food – just ground whole dates – and it has a lot of vitamins, minerals, antioxidants and fibre. So I recommend date sugar instead of maple syrup, table sugar, agave nectar etc. Of course you can use other unhealthy processed foods to make your food taste even more enjoyable for you.

Especially at the beginning when your taste buds are not adjusted yet, a tablespoon of coconut oil can do wonders in terms of taste.

So feel free to add a little oil, salt, or sugar to your whole plant based foods. As long as your diet is centered around whole plant based foods, you are on a healthy way. And as I said, after 2-3 weeks your taste buds will change and you will not crave and need things like added oils, salt and sugar because the flavours plants provide are really tasty and will make you super satisfied on their own.

And again, you can substitute everything with another food from the same group. For example, the stated whole grain with another whole grain and the stated legume with another legume etc. After a while, you will get a good feeling for hitting the daily dozens really well and you can freestyle your own meals 24/7. That’s how I do it every day and it feels great. As I said, the goal is to be independent and flexible when it comes to your diet.

Breakfast

My favorite go-to breakfasts are smoothies, porridge, nicecream (banana ice cream) muesli, pancakes and fruits. Generally I stick to a smoothie with some porridge. The variety is endless! You can make a berry porridge, a chocolate porridge with chocolate protein powder or cacao etc. and add toppings such as fruits, dried fruits, nuts, nut butter, seeds, soy yogurt, applesauce, puffed quinoa or amaranth, dark chocolate, cacao nibs etc.



For smoothies I usually mix greens with fruits, a couple different of seeds, and a scoop of protein powder or cacao.

Fruits I like to use are: frozen berries, bananas, apple, kiwi, dates, frozen mango etc.

Veggies I like in my smoothies are: frozen kale, frozen spinach, celery, beet root, cucumber etc.

Seeds I like in my smoothie are: hemp seeds, flax seeds, chia seeds etc.

And then I like to add some of these: cacao beans or powder, protein powder, oats, date sugar, cinnamon, plant milk, vanilla etc.

Here are my favorite breakfast recipes:

Kale shake

Ingredients:

200g kale frozen or fresh (I always have two bags of frozen kale in my freezer)

3 pitted dates

20g hemp seeds

360g ripe banana

20g flax seeds

22g vegan protein powder (optional)

Add water to get your preferred consistency

Instructions:

If you want to feel naturally high then please try this smoothie ;) It makes me feel so energized, satisfied and happy. Put everything in a high speed blender – enjoy.



Simple muesli for brain power



Ingredients:

- 120g oats
- 300ml plant milk
- 1 banana
- 1 apple
- 20g ground flax seeds
- 25g walnuts
- 22g vegan protein powder (optional)

Instructions:

Peel and cut banana and apple in slices. Mix all ingredients in a bowl – enjoy.

Power Smoothie

Ingredients:

- 1 ripe banana
- 100g kale (fresh or frozen)
- 100g spinach (fresh or frozen)
- 3 medjool dates (or normal dates)
- 120g frozen berries
- 10g chia seeds
- 10g hemp seeds
- 10g flax seeds
- 22g vegan protein powder (optional)
- 5g greens like spirulina, moringa etc.
- 200ml plant milk

Add water to get your preferred consistency

Instructions:

Blend all the ingredients together – enjoy.



Berry porridge



Ingredients:

- 150g oats
- 200ml plant milk
- 100g frozen berries
- 1 apple
- 1 clementine
- 10g walnuts
- 15g ground flax seeds
- 22g vegan protein powder (optional)
- 40g soy yogurt
- 40g applesauce
- Cinnamon
- Add water to get your preferred texture

Instructions:

Place oats, plant milk, frozen berries, protein powder (optional) and water in a pot and heat to moderate temperature. Stir frequently. When it starts to thicken up, transfer to a bowl and add the toppings – enjoy.

Beans for breakfast

Ingredients:

Whole grain bread
Half a can of baked beans
1 avocado
Sesame
Lemon

Instructions:

Slice the whole grain bread in half and toast as desired. Spread beans on the bread. Slice or smash avocado and put it on top. Squeeze lemon over it – enjoy.



Pancakes



Ingredients:

Batter:

200g oats

1 banana

22g protein powder (optional)

20g flax seeds

150ml plant milk

Add water to get the consistency you prefer

Sauce:

3 dates

8g cacao

Instructions:

Put all the batter ingredients in a blender and blend until smooth. Heat a non-stick pan to medium heat and pour the batter into pancake shapes. You don't need oil, just don't heat too high and wait until one side is really solid. Flip and stack.

Secret sauce: Take the blender with the remains of the batter in it, add dates and cacao powder. Blend and pour it over your pancake stack.

I also like to add sliced banana and berries and let them melt over my stack – enjoy.

Everyday Smoothie

Ingredients:

3 ripe bananas
1 apple
170ml soy milk
130g spinach
150g frozen berries
40g beet root
40g broccoli
22g vegan protein powder (optional)
Add water to get your preferred consistency

Instructions:

Blend all the ingredients together – enjoy.



Mighty muesli



Ingredients:

- 150g spelt flakes
- 300ml almond milk
- 1 apple
- 15g ground flax seeds
- 10g walnuts
- 100g soy yogurt
- 100g applesauce
- 10g cacao nibs/beans
- 1 clementine
- 22g vegan protein powder (optional)

Instructions:

Peel and separate clementine. Cut apple and mix all ingredients in a bowl. Add extra protein by mixing protein powder in your yogurt first – enjoy.

Not pretty but super healthy and delicious smoothie

Ingredients:

- 300ml plant milk
- 120g frozen berries
- 1 ripe banana
- 100g frozen spinach
- 20g hemp seeds
- 20g flax seeds
- 22g vegan protein powder (optional)
- Add water to get your preferred consistency

Instructions:

Blend all the ingredients together – enjoy.



Nice cream



Ingredients:

3-4 frozen bananas

Instructions:

Let the bananas ripen before peeling. When they ripen, they'll turn their starch into sugar and that makes them easier to digest, healthier and super sweet. They are ripe when they get black spots and the stem isn't green anymore but don't let them get overripe.

When they're ripe: peel and cut them (makes it easier to blend afterwards), and freeze them. When the bananas are fully frozen, toss them into a food processor or high speed blender and blend them. Occasionally scrape down the sides and continue to blend until smooth. Scoop into a bowl and enjoy.

Even though I love how simple and delicious nicecream is, there are numerous ways to step up this treat. For a creamier texture, add coconut milk. And just try other variations of nicecream with ingredients like: nuts, any nut butter, cinnamon, cacao, protein powder, fresh or dried fruits etc.

Enjoy these bears -- they are vegan!

Ingredients:

2 slices whole grain bread
Nut butter
Banana
Blueberries
Additional fruit of your choice

Instructions:

Spread nut butter on toasted bread. Slice banana and place three banana slices on each toast, two as ears and one as a mouth. Add two blueberries on each toast for the eyes and one for the nose. Enjoy your toast and fruit.





British style

Ingredients:

- 2 whole grain bagels or whole grain bread
- Dried apricots
- Nut butter
- Blueberries
- Plant milk

Instructions:

Slice the whole grain bagel or bread in half and toast as desired. Spread your favorite nut butter on each slice. Add dried apricots on top. Enjoy separately or as a sandwich along with some blueberries and your favorite plant milk as a drink.

Put everything together - 1 min breakfast

Ingredients:

- 1 package blueberries
- 1 tub natural soy yogurt
- 100g oats
- Cacao nibs

Instructions:

Mix everything together – enjoy. Add date sugar or maple syrup etc. for more flavor or use vanilla soy yogurt.



Lunch & Dinner

For lunch and dinner, you can find endless options in terms of cooking to fit your taste. Here are some of my favorites: baked potatoes, vegan spaghetti bolognese, tofu curry with rice, pasta with beans, avocado toast, burritos, wraps, falafels etc.

Because my recipes do not require processed oils, when a recipe calls for grilling ingredients – such as onions, garlic, and vegetables – it makes use of a dry- or water-grilled method, where only enough water is added to keep the ingredients from sticking to the pan as you stir them. Non-stick skillets are more conducive to dry or water grilling than other skillets, but they are not required.

My lunch and dinner usually consists of a big bowl with a whole grain (such as rice, pasta, spaghetti, millet, buckwheat or potatoes, sweet potatoes etc.) with a legume (such as beans, peas, lentils, chickpeas, tofu etc.) along with lots of veggies.

I grill my veggies with water in a wok or pan. I start off with a little water and add, for example, an onion and a clove of garlic with 2 carrots and let it stew. Then I add veggies like broccoli, cauliflower, tomatoes and bell



pepper followed by spices, such as turmeric, pepper and curry. I put it all in a bowl with my legumes (mostly out of the can or frozen peas) and my whole grains I cooked. I'll then add things like tomato sauce, mustard, sweet chilli sauce, nutritional yeast, herbs etc. and just mix it all together and enjoy!

I check off so many of my daily dozen boxes while having so much variety and taste. This way, cooking becomes easy and enjoyable. It is not like following strict recipes, but rather getting this good feeling for hitting the daily dozen and freestyling my meals 24/7. I usually listen to a podcast or YouTube video while cooking and I love it. As I said, it will become a routine and you will know what you need for a complete meal.

Here are my favorite lunch and dinner recipes:

Rice, tofu and green veggies with lemon

Ingredients:

150g basmati rice
200g tofu
120g broccoli
120g peas
200g spinach
1 squeezed lemon

Instructions:

Cook rice according to instructions on the package. Heat a pan or wok to moderate heat and stew broccoli. Cut tofu in pieces and add in peas as well. Mix rice and stewed veggies together, mix in spinach and squeeze lemon over it. Add spices, herbs and other whole foods you like – enjoy.



Quinoa love



Ingredients:

- 150g quinoa
- Half a can of baked beans
- 1 onion
- 1 garlic clove
- 100g broccoli
- 100g cauliflower
- 1 red bell pepper
- 2 carrot
- 1 tbsp soy sauce

Instructions:

Cook quinoa according to instructions on the package. Heat a pan or wok to moderate heat and stew the onion, garlic and carrots with water. Add the broccoli, cauliflower, beans and bell pepper. Add spices you like. Mix quinoa, veggies and soy sauce together – enjoy.

You can add more veggies and other whole foods and processed foods you enjoy like nutritional yeast, soy yogurt, mustard, lemon, lime, herbs, sweet chili sauce, nut butter, hummus, tahini etc.

Vegan spaghetti bolognese

Ingredients:

200g whole grain spaghetti
1 onion
1 garlic clove
1-2 carrots
Piece of ginger
Half an eggplant
200g smoked tofu
200g tomatoes
300ml tomato sauce
15g cashews
15g nutritional yeast
Herbs

Instructions:

Cook spaghetti according to instructions on the package. Heat a pan or wok to moderate heat and stew the onion, garlic, eggplant and carrots. Cut smoked tofu in pieces and add it as well.

Add tomato sauce, herbs and spices. Chop cashews and mix them with the rice, nutritional yeast and vegan bolognese together – enjoy.



Avocado is heaven



Ingredients:

2 slices whole wheat bread
1 whole or half avocado
Cherry tomatoes
Lime

Instructions:

Smash the ripe avocado and spread it on the bread. Slice the cherry tomatoes in half and put them on top of the avocado. Squeeze lime over it – enjoy.

Falafels

Ingredients:

- 1 can/or fresh chickpeas
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1/4 tsp cumin powder
- Juice from half a lemon
- 1/4 tsp cayenne pepper
- Fresh cilantro
- Ground black pepper
- 1/4 tsp baking powder
- 50g chickpea flour (or any flour)
- 1/2 cup water

Instructions:

Preheat the oven to 400°F/200°C. Sauté onions, garlic & cumin in a pan on low for 3-4 min until soft. Drain chickpeas and add to food processor. Chop until pieces are really small. Add cilantro and repeat, then transfer everything to a big bowl. Add lemon juice, cayenne, salt, pepper, baking powder, onions and garlic.

Mix well, then add chickpea flour and water. Mix everything together and form medium sized balls. If the dough is having trouble sticking, add more flour and water. Place falafel on a baking tray and bake for 25 min or until golden brown – enjoy with a salad.



Potato love



Ingredients:

500g potatoes
500g sweet potatoes

Instructions:

Slice potatoes as you like to eat them and put them in the oven for about 40 minutes at 400°F/200°C on a nonstick baking sheet – enjoy. Add a sauce/dip or just enjoy them alone.

White bean dip

Ingredients:

500g white bean canned (drained)/fresh and cooked
1 clove of garlic
1 lemon
1-2 tbsp tahini
Water
Spices

Instructions:

Blend everything together (don't only take the lemon juice but peel the lemon and blend it as a whole to not miss out on all the healthy fiber and the nutrients that are bound to the fiber). I like to dip corn cakes, cucumber and raw sweet potato slices in it (yes, you can eat sweet potato raw, it tastes like a sweet carrot). Give it a try and of course, you can take other legumes like chickpeas to make original "hummus".



Burrito



Ingredients:

Whole grain burrito or flat bread

You can put whatever you like in your burrito
here are my favorite fillings:

Kidney beans

Corn

Rice

Lettuce

Tomato sauce

Hummus

Bell pepper

Carrot

Tofu

Potatoes

Instructions:

I recommend picking legumes like beans, peas, chick-peas, tofu etc., 2-3 vegetables like potatoes, carrots, lettuce etc. and a whole grain like rice, corn etc. + 1-2 sauces like hummus, sweet chilli sauce, tomato sauce etc.

Add it all in the middle of your burrito. Fold the bottom a little in over the filling so nothing falls out at the end and then roll it up tightly – enjoy.

Healthy pizza

Ingredients:

Dough:

500g Whole grain flour (I used spelt flour)

Water

1 package of yeast

Toppings:

Tomato sauce

Veggies you like; I used red cabbage, tomatoes, cherry tomatoes, onion, carrot, mushrooms, broccoli... overload your pizza with veggies to make it rich in flavor and super healthy

Legumes you like; I used 1 can of black beans and smoked tofu

Nutritional yeast or vegan cheese



Healthy pizza

Instructions:

Mix the flour with the yeast and add water. Don't use too much water, just enough that everything sticks and you can knead the dough. Spread the dough out, put it in the oven at a low temperature for 10 minutes and let it rise (because of the yeast).

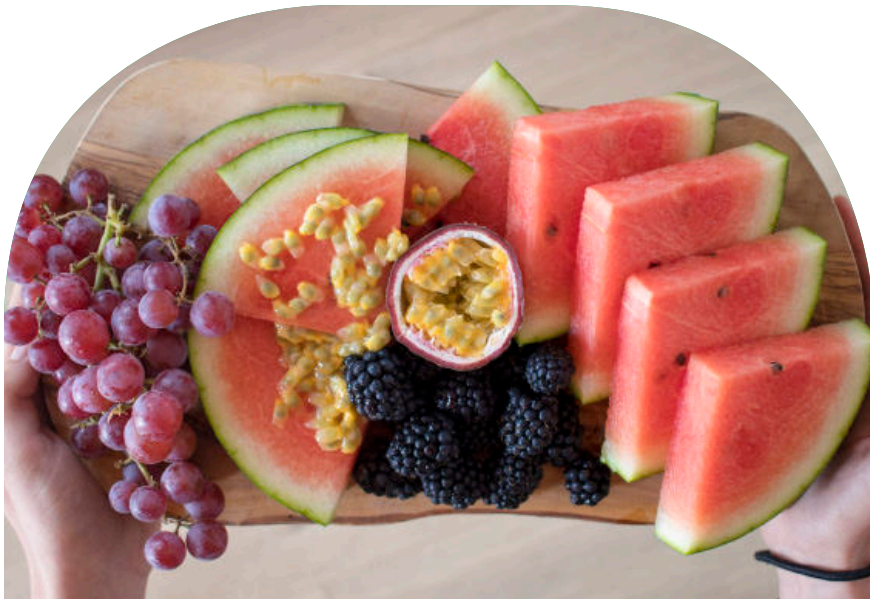
Take it out and preheat the oven to 400°F/200°C. Now the fun part starts by putting all the toppings on your pizza. Start with the tomato sauce and then add everything else and top it with the cheese. If you use nutritional yeast, only put it over the pizza when it's almost done at the last 5 minutes of baking.

Place pizza in the oven for about 30 to 40 minutes.



Snacks

Snacks are great for when you are a little hungry. Snacks are not always unhealthy but rather can give you the opportunity to get even more antioxidants, vitamins, minerals etc. in, but of course also serve to treat yourself and make this diet even more enjoyable. Listen to your body and pick one of the following snacks or other plant based treats you enjoy. When you want to get energy (e.g. snacking before a workout), I always recommend fruits. For example a banana, apple and 3 dates. And if you want to be fully satisfied I recommend snacking on something that is higher in fat and calories e.g. nuts, dark chocolate, hummus etc.



Here are some of my favorite snacks:

- Nuts
- Puffed corn cakes
- Rice cakes
- Dark chocolate covered rice cakes
- Fruits e.g banana, apple, grapes, pear
- Dried fruits e.g. dates
- Vegetables e.g. tomatoes, cucumber, carrot, bell pepper
- Small fruit/and vegetable smoothie e.g. blend 2 bananas, apple, ginger, juice of one lemon with water protein shake, just mix flavoured vegan protein powder with your favorite plant milk and shake well
- Dark chocolate
- Nice cream
- Dipping raw sweet potato in hummus or any vegetable
- Vegan treats e.g. Oreos, vegan cookies, vegan brownies etc.
- Whole grain bread/toast with peanut butter and fruits

Fruit salad

Ingredients:

Banana
Apple
Pear
Grapes
Watermelon
Peach
Plum

Instructions:

Take the fruits you like and that are in season and make a wonderful fruit salad out of them – enjoy. This is a super healthy snack that will give you so much energy.



Protein fix



Ingredients:

255g kidney beans (rinsed)
50g mustard
5 (40g) puffed corn cakes

Instructions:

Smash mustard and kidney beans to a paste. You can add spices and herbs to boost the taste and nutritional value. Or other additions like flaxseeds etc. Spread the paste on the puffed corn cakes or whole grain toast – enjoy.

Bliss balls

Ingredients:

15 dates soaked in warm water for a minute
55g oats
2-3 tbsp cacao powder

Instructions:

Mix the ingredients in a food processor or a high speed blender. Roll them in your hands. Roll them in cacao powder for an extra outer layer of cacao (optional). Put them in the fridge and enjoy a few balls as a snack here and there.



Caramel peanut butter fudge brownies



Ingredients:

Base:

15 dates soaked in warm water for a minute
200g walnuts
2-3 tbsp cacao powder

Topping:

5 dates soaked in warm water for 3 minutes
2 tbsp peanut butter
Vanilla extract

Instructions:

Base: Mix the ingredients in a food processor or a high speed blender until the batter is creamy and smooth. Line a baking form, mine was about 20x20cm and distribute the mixture evenly.

Topping: Put everything in a food processor and blend until the mixture is smooth. Spread it on top of the brownie mix and put it in the fridge to cool down for about an hour.

Chocolate mousse


Ingredients:

2 bananas
1 whole or half avocado
60g soy yogurt
50g oats
7g cacao powder
2 dates
200g sweet potato
25g hazelnut butter

Instructions:

Cut and boil sweet potato in water for 8 minutes.
Blend all ingredients together – enjoy!





"91% of the loss of the rain-forest in the Amazon has been destroyed due to raising live-stock."

Tips for eating out

Some of you might not have the privilege of cooking and eating at home all the time or might not want to. Let's say you have a job where you have to eat breakfast and lunch outside of home while you can cook your dinner at home. One option, if you want to meal prep but don't want to invest too much time on it, is to make your dinner twice the size. You eat one half for dinner and the other you pack for lunch the next day for work. For breakfast you can pack fruits and prep a quick porridge in the morning and take it to work as well.

If you don't want to meal prep, I recommend using the app "HappyCow" which will give you a map of what vegan and vegan friendly restaurants are around you. Look at the reviews and pick the one that attracts you the most. If you are eating out all the time in the same area, for example around your workplace, then find out good spots to eat. Build a relationship with the people who work there and often you will get good deals and they might make you your dish of choice because you are a returning customer. You can let them know that you always prefer the salad without oil and with extra greens.

Another option to eat out super healthy is to go to a supermarket and just buy whole foods. How about a lunch like carrots for dipping in hummus and spelt waffles along with it, plus an apple? Or how about a can of baked beans with a package of cooked rice along with fruits? Most offices have a small kitchen so you can likely microwave and boil water. You could stock up at work with oats and always make your own porridge with fresh toppings from a supermarket close by. Make it happen :)



Complex vs simple carbs

Saying carbs are bad is like treating apples and lollipops as equals. Complex carbs are our main source of energy for our body, brain and muscles. It always confuses me as to why some people look for extreme methods to find simple solutions. The key to health and fitness is a diet packed full of earth-grown nutrients of all varieties. Exclusionary diets are not sustainable and most of them often lead to multiple deficiencies. Carbohydrates are good for you when you eat the right ones (complex carbs).

Simple carbs are: sugar, honey, alcohol, white bread, chips, sugar, cereals containing sugar, processed fruit juices, sweets, candy etc.

Complex carbs are: vegetables, whole grain bread, whole grain pasta, beans, peas, brown rice, sweet potatoes, oats, fruits, whole grain muesli, nuts, seeds, legumes, buckwheat, corn, potatoes etc.

Be sure to eat a lot of complex carbohydrates.



Where to buy food?

I've discovered how easy and enjoyable plant based shopping is because you get to skip all the aisles with meat, dairy, eggs, fish and junk. I just start with the produce section, then go to the other aisles and pick my legumes, whole grains, nuts, seeds, hummus, tofu, soy milk etc. and the frozen section to get my frozen berries, peas, spinach etc. and I'm done.

I save time and money. A lot of money when you think about all the money you would have spent on health care and all the doctor's visits, thanks to the prevention against chronic diseases a plant-based diet will bring you.

I recommend finding a routine to buy your food. I buy products that last a long time in bulk, like grains, legumes, nuts, seeds etc. and for fresh produce like fruits and vegetables, I go grocery shopping once per week and I am set. I would recommend going to a discount grocery store in your neighbourhood that is vegan friendly and offers a big variety. There you can choose organic options if you'd like and the organic foods from the discount store will be cheaper than the organic foods from an organic store. For stuff you don't



get from the discounter I recommend going to an organic store and buying it there.

Usually my week looks like this: Grocery shopping on Monday for my fresh produce for the week. Going every second week or so and buying food at the organic store that I cannot get from the discounter in the quality I like such as mustard, bread, peanut butter etc. And I buy in bulk whenever my stock is empty either in a specialty store, international market or online.

Buying in bulk



Many supermarket chains sell dry goods in bulk, particularly beans, lentils, grains, pastas, seeds, dried fruits etc.

I also recommend buying in bulk online. Go to Amazon or any online store that offers whole foods in bulk inexpensively and type in what you want, for example, walnuts 1kg or 2kg, and you get it much cheaper when you compare the price per gram with smaller packages.

Your bulk storage will also last much longer and you will always have it handy, thus saving you time and wasting less packaging.

Here a few things I like to buy in bulk:

- **Nutritional yeast**
- **Puffed quinoa and amaranth**
- **Legumes like lentils and beans**
- **Whole grains like rice and pasta**
- **Nuts like walnuts, almonds and Brazil nuts**
- **Seeds like chia-, flax- and hemp**
- **Dried fruits**
- **Cacao beans etc.**

Canned vs fresh

Canned versions can be a good alternative if fresh produce isn't available or isn't of high quality. In terms of nutritional value, the fruits and vegetables from the can compare well to fresh varieties, though the ingredients, such as salt or sugar, which are often added to canned produce, drive down the nutritional value somewhat.

In terms of nutrition, there isn't a big difference between fresh and canned varieties. Canned fruits and vegetables retain their nutrients, such as vitamin C and fibre through the canning process, which makes them about as healthy as fresh produce. In fact, canned might be better in some cases because it can take several days for freshly picked produce to reach store shelves.

One drawback to canned fruits and vegetables is that manufacturers often add salt to enhance the taste and help preserve the food so it can be sold and stored for longer periods of time. For example, fresh green beans are quite low in sodium, but a cup of canned green beans can contain up to 376 milligrams of sodium. That's one-quarter of the daily

1,500-milligram limit recommended by the American Heart Association.

Fruit is often packed in syrup, which means added sugar. A cup of canned pears in syrup contains about 40 grams of sugar compared to a cup of fresh pears, which contains 13.5 grams of healthy, naturally occurring sugar.

The texture and taste of canned produce is different from fresh. Fresh produce tends to be crisper and juicier than canned. If you do opt for canned, look for no-sugar-added or no-salt-added varieties (or where the sugar/salt content is the lowest) because they're the most nutritious. If these aren't available, rinse the produce to wash away some of the sodium or sugar.

I personally like to buy legumes canned because it is so convenient, but for the rest I prefer fresh or frozen.

Fresh vs frozen

Buying whole foods frozen is a very convenient option because they are ready to cook and require zero preparation.

Uncooked, fresh produce is typically thought to be the most nutritious but it does vary from food to food. Fresh produce is not immune to nutrient loss because of the farm-to-grocery store process. Once a fruit or veggie is harvested, it begins to release heat and lose water, affecting its nutritional quality. Fresh produce at the store might have lost roughly half its original amount of nutrients.



Fortunately, for those who rely on convenient bags from the freezer aisle, studies suggest frozen veggies have just as many nutrients (if not more) as their fresh counterparts. Fresh fruits and veggies produce enzymes (trypsin and chymotrypsin) that cause loss of color, flavor, and nutrients just after harvest. But the reaction can be stopped by deactivating the enzyme, which freezing can do, leaving the frozen veggies with more nutrients (when done right, because the storage process can also cause some nutrients to be lost due to oxidation.)

I would recommend buying fresh when in-season and ripe, otherwise, buy frozen. And adjust to your situation: For example, I rarely find fresh kale so I always buy it frozen, and fresh berries are often quite expensive and wrapped in excessive plastic so I also buy them frozen. Just do as Michael Greger likes to say:

“Whatever makes you eat the most of it”

(most of the healthy whole plant foods).

Organic vs conventional

Studies have found no difference in nutrient levels between organic vs conventional. On a pesticide level, yes, organic is safer because the produce is sprayed less. However, the benefits of conventional fruits and vegetables still greatly outweigh the risks. A study showed that even the highest sprayed fruits can prevent over 20,000 cancer deaths every year in the US while only killing 10 people due to pesticides.

So choose organic if you can - but organic or not, we should never stop packing our plates with fruits and vegetables, even if they are not organic.



Vegan protein

If you get enough calories eating a whole food-plant-based diet you will always get enough protein because every food has a complete amino acid profile, including fruits and vegetables. If you are an athlete though you have to make sure that you eat enough high protein plant foods like legumes. And if you eat a whole food,plant-based diet with diversity you will ALWAYS get every essential amino acid in adequate quantities. We are living in a society where people are eating too much protein and the wrong kind of protein: animal protein. Plants have exactly the right amount of protein for human health. You don't need more, in fact, more protein is not health promoting.

Our kidneys handle plant protein very differently from animal protein. An equivalent amount of plant protein causes virtually no noticeable stress on the kidneys. Eat some tuna, and within three hours, your kidney filtration rate can shoot up 36 percent. Eating the same amount of protein in the form of tofu doesn't appear to place any additional strain on the kidneys.


Animal protein also plays a role in cancer risk. IGF-1, insulin-like growth factor 1, is a cancer-promoting growth hormone that is released in excess when we eat animal protein. This is, presumably, why those who eat fewer animal products have significantly lower levels in their bodies within weeks of making the dietary switch. This lowering of IGF-1 levels is thought to be why the blood of men and women eating plant-based diets suppresses prostate and breast cancer growth in vitro significantly better than those eating the Standard American Diet (you can find all the sources of these claims at <https://nutritionfacts.org/topics/protein/>).

There is a word in medicine “Kwashiorkor” which describes protein deficiency. Almost no one knows this word because protein deficiency is a very rare disease. Most often, people are protein deficient when they don't eat enough calories and then they are deficient in almost everything. So don't worry at all about protein! Just get enough calories in through the main source: complex carbs! They are the principal source of energy for our body, brain and muscles.

The key to health and fitness is a diet packed full of earth-grown nutrients, of all varieties. Exclusionary diets are not sustainable and most often lead to multiple deficiencies.

So eat lots of complex carbohydrates. Oats, beans, rice, potatoes, sweet potatoes, fruits, and vegetables should all be mainstays in your meal plan. Eat real food!

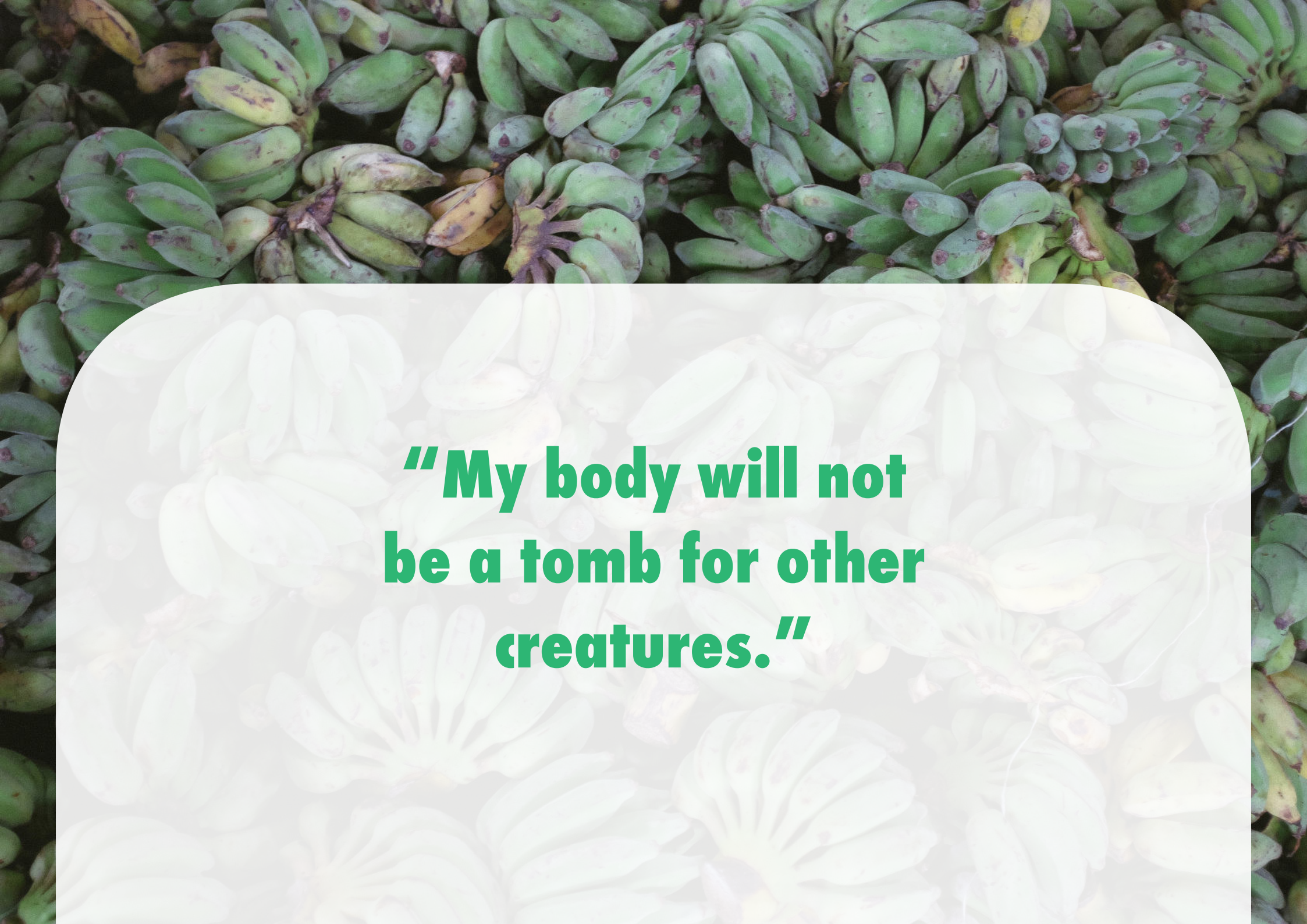




Here is a list of plants that are particularly high in protein:

- **Peas**
- **Hemp seeds**
- **Lentils**
- **Vegan protein powder**
- **Tofu**
- **Quinoa**
- **Leafy greens**
- **Chia**
- **Beans**
- **Chickpeas**
- **Tempeh**
- **Seitan**
- **Plant milk**
- **Edamame**
- **Nuts**
- **Whole grain pasta**
- **Broccoli**

All plants contain protein,
just eat a big variety of those you like.



**“My body will not
be a tomb for other
creatures.”**

Best sources of B12

The argument over veganism not being “natural” is particularly ironic now that animals have to take B12 supplements. Not only is it harder to absorb B12 in farmed animal flesh, but it heightens the risk of developing cancer and heart disease. It’s safer to skip animal products and get our B12 from a supplement.

Vitamin B12 is important for the normal functioning of the brain and nervous system and for the formation of blood. It is the only vitamin synthesized exclusively by microorganisms (bacteria). Soil microbes that live in symbiotic relationships with plant roots produce Vitamin B12. It is a water-soluble vitamin and should be taken on a daily basis.

B12 is the most chemically complex of all vitamins. It is essential for our health. Anyone can be B12 deficient, regardless of diet. 15% of the population suffers from a B12 deficiency. A deficiency in B12 can cause a number of symptoms from dandruff to dementia. It can cause anemia, which can be fatal if left untreated. B12 is found in fortified nutritional yeast, fortified





plant-based milks, and dietary supplements. Some claim that B12 is available in organic fruits and vegetables grown in rich soils. However, this is such a tiny amount of B12 that I wouldn't rely on this way alone.

Most people only require 2.5 micrograms (μg) of B12 per day. Studies show no negative side effects of taking too much B12. As I mentioned, it is a water-soluble vitamin and you just pee and sweat the excess B12 out.

I recommend dosages much higher than 2.5 microgram because our body can only actively absorb 2 micrograms and above that, we only passively absorb in very small amounts (about 5%). That is why most B12 supplements are in high doses so we get at least our 2.5 μg in.

If you want to save some money and not waste B12 by peeing it out, I recommend taking a supplement of a daily dosage of 1000 μg per day. Higher dosages only make sense if you are deficient or can't absorb it well. 1000 μg should be ideal for most people.

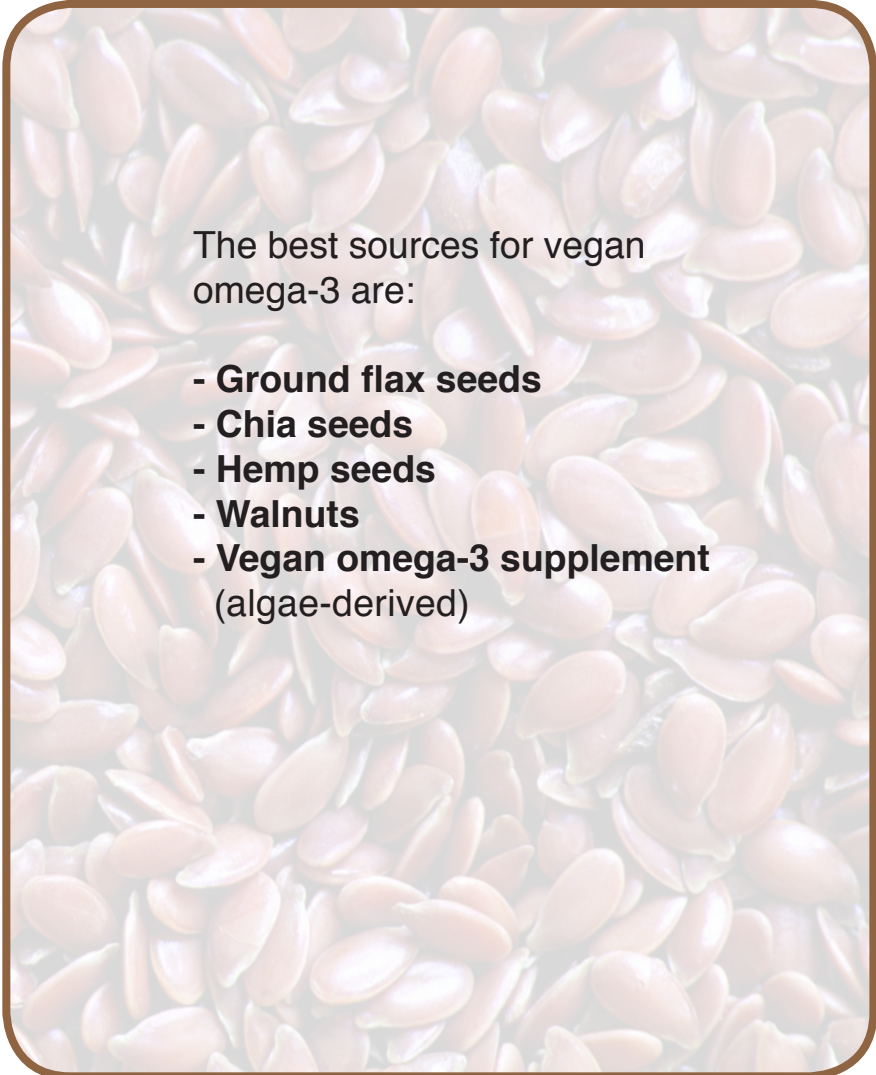
Best sources of omega 3 & 6

Omega-3 fatty acids play a role in every cell in the body. Omega-3 makes up cell membranes, keeps the nervous system functioning, keeps cholesterol levels in check and reduces inflammation. There are so many health benefits associated with omega-3 that it is no surprise just how much hype the nutrient is getting now.

There is a lot to say about omega-3. Here are the most important facts:

Omega-3 and omega-6 are the only essential fatty acids. Essential means the body cannot produce them on its own, so we must get essential fatty acids from food. Our body has absolutely no need for other fatty acids like trans fats or saturated fats; omega-3 and 6 are the only essential fatty acids we need.

An ideal ratio of omega-3 to 6 would be 1 to 2-1 to 5 but most people have a ratio of around 1 to 20 meaning way too much omega-6!



The best sources for vegan omega-3 are:

- **Ground flax seeds**
- **Chia seeds**
- **Hemp seeds**
- **Walnuts**
- **Vegan omega-3 supplement**
(algae-derived)

Omega-6 is found in many foods like vegetable oils, seeds, nuts, tofu, avocado, beans etc.; therefore, omega-6 deficiency isn't a concern. However, omega-3 is! Many people suffer from an omega-3 deficiency. We want to eat omega-3 rich foods every day while simultaneously keeping our omega-6 intake low.

I recommend choosing the whole foods (e.g. flax seeds) instead of the oils (e.g. flaxseed oil) because the whole food is unprocessed and still has the healthy fibre, antioxidants, and other nutrients.

Consider taking 250 mg of pollutant-free (algae-derived) long-chain omega-3s daily.

According to two of the most credible nutrition authorities, the World Health Organization and the European Food Safety Authority, you should get at least half a percentage of your calories from the short-chain omega-3 ALA. That's easy - one tablespoon of ground flaxseeds takes care of that. Your body can then take the short-chain omega-3 from flaxseeds (or chia seeds or walnuts) and elongate it into the long-chain omega-3s EPA and DHA found in fish fat. The question, however, is whether the body can make enough for optimal brain health. Until we know more, I recommend taking 250mg of pollut-

ant-free long-chain omega-3s directly. Athletes have a higher requirement and I recommend taking more than 250 mg.

I don't recommend fish oil, since even purified ("distilled") fish oil has been found to be contaminated with considerable amounts of PCBs and other pollutants, so much that taken as directed, salmon, herring, and tuna oils would exceed the tolerable daily intake of toxicity. Thankfully, you can get the benefits without the risks by getting long-chain omega-3s from algae instead, which is where the fish primarily get it from to begin with. By cutting out the middle-fish and getting EPA and DHA directly from the source at the bottom of the food chain, you don't have to worry about pollutant contamination. In fact, the algae used for supplements are just grown in tanks and never even come in contact with the ocean. That's why I recommend a contaminant-free source to get the best of both worlds: omega-3 levels associated with brain preservation and minimized exposure to industrial pollutants.

Best sources of iodine

Hitting your daily iodine can be hard when you don't like or eat sea vegetables.

Sea vegetables include a big variety of algae like:

- **Wakame**
- **Nori** (which you probably know from sushi)
- **Dulse**
- **Kelp**
- **Kombu**
- **Watercress**

I encourage you to get nori sheets and make your own vegan sushi once in a while or go out and eat vegan sushi. And/or get another alga. I have a bag of wakame because it has so much iodine that I just need 1.5g per day to hit my daily iodine, and it tastes really good to me in my bowls. 1.5g of wakame is so little thus an easy way to get your daily iodine. The daily requirement is around 200 μg and 1g of wakame already provides you 150 μg , so 1.5g would give you 225 μg .

If you don't like sea vegetables at all, please in-



clude enough of these foods in your diet: kidney beans, potatoes, cranberries, dried prunes, corn, iodized salt and strawberries. They all contain a little iodine. In fact, a little iodine is found in almost all whole plant-based foods, (depending on the mineral content of the ground. Closer to oceans the iodine levels are higher) so eat a diet rich in fruits, vegetables, legumes, grains, nuts, seeds and others which should include some sea vegetables (algae) for your iodine.

I don't recommend iodized salt to fully cover your iodine. Yes, it contains iodine but even more sodium and if you want to cover your daily need of iodine only with iodized salt, you quickly get way too much sodium which increases blood pressure, causes water retention etc. So if you use salt, then iodized salt is great to get more iodine in but don't rely on it as your main source because you would end up getting sodium in excess.

I also don't recommend an iodine supplement because we can absorb >90% of it and they are often dosed too high and too much iodine is almost as bad as too little.

Best sources of iron


Iron is a double-edged sword. If we don't absorb enough we risk anemia but if we absorb too much we may be increasing our risk of colorectal cancer, heart disease, infection, neurodegenerative disorders and inflammatory conditions. Other conditions that have been associated with high iron intake include Alzheimer's, Parkinson's, arthritis, and diabetes.

Because the human body has no mechanism to rid itself of excess iron, we have evolved to tightly regulate the absorption of iron. If our iron stores are low, our intestines boost the absorption of iron, and if our iron stores are high, our intestines block the absorption of iron to keep us in a good range.

This only works with the iron found in plant foods. Our digestive system cannot regulate the iron in ingested blood – heme iron (found in animal products). The iron in animal foods can just zip right through our intestinal barrier even if we already have too much in our system. We have no control over it. So avoid the (bad) heme iron in animal products and stick to the (healthy) non-heme iron in plants.

Only people with a confirmed diagnosis of iron-deficiency anemia should consider supplementing their iron intake, and even then it can be risky. A recent study found that a significant increase in oxidative stress happened within the bodies of women on iron supplements. So before going on iron supplements I would suggest talking to your physician about first trying to treat it through diet alone, by eating lots of healthy iron-rich foods. Here are foods particularly high in iron:





Foods high in iron:

- **Chickpeas**
- **Pumpkin seeds**
- **Oats**
- **Brown rice**
- **Quinoa**
- **Tomato paste**
- **Tofu**
- **Dried apricots**
- **Beans**
- **Peas**
- **Dark chocolate**
- **Nuts**
- **Seeds**
- **Dark green leafy vegetables**

While consuming vitamin C-rich foods in the same meal, such as citrus, tropical fruits, broccoli, bell peppers etc. you will improve plant iron absorption up to 5 times! Avoid drinking caffeine, tea and coffee at the same time with your meals, which can impair iron absorption.

Best sources of calcium



Calcium is really easy to cover because most whole plant based foods contain calcium and if you just eat enough out of the 6 food groups you will always get enough calcium just by eating enough. For example, just 400ml of calcium fortified plant milk provides you with more than two thirds of your daily needs. Here are a few plants that are particularly high in calcium so I encourage you to eat some of these regularly:

- Kale
- Tofu
- Tempeh
- Fortified plant milk
- Tahini
- Almonds
- Almond butter
- Sesame
- Soybeans
- Broccoli
- Hazelnuts
- Figs
- Arugula
- Spinach
- Nori
- Spirulina

Is soy healthy?

I get this question so often and the answer is yes! Soy is really health promoting and one of my big staples in my whole food plant-based diet.

Soy won't make you female or cause men to grow breasts. The Phytoestrogen in soy is 500-10,000 weaker than real estrogen that is found in animal products such as dairy and meat.

Phytoestrogen even blocks your estrogen receptors, thus lowering your risk of breast cancer, and soy is the number one / top source of isoflavone which lowers your risk of other cancers. One study showed regular consumption of the equivalent of one cup of soy milk daily was associated with up to 38% lower overall mortality among breast cancer patients.

Because I don't want to bombard you with facts and cited studies that show all the benefits of soy, I recommend that you check out Dr. Michael Greger's blog article about soy.

<https://nutritionfacts.org/topics/soy/>
and watch some of his videos about soy.

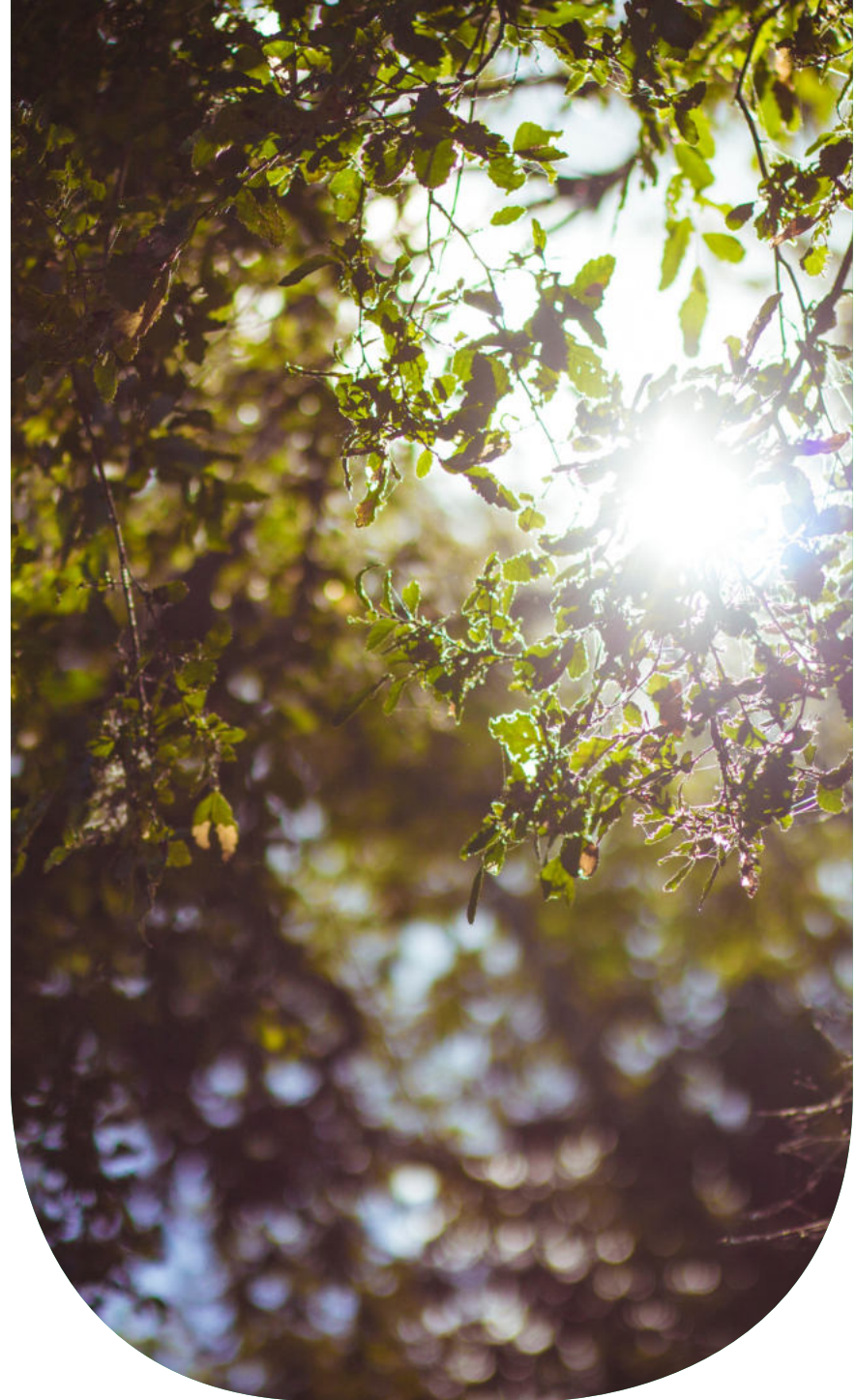


Vitamin D

Your body produces vitamin D when you expose your skin to the sun. You cannot absorb enough vitamin D through food no matter which diet you follow. So we need to get out and spend some time in the sun. 20-30 minutes is already enough if you wear a shirt and the amount of time can be even shorter if you wear a bathing suit or tan naked.

The important thing is that the UV Index is high enough. For example, in Germany, with the specific latitude, we can only absorb vitamin D from April to September. So during the winter I highly recommend taking a vitamin D supplement with a dosage of 2500 IU per day because your vitamin D storage doesn't last the entire winter.

Vitamin D is important for bone health, muscle function, immune health and much more. It also improves your mood, so let's spend some time outside, enjoy the sun, and supplement if we don't have the chance.



A photograph of three brown horses in a dry, grassy field under a clear blue sky. The horses are in the foreground, with one slightly behind the other two. The text is overlaid on a semi-transparent white rounded rectangle in the lower half of the image.

“Free-living animals made up 99% of the biomass 10,000 years ago and human beings made up only 1% of the biomass. Today, only 10,000 years later ... we human beings and the animals that we own as property make up 98% of the biomass and wild free-living animals make up only 2%.

We’ve basically completely stolen the world, the earth, from free-living animals to use for ourselves and our cows and pigs and chickens and factory-farmed fish, and the oceans are being even more devastated.”

Supplements

Before I tell you anything about supplements, you should know that these are food supplements and in no way a balanced nutrition replacement.

In general, there are many unnecessary supplements existing on the market, and only sell because of excellent marketing and not because of their benefits! I will give you an overview of, in my opinion, the helpful supplements. I generally only recommend you to access supplements made by high quality ingredients. So please pay attention when buying supplements and make sure they are from good manufacturers. For this reason, I also work with Rocka Nutrition. This is a top quality guaranteed company I stand by with my name. Which supplement manufacturer you prefer is ultimately up to you.

In my opinion you can get supplements in two super categories:

1. **Essentials**
 - Performance
 - Health
2. **Nice to Have**

Of course you can still use the third category "Bullshit" but I focus here only on supplements that demonstrably add value to your body and make sense based on the current studies! Under the category "Essentials" fall products that are more for general health and thus on the foundation for a strong and healthy body. Only if you are healthy and your body is running optimally, can you get stronger and efficient building muscles.



Supplements

Essentials - Performance:

Creatine

Dosage: 3-5g/day

Creatine is a combination of the three amino acids l-arginine, glycine and l-methionine. The cells use the molecule adenosine triphosphate, also known as ATP, for energy, which is thereby converted to adenosine diphosphate (ADP) and adenosine monophosphate (AMP). Creatine is stored as creatine phosphate in the body, just as energy storage, and then release the phosphate to turn ADP back into ATP. The supplementation of creatine increases the total content of creatine phosphate in the cells. A higher content of creatine phosphate results in a better conversion rate of ADP into ATP. Due to the increased available ATP, creatine increases the strength in training and slows down the fatigue. In addition, it also increases the performance of the brain and nervous system through the same mechanisms, resulting in an increased ability to concentrate.

My suggestion: [Crea Rock](#)



Protein powder

Dosage:

Depending on your personal macro distribution

A protein shake will help you meet your protein requirements. When dieting, it can be useful since there are very few carbohydrates and fats included.

My suggestion:

[The Vegan](#)

[All in V-One \(complete supplement\)](#)



Supplements

Essentials - Health:

Omega 3

Dosage: 1200mg DHA

The intake of omega-3 fatty acids and omega-6 fatty acids is essential to live, as they both cannot be produced by yourself. You can find plenty of omega-6 fatty acids in your diet, however, only small amounts of omega-3. The optimal ratio of about 1:1 of the two fatty acids contributes to the health of the immune and cardiovascular systems. You can also take omega-3 fatty acids for excessive inflammation and reduction of pain in tendons and joints.

The omega-3 fatty acids are not, as is often assumed, from the fish themselves produced, but extracted from their food (algae). Therefore, it is perfectly possible to go for a vegan option. I would advise anyone to take omega-3 fatty acids from the less processed, first hand source, which is algae.

My suggestion: [Vegan Omega 3](#)



Vitamin D3 + K2

Dosage: D3: 70 µg & K2: 150µg / Day

Vitamin D cannot be sourced from food alone, so a healthy amount of sun exposure is needed. The important thing is that the UV Index is high enough. For example, in Germany, with the specific latitude, we can only absorb vitamin D from April to September. So during the winter I highly recommend taking a vitamin D supplement with a dosage of 2500 IU per day. Vitamin D deficiency can lead to a considerable loss of performance and health disadvantages. By supplementing with vitamin D, you can benefit from various health advantages such as increased memory performance, improved health of the immune system and the bones.

The combination of D3 & K2 leads to more energy, you feel overall more vital, fitter and happier. The so-called "winter blues" is one sign of deficiency of these vitamins or hormones.

My suggestion: [Vitamin D3 + K2](#)



Supplements

Zinc

Dosage: 10mg / per day

Zinc is one of the 24 vital micronutrients and is involved in the regulation of various enzymes in the body. Since zinc is lost as a result of sweating and can only be compensated in insufficient amounts through diet, supplementation of zinc is especially important for exercise. The supplementation of zinc can prevent a deficiency. In addition, a zinc supplementation can contribute to clearer skin, which benefits individuals with acne prone and oily skin.

My suggestion: [Zinc](#)



Important Note:

All of the essentials are in my new All in one product: [All in V-One](#)

All in V-One - The Vegan Blend

Because in the vegan diet sometimes the protein requirement, especially in strength training, is difficult to cover, we have the approach of one quantitative and qualitative protein base in all-in-V (one) selected. 39g protein consisting of a pea and rice mix with added BCAA. The combination of the two proteins leads to a very balanced amino acid profile.

In All in V-One, you'll also get:

- Creapure (creatine monohydrate)*
- Calcium citrate*
- Vitamin D3 & K2*
- Zinc*
- Iron*
- Selenium*
- Vitamin B2*
- Vitamin B12 (methylcobalamin)*
- Omega 3 (from linseed)*
- Antioxidants (mixed tocopherols and ascorbyl palmitate)*

My recommendation: [All in V-One](#)



Supplements

Nice to have:

Pump supplement or citrulline

Citrulline malate is an effective supplement to prevent training-related fatigue. Citrulline malate improves blood flow to the muscles and supports the construction of internal energy storage with more ATP. So there is more energy available to exercise while being able to gradually increase performance. The positive effects extend to the whole body - not only physically, but also mentally as well as immune defense.

My suggestion: [Play Hard](#)



Pre-workout supplement or caffeine tablets

Pre-workout supplements help you even on very busy days to go full throttle in the gym! In Over the Top e.g. you will find many stimulating agents, coordinated so that in your training session you will have better performance and get an improved pump! I recommend them no more than twice per week!

My suggestion: [Over the Top](#)



EAA's

EAA's are peptide chains that our body cannot synthesize on its own. Therefore they can be described as vital. I recommend the YumYum EAA's to all vegetarians and vegans, as well as people who travel a lot. You can use EAA's to control your protein intake comfortably and crank up your protein synthesis based on the existing component of leucine. The 8 essential amino acids are: leucine, Isoleucine, valine, lysine, phenylalanine, threonine, methionine and tryptophan.

My suggestion: [YumYum EAA's](#)



Protein bars

Protein bars help you to easily meet your daily protein needs and are also suitable, for example, as an alternative to a protein shake after training. They are also nice to have as a snack or as a "more sensible" alternative to chocolate bars and the like. To satisfy your cravings, protein bars are always handy.

My suggestion: [The Vegan Bar](#)





Simple tips for you

1. Drink enough water!

I recommend that you drink at least 2L of water each day. A good tip is to always start your day by drinking 0.5-1L of water when you get out of bed. Try adding some freshly squeezed lemon juice for a refreshing and detoxifying drink.

2. Do not restrict the consumption of one specific macronutrient too much.

All of the macronutrients are important, and we need to consume a well-balanced diet in order to get all the nutrients our bodies need for optimal health.

3. Eat plenty of fruits, vegetables, and leafy greens.

They contain important vitamins, minerals, phytochemicals and fibre that are vital for our health. They also play a huge role in protecting our bodies against diseases.

4. Eliminate oils from your diet.

Oils are highly refined and extremely calorie-dense. Instead, get your healthy fats from nuts, seeds, avocados and other whole foods high in fat.



5. Choose whole foods!

Choose whole, plant based foods instead of processed foods and eat a big variety of them.

6. Chew your food to a purée!

Thorough chewing increases absorption of vital nutrients and reduces swallowing air in food which reduces gas and bloating. Chewing food thoroughly also enables you to better enjoy flavors.

7. Exercise regularly.


Exercise regularly. Exercise clears the mind of stress, anxiety, depression, sadness, and anger. In terms of raising your consciousness, it is imperative you remain active for the better functioning of vital glands such as your pineal gland. This will aid you in becoming the best you can be.

8. Listen to your body.

Believe it or not your body knows what's best; it's the mind that needs silencing. Your brain is sending you signals and messages all the time whether in the form of disease, headache, fatigue or in other ways and it's trying to tell you something.

9. Show gratitude.

When was the last time you said "thank you"? Not to anyone else but yourself. Self-love is one of the highest forms of gratitude there is. Start focusing more on what you have instead of what you want and I promise you'll get what you need a whole lot quicker. When you start showing more gratitude to yourself it will become a lot easier to express it onto others.

A close-up photograph of a horse's head, focusing on its eye and the texture of its brown and white fur. A semi-transparent white rounded rectangle is overlaid on the lower half of the image, containing a quote in bold brown text.

**"Animals are here
with us, not for us."**



Manipulating your weight

Now you learned everything on how to make your-plant-based diet whole, diverse and practical. Now you have the power to know what you need in order to thrive and be able to create your own meals. If you stick to a whole food, fairly low fat, plant-based diet you will reach your natural weight. If you have a few extra pounds that you are carrying around, you will lose a little bit of weight at first and then stay at your normal weight. Your natural weight. That's what's so great about eating whole plants. You can still eat in abundance without gaining weight. I really hope that you stick to this lifestyle for at least 1 month to really feel the change, not only in your body, but also in your heart.

Even if you don't want to become fully plant based, try it fully for at least one month just to have the experience. And it is not black and white; afterwards, if you eat a primarily plant-based diet, it will be really great, and you will be doing your health, the environment and of course the animals a tremendous favor.

Now if you want to take it a step further, the rest of the guide will teach you everything on:

- **How to lose/gain weight**
- **How to find out your maintenance calories**
- **Macronutrients**
- **Set macronutrients**
- **Micronutrients**
- **How to track your calories**
- **How to weigh yourself**
- **Meal timing**

Note: For most of you, eating a whole food-plant-based diet is already enough and you don't need to worry about tracking your calories, macronutrients and all the following information. Because as I said, eating this way will lead you to your natural weight and you will thrive on it.

But for those of you who want to build muscle or cut down to a very low body fat percentage, the following information is very valuable. Even though you might not implement most of it, it is very beneficial to know these things. It will give you the power to manipulate your weight according to your goals for the rest of your life!

The following guide includes a lot of information and I would recommend reading it slowly and step-by-step. Maybe two pages per day so you really understand it.



How to lose/gain weight



Here is the secret to losing/gaining weight. After this you will have no more questions about how to lose or gain weight like:

- Should I avoid carbs?
- Should I eat carbs in the evening?
- What's better: high carb or low carb?
- What is the secret to weight-loss?

No more questions!

Ok, let's go: All that matters is your energy balance (=calorie balance). **If you want to lose weight you need to be in a caloric deficit and if you want to gain weight you need to be in a caloric plus.** That's it! Simple physics. Let's break this down:

What are calories?

Calories (kcal) are a unit like km, cm, liter, pound etc.

Why do we eat?

To get energy & essential nutrients. Every human burns calories 24/7. Calories are the energy source that runs our engine. How many calories you burn depends on your activity level. If you are very active, for example, ride your bike or walk to commute, take the stairs, do sports etc. you will burn many more calories than if you sit on your couch all day.

It also depends on your weight. If a 70kg person has the exact same daily lifestyle as a 90kg person, the 90kg person will burn more calories. Imagine wearing a 20kg weighted vest all day. We also burn calories required for the processes that are going on in our body, e.g. digestion, temperature regulation etc.

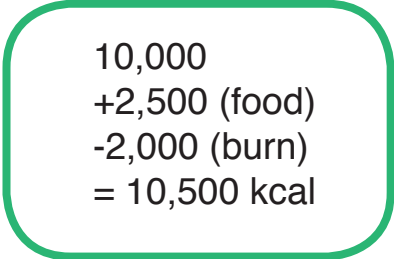
Where do we store energy?

Mainly as fat and muscle.

What is a balance?

To understand energy balance (calorie balance) even more, let's look at an example: Your account balance. Let's say your account balance is 1,000€ and you earn 400€ this month and only spend 300€. So your total at the end of the month would be 1,100€. You gained money.

Transfer this example to your energy balance. Let's say your body storage of fat is 10,000 kcal, you eat 2,500 kcal and only burn 2,000 kcal. At the end of the day you would be in a caloric surplus with 500 kcal and thus gain weight.



10,000
+2,500 (food)
-2,000 (burn)
= 10,500 kcal

Energy-storage went up.

So again the important conclusion is:

-For gaining weight we need to be in a caloric surplus
-For losing weight we need to be in a caloric deficit

The rest is irrelevant when it comes to gaining or losing weight, no matter what anyone tries to sell you.

How you achieve this deficit or surplus is up to you. Here are a few tools to achieve a caloric deficit (losing weight):

- **Eating fewer calories**
- **Being more active during the day**
(e.g. walking or taking your bike instead of the bus)
- **Doing more sports**
- **Narrowing your feeding window**
(intermittent fasting)
- **Eating foods that are low in calories, high in nutrients and volume, e.g. fruits and vegetables**

There are endless ways you can achieve your caloric deficit.

If you want to lose weight (being in a caloric deficit) in a healthy way, I would recommend a whole food-plant-based diet which is high in nutrients and volume and low in calories. So you can still eat in abundance and will still likely lose weight.



How to find out your maintenance calories

Maintenance calories are the amount of calories you need to not lose or gain, but remain your weight.

Input = Output

How to find out your maintenance calories?

1. online calculator
2. fitness bracelet
3. testing

What is best?

1. Online calculators are too inaccurate. They can't calculate your NEAT (Non-exercise activity thermogenesis) accurately. NEAT means how active you are during the day besides exercise (walking, cycling, taking the stairs etc.) Online calculators also cannot calculate your performance activity in the gym accurately.

If you type in that you trained really heavy and you weigh 60kg and squatted 70kg, you burn much less than someone who weighs 100kg and squatted 200kg who types in the same stats.

Even though you both trained heavy, you burn less than the person who weighs more and lifts more because the physical load is heavier. There are also other factors why an online calculator isn't accurate and why you should not rely on it. However, it is a good starting point to start with the calculator's estimation and then adjust your maintenance calories over time, which we will cover later.

2. Fitness bracelets are more accurate than online calculators. However, I don't recommend them because they cannot calculate things like your thyroid function which also plays a role in your caloric needs and the most accurate ones are quite expensive.

3. Testing is my recommendation and the most accurate way to determine your maintenance calories and to further adjust your goals.

How does it work? It's very simple. You just take an estimation, e.g. you use an online calculator or fitness bracelet and take the estimation.

Let's say your estimation is 2500 kcal. You stick to 2500 kcal for the next week (7 days). If your weight goes up (e.g. at day 1 you weighed 70kg and at day 7 you weigh 72kg) your maintenance calories are less than 2500 kcal (<2500 kcal).

If your weight goes down (e.g. at day 1 you weighed 70kg and at day 7 you weigh 68kg) your maintenance calories are higher than 2500 kcal (>2500 kcal).

And then you would adjust further, e.g. if your weight went down in the 7 days from 70kg to 68kg, you adjust your calories higher, to let's say, 2700 kcal for the next week. Weigh yourself in the next week and see if you still lost weight.

Adjust until your weight stays the same and that is your maintenance calories.

Note that your maintenance calories always depend on your day-to-day activity. If you are very sedentary one day and very active another day, you may burn 2500 calories on the sedentary day and 3500 calories on the very active day. But most of us have a quite regular life with job, exercise etc. and so our maintenance calories do not fluctuate too much.

If you take the stairs one day and the elevator the next day, it won't influence your maintenance calories



much (only a couple of calories). But if you lie in bed for a whole day and the next day you run a marathon, it does! I think you get the point.

Eventually you will get a good feeling for how much you burned on any given day and will be able to determine your daily maintenance calories intuitively. That's how I do it, but more on intuitive tracking later.

Once we have found out our maintenance calories, we can adapt our goals. When you want to gain weight you set your calories slightly higher than your maintenance calories and if you want to lose weight you set your calories slightly lower than your maintenance calories.

I would recommend gaining between 0.5-1.5% of your bodyweight per month (that is about +100-300 calories per day), depending on how much muscle mass you already have. If you are unexperienced with weightlifting, you can gain 1.5% of your bodyweight per month (about +300 calories per day) and most of it will be muscle mass if you train right. When you start out with weightlifting, you will gain much more muscle than experienced lifters who already have quite a lot of muscle mass and are much closer to their genetic limit. Thus as a beginner you should be in a higher caloric surplus, so you can build more

muscle.

I always recommend a slight caloric surplus. This is called "lean bulking". Lean bulking means being only in a slight caloric surplus, thus you have a positive nitrogen balance and can build muscle "easily" while only gaining minimum fat. Whereas dirty bulking means you eat a lot of junk and are mostly in a crazy high caloric surplus where you gain muscle but also a lot of fat, which we want to avoid.

When you want to lose weight I recommend losing 0.5-1% of your bodyweight per week (that is a caloric deficit of 300-1000 calories per day). When it comes to losing weight, there is no difference in your weightlifting experience because when it comes to losing weight, it is the same for everyone (1kg of fat is around 7,000 calories, so to lose 1kg of fat you need to have a deficit over time of 7,000 calories).

Macronutrients

Macro = large. Macronutrients are our energy sources and are divided into protein, carbohydrate, fat, fibre and alcohol. We focus mainly on the protein, carbohydrate (carbs) and fat, since these are the most important to track, and calculate their ratio. The macronutrients are essential for our health, performance, mood and hunger.

Protein main function:

Build and repair muscles and cells. Our body can also transform protein into carbohydrates (gluconeogenesis) if we don't eat enough carbohydrates.



Carbohydrate and fat main functions:

Providing us with energy

Energy content:

Protein = 4.1 kcal/gram (g)

Carbohydrate = 4.1 kcal/g

Fat = 9.3 kcal/g

Alcohol = 7 kcal/g

Fibre = about 2 kcal/g (depending on how efficient your body can absorb the fibre. If you are in a caloric deficit, your body becomes more efficient and you can absorb about 2 kcal/g fiber and if you are in a caloric surplus your body is not as efficient anymore in absorbing nutrients because the body gets them in abundance, so you can absorb maybe only 1.8 kcal/g)

Pizza example

You have a pizza with 100g carbs, 50g protein and 40g fat. Now how to calculate the calories of the pizza:

$100 \times 4.1 \text{ kcal}$

$50 \times 4.1 \text{ kcal}$

$40 \times 9.3 \text{ kcal}$

$= 987 \text{ kcal}$

Set macronutrients

I recommend you only set your protein and fat and fill the rest with carbs.

If you want to lean bulk, I recommend 1 - 1.5g per kg bodyweight (BW) of protein.

For example, if you weigh 70kg and you eat 1g per kg bodyweight, you eat 70g of protein per day.

If you eat 1.5g per kg bodyweight that would equal 105g of protein per day.

And I recommend 0.7 - 1g per kg bodyweight fat.

The rest is carbs.

Macros for gaining weight:

Protein: 1 - 1.5g per kg BW
Fat: 0.7 - 1g per kg BW
Carbs: Remainder

Macros for lean bulking (athletes):

Protein: 1.5g - 1.8g per kg BW
Fat: 0.7 - 1g per kg BW
Carbs: Remainder

In a caloric deficit (cutting) I would recommend 1.5 - 2g per kg BW of protein. In a caloric deficit you need more protein because your body burns fat and sometimes protein to make energy out of it.

Our bodies can take protein from our muscles so to prevent that we want to protect our muscles by eating enough protein. I recommend 0.5 - 0.8g per kg BW of fat.

I would not recommend going under 0.5g of fat because a little fat is essential and important for hormone production and overall health. The remainder is carbs.

Macros for losing weight:

Protein: 1.5 - 2g per kg BW
Fat: 0.5 - 0.8g per kg BW
Carbs: Remainder

Macros for cutting (athletes):

Protein: 1.8 - 2.2g per kg BW
Fat: 0.5 - 0.8g per kg BW
Carbs: Remainder

Here is an example: A person weighs 80kg and wants to lean bulk. This person calculated his maintenance calories over 3 weeks and his maintenance calories are 3300 kcal. So now we calculate his macro calories:

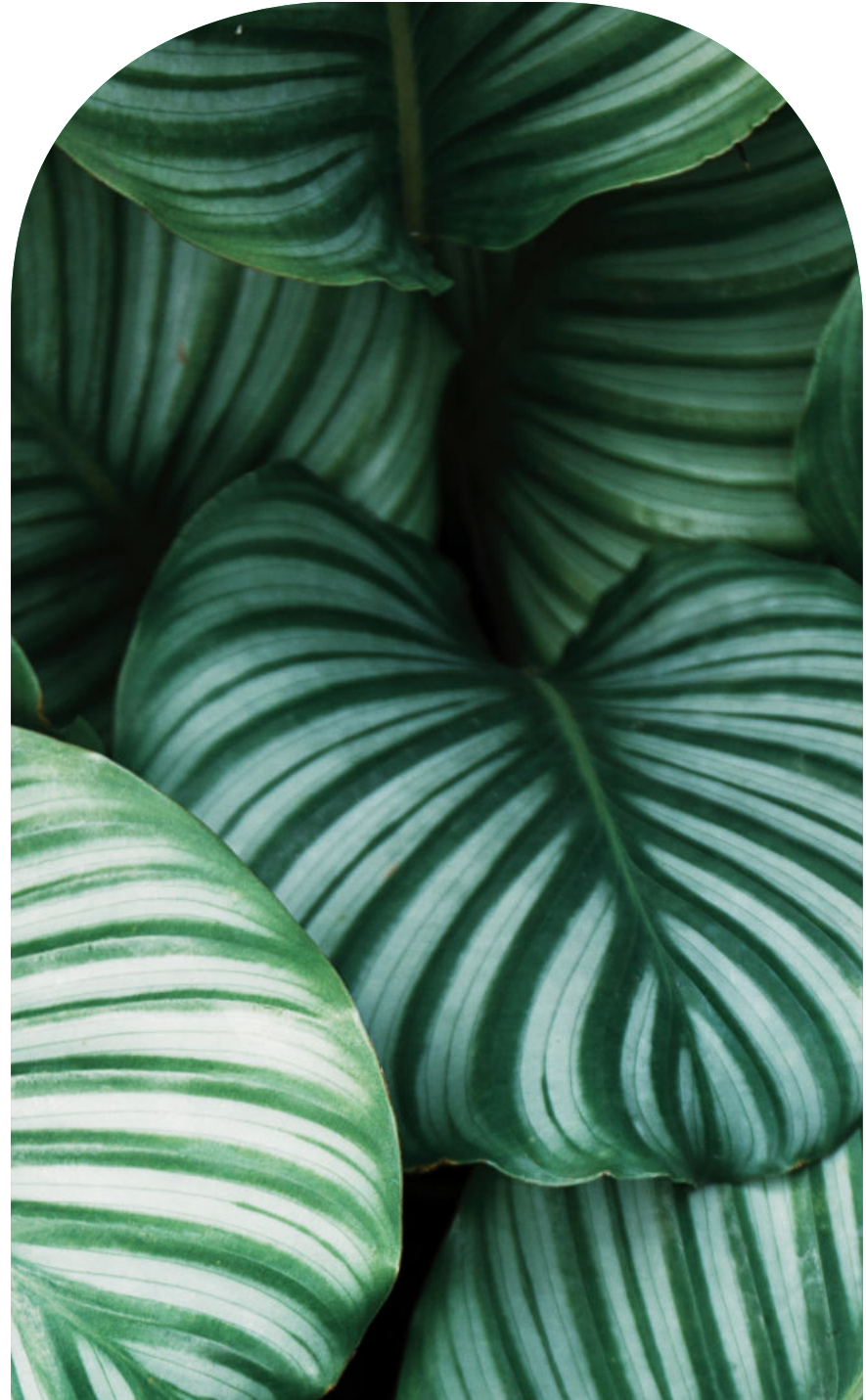
Protein: 1.5g x 80	= 120g	(x 4.1 kcal)
Fat: 0.8g x 80	= 64g	(x 9.3 kcal)
Carbs: Remainder		(/ 4.1 kcal)

3300 - 120 x 4.1 - 64 x 9.3	= 2212.8 kcal
2212.8 / 4.1	= 540g carbs

Protein: 120g
Fat: 64g
Carbs: 540g

Let's check if we calculated correctly:

$120 \times 4.1 + 64 \times 9.3 + 540 \times 4.1 = 3300$.
So we calculated right.



Micronutrients

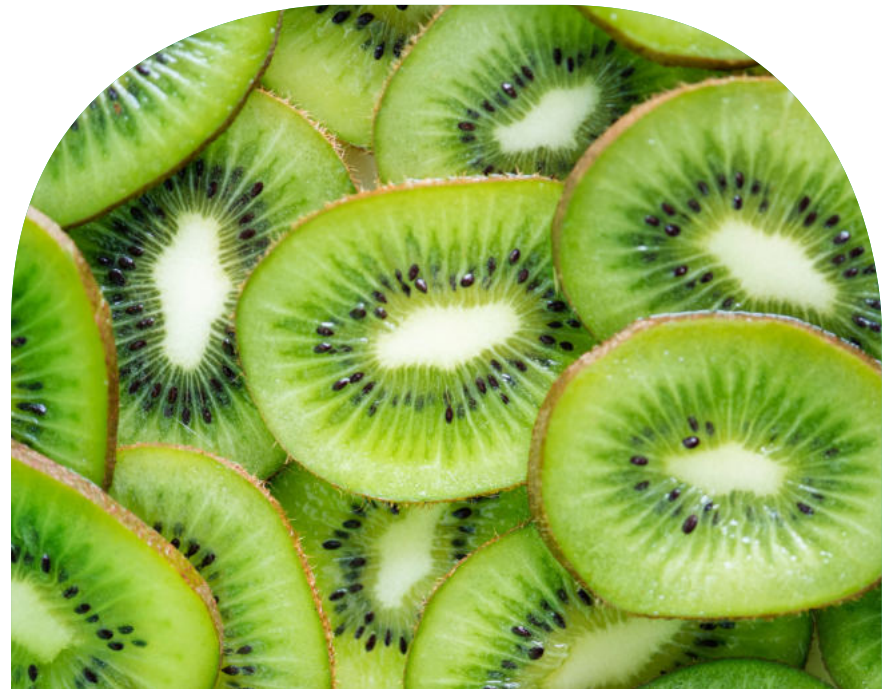
Micro = Small. The micronutrients are essential for our health, performance, mood and hunger. This is the same as the macronutrients, however micronutrients don't give us energy - only macronutrients are energy carriers. We only need small amounts of micronutrients as the name suggests. Often only milligrams or micrograms whereas we need many grams or even hundreds of grams of macronutrients. Although we only need very small amounts of micronutrients, they are really important and deficiencies can be detrimental to one's health.

We divide micronutrients into two groups: vitamins and minerals. Minerals are divided into macro elements and micro elements (trace elements). Macro elements are minerals that we require in larger quantities. Macro elements are sodium, calcium, magnesium, potassium, phosphorus, chlorine, sulphur etc. Micro elements are minerals that we require in small quantities. Micro elements are zinc, iron, copper, selenium etc.

We divide vitamins into water-soluble and fat-soluble. Vitamin A, D, E, K are fat-soluble and the rest of the vitamins are water-soluble. Fat-soluble vitamins dissolve

in fat before they are absorbed in the bloodstream to carry out their functions. So it is important if you supplement with fat soluble vitamins like vitamin D3, that you have either some food with fat in your stomach or buy a supplement that contains some vegetable oils to really absorb it. Fat-soluble vitamins are not needed in your daily diet because they are stored in the liver. However, not consuming them over days and weeks leads to deficiencies.

In contrast, water-soluble vitamins dissolve in water and are not stored by the body.





Since they are eliminated in urine and sweat, we require a continuous daily supply in our diet. Overdosing on water-soluble vitamins like vitamin B12 is practically impossible because you will pee or sweat out the excess. Whereas overdosing on fat-soluble vitamins can occur because your body has no mechanism to get rid of excess fat-soluble vitamins once they are stored. To get your daily macronutrients covered, I recommend eating at least 300g of fruits and 300g of vegetables each day. If you only want to eat few fruits and vegetables I recommend eating vegetables that are high in nutrition, e.g. kale, spinach, broccoli, leafy greens etc. and fruits that are high in nutrition, e.g. berries, citrus fruits, apple etc. Eat diversely to get every micronutrient on a regular basis and go out in the sun to get your vitamin D in or supplement with vitamin D in the winter months.

How to track your calories

Tracking means measuring your calories and macronutrients (carbohydrate, protein and fat) to make sure you hit your daily goals that you have set (lean bulking or cutting) based on your maintenance calories that you calculated.

What do we need to track our calories? A kitchen scale and an app like “myfitnesspal” or “FDDDB”. The important thing is that you weigh your food uncooked. E.g. weigh your 150g of rice or lentils uncooked because the data (of calories, carbs, protein, fats etc.) in the app are almost always uncooked, and people tend to cook differently.

Some use more or less water, and at the end, your rice weighs maybe 300g and mine weighs 400g. Even though we both cooked 100g of rice, I just used more water. So weigh your food raw. Except when you buy food that is already cooked by the manufacturer, then the food label (and the data in the app) are referring to the cooked food. Just double check by comparing the food label with the app data.

You don't have to hit your macronutrients completely accurate, but you should try to be as precise as possible, while not making yourself crazy about it. You can be between +/-10g of protein and carbs and +/-5g of fat per day and will still be quite accurate.

When you eat out, try to order food that is fairly easy to track, e.g. curry with tofu, vegetables and rice. Then you can just estimate how much it weighs. E.g. about 100g rice, 250g veggies, 200g tofu and 20g fat (you can also type the macronutrients straight in your app, often in a so called “fat dummy”).

With time, you will get good at estimating in your head how much something weighs and how many calories and macros it has. The goal is to track intuitively after a while so that you don't need an app or to measure your food. That is how I do “intuitive tracking” but I recommend that everyone tracks for at least 1-3 months to get a good feeling for calories and macros.



If you eat out, then estimate a little bit more fat because most restaurants add more fats like oils to their food to make the taste richer. And if you eat something that is hard to track by breaking it down (rice, tofu etc.), take a sample from the app. E.g. if you eat falafels, type in your app “falafel” and take the one you think is the closest to the food you are eating and add it to your daily intake. As I said, generally you just need to add a few extra grams of fat to be more accurate.

In the beginning this might be tough but you will get better and better at it. It even becomes a fun game as you make more and more accurate estimations of your calories and macros. Getting a better feeling for calories and macros is a skill that is very valuable for your entire life! To make conscious eating habits and manipulate your weight as you please.

Intuitive tracking



I tracked my calories and macronutrients for my first year of weightlifting and it helped me a lot to keep track of my lean bulk. Before I tracked my calories I thought I would be in a caloric surplus since I ate so much, but I really wasn't, and had no caloric surplus consistently. So I didn't progress in the gym and build muscle. After taking the time to calculate my maintenance calories (as I gave you the instructions above) I found out that I burn 3500 kcal per day and I realized that I need to eat more and set my goal to 3800 kcal per day. Since then, I have progressed in the gym and built over 20kg of muscle and continue to do so.

Through tracking, I got a really good feeling for how many calories and macronutrients a certain food has and if I am in a caloric surplus or deficit.

Now I track intuitively. I know my current calorie and macronutrient goal (about 4000 calories, about 130g of protein, about 70g of fat and the rest is carbs). Here is how I do it. I often eat similar meals so I know how many calories my smoothie or my bowl has. I do intermittent fasting for 12-16 hours, then I break my fast. I usually eat 3 times per day: breakfast, lunch, dinner

and 1-3 snacks. When I cook I keep in mind what I am eating, and at the end of the day, when I cook my dinner, I think about everything I ate so far and adjust my last meal, so that I reach approximately my daily calorie and macro goals. So, if I haven't eaten much that day and very low fat, I will make a huge dinner with lots of fats to reach my 70g of fats per day. If I have eaten a lot and went out to eat (so mostly high fat), I eat a small, low fat dinner. This may sound hard for you to do right now, but trust me, after tracking for a while you'll get used to it!

The reason I recommend intuitive tracking after at least 1-3 month of tracking with a scale and an app is because food should not consume you. When you have to type in everything you eat and measure it, you think about it all the time and it occupies your thoughts. You should be mindful about your food but you should not be obsessed about it. I love the freedom to walk to my fridge and make a fruit salad without tracking everything. But I am still mindful about what I eat and how much I eat. I recommend that if you want to build muscle or shred down, to go through the tracking experience first. Even though it is difficult at first, you will eventually get the hang of doing it intuitively.

And as I said before, a lot of people don't need to track at all because their goal is "just" to be healthy and not

build muscle or shred down to a very low body fat percentage. For most people, eating a whole food-plant-based diet alone will tell you when you are full. You can't really overeat with whole foods when keeping a fairly low fat diet. Most people who switch to a plant-based diet will lose a couple of kilos at the beginning and then stay at their weight.

I applaud you for reading this, and even if you will not track your calories, at least you have the knowledge of how to do it and how to be in control of your weight.



How to weigh yourself

This is important because if you don't weigh yourself correctly but measure your calories and macros, you will be misled.

To weigh yourself you need a scale and a piece of paper or an app to track your weight. Weigh yourself every day under the same circumstances. That means at the same time, with the same clothes, using the same scale and on an empty stomach after going to the toilet, otherwise your weight will fluctuate too much. For example, if you weigh yourself naked in the morning on an empty stomach you weigh 70kg and in the afternoon after a big meal with clothing and on another scale you weigh 75kg.

The most accurate moment is after you have woken up and on an empty stomach. Go to the toilet and weigh yourself naked or with underwear (and stick to it, once with underwear always with underwear and once naked always naked). Write down or type in an app or note the weight every day with the date.

You should not compare your weight day-by-day because your day-to-day weight is impacted by many

factors like salt intake, water consumption, when you eat, hormones (stress) etc. So we take weekly average values. Then we compare our weekly average values, for example week 1 with week 2. That is the most accurate way to measure your weight and you can adjust your calories further.

Here is an example on how to calculate your weekly average value:

80.0kg Monday
80.1kg Tuesday
80.2kg Wednesday
80.1kg Thursday
80.8kg Friday
80.2kg Saturday
80.2kg Sunday

$80.0+80.1+80.2+80.1+80.8+80.2+80.2=561.6/7=80.2$

Add all 7 week days together and divide by 7- that's it.
So your weekly average value for this week is 80.2kg.

It is important to compare weeks not days because on Friday you weighed 80.8kg which is much more than the days before, even though you ate the same amount of calories. Now if you compare days, you might think you need to eat less because you are gaining too much weight too quickly. But maybe that day you had a lot of stress and ate a lot of salt. So taking a weekly average value gives you a much more accurate number, which you can compare to the next week and so on.

As I stated above, I would recommend gaining between 0.5-1.5% of your bodyweight per month (+100-300 calories per day) and when you want to lose weight I recommend losing 0.5-1% of bodyweight per week (-300-1000 calories per day).

So let's take the example above: You weigh 80kg and want to build muscle (lean bulk) and have little weight-lifting experience, so you want to gain about 1% of your bodyweight per month. That would be 0.8kg per month, which would be 0.2kg per week.

We will take our weekly average value and a perfect weight gain would look like this:

Starting weight 80.0kg
After week 1 80.2kg
After week 2 80.4kg
After week 3 80.6kg
After week 4 80.8kg

You need to adjust your calorie intake if you gain more or less weight.



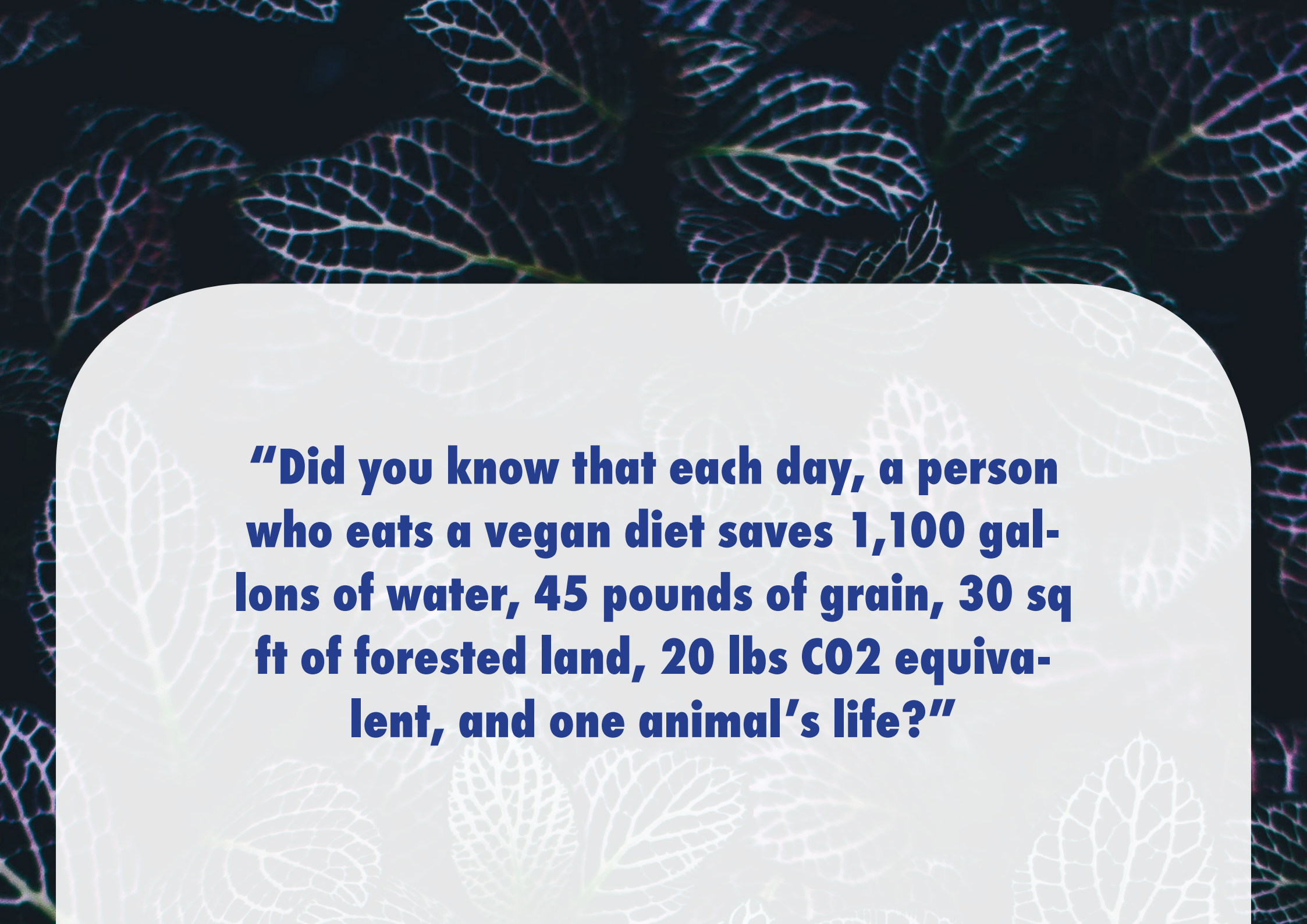
Meal Timing

It doesn't matter so much when you eat, what is more important is your overall calories and macronutrients you get in a day. Even a day isn't as important as what you eat in an entire week. If you eat too little or too much one day you can compensate the next day. Just focus on keeping your weekly balance in check. But we can optimize meal timing a bit.

The best optimization is individual for you, so it fits in your daily schedule and you can stick to your caloric goals as easily as possible. I like to do it like this: Wake up and drink 1 litre of water to hydrate my body. Go to the gym on an empty stomach and after the gym I break my fast. I fast between 12-16 hours, so I usually break my fast between 11-1pm. I eat lunch at around 4-5pm and dinner at around 8-9pm with 1-3 snacks in between and repeat.

Find out what works best for you and eat a full meal with protein after training so you can really start to recover and repair.





“Did you know that each day, a person who eats a vegan diet saves 1,100 gallons of water, 45 pounds of grain, 30 sq ft of forested land, 20 lbs CO2 equivalent, and one animal's life?”

What's next?

Now you have the power to be in control over your weight and know what to eat. This makes you independent and you won't rely on another nutrition guide or meal plans. You can even use this knowledge to guide and help other people.

I want to leave you with more great sources of information because there is still a lot you can learn in order to get an even greater knowledge of the power of a plant based lifestyle.

Books I recommend:

"How Not To Die" by Michael Greger

"Proteinaholic" by Garth Davis

"Becoming Vegan" by Brenda Davis

Documentaries I recommend:

Cowspiracy

The Game Changers

Another recommendation is to type one of these names into YouTube and watch a talk by any of these plant-based heroes:

Dr. Michael Greger

Dr. Caldwell Esselstyn

Dr. Neal Barnard

Dr. Joel Fuhrman

Dr. Pamela Popper

Dr. Joel Kahn

Dr. Michael Klaper





Thank you

I would like to say a **MASSIVE** thank you for working with me. I have no doubt this guide will help you.

Remember, life is a journey not a destination, so enjoy it. Your body is the vehicle in which you experience this existence so take the very best care of it.

In such a fast-paced and disconnected society it's very important that you take time to reconnect with yourself.

I wish you the very best on your journey. You are worthy. You are capable. You are incredible so it's time to stop acting like you're not.

Peace + Plants
Mischa Janiec



**“Every accomplishment starts
with the decision
to begin! ”**