
PLANT
SHRED
BY
STEFANGERBL
SATISFOREST
BACK TO THE ROOTS

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INTRODUCTION

Congratulations on reading this **ebook**. It is a concise and accurate representation of how to lose fat effectively on a plant based diet. All information has been written by a registered dietitian. You have on your screen essentially the best vegan fat loss ebook available.

This ebook provides three key features:
1. The information you need to eat a balanced vegan diet
2. The formulas you need to implement the best science for fat loss.
3. A **2 week meal plan** to give you the structure and recipes for a nutritious vegan diet.

This e-book contains all the information you need to adopt a balanced vegan diet with all your key vitamins and minerals.

This is the information you need. So please read through it carefully and if you have any questions please contact me hallo@satisforest.de.
To learn more about my 1:1 coaching services, head over to my website: StefanGerbl.com.

WHO I AM?

STEFAN GERBL

"My passion for **sport, nutrition and health** developed early on during my childhood. Even as a teenager I realized that sport and nutrition are more than just a hobby for me.

Even then I was simply enthusiastic about the human body and its functions. Above all, it fascinated me how I can influence my entire life through the interaction of my body and mind.

For over 2 years, I have been helping conscious and ambitious people achieve their health goals. Not only to look sportier or to achieve top shape but also to feel more alive, more productive and above all, happier. Clients report a new sense of life, that they did not know before. This gives me the most pleasure because **my work affects my clients and their entire lives!"**

PLANT BASED NUTRITION

SATISFOREST
BACK TO THE ROOTS

EVIDENCE-BASED INFO TO MAXIMIZE HEALTH & PERFORMANCE

WHY NUTRITION MATTERS?

IMPORTANCE OF A HEALTHY DIET

Nutrition, what we eat, is linked directly to our health. Eating a healthy diet will decrease our risk of health problems and lifestyle-related diseases such as type 2 diabetes, heart disease, and cancer which are some of the leading causes of premature death.

What is a healthy diet? A healthy diet is a dietary pattern that improves long term health outcomes and reduces our risk of developing health conditions and dying early. There is a growing amount of evidence demonstrating that those who eat predominantly *plant-based* diets, exercise regularly, and have lower amounts of stress live the longest and healthiest lives (1).

Good nutrition is also essential if we have goals of fat loss, muscle growth, strength, and athletic performance. We must provide our body with the nutrients it requires in order to support the many functions. This is particularly important when we are supporting recovery from exercise and the increased nutritional demands.

PLANT-BASED NUTRITION

Plant-based diets, when appropriately planned, are associated with a lower risk of developing lifestyle diseases such as heart disease, type 2 diabetes and some cancers (2). This is the position statement of the Academy of Nutrition and Dietetics, the United States' largest organization of food and nutrition professionals, and represents over 100,000 credentialed practitioners.

Plant-based diets, including a vegan diet, tend to be higher in fiber, antioxidants, and phytonutrients, as well as being lower in calories and fat, particularly saturated fat which likely explains the decreased risk of disease.

A PLANT-BASED DIET

Eating a balanced plant-based diet is key to long term health and this means a wide variety of nutritious plant-foods.

A balanced plant based diet should meet all your nutrition needs and, and therefore made up of a variety of all the different types of nutritious whole plant foods.

1. FRUITS & VEGETABLES

All of them leafy greens, cruciferous veggies, berries, stone fruits, citrus etc.

2. LEGUMES

Tofu, soy milk, beans, lentils, peanuts, etc.

3. NUTS/SEEDS

Walnuts, brazil nuts, flax, chia, hemp, cashews, almonds, peanut butter, tahini

4. GRAINS & STARCHY VEGETABLES

Rice, oats, wheat, potatoes, and sweet potatoes etc.

PROCESSED VS WHOLE FOODS

WHAT ARE WHOLE FOODS?

Whole foods are unprocessed foods... foods like fruits, vegetables, grains, nuts and seeds that remain almost entirely in the state they were grown in until eaten.

Whole foods are generally more associated with better health outcomes i.e. lower risk of developing chronic diseases such as type 2 diabetes or cardiovascular disease.

WHAT ARE PROCESSED FOODS?

Processed foods are those that have undergone some form of process... i.e. cookies, lollies, cakes and other snacks.

Processing may alter the nutrient content of a food (E.g. refined flour removes a lot of the fibre, protein, vitamins and minerals that are in wheat).

Almost all foods are minimally processed in some way and many processed foods are still rich in nutrients e.g. tofu, whole grain breads, plant milks.

It also may increase the energy and palatability of a food by adding extra oils, salt, sugar and flavours.

NOTE: In developed countries, processed food is still “safe” to eat as food safety is tightly regulated. There are no toxic additives used and in moderation processed food will not have any adverse health effects.

However the excessive consumption of ultra processed food is associated with poor health outcomes like type 2 diabetes and heart disease.

“SHOULD WE AVOID PROCESSED FOOD ENTIRELY?”

Going 100% whole foods can be a problem...

While there is not always a problem nutritionally with consuming 100% whole foods. It is difficult to argue that 100% strictly whole foods has a significant benefit over being MOSTLY whole foods focussed. So if it appears to be unnecessary and there are many reasons to not be 100% whole foods exclusively. Some things to consider for the majority of people...

- **Practicality**

Considering most people's real life circumstances. eating 100% whole foods is difficult (and unnecessary) with social, financial and other lifestyle factors.

- **Psychologically**

There are also very likely psychological impacts of being extremely strict with food rules (Orthorexia) and it may be best not to completely exclude all processed foods. Setting strict rules (i.e. eating exclusively whole foods) has been associated with the development of **disordered eating** behaviours(3).

- **Enjoying life**

Food is more than just nutrients and the role of food to bring people together and be enjoyed is an important part of our wellbeing. Enjoying some sweet snacks or going out for something like burgers can and most likely should be part of a healthy lifestyle.

How much processed food is it ok to consume?

This is where a general rule of thumb has encouraged around **80% whole foods** focussed with **20% or less from processed foods.**

This is not a hard and fast rule. There should be no strict rules. It is merely a concept to prioritise mostly nutritious food and still enjoy some tasty fun foods to be optimally healthy.

THE 80 / 20 RULE

Around 80% whole foods & 20% processed foods

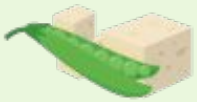
Fruits

Whole grains

Cooked legumes

Whole grains bread

Starchy vegetable



Soy foods

Non-starchy vegetable

Nuts

MORE NUTRITIOUS

Oils

Processed high fat fast food

Processed high fat sugar snacks

Sugar sweetened beverages

LESS NUTRITIOUS HIGER CALORIE

CALORIES

Calories may be a word you have heard a lot when it comes to nutrition and diet. Let's clear the air here.

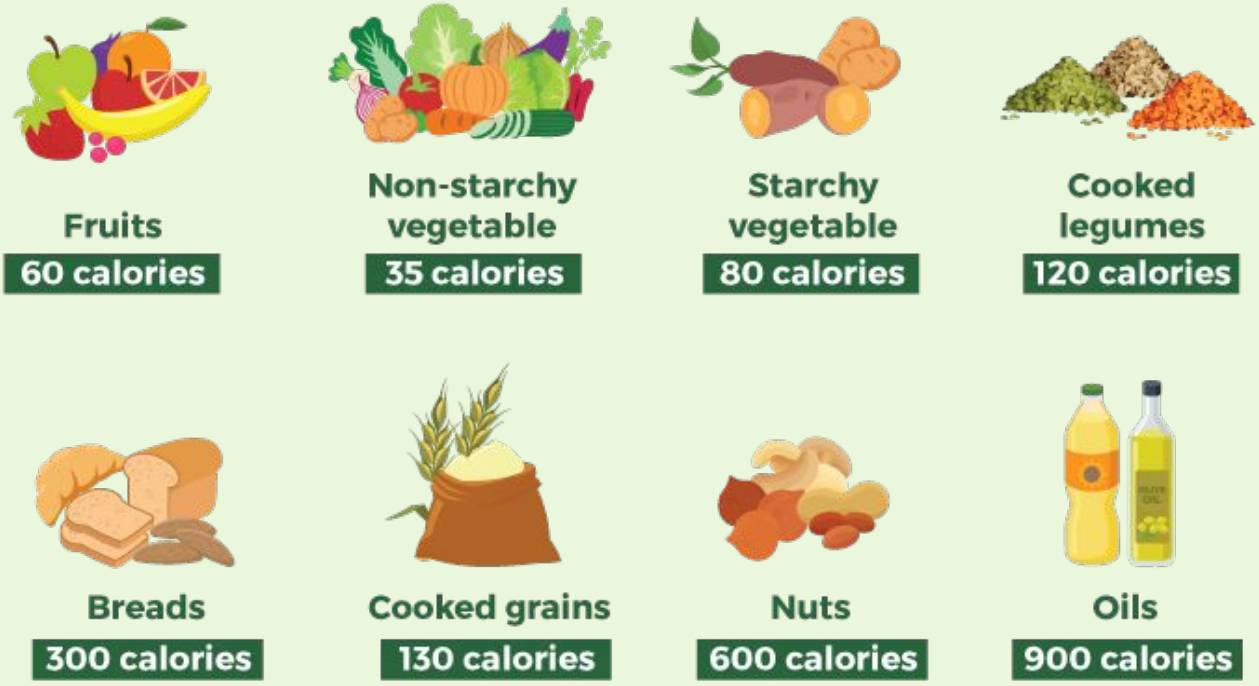
But what is a calorie?

A calorie is a unit of measurement for energy. Just as feet or meters are a unit of measurement for distance.

As humans we rely on energy to perform daily functions and fuel metabolic processes in the body (digesting, breathing, pumping blood etc.).

Humans expend a certain amount of energy (calories) per day (from moving around but also those metabolic processes).

We also consume a certain amount of energy (calories) per day in the food we eat.



AVERAGE PER 100g

ENERGY BALANCE

Energy balance describes the relationship between the energy we consume and the energy we use.

Energy in (food) - energy out (activity/metabolism) = energy balance

Calorie Surplus = More energy consumed than energy we burn

2500 calories in - 2000 calories out = +500 calorie SURPLUS

If in a calorie surplus, our body will **store** some of these extra calories as body fat and we will gain weight.

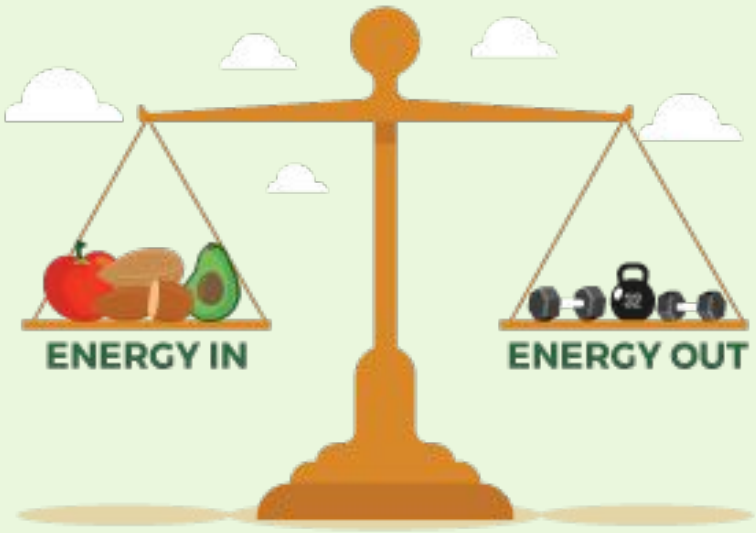
Calorie Deficit = less energy eaten than energy we burn

1500 calories in - 2000 calories out = -500 calorie DEFICIT

If in a calorie deficit, our body will **burn** some of our stored energy (body fat) and we will lose weight.

We will cover how to calculate an estimate of **how many calories you use** per day and **how many calories you need to eat** to be in a calorie deficit and lose fat.

- **WEIGHT GAIN**
  ENERGY IN > ENERGY OUT
- **WEIGHT LOSS**
  ENERGY IN < ENERGY OUT
- **MAINTAIN WEIGHT**
  ENERGY IN = ENERGY OUT



MACRONUTRIENTS

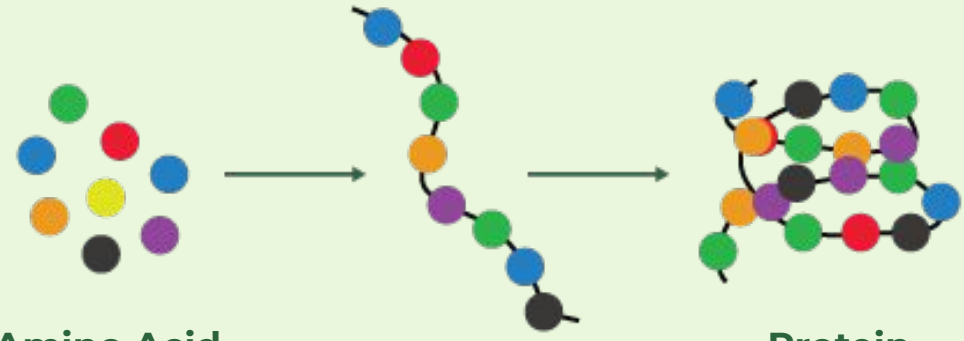
Where do calories in our food come from?
There are 3 nutrients in food that provide energy or calories. These macronutrients are **protein, carbohydrate and fat**. Protein and Carbohydrates provide **4 calories per gram**. Fats provide **9 calories per gram**.

Most foods contain some protein, fats and carbs in addition to water and other micronutrients.

Macro = large **Micro = small**

Each macronutrient also plays a different role in our body which we will cover now and we will also cover which foods contain more of each nutrient than others.

PROTEIN
Protein act as the building blocks to our tissues e.g. **muscle**. Proteins are made up of peptides which are chains of amino acids. There are 20 different amino acids, 9 of which are deemed **essential** as we cannot synthesize them in the body. Eating a sufficient quantity and variety of protein rich plant foods provides enough of all essential amino acids (4).



Amino Acid **Peptide** **Protein**

All plant foods contain protein but the sources highest in protein are:

- Tempeh/tofu
- Lentils and legumes (chickpeas, kidney beans, cannellini beans, black beans)
- Protein Powders (E.g. pea and rice)
- Nuts and seeds

CARBOHYDRATES

Carbohydrates are the human body's preferred energy source, they fuel our brain function and movement. Whole foods rich in carbohydrates also provide an abundance of other nutrients such as **fiber**, vitamins, minerals, and phytonutrients.

Fiber is the indigestible parts of plant foods. It is a type of carbohydrate that helps keep our Digestive systems healthy and support regular healthy Bowel movements. Plant-based diets are rich in fiber, which is one of the reasons why they are the healthiest diets.

All plant foods provide carbohydrates but the richest sources of carbohydrates are:

- Whole grains (oats, rice, quinoa, wheat)
- Fruits
- Starchy vegetables (potatoes, sweet potatoes, pumpkin)

FATS

Fats play multiple roles in the human body including hormone production and the formation of cell walls. We require fat to function optimally and the best fats are those from whole food plant sources. Some fats may be better for our health than others...

There are several types of fatty acids: Trans, Saturated, monounsaturated and polyunsaturated (inc. Omega 3's)

Sources rich in **fats** are:

- Seeds (flax, chia, hemp, and pumpkin)
- Nuts (walnuts and brazil nuts)
- Avocados

We will cover the ranges of how much to eat of each macronutrient in order to facilitate optimal fat loss.

MICRONUTRIENTS

The body requires around 39 **essential** nutrients (amino acids, fatty acids, vitamins, and minerals). These nutrients are required for a variety of functions and are **essential** because our body cannot produce them. Thus, they must be obtained from our diet.

Micronutrients are required in smaller (micro) amounts, compared to macros and include: **vitamins and minerals.**

Micronutrients are found in a range of foods but when foods are **processed** some of the micronutrients are lost. That is why we prioritise whole foods and **nutrient density.**

Following a balanced diet, describes eating a diet that meets your nutrition needs (macros and micros) and limits excessive intake of nutrients that may be detrimental to our health (saturated fat, refined sugar, sodium, trans fat etc.)

There are some micro and macronutrients that should be considered by vegans (5).

This doesn't mean they are hard or impossible to obtain, but they may be overlooked in the average person's diet which may impede optimal health and function. Some of these nutrients can come from dietary sources but there are some **supplements** which are essential or beneficial in certain circumstances.

VITAMINS: Vitamin B12 and Vitamin D.
MINERALS: Zinc, iron and Calcium.
MACRONUTRIENTS ETC: Protein, omega 3 fats and creatine monohydrate.

SUPPLEMENTS

Supplements are something we add to ensure a diet is complete and provides all nutrients. They do not replace the foundational elements of a nutritious diet.

As discussed on the previous page, there are some nutrients that may be consumed in suboptimal amounts by vegans and the use of supplementation can ensure optimal nutritional intake.

VITAMIN B12 - Essential

An oral supplement is recommended (6):

- Fortified foods of 2.0-3.5 µg per serving, twice a day.
- A daily supplement of 25–100 µg per day.
- Supplement of 1,000 µg, twice per week.

VITAMIN D3 - Potential benefit

If you do not have adequate sun exposure, it is likely your vitamin D intake is suboptimal (7).

- 10-20 Minutes daily sun exposure between 10am and 2pm.
- OR 1000 IU/day if minimal sun exposure.

OMEGA 3 FATS - EPA/DHA - Potential benefit

There is research to suggest omega 3 dietary sources and supplements are potentially valuable (8)

- **Increased ALA, via daily** 10-15 grams (tablespoon) of Flax, chia or hemp seeds.
- Some evidence for a supplement 200-300 mg of algae-based EPA/DHA per day (particularly pregnant and lactating women, the elderly and diabetics).

SUPPLEMENTS CONTINUED

There are some supplements that may not be essential but have sufficient research and are beneficial for active individuals and support fat loss.

CREATINE MONOHYDRATE - Potential benefit
Creatine has been shown to improve cognitive function, improve performance and increase muscle mass (9).

- 3-5 grams daily at any time
- No need to load or deload.

PROTEIN POWDER: - Potential benefit
A pea and rice protein powder may be a useful tool to help people increase their protein intake to meet the recommendations determined for muscle gain and retention.

- 30-60 grams of powder per day (can be added to smoothies or food). Subject to your individual protein needs.

SUPPLEMENT SUMMARY:

ESSENTIAL

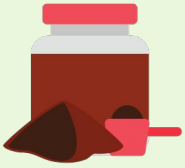
- Vitamin B12

GOOD EVIDENCE

Vitamin D

OMEGA 3- EPA/DHA

CREATINE MONOHYDRATE



PROTEIN POWDERS

SUMMARY OF THE FUNDAMENTALS

This chapter covered the **Essentials** to nutrition and how to ensure your vegan diet is covering these essentials.

The Basics of Nutrition
Our body uses 100s of different nutrients to perform the endless amount of complex processes required to be a functioning and healthy human.

It is important you have an understanding of what these nutrients are and how to get them. We also covered which nutrients you need to *pay extra attention to on a vegan diet*.

Energy Balance: The relationship between the intake of energy (food) and the output of energy (activity and metabolism).

Calorie Surplus = consuming more calories than your body needs
Calorie Deficit = consuming less calories than your body needs

Macronutrients: The name given to the three nutrients we can use for energy and need in larger (macro) quantities. These macros are the nutrients that provide calories.

THE THREE MACROS

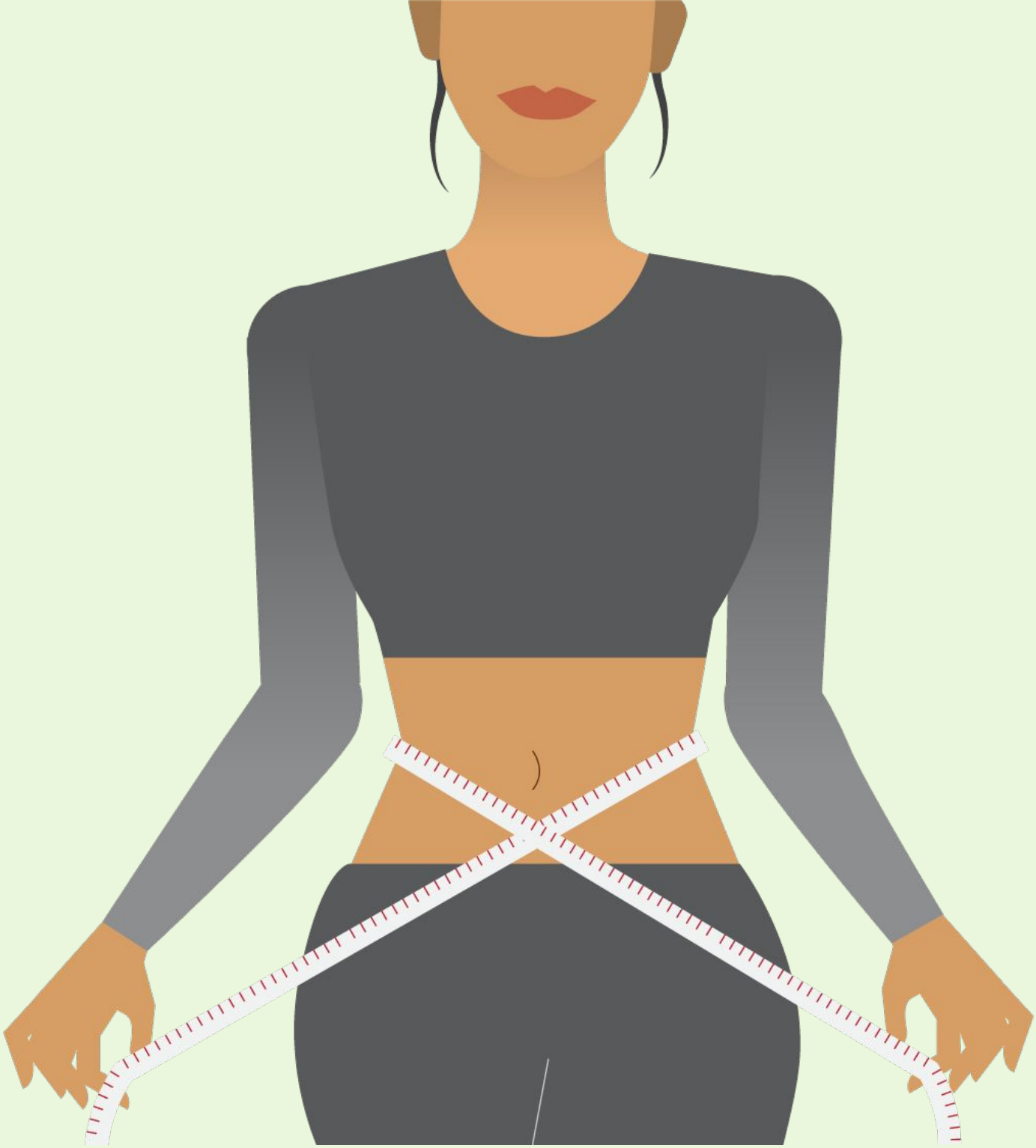
Protein

Fats

Carbohydrate

Micronutrients: The name given to other nutrients we need in smaller quantities and can be broken down into vitamins and minerals.

MICROS
VITAMINS: A, B12, C, D, E etc.
MINERALS: Iron, Zinc, Calcium etc.
Plus others: Antioxidants, Enzymes etc.



THE KEYS TO OPTIMAL FAT LOSS

FATS

Now that we have covered the essentials that are needed to be thriving long term with on a vegan diet, let's talk about how to optimize your nutrition to support your goals.

Losing weight, more specifically losing body fat.

WHAT IS OPTIMAL FAT LOSS vs. WEIGHT LOSS?
Weight Loss describes losing weight and dropping the number of the scale. It does not reflect where that weight is being lost or how it is being lost. It can include loss of muscle mass, water weight or other non-fat related changes in weight.

Optimal fat loss focuses on dropping weight from primarily **body fat** using nutrition and exercise and promoting sustainable and long term behaviour change that will ensure fat is lost and not regained.

ELEMENTS OF OPTIMAL FAT LOSS

1. Calorie deficit
2. Optimal Macros
3. Satiety and Calorie Density
4. Exercise
5. Stress Management
6. Sustainability

We will break down each of these points through this chapter and teach you exactly how to lose fat and make sustainable changes.

Accountability and your responsibility:
Fat loss is no easy task. It takes a lot of commitment and it is up to you to read through this guide and engage in action to make the necessary changes and sacrifices to achieve your goals.

CALORIE DEFICIT

1. A CALORIE DEFICIT

We have previously explained what a caloric deficit is... but how do you calculate how many calories you need to consume to be in this calorie deficit?

The amount of calories you use per day and therefore the number you need to consume in order to become shredded is dependent on a number of factors.

- Your age
- Your size i.e. height, weight and muscle mass
- Your activity factor i.e. how active you are in daily life (your job) and how much exercise you do
- Individual differences... people with similar ages, sizes and lifestyles can still require different amounts of calories.

All calculations are just estimates and should be seen as good starting points. **See next page for a calculation.**

The best way to determine if you are truly in a deficit is to monitor your **calorie intake** and your **body weight** daily.

Body weight loss should be around 1-2 pounds per week on average (10).

If you are not seeing changes in weight... you are very likely not eating in a consistent calorie deficit.

After 2-3 weeks of monitoring make the following actions:

1. **Your weight has not changed =** drop you calories by 200-300
2. **Your weight loss has been slow =** drop 100-200 calories
3. **Your weight loss has been on track or faster** = keep the same

Note: If you have not consistently tracked or eaten according to a meal plan... then you should not adjust your calories as you have no evidence that you were actually eating the amount of calories you estimated.

CALORIE DEFICIT

CALCULATING CALORIE TARGET
That is why every calculator only provides an estimate... however these estimates are almost always close enough to provide a useful starting point.

Here is a simple way to calculate your daily energy needs and calorie target for shredding:

1. Find your BMR - basal metabolic rate = how much energy you expend at complete rest i.e. if you literally stayed in bed asleep for 24 hours.
(https://www.calculator.net/bmr-calculator.html)

MANUALLY - Harris-Benedict BMR formula:
Men
BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) + 5
Women
BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) - 161

We will use an example BMR of 1800 calories

2. Apply an activity factor - Multiply your BMR by an estimated factor of how active you are:
Sedentary = 1.2
Light activity = 1.4
Moderately active = 1.6
Very active = 1.8

Example = 1800 x 1.4 (light activity)
= 2520 calories

3. Subtract 500-700 calories - Larger deficit = faster fat loss but more difficult to adhere to. **It is best to start with the most calories possible to allow for lowering them later.**

Example = 2520 calories - 500 calories
= 2020 calories

REMEMBER:
The number you calculate is just a starting point... it may work but be prepared to monitor and adjust to make progress.

TRACKING CALORIES

HOW TO TRACK YOUR CALORIE INTAKE:

Tracking using an app such as **MyFitnessPal or Cronometer** is the most effective way of determining how many calories you eat and ensuring you are actually eating at your calorie target.

Eating in a calorie deficit will be the only way somebody on ANY type of diet loses weight.

Only in the absence of sufficient calories will our body use our internal calorie stores (our body fat) and you will lose fat.

So the importance of being in a caloric deficit in order to lose weight cannot be stressed enough.

TRACKING is a very **valuable** tool and the most reliable way to determine how many calories you are actually eating.

Being accurate and consistent with how you track is important and weighing your food with a **food scale** will allow you to input the correct amount into your app.

If you are aware of your calorie needs and proficient in tracking calories... you have all that you need to be able to lose weight!

If you are not losing weight it is usually because you are not truly in a deficit, revise your tracking accuracy and if you are certain that you are not losing weight for ~2 weeks...

Reduce your calories by 200-300 and reassess after another 2 weeks.

Be careful not to be overly restrictive... generally under 1200 calories is not recommended without supervision of a dietitian, due to the risks of nutrient deficiency, health problems and disordered eating.

A caloric deficit is the key to losing the weight... but the habits and lifestyle we live is the key to health and **maintaining weight**

OPTIMAL MACROS

2. OPTIMAL MACRONUTRIENTS FOR FAT LOSS

A calorie target tells you how much to eat... but the types of food we eat and our **macros** will help to maintain muscle and metabolic rate..

CALCULATING MACRO TARGETS (10, 11)

There are no perfect macros for someone, use these only as a guide. Adjusting macros to better suit your food preferences is recommended use these as a guide.

PROTEIN: 0.7-1 gram per pound of body weight (1.6-2.2 grams per kilogram).

Example: 200 lbs body weight = 140-200 grams per day.

=

~160g

Tips to hit protein targets:

1. Include high protein foods: **tofu, tempeh, textured vegetable protein, seitan, beans and lentils**
2. Include a protein shake as a snack **pea/rice, hemp or soy protein.**
3. Replace foods that are providing a lot of calories and very little protein: **simple carbohydrates, oils, high fat foods.**

FAT: 20-30% of calories from fat, which is roughly **0.25-0.4 grams per pound** (0.55-0.9 grams per kilogram).

Example: 200 lbs body weight = 50 - 80 grams per day

=

~60g

Tips to hit fat targets.

1. Minimise foods very high in fat: **nut butters, avocado, oils, processed foods**
2. Cook with zero or very minimal oil: **air fry, water fry, spray oils.**

Fat targets are lower than the other macros and are very easy to exceed with high fat foods.

OPTIMAL MACROS

CARBOHYDRATES: Carbohydrates are the optimal fuel source... so we need to use our **remaining calories** to obtain our carbohydrate intake.

Example of calculating carbohydrates:

Body weight = 200 pounds **Calorie Target** = 2000 calories.

160 grams protein x 4 calories per gram = **640 calories**

60 grams fat x 9 calories per gram = **540 calories**

Remaining calories = 2000 - 640 - 540 = **820 calories**

740 calories ÷ 4 calories per gram = **205 grams of carbohydrates**

CALORIES: 2000 calories
PROTEIN: 160 grams (0.8 g / lb)
FATS: 60 grams (0.3 g / lb)
CARBS: 205 grams (Rest of calories)

WHAT IF I STRUGGLE TO HIT MY MACROS?
There is a wide range for each value, please adjust your macros accordingly to how you typically eat. And if these macros do not suit your food preferences...

It is not a big deal. A deficit and nutritious food is MOST important for fat loss.

Just aim to be closer to these macros by taking reasonable steps to increase your protein and decrease your fat intake.

USING A MEAL PLAN

CALCULATIONS SEEM TOO HARD?
Do not worry. We offer a range of meal plans that have had the calories and macronutrients calculated by our registered dietitian.

Following a meal plan takes out the work and allows you to be told how to eat and can demonstrate what kinds of foods to include and in what quantities.

DOWNSIDES OF MEAL PLAN
A meal plan can be too rigid and does not allow for enough flexibility for individual differences in food preferences, cooking skills, food availability etc.

Our plans include a variety of recipes and this is to give the option of choice. Nearly all our meals and snacks can be substituted for one or another and the calories and macronutrients will only vary slightly.

How to make a meal plan suit you:

- You may need to develop your understanding of nutrition a bit before being able to modify a meal plan... but that is what we wrote this guide for!

- **Customise it to suit your needs:** if you are aware of how many calories you are aiming for... adjusting the meal plan should be a simple task.

- **Use meals and ingredients you prefer**

- A lot of foods from similar food groups have a similar caloric value.
- In most scenarios you can substitute **proteins for proteins, vegetables for vegetables, fruits for fruits, grains for grains etc.**
- Just make sure if doesn't drastically alter the calories or macros of a recipe i.e. track it in MyFitnessPal or Cronometer.

SATIETY AND CALORIE DENSITY

SATIETY AND CALORIE DENSITY

After knowing your calorie and macro targets... the types of foods we use to make up these values is of great importance too.

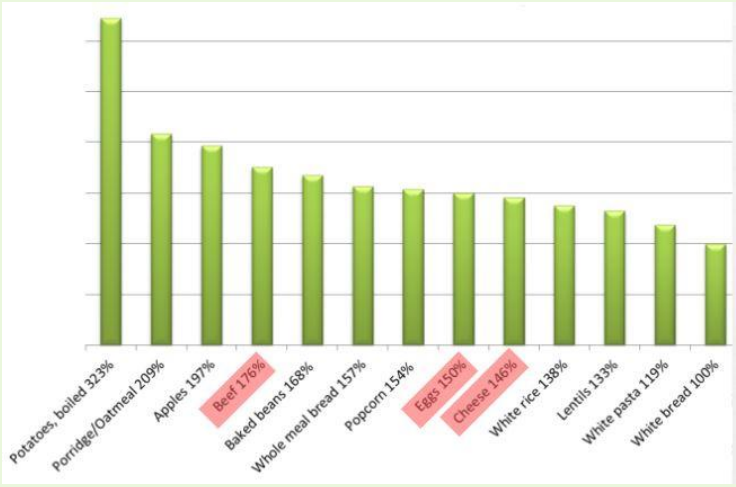
There are a few things to consider when choosing foods such as the **satiety** and **calorie density**.

SATIETY:

Satiety describes the state of being satisfied after a meal. A group of researchers determined that foods of similar caloric value had different effects on how satisfied the consumers hunger felt (12). They discovered that certain foods were more satiating (satisfying than others). This is a useful concept for shredding, as calorie intake is restricted and hunger may make it more difficult to adhere to your shredding diet.

Low satiating foods: refined carbohydrates, simple sugars such as white breads, pastas, pastries, cookies, candy and liquid calories like juices and soda. **= MORE PROCESSED FOOD**

Highly satiating foods: Oats, lentils, beans, whole grain pasta, potatoes, apples and oranges. **= MORE WHOLE FOOD.**



TAKE HOME: Sticking to more satiating whole foods that are high in fibre will make your fat loss journey much easier..

SATIETY AND CALORIE DENSITY

CALORIE DENSITY:

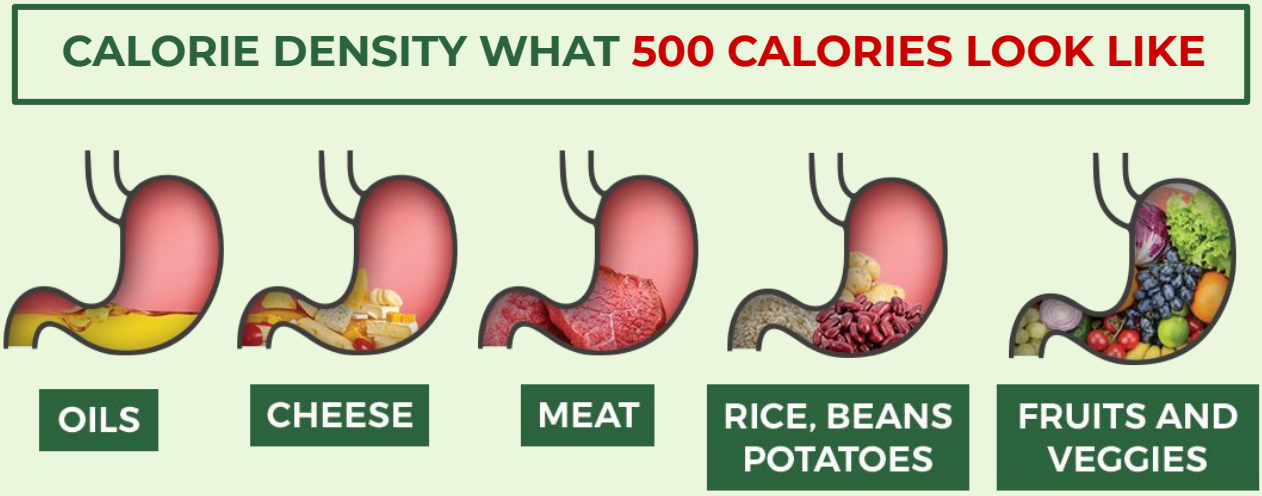
Calorie density is the measure of how many calories are in a food relative to its weight. This concept ties in to satiety as eating more food volume for the same amount of calories will make a shredding diet more satisfying, therefore more sustainable and effective (13).

Certain foods will have more calories in the same volume of food, this is due to their macronutrient content, water content and density.

Low calorie density foods will provide more volume for the same calories and therefore keep you fuller. There is overlap between foods that have low calorie density and foods that are highly satiating.

Low calorie density foods: Fruits, vegetables, potatoes, rice, beans.

High calorie density foods: processed foods, refined sugars, oils and high fat whole foods like nuts, nut butters and avocados.



Choosing more satiating and lower calorie density foods will be critical in achieving fat loss and sustaining it.

DIGESTIVE ISSUES?

It is not uncommon when changing our diet that we may experience digestive symptoms such as bloating, gas, constipation or diarrhea.

When adopting a more plant-based diet, some of these symptoms can be attributed to large increases in consumption of fibre and FODMAPs.

Particularly when aiming to eat higher protein through **lentils and beans.** These foods are nutritious and excellent sources of protein, but are also very high in fibre and FODMAPS.

If you experience digestive issues, they are usually nothing sinister and just a sign our microbiome is feasting on fibre. In order to alleviate these symptoms you may want to substitute your **beans and lentils** with soy based proteins as these typically are lower fibre and FODMAP.

We have included some sample meals that utilize tofu and TVP. If you find yourself experiencing gas or bloating etc. substitute some legume based meals with these:

LINK TO HIGH PROTEIN LOW FIBRE MEALS

EXERCISE

WHY EXERCISE IS IMPORTANT

Most people view exercise simply as a means of burning more calories... Which is true, exercise can increase the amount of calories you use in a day.

All physical activity or exercise can assist in more successful fat loss, however resistance training (weights) seems to be better at preserving and increasing muscle mass (14, 15, 16).

Exercise benefits fat loss and health in a multitude of ways. Exercise improves risk markers such as cholesterol, blood pressure , insulin sensitivity and reduces our overall risk of developing the lifestyle diseases like cardiovascular disease and diabetes (17, 18)

The type of exercise you enjoy is the type that is best for you!

Start small if you don't currently exercise. But make it a non-negotiable to get some kind of movement in everyday. Even if only a 10 minute walk.

EXERCISE BENEFITS

GREATER AMOUNT OF CALORIES BURN IN THE DAY

IMPROVED MOOD AND MOTIVATION

BETTER APPETITE REGULATION

INCREASED MUSCLE MASS

IMPROVED SLEEP

BETTER FITNESS

IMPROVED HEALTH AND LOWER RISK OF LIFESTYLE DISEASE

STRESS MANAGEMENT

WHY STRESS MANAGEMENT IS SO IMPORTANT

Chronic stress can interfere with our fat loss goals and impact our health in the long term. Stress can make it harder to commit to changes to our behaviours and cause us to abandon eating better and exercising more regularly.

We all experience differing amounts of stress in our lives... often related to our work, relationships, families, financial situation etc. And a lot of these sources of stress feel out of our control.

However there is a lot we can do to better manage stress and reduce its effect on our body.

Some stress management strategies we encourage to improve our health and wellbeing are:

- mindfulness and meditation (using an app or youtube for guidance).
- yoga and stretching
- making more time for yourself (e.g. getting a massage, going to the movies, reading a book, listening to a podcast etc.)
- being organised and managing your time effectively
- considering assistance from a counsellor or psychologist.

Acceptance of stress: There are some stressful aspects of our lives that we may not be able to have a lot of control over. But there is a great deal we can do to improve our lives outside of those.

Stress management benefits:

- Improved mood and energy levels
- More motivation to continue healthy behaviours
- Improved adherence to fat loss diet
- Better appetite regulation

SUSTAINABILITY

WHAT DO WE MEAN BY SUSTAINABILITY?

Sustainability meaning the LONG TERM maintenance of your healthy eating and exercise habits in order to continue to lose excess body fat and prevent weight regain.

Typical crash diet:
Weight loss achieved through calorie restriction and unrealistic and unsustainable exercise habits. Person achieves X amount of weight loss but is unable to continue with crash diet and hates the exercise they are forcing themselves to do.

Person discontinues diet and goes back to less healthy eating habits and quits their exercise regime.

Weight is regained... **This is the story for nearly all people who attempt to lose weight.** They adopt eating patterns that are unsustainable and begin exercise they do not enjoy.

PERMANENT COMMITMENT to **healthy behaviours** is the **ONLY WAY** to achieve long term improvements in health. **Healthy behaviours** are habits, actions or activities that improve or maintain your health.

Healthy behaviours (Nutrition):
- Regularly shopping and having healthy ingredients to cook
- Choosing predominantly whole plant foods and being mindful of caloric density and satiety
- Drinking water instead of sugar sweetened beverages
- Snacking on fruits and whole food snacks.
- Limiting excessive consumption of processed foods.

Healthy behaviours (Exercise):
- Does some form of activity every day even if it is only a 10 minute walk
- Perform moderate physical activity at least 3 times a week, e.g. a home workout or going to the gym or class.

SUSTAINABILITY

1. **Calorie deficit**
   A calorie deficit is what causes our body to use fat for energy. It is the only way to lose fat. But the method of calorie restriction is more important than the deficit.

2. **Optimal Macros**
   The types of foods we eat and their nutrient composition will assist in losing more fat and preserving more lean body mass (muscle).

3. **Satiety and Calorie Density**
   Foods that are satiating (filling and satisfying) and low in caloric density will make it easier to adhere to a caloric deficit and lose fat.

4. **Exercise**
   Exercise and physical activity assist in losing more fat and preserving more lean body mass... as well as vastly improving our health in many ways.

5. **Stress Management**
   Stress management makes adoption of healthy behaviours far easier and improves our health in the long term.

6. **Sustainability**
   No matter how successful your fat loss diet is... if you do not adopt healthy behaviours long term your fat loss results will disappear and you will not improve your health.

THE PLANT SHRED MEAL PLANS..... Making fat loss easier.

VEGAN FAT LOSS MEAL PLAN

HOW TO FOLLOW A MEAL PLAN

Following our meal plan will handle 3 of the 6 essential components of fat loss.

Our meal plans give you plenty of recipes and a guide to help you achieve a **caloric deficit**, **eat appropriate macros** and use **satiating** and low **caloric density foods.** They are also **planned** to contain all your essential micronutrients to ensure you are getting the nutrition you need.

1. **Use our guide to calculate your fat loss calories and macros.**

1. **Then select an appropriate calorie meal plan on the next page.**

Keys to following meal plans

1. **Flexible**
   a. Feel free to select meals you prefer and prepare them more frequently
   b. You may choose to meal prep 2 or 3 meals for your lunches and dinners and eat similar meals throughout the week.
   c. You may also consume the same breakfasts, snacks and smoothies every day to make preparation easier.
2. **Modifiable**
   a. Not seeing fat loss on our meal plan after 3 weeks? You may require less calories than expected. Try a lower calorie meal plan or removing snacks or reducing portion sizes for your meals.
   b. Higher protein? Substitute snacks for a pea/rice protein shake. Bump on the protein portion of meals.
3. **Sustainable**
   a. We create our meal plans with your future health in mind... the recipes and meals we select are predominantly whole foods based and are healthy recipes that you can use forever

You can find your meal plan links on the next page!

MEAL PLANS

CLICK HERE FOR THE 1300 CALORIE PLAN

CLICK HERE FOR THE 1500 CALORIE PLAN

CLICK HERE FOR THE 1800 CALORIE PLAN

CLICK HERE FOR THE 2100 CALORIE PLAN

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DISCLAIMER

The information in this book is meant to supplement, not replace professional advice. The authors and publisher advise readers to consult with a physician or nutritionist before embarking on any health/fitness advice given within this ebook. Always make sure the fitness equipment you are using is safe to use and in good use.