

The image is a collage of various plant-based foods. At the top, there's a bowl of asparagus and zucchini. Below that, a white plate holds a mix of asparagus, blueberries, and broccoli. To the right, a small bowl is filled with almonds. In the bottom right, another bowl contains Brussels sprouts and pea pods. A few almonds are scattered on the surface near the bottom bowl. The background is a light blue textured surface.

# Plant Based MACRO GUIDE

BY: GETFITWITHCHRYIS



# VEGAN *Plant based*



# VEGETARIAN

*sometimeatarian* FLEXITARIAN

Whether you refer to your dietary preference as vegan, vegetarian, plant-based or you're simply trying to cut down on your animal byproduct consumption, this guide will help you make macros simple for your plant-based needs.

“

Let food be thy medicine, and let  
medicine be thy food.”

Hippocrates.

”



# Macros

What are macros?

‘Macros’ (short for macronutrients) are the molecules derived from proteins, fats and carbohydrates that our bodies break down and use for energy. Because the body cannot produce macronutrients on its own, it has to come from the food we consume.

Our macros intake and output greatly contributes to fluctuations in our body and brain function, metabolism, body fat, energy levels, body weight and hormone balance.

This is why it's important to know which macros to eat, especially when going the plant-based route.

When you hear people talking about counting macros, they are talking about counting the calories it takes from fats, carbs and proteins to reach their health and physique goals.

So let's break them down...



# {protein}

Proteins (Protein provides 4 calories per gram)

Protein builds and sustains our bones, muscles and skin which is why it is very important to incorporate it into our diets. One common misconception is that vegans cannot get enough protein from the food they eat. Although everyone's body and goals may be different, it is definitely possible to maintain a protein-rich plant-based diet.

# {carbs}

Carbs (Carbs provide 4 calories per gram)

Carbohydrates are an essential part of your diet. They are your body's primary energy source. When you consume carbs, your body breaks them down into glucose. This glucose is absorbed through the bloodstream (hence blood sugar) and distributed throughout your body's cells. Carbs are broken down into complex and simple variations. Simple carbs are digested quickly and release glucose more rapidly giving you a quick burst of energy. Complex carbs are digested slower and release glucose gradually giving you longer lasting energy. There's no such thing as "good" carbs and "bad" carbs, however understanding which carbs are more nutrient dense can help you decide which carbs are a healthier choice for you.

# {fats}

Fats (Fat provides 9 calories per gram)

No need to be afraid of the 'F' word. Fats are an essential part of your diet, especially fats that derive from whole food sources... example - unsaturated fats such as nuts and avocado. Including fats in your diet helps your body absorb vitamins and nutrients and serve as a great alternative source of energy. Whole food fats also help to regulate blood pressure, stimulate cell growth, prevent inflammation and aid in joint function.



# *Getting Enough* **PROTEIN**

If you're afraid that you won't get enough protein with your plant-based lifestyle, or you're looking for ways to make sure you're getting the right amount of protein for your body, don't worry... we're about to dive into that.

There are plenty of ways to get your protein in without it coming from animal sources.

Two of the big differences between animal protein and plant-based protein are:

1. Their amino acid profile (I'll discuss below) and
2. The isolation of protein from the other macronutrients (carbs and fats)

Let's talk about amino acids. Amino acids are the building blocks of protein that your body needs to build and sustain your bones, muscle and skin. There are 9 essential amino acids and although your body can't create them, you can get them from the food you eat.



# Myth

It has been said time and time again that plant-based protein is considered "incomplete" because plant-based protein sources don't contain all 9 amino essential acids.

That's simple not the case.

Some plant-based protein sources may be lower in certain amino acids than others, but that doesn't mean you can't get the same or similar protein value from plant-based foods.

You just have to practice being more aware of your macro consumption as whole.

Here is a plant-based protein cheat sheet you can use to help you make sure you're hitting your protein mark. Use this to help you fill your day's worth of food with nutrient dense food choices.



# PROTEIN CHEAT SHEET

## WHOLE FOOD SOURCES



**CHIA**  
2 TBSP  
4g protein



**QUINOA**  
1 CUP  
8g protein



**RICE & BEANS**  
1 CUP  
7g protein



**BUCKWHEAT**  
1 CUP  
6g protein



**HEMP SEEDS**  
2 TBSP  
10g protein



**SEITAN**  
1/3 CUP  
21g protein



**HUMMUS & PITA**  
1 whole wheat pita +  
2 TBSP hummus  
7g protein



**SOY BEANS/EDAMAME**  
1/2 CUP  
10g protein



**SPIRULINA**  
1 TBSP  
4g protein



**NUTRITIONAL YEAST**  
**1 TBSP**  
**5G PROTEIN**



**RAW CHICKPEAS - 1/2 CUP**  
**7G PROTEIN**



**TEMPEH - 3OZ**  
**15G PROTEIN**



**LENTILS - 1 CUP**  
**18G PROTEIN**



**OATS - 1 CUP**  
**6G PROTEIN**



**EZEKIEL BREAD**  
**2 SLICES**  
**8g protein**



**PEANUT BUTTER +**  
**WHOLE WHEAT BREAD**  
**2 TBSP + 2 SLICES**  
**15g protein**



**PLANT BASED**  
**PROTEIN POWDER**  
**20G PROTEIN**



# HIGH PROTEIN MEAT SUBSTITUTE BRANDS

It is always important to do your research on ingredients in processed foods. Some ingredients could be harmful to your health. Please also be mindful of sodium, refined sugar and preservatives. Keep in mind there are plenty of other meatless brands, these are just examples, and with anything consume in moderation. These should not be a replacement for whole food sources.







# Plant-based **HACKS**

- Add **QUINOA** to salad and baking items
- Pair **RICE & BEANS** with green, leafy veggies
- Substitute **BUCKWHEAT** flour for regular flour
- Use **SEITAN** as a meat replacement FOR HEARTIER MEALS
- Add **HEMP SEEDS** on top of desserts and non-dairy yogurt
- Make **EZEKIEL BREAD** your choice of bread for breakfast and snacks
- Use your **PEANUT BUTTER SANDWICH** as a post-workout snack
- Add **CHIA SEEDS** to your smoothies and baked items
- Combine **EDAMAME** with your salads
- Use **HUMMUS & PITA** as a snack
- Add **CHICKPEAS** to a zesty stirfry
- Use **PITA** as a side.
- Use **JACKFRUIT** and **TEMPEH** to add texture

When eating a plant-based diet, you'll notice that your macronutrient sources overlap...Meaning that the foods you get your protein from can also be the food you get your fats and carbs from.

Fats are a little easier to come by in the plant-based world and come in various forms.

Here are some examples to help you get started.

**\*\*Remember, fat calories are higher than protein and carb calories, so they add up quicker\*\***

Avocado (21g - 1cup sliced)  
Almonds (14g - 1 oz)  
Almond Butter (9g - 2 tbsp)  
Tahini (8g - 1tbsp)  
Olive Oil (14g - 1tbsp)  
Flax Seed (4.3g - 1tbsp)  
Dark Chocolate (9g - 1oz)  
Chia Seeds (9g - 1oz)  
Peanuts (14g - 1oz)  
Peanut Butter (16g - 2tbsp)  
Walnuts (18g - 1oz)  
Olives (14.4g - 1 cup)  
Coconut Oil (14g - 1tbsp)  
Coconut Oil (13.5g - 1/2 cup shredded)  
Sunflower Seeds (14g - 1oz )  
Macadamia Nuts (21g - 1oz)  
Soy Beans (18.5g - 1/2 cup)  
Pecans (20g - 1oz)  
Pine Nuts (19g - 1oz)

{fats}



We've already gone over what you need carbs for, now let's go over where to get them from in your plant-based diet. There are lots of healthy carb options to choose from, however choosing mindfully is what helps you continue to supply your body proper nutrients.

There are tons of nutritious carb options but this list is going to help you get started.

Nutritious carbs are usually:

- high in nutrients
- non or minimally refined
- high in naturally-occurring fiber
- lower in sodium
- lower in saturated fat, and
- very low or does not contain cholesterol and/or trans fats

Oatmeal (16g - 1/2 cup)  
Sweet Potatoes (27g - 1 cup)  
Broccoli (12g - 2 cups)  
Bananas (27g - 1 medium)  
Apples (25g - 1 medium)  
Pears (27g - 1 medium)  
Rice (23g - 1/2 cup)  
Quinoa (21g - 1/2 cup)  
Carrots (12g - 2 medium)  
Figs (12g - 1 large)  
Berries (21g - 1 cup)  
Farro (26g - 1/2 cup)  
Bulgar (24g - 1 cup)

{carbs}







# Let's Talk

## BLOAT/INFLAMMATION

Bloat/inflammation is a common issue that many people are faced with but often don't have the answer for. But not knowing is not enough. Getting to the root of your bloat/inflammation starts in the gut, and the more you know, the more you'll empower yourself to make more informed decisions that impact your health.

This guide is a tool to simply help you start taking control of your gut health by assessing your current diet and incorporating foods that can help you decrease bloat and inflammation.

# What Causes

## BLOAT/INFLAMMATION

Several factors can contribute to bloat/inflammation. Here are a few that could possibly be affecting you:

- Artificial Sweeteners
- Water (or lack thereof)
- Refined carbs (especially sugar)
- Restrictive Dieting (gluten free, keto)
- Lack of sleep
- Stress and anxiety
- Hormone imbalance
- Overtraining (workout intensity)
- Nutrient Deficiency
- Lack or excess of fiber
- Food intolerances/sensitive
- Excess (unhealthy) bacteria in the gut

# What can help

## BLOAT/INFLAMMATION

- More sleep/rest/recovery
- Probiotics (varies, but worth the try, depends on strain)
- Prebiotics (fiber – helps bacteria feed off fiber vs. mucus lining)
- Digestive Enzymes
- Microbial Diversity (not restricting foods you plan to eat regularly)
- Healthy Weight Gain (if underweight or nutrient deficient)
- Anti-inflammatory foods (foods that cause you inflammation personally may vary)
- Nutrient dense whole food sources.



# Nutrition Guide



THE NEWTRITION LAB

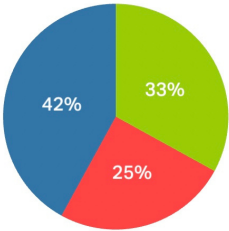
This plan is not intended to be used for diagnosis, prevention, treatment, or cure of any disease, pain, deformity, injury, or physical or mental condition and specifically does not claim to cure any disease, disorder, or condition.



# plantbased

<b>Breakfast</b>	<b>187</b>
Spinach 0.5 cup	3
Just Egg JUST, 3 Tbsp	70
Sesame Seed Bagel Bagel, 0.5 Bagel(84.0g)	114
<b>Snack 2</b>	<b>367</b>
Luna Protein Luna, 1 bar	180
Apple 1 medium	95
<b>Lunch</b>	<b>344</b>
Corn Corn, 0.2 cup	38
Lettuce 1 cup, shredded	7
Diced tomatoes Tomatoes diced, 0.5 cup	25
Brown Rice Cooked Brown Rice, 0.2 cup	54
Nutritional Yeast Bragg, 2 TBSP (5 grams)	40
Seitan Sweet Earth, 4 oz	180

<b>Post Workout</b>	<b>280</b>
Granola Bear Naked Granola, 0.2 cup	130
Plant based protein Tru supplements, 1.5 scoop (29.8g/1.05oz)	150
<b>Dinner</b>	<b>234</b>
Zucchini Noodles Veg-zucchini Noodles, 1 cup	4
No Dairy Garlic Alfredo Sauce Primal Kitchen, 0.2 Cups	60
Beefless Tips-gardein Gardein, 0.8 Cup (100g) apprx 10 pieces	170
<b>Snack 1</b>	<b>61</b>
Hippeas Hippeas, 1 pack (15g)	61



	Total	Goal
Carbohydrates (159g)	42%	35%
Fat (42g)	25%	25%
Protein (121g)	33%	40%

# GUIDE 2

## **Breakfast**

1/2 cup of old fashioned oats , 2 cups of blueberries, 1/2 cup of strawberries 2 tbsp of roasted pumpkin seeds, 1 tbsp of chia seeds, 2 scoops of plant based protein (recommended Tru Supplements)

## **Snack**

1 protein bar (luna protein, no cow bar, power crunch, quest, one bar, Kind Protein or cliff protein) + 1 mini bag of skinny pop popcorn

## **Lunch**

Dr. Praeger's Perfect Burger + 1 sandwich thin + 1 side of air fried sea salted edamame

## **Snack**

Parfait = Dairy Free Greek Yogurt + 1/2 cup of protein granola + 1 cup of blackberries

## **Dinner**

3 Gardein meatballs + 1/2 cup of mushrooms + 1 serving of Barilla protein noodles + green peppers + red onions + seasonings of choice + 1 tbsp of nutritional yeast

## **Snack**

1 protein bar (power crunch bar, luna bar protein, kind bar protein, no cow bar)



# Quinoa Black bean chili recipe

## Ingredients

- Onion
- Sea Salt & Pepper
- chopped garlic (2 cloves)
- 2 tbsp Crushed red peppers ,
- Ground cumin 1 tsp
- 1 tbsp Smoked paprika
- Chili powder 1/2 tsp (optional)
- Quinoa 200g
- Vegetable stock 2.5 cups
- Fresh or canned chopped tomatoes 1/2 cup
- 1 can of black beans (drained)

Spray olive oil in pan and fry your onion, garlic and red chili in a skillet, then add the spices, including chili powder if you want it more spicy. Transfer to a crock pot or pot on stove top. Add the quinoa, stock, tomatoes and black beans, and season well. Cover and simmer for 30 minutes until the quinoa is tender and the sauce has thickened. Season to taste. Top with a few avocado slices and coriander leaves to serve.

**Makes 4 servings**

# RECOMMENDED SUPPLEMENTS & HERBS

**Plant based protein** - Tru Supplements Dessert Series flavors

**BCAA** (Brand Chain Amino Acids) - Tru Supplements : Supports lean muscle retention

**Sea moss** - Great source of minerals, amazing for recovery and joint health (Holistically Made)

**Turmeric** - Great for recovery, inflammation and joint health

**Glutamine** - Great for recovery and inflammation

**Ginger** - Aides in digestion & blood sugar regulation





# Macro

## GROCERY GUIDE



# PLAN TO PREPARE PREPARE TO SUCCEED

When it comes to building healthy lifestyle habits, preparation is key... so getting your grocery shopping done with a plan is a great way to set yourself up for success.

Whether you meal prep throughout the week, cook for just you or a family, order meals from a meal prep company or you just need to pick up a few things, at some point the grocery store is more than likely going to be a part of your routine -- so why not have a list handy.

Use this list to help you make your food selections while keeping your macros in mind.

Use your macros to map out your food so you can



# Protein & Fiber

Finding food high in protein and fiber helps you stay fuller longer. Here are some nutrient dense foods high in both.

- Beans
- Lentils
- Dried Pasta

## Examples:

Black Beans  
(15g fiber)



75%  
**63g**  
Carbs

0%  
--  
Fat

25%  
**21g**  
Protein

Barilla Chickpea  
Rotini (8g fiber)



66%  
**34g**  
Carbs

13%  
**3g**  
Fat

21%  
**11g**  
Protein

Red Lentils  
(15g fiber)



69%  
**60g**  
Carbs

3%  
**1g**  
Fat

29%  
**25g**  
Protein



# Healthy Fats

Keeping healthy fats in your diet is a great way to regulate your cholesterol, give your body energy, absorb vitamins, protect your heart and brain health, curb hunger and help lubricate your joints. Here are some nutrient dense fat sources you can stock up on:

- Nuts
- Seeds
- Nut Butters
- Oils



## Examples:

### Peanut Butter



### Pumpkin Seeds



### Coconut Oil



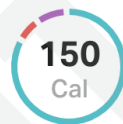
# Carbs

Carbs are your body's main source of energy. Without them your body will start to improvise to find other solutions for energy. Low carb diets are very difficult to maintain because you NEED carbs to thrive. Sure some carbs are healthier than others, but that's why being mindful and reading your labels can go a long way. Here are some non-perishable carbs to keep you full and energized.

- Rice
- Cereal
- Grits
- Oats
- Barley
- Dried Fruit
- Fruit

## Examples:

### Brown Rice



86%

**32g**  
Carbs

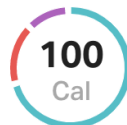
6%

**1g**  
Fat

8%

**3g**  
Protein

### Cheerios



73%

**20g**  
Carbs

16%

**2g**  
Fat

11%

**3g**  
Protein

### Dried Banans



46%

**20g**  
Carbs

52%

**10g**  
Fat

2%

**1g**  
Protein





# ON THE GO MEALS SOLUTIONS

No matter the circumstance convenience is usually top of mind when it comes to food. Not having access to a plethora of convenient options can seem like pain when you're hungry, but if we think outside of the box, there are plenty of pre-packaged meals to choose from. Here are some to consider:

Annie Chun's Bowls



Loma Linda Bowls



Earthly Choice Bowls



Instant Oatmeal Cups





# MORE ON THE GO MEALS SOLUTIONS

Kodiak Cakes Flapjacks



Dr. McDougall's Noodles



Uncle Ben's Rice & Beans



St. Dalfour Meals



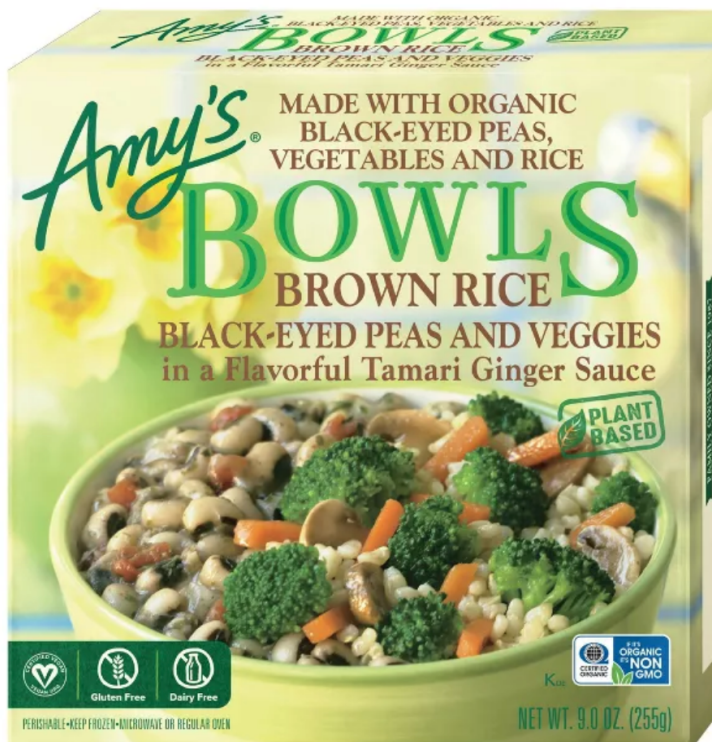
Purple Carrot



Sweet Earth



**REMINDER:** It is always important to do your research on ingredients in processed foods. Some ingredients could be harmful to your health. Please also be mindful of sodium, refined sugar and preservatives . Keep in mind there are plenty of other meatless brands, these are just examples, and with anything consume in moderation. These should not be a replacement for whole food sources.





# Plant-based SNACK

*suggestions*



# MORE SNACKS

It's easy to pick up the first snack you see on the shelf without reading labels --- and truth be told, when it comes to snacks, in a lot of instances, we're not THAT concerned with the portion sizes or the ingredients as long as it satisfies that snack craving. The thing is... it matters. Snacks can be packed with unnecessary sugar, sodium and chemicals to help them taste better. So to take the guess work out of it for you, here are some pretty healthy snack ideas to keep you satisfied.

## POPCORN



## PRETZELS



## RICE CAKES



## RICE /PITA CHIPS



## FRUIT POUCHES/CUPS



## GRANOLA/NUT BARS



## PEA CHIPS





# FOOD LABEL CHEAT SHEET

Here are some things to look out for when reading your food labels.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## SERVING SIZE

How much is in one serving?  
How much is in the entire package

## MACROS

How many grams of fats, carbs and protein make up this serving of calories.

## SODIUM

Average recommended daily intake is less than 1 teaspoon

## ADDED SUGAR

Average recommended daily intake is about 6 teaspoons/35g for women

## INGREDIENTS

- SODIUM NITRITE. ...
- ARTIFICIAL FOOD COLORING/DYES
- HIGH FRUCTOSE CORN SYRUP
- ASPARTAME
- BHA & BHT
- BUTANE
- PARABEN
- ENRICHED FLOUR
- CAMAUBA WAX
- ALUMINUM

Pay attention to the "ingredients" portion of the food label. You'd be surprised at some of the ingredients being used to make your food taste good. Here are some specific ingredients/preservatives to shy away from or at least limit due to their potential to disrupt the body's natural rhythm or cause toxicity.

# was this helpful??

I hope so! I know how challenging it can be to play the guessing game with your nutrition. This guide is from the Newtrition Lab nutrition coaching program but I wanted to make it accessible to you too!

Although this is a small part in understanding how to work toward your goals, it is a very important first step.

Gaining an understanding of macronutrients and the options you have to reach your goals plays a big role in your ability to see **results** and make **mindful decisions**.

If you're ready to truly learn how to stop playing the guessing game game keep reading...



# If you're the type of person who...

- Is trying to get a better understanding of how much food you need to fuel your body for your goals
- Doesn't want to be on a strict diet just to reach your goals
- Wants to learn how to manage cravings
- Wants to get a better understanding of portion sizes and macronutrients
- Is tired of sorting through the vast amount of information online
- Wants to quit playing the guessing game
- Wants to enjoy social activities without feeling like food sabotages your progress
- Is tired of starting over on Monday
- Is sick of yo-yo'ing and
- Wants to have a better connection with food overall

... then you're in the right place!

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INTO THE NEWTRITION LAB  
MEMBERSHIP**





# REAL WOMEN REAL Results

