

Vegan

STARTER KIT



Get Fit with Chrissy

YOUR STARTER KIT

Welcome to your Vegan Starter Kit. Transitioning into the vegan lifestyle doesn't have to be difficult. All you need is the right tools and tips to help you succeed and this kit's purpose is to do just that.

Whether you are on a journey to become fully vegan, you want to reduce your animal nutrient intake or you just want to give it a shot and see how it goes, this kit is something you can lean on to help you start it off.

In your starter kit, you will find a very basic break down of macro options, recipes, tips, substitutions and brand recommendations. Each category is broken down in a way that is simple to follow and understand.

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. The body can't produce macronutrients on its own, so they have to come from what we consume.

Macro intake and output contributes greatly to fluctuation 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 vegan.

Proteins (Protein provides 4 calories per gram)

Protein builds and sustains our bones, muscle and skin, so it's definitely something we need in our diets. One common misconception is that vegans don't get enough protein, and although everyone's body is different, it is definitely possible to get enough protein from the vegan lifestyle depending on your goals.

Carbs (Carbohydrates provide 4 calories per gram)

Carbs are the fibers, starches and sugars in our food. They are our main source of energy and fuel our nervous system and muscles. Having carbs to use for energy distracts our bodies from using up protein for energy which can be a good way to

prevent muscle breakdown. Carbs also affect our brain function and have a big impact on our energy level and mood.

Fats (Fat provides 9 calories per gram)

No need to be afraid of the 'F' word. Fats are an essential part of our diets, especially "good fats," or unsaturated fats such as nuts and avocado for example. Having fat in our diets helps our bodies absorb vitamins and nutrients, and serves as a great source of energy.

Good fats help regulate blood pressure, stimulate cell growth, prevent inflammation and aid in joint function.

When you hear people talking about counting macros, they are talking about counting the calories it takes from fats, carbs and proteins to either maintain, lose or gain weight. To take the confusion and work out of it for you, here are some great resources for counting or calculating your macros.

MACROS CALCULATORS

[IIFYM](#)

[Healthy Eater](#)

[Bodybuilding Macro Calculator](#)

PROTEIN

Lets start with proteins. If you're afraid that you won't get enough protein transitioning into a vegan lifetsyle, don't be. There are ways to get your protein in without it coming from animal sources.

One of the big differences between animal protein and plant-based protein is the amino acid profile of the two. Amino acids are the building blocks of protein, which our bodies need, as explained earlier, to build and sustain our bones, muscle and skin.

Most animal protein is known as complete protein because it possesses a complete or adequate source of essential amino acids that our body cannot create on its own. So with plant-based sources that are not complete, you either have to play the combination game, or supplement with complete protein sources.

Here is a vegan protein cheat sheet you can use to help you out:

Easy Complete Protein for Vegans (Helps to replace meat with the following)



CHIA
2 TBSP
4g protein



QUINOA
1 CUP
8g protein



RICE & BEANS
1 CUP
7g protein



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



SOY BEANS/EDAMAME
1/2 CUP
10g protein



BUCKWHEAT
1 CUP
6g protein



EZEKIEL BREAD
2 SLICES
8g protein



HEMP SEEDS
2 TBSP
10g protein



SEITAN
1/3 CUP
21g protein



SPIRULINA
1 TBSP
4g protein



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

COMPLETE PROTEIN TIPS

- 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 latin inspired dishes
- Add **HEMP SEED** 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 Asian inspired salads and dishes
- Use **HUMMUS & PITA** as a snack or add **CHICK PEAS** to a meal and use **PITA** as a side.
- (Not Listed) **JACKFRUIT** and **TEMPEH** are other great meat substitutes.

FATS

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

Fats are a little easier to come by in the plant-based diet and come in various forms. Here are some examples to help you get started. Remember, fat calories are higher than protein and carb calories.

Healthy Fats (remember these are examples/starting points)

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 (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)



CARBS

We've already gone over what you need carbs for, now let's go over where to get them from in your vegan diet. There are lots of healthy carb options to choose from, however choosing consciously is what helps you continue to build healthy habits.

Just because you don't eat animal byproducts does not mean you're healthy. Many times, people are under the impression that vegan automatically gives you a clean eating pass. Wrong. There are tons of unhealthy carb options, but this list is going to help you get started with some good ones.

The "good carbs" are typically low or moderate in calories, high in nutrients, non-refined, high in naturally occurring fiber, low in sodium, low in saturated fat, and very low or does not contain cholesterol and/or trans fats.

Healthy Carbs (remember these are examples/starting points)

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)

SUBSTITUTES

With any lifestyle adjustment, it's difficult to just switch cold turkey (no pun intended) from the things you're used to having. The hope is that this list will help you replace your non-vegan dietary choices with plant-based ones.

MILK	EGGS	BUTTER	CHEESE
Oat Milk	(Can be used to get that egg texture)	Almond Butter	Nutritional Yeast
Hemp Milk	Cornstarch	Cashew Butter	Cashew Cheese
Almond Milk	Chia Seed	Peanut Butter	Ground Pine
Soy Milk	Ground Flax	Ghee	Nuts
Rice Milk	Chickpea Flour		
Cashew Milk	Bananas & Apple Sauce		
	(to replace eggs in baked goods)		

BRANDS

Here are a list of brands that cater to the vegan lifestyle. Most of these brands produce food products that resemble non-vegan food. My tip to you is to make sure you read your labels. Many (not all) manufactured vegan food options are highly processed and include various additives in an attempt to get as close to the real thing as possible.

These brands are one's I've personally experienced in some way, however there are plenty of others. These are just a start.

Milk (Unsweetened Recommended)

Silk
Blue Diamond
So Delicious
Thrive



Cheese

Miyoko's Creamery
Daiya
Go Veggie
Vegan Gourmet Shreds
Follow Your Heart
Choa Cheese Slices
Field Roast



Eggs

The Neat Egg
Bob's Red Mill
Follow Your Heart vegan egg



Butter

Earth Balance
Butter Buds Sprinkles
Organic Valley Ghee



Protein/Meal Replacement Powder or Drink

Orgain
Garden of Life
Tru Supplements
Vega



Meat Replacement

Gardein
Beyond Meat
Field Roast
Neat
Organic non-GMO Tofu



Yogurt

Daiya
So Delicious
Ripple
Good Karma
Kite Hill
Silk



Ice Cream

Halo Top
Almond Dream
Talent
Coconut Bliss
Trader Joe's



Disclaimer: None of the food , brands or products listed in the Vegan Starter Kit are endorsed. No compensation in any form is being exchanged for the information or mention of any brand listed. Everything in this starter kit is for informational purposes only. It is intended to be a helpful tool to assist those transitioning into a Vegan lifestyle. The food options listed are recommendations. In no way is Timeless Fitness LLC claiming to be a licensed dietitian. Under no circumstances will Timeless Fitness LLC and its owner be responsible for any loss, adverse reactions, effects, consequences, damage, affliction or illness resulting in your reliance on the content in this starter kit. Content should not be considered a substitute for professional medical advice, treatment or diagnosis. Please seek advice from a professional nutritionist or your doctor before making any dietary changes

RECIPES

Now that you have the food options, let's put some of them together. These recipes come from my online training program to help my clients stay on track and keep in interesting in the kitchen. Through my experience I've learned that all of my clients do so much better when they enjoy the food they're eating each day.

Remember, preparation is key. These recipes are easy to prepare and great for meal prep sunday (or whichever day you meal prep), family dinner, lunch on the go, snack time and more.

Enjoy!

Fiesta Bowl

Ingredients

- 1/2 cup brown rice or quinoa
- 1/4 cup black beans
- 1 tbsp diced red onions
- 1 tbsp chopped red peppers
- 1 tbsp chopped green peppers
- 1/4 cup corn
- 1/2 avocado (chopped)
- Sprinkle of lime juice, sea salt, cilantro and pepper

Instructions

- Cook beans and brown rice or quinoa separately (add 1 tbsp of olive oil to each pot)
- Dice onions and peppers and set to the side
- Boil corn (can be fresh or frozen)
- Chop avocado in small squares

Once rice and beans are done cooking place portion sizes in a small bowl, mixing in red peppers, green peppers, corn and onions. Place avocado on top of mixture and sprinkle lime juice, sea salt, cilantro and pepper on top.

Pesto Avocado Zucchini Noodles

1 cup zucchini noodles
1/4 cup of mushrooms
1 tbsp minced garlic
1/4 cup pesto
1/2 avocado or one 100 calorie pack of guacamole
1/4 cup chopped tomatoes
Sprinkle of vegan parmesan cheese (optional)

Instructions

Boil zucchini noodles until soft. While those are boiling sautee mushrooms in 1 tsp of olive oil and minced garlic. Drain noodles and mix all ingredients together. Season with sea salt, pepper and a sprinkle of lime juice. Add chopped tomatoes on top. Can sprinkle with vegan parmesan cheese.

Asparagus Parmesan

6oz roasted asparagus
1 can Rotelle tomatoes
1 cup roasted chickpeas
1/4 cup vegan parmesan cheese
1/4 cup chopped onions
Seasoning (garlic powder, cilantro, pepper, sea salt)

Spray asparagus and chickpeas with coconut cooking spray, sprinkle seasalt pepper and garlic powder on top and roast in oven on high (375 - 400)
Prepare tomatoes in a small bowl by adding minced garlic, onions, and seasonings (mix together)

Once the asparagus and chickpeas are done roasting lay a bed of asparagus on a plate. Take the chickpeas and place on the stove in a skillet on high heat until they brown a little more. As they brown, take spoonfuls of the Rotelle and place over the asparagus. Once chickpeas are browned place them on top of the asparagus and sprinkle cheese on top.

I chose these recipes because they were fan favorites to many of my online clients. They were simple to make, quick and could serve as dinner or lunch (which are meals that can be difficult to stay on top of). If you're looking for more recipes, information on how to transition to a plant-based diet, or need help with your nutrition planning, accountability and/or fitness journey feel free to contact fitness@getfitwithchrys.com.