

# Sample Vegan Meal Plan

Calories	Carbohydrates	Protein	Fat
2000	275	125	44

2000 kcal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<p><i>Porridge:</i> 55 g rolled oats 300 ml organic soy milk 15 g vegan protein powder Add water if necessary</p> <p><i>Toppings:</i> 90 g frozen berries 30 g cashew nuts</p>	<p><i>Porridge:</i> 55 g rolled oats 320 ml unsweetened almond milk (Alpro) 20 g vegan protein powder Add water if necessary</p> <p><i>Toppings:</i> 100 g blueberries 15 g ground flax seeds</p>	<p><i>Smoothie:</i> 300 ml organic soy milk 35 g vegan protein powder 180 g frozen berries 160 g banana 10 g ground flax seeds</p>	<p><i>Berry Cereal:</i> 200 g frozen berries 340 ml organic soy milk 35 g vegan protein powder 30 g cashew nuts</p>	<p><i>Porridge:</i> 55 g rolled oats 320 ml unsweetened almond milk (Alpro) 10 g vegan protein powder Add water if necessary</p> <p><i>Toppings:</i> 100 g raspberries 1.5 tbsp. natural peanut butter</p>	<p><i>Buckwheat Porridge:</i> 60 g buckwheat 280 ml unsweetened almond milk (Alpro) 25 g vegan protein powder</p> <p><i>Toppings:</i> 130 g banana</p>	<p>350 g plain soy yogurt 15 g vegan protein powder 150 g banana 100 g blueberries 35 g cashew nuts</p>
<b>Lunch</b>	<p>250 g raw sweet potato 160 g cooked kidney beans 150 g tomato 120 g raw kale 70 g sweet corn</p>	<p>160 g cooked red lentils 60 g uncooked quinoa</p> <p><i>Stir-fry:</i> 150 g sweet red pepper 120 g raw carrot 100 g yellow onion</p>	<p>145 g whole-grain bread 70 g avocado 100 g tomato 100 g apple</p>	<p><i>Tofu scramble:</i> 180 g organic firm tofu 100 g yellow onion 150 g red sweet pepper 150 g raw asparagus 160 g cooked black beans</p>	<p>70 g uncooked whole-wheat pasta 140 g cooked black beans 120 g red sweet pepper 100 g leafy greens 100 g tomato</p>	<p>145 g whole-grain bread 75 g avocado 100 g tomato 100 g apple</p>	<p>75 g uncooked quinoa 160 g cooked black beans 80 g tomato 120 g sweet red pepper 120 g leafy greens</p>
<b>Dinner</b>	<p>80 g uncooked brown basmati rice 180 g organic firm tofu 150 g raw green beans 180 g raw broccoli 90 g yellow onion</p>	<p>65 g uncooked whole-wheat pasta 160 g cooked black beans 180g raw mushrooms 120 g chopped tomatoes 40 g sweetcorn Salt and pepper</p>	<p>80 g uncooked brown basmati rice 160 g cooked kidney beans 100 g raw green beans 150 g raw broccoli 120 g raw asparagus 100 g yellow onion</p>	<p>160 g cooked chickpeas 280 g raw potato 100 g raw spinach 150 g raw cauliflower 130 g carrots</p>	<p><i>Stir-fry:</i> 120 g raw mushrooms 150 g raw broccoli 120 g raw carrot 80 g yellow onion 160 g organic firm tofu 2 tbsp. soy sauce</p> <p>70 g uncooked brown basmati rice</p>	<p>150 g organic firm tofu 180 g raw sweet potato 160 g cooked kidney beans 100 g asparagus 100 g sweet red pepper 50 g sweet corn</p>	<p>90 g uncooked brown basmati rice 150 g cooked red lentils 140 g raw mushrooms 160 g raw broccoli 120 g raw cauliflower</p>
<b>Snack</b>	<p>140 g pineapple</p> <p><i>Protein shake:</i> 35 g vegan protein powder 330 ml organic soy milk</p>	<p>20 g cashew nuts 120 g raspberries</p> <p><i>Protein shake:</i> 25 g vegan protein powder 360 ml unsweetened almond milk (Alpro)</p>	<p>130 g pineapple</p> <p><i>Protein shake:</i> 35 g vegan protein powder 350 ml unsweetened almond milk (Alpro)</p>	<p>300 g plain soy yogurt 10 g vegan protein powder 150 g banana 120 g apple</p>	<p>120 g banana 100 g blueberries</p> <p><i>Protein shake:</i> 35 g vegan protein powder 350 ml unsweetened almond milk (Alpro)</p>	<p><i>Berry Cereal:</i> 200 g frozen berries 320 ml organic soy milk 35 g vegan protein powder</p>	<p>130 g apple</p> <p><i>Protein shake:</i> 30 g vegan protein powder 350 ml unsweetened almond milk (Alpro)</p>

## **FRUITS/BERRIES**

- BANANAS
- APPLES
- FROZEN BERRIES
- BLUEBERRIES
- PINEAPPLE
- RASPBERRIES
- AVOCADO

## **VEGETABLES**

- BROCCOLI
- CAULIFLOWER
- SWEET RED PEPPER
- CARROT
- SWEET POTATO
- LEAFY GREENS
- SPINACH
- YELLOW ONION
- TOMATOES
- GREEN BEANS
- KALE
- POTATOES
- SWEET CORN
- MUSHROOMS
- ASPARAGUS

## **DAIRY ALTERNATIVES**

- ORGANIC SOY MILK
- ALMOND MILK (ALPRO)
- PLAIN SOY YOGURT

## **NUTS AND SEEDS**

- GROUND FLAX SEEDS
- CASHEWS
- NATURAL PEANUT BUTTER

## **GRAINS**

- OATS
- QUINOA
- BUCKWHEAT
- BROWN BASMATI RICE
- WHOLE-WHEAT PASTA
- WHOLE-GRAIN BREAD

## **LEGUMES**

- RED LENTILS
- BLACK BEANS
- KIDNEY BEANS
- CHICKPEAS

## **OTHER**

- SOY SAUCE
- PROTEIN POWDER
- TOFU
- HERBS/SPICES
- CHOPPED TOMATOES

# Full Body Sample Routine

Monday		Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>Full Body 1:</b>			<b>Full Body 2:</b>		<b>Full Body 3:</b>			
Squats	3 x 12		Squats	3 x 8	Squats	4 x 15		
D/B* Bulgarian Split Squat	3 x 10 each leg		Deadlift	3 x 8	Bulgarian Split Squats	3 x 12 each leg		
Lat Pull-Down	3 x 12		D/B* Bench Press	3 x 8	D/B* Lunges backwards	3 x 12 each leg		
Seated Cable-Rows D/S*	3 x 10+10		D/B* Flys	3 x 8	Calf press	3 x 12		
Bench Press	3 x 12		B/B* Bent-Over Row	3 x 8	Incline Bench Press	3 x 12		
Incline D/B* Press	3 x 12		Lat Pull-Down	3 x 8	D/B* Bench Press	3 x 12		
B/B* Military press	3 x 12		D/B* Shoulder Press	4 x 8	Seated Cable Rows	4 x 12		
D/B* Side Raises	3 x 12		Weighted Dips	3 x 8	Lat Pull-Down D/S*	3 x 8+8		
Tricep Cable Pushdown D/S*	3 x 10+10		Crunches	3 x 20	Face Pulls	3 x 12		
D/B* Bicep Curls	3 x 10 each arm		Plate Twist	3 x 30	Military Press	3 x 12		
<b>Cardio</b>			<b>Cardio</b>		<b>Cardio</b>			
15 minutes of HIIT training on the elyptical machine or stairmaster(30 seconds			15 minutes of HIIT training on the elyptical machine or stairmaster(30		15 minutes of HIIT training on the elyptical machine or stairmaster(30 seconds			

D/B = Dumbbell    B/B = Barbell    D/S\* = Dropset

# How To Get Back On Track With Diet & Training

(5 simple steps to get back on track with your whole food plant based diet and workout routine, so you can be in the best shape possible)

## Video 1 Summary

[\(Click Here To Watch Video 1\)](#)

**Step 1:** Download the generic meal plan & workout routine.

**Step 2:** Find out in which category you're goal falls.

**Step 3:** Apply the secret formula to customize the plans based on your goals.

**Step 4:** Tweak the plans for your unique preferences.

**Step 5:** Stay consistent with your whole food diet and workout routine.

# My Vegan Journey:



**MEAT** 🍗



**PLANTS** 🌱

# Common Goal Categories or Situations:

**1:** To lose weight or fat while keeping the muscle. In bodybuilding we use the word '*cutting*'.

**2:** To gain muscle weight and become stronger. In bodybuilding we use the word '*bulking*'.

**3:** To be healthy in general, possible maintain the current weight or lose some fat in certain areas, tone up the muscle, get lean and be in a good shape. In bodybuilding we refer to this as '*staying lean all year round*' and some people do this by micro bulking and micro cutting every couple of weeks.

# **My Secret Formula To Customize The Sample Meal & Workout Plans**

**THE FORMULA** if you want to call it that...is having the right diet and eating more or less of, to gain, lose, or maintain weight; **BUT** to be sure, it's helpful to **TRACK** your **CALORIES**.

**1:** To gain you have to be in a caloric surplus, to lose you have to be in a caloric deficit, to maintain you have to hit calorie maintenance.

**2:** Calculate your BMR.

**3:** These estimated calculations are not always accurate (it depends on metabolism, activity, training intensity, requires experimentation over time).

**4:** To lose weight or gain weight we recommend adding/subtracting 100-500 calories. Make sure to **NOT LOSE** muscle in unhealthy ways, just fat. And not gain fat by overeating.

**5:** Most people make the mistake of wanting to bulk or eat a lot to gain muscle, while they have a high bodyfat %. You should get rid of excess fat first, then focus on building muscle.

OR if you don't have a lot of fat but still some fat (eg. you can't see abs), and have little muscle mass, you should focus on eating slightly above your calories to gain muscle mass.

**6:** We need all macronutrients and there are slight variations depending on your goal.

**7:** Use an app called Cronometer to first estimate your maintenance calories and then to insert the ingredients of the generic plan...and then adjust the amounts of the food depending on how many calories you need for either fat loss or muscle building.

Try to increase or decrease each of the ingredients evenly so that the macronutrient ratio stays similar when changes are made.

**8:** The most important part about a healthy diet is hitting the micronutrients; as chronometer shows everything is hit with this diet.

**9:** Add as many cruciferous veggies and dark leafy greens as you want, there's no limit! (This will help especially during cutting).

**10:** To save time and money you can meal prep and repeat days, more will be discussed about how to do this in upcoming videos.

**NOW let's talk about the sample training routine and how to customize that to your specific goals.**

**We provided you with a great routine for 3 times a week; this is great for beginners and those who have less time to train. Keep in mind that this routine is suitable for men and women of all ages.**

**1:** Figure out how much time you have in a week to train, and stick to it, be realistic.

**2:** The most important thing is to train with proper form to avoid injury!

**3:** If you are new to the gym, GO SLOW!!! Allow muscles to adapt, BUT if you are used to training, train with intensity!!

**4:** For cardio we recommend 10-15 minutes for HIIT (High Intensity Interval Training) and/or 30-60 minutes for LISS (Low Intensity Steady State).

**5:** Remember that the amount of training you do really affects how much food you should eat, the more calories burned during training the more you need to eat to make up for them.

**6:** No matter how often you train, you need to progress. See the video for progressive overload tips.

**7:** Watch the video to learn how to push through plateaus.

**8:** This routine works for anyone BUT if you want to train more or progress faster you can do OTHER SPLITS (all details in the video).

**9:** You can train whenever your schedule allows it, you can train FASTED if you want as long as you eat within 2 hours after the training session; all of the meals on the meal plan we sent you are suitable as a pre or post workout meal.

# Video 2 Summary

[\(Click Here To Watch Video 2\)](#)

## Tweak The Plans For Your Unique Preferences

**1:** The protein requirements that we recommend are 20% of your daily calories.

As you can see, the sample meal plan is already super high in protein (it's around 30% of calories) and it's suitable also for athletes and older people.

**2:** Different foods have different caloric density, and depending on your purpose (to lose weight or to gain weight) you have to learn how to get more calories in less food or more food with fewer calories.

**3:** We are aware that every person is unique and we all have different taste preferences, and some people can't consume certain foods because of illnesses, allergies etc. Just know that some foods can easily be replaced with others with similar calories and possible macro profile (we call this the interchangeable list).

**4:** The idea of Meal Prep will save you time and money and that's why we created a video where we show you how to meal prep one day in the sample meal plan. In this clip you can see how to cook the meals, how to season everything etc.

[\(Click here to go to the meal prep video\)](#)

[Click Here For The VIVO LIFE Protein Powder](#)

**5:** You don't need to lift weights; you can easily do other sports or do home workouts. In this section we talk about which splits to do for each goal, what weights and reps to use, including dropsets, superset and warmup information.

**6:** In order to recover properly, make sure you rest while training, sleep enough and have as little as possible stress.

In video #3 we'll talk about step 5, which is How To Stay Consistent With Your Whole Food Diet & Workout Routine. You're going to love this one. In fact, we think it will be your favorite in this series...so please **stay tuned for the next video to learn how to stay on track and stick to your diet and training plan**

# Bonus Workout Exercises Video Tutorials:

[Barbell Squats](#)

[Lat Pull-Down](#)

[D/B Bench Press](#)

[B/B Bicep Curls](#)

[Tricep Cable Kickbacks](#)

[B/B Incline Bench Press](#)

[D/B Shoulder Press](#)

# Bonus Video Recipes:

[Oatmeal - Breakfast](#)

[Buddha Bowl - Lunch](#)

[Chili - Dinner](#)

[Pre Workout Toast](#)

[Post Workout Smoothie](#)

[High Protein Meal - Tofu Scramble](#)