

MYPROTEIN

I AM FOREVER FIT

NUTRITION GUIDE

THE VEGAN GUIDE

FOREVER FIT

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So you're going green

Whatever your reason for ditching the meat and dairy, switching to a vegan diet can feel more than a little daunting at first — but it really doesn't need to be.

With this guide, we'll help you figure out how to make this lifestyle work for you. From mouth-watering recipes to getting the nutrition you need, going plant-based has never been simpler.

Principles of a plant-based diet

Ditching meat and dairy in favour of a vegan diet is rapidly increasing in popularity. Let's explore the ins and outs of a vegan diet and try to uncover why more and more people are making the transition and how you can too.

01

What is a vegan diet?

A vegan diet means avoiding animal products and their derivatives — including meat, fish, eggs, dairy, and sometimes, honey. It typically consists of eating fruits, vegetables, fungi, grains, nuts, soy, and plant-based alternatives to meat and dairy products.

02

Why vegan?

People generally choose to follow a vegan diet for health, environmental, or ethical reasons. Plant-based foods have a smaller environmental impact — they require less water, land, and produce fewer greenhouse gases. Those who follow a vegan diet due to ethical reasons — also termed “moral veganism” — may stop using any animal products, such as leather, fur, and certain cosmetics.

03

Nail your nutrition

Variety is key for any diet — particularly when it comes to getting enough vitamins and minerals from fruit and veg — but it's even more important for vegans.

04

But where do you get your protein?

Whilst meeting your daily protein requirements following a vegan diet shouldn't be a problem, ensuring you get enough of certain proteins (amino acids) can require more thought.

Many plant-based proteins aren't “complete”, meaning they don't contain all 9 essential amino acids in high enough quantities. So, you must eat a variety of plant proteins to hit the requirements e.g. combining beans with brown rice in a meal.



Supplements to get you started

Take the pressure off your diet by adding these simple supplements to ensure you're getting the nutrients you need to take on every day feeling your best.



Vegan Omega-3

These are essential for health and can't be made in the body, but are mostly found in animal sources like oily fish. Luckily, omega-3s can also be obtained from marine algae — boasting just as many benefits.

[Find out more](#)



Vitamin B12

This vitamin is only found in animal products and a deficiency can cause problems such as anaemia. So how can you make sure you get enough? Eat products fortified with B12 and take a supplement.

[Find out more](#)



Vegan Vitamin D3

The sunshine vitamin, vitamin D has many important functions in the body. While some foods are fortified with it, taking a supplement ensures you're getting enough every day.

[Find out more](#)



Iron

Used to make new DNA, red blood cells, and for energy metabolism, it's a pretty important nutrient. Eating plenty of cruciferous vegetables, beans, peas, nuts, and seeds will help, but this type of iron is less bioavailable than the iron found in meat, so it's a good idea to take a supplement to top off your intake.

[Find out more](#)



Vegan Protein Blend

Getting all 9 amino acids is essential for many functions in the body. That means eating complete proteins, or combining foods to get the full range of aminos. A tasty and convenient way to do this is with a protein shake.

[Find out more](#)

MEAL PLAN



MONDAY

BREAKFAST

Vegan Protein Blend, banana, and spinach shake

LUNCH

Falafel and salad pitta bread

DINNER

5-bean chilli with rice

SNACKS

Vegan Protein Bar

TUESDAY

BREAKFAST

Tofu scramble on toasted sourdough

LUNCH

Chickpea and smoked paprika roasted vegetable wrap

DINNER

Edamame and vegetable stir fry with vermicelli noodles

SNACKS

Vegan Protein Blend shake and fruit

WEDNESDAY

BREAKFAST

Dairy-free yoghurt with mixed berries, muesli and flaxseed

LUNCH

Edamame and vegetable stir fry with vermicelli noodles

DINNER

Lentil dahl with rice

SNACKS

Vegan Carb Crusher

THURSDAY

BREAKFAST

Vegan Protein Blend, banana, and spinach shake

LUNCH

Lentil dahl with rice

DINNER

Chickpea burger with sweet potato wedges and slaw

SNACKS

Chocolate Vegan Blend chia seed pudding



MEAL PLAN



FRIDAY

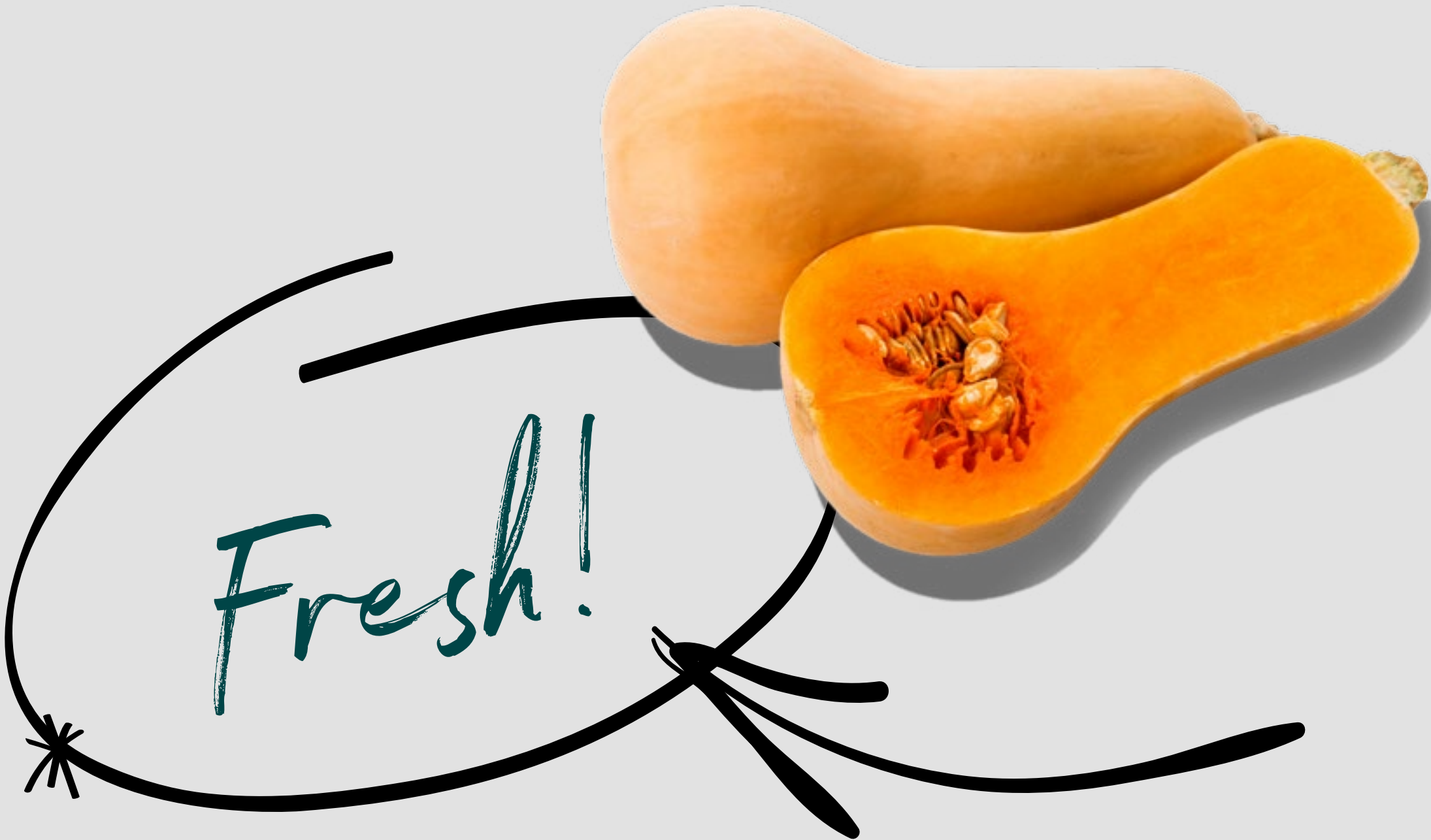
BREAKFAST	LUNCH	DINNER	SNACKS
Tofu scramble on toasted sourdough	Smashed kidney bean with onion, herbs, and salad wrap	Veggie sausage and tomato pasta	Vegan Carb Crusher

SATURDAY

BREAKFAST	LUNCH	DINNER	SNACKS
Dairy-free yoghurt with mixed berries, muesli and flaxseed	Baked beans and jacket potato	Butternut squash and sage risotto	Chocolate Vegan Protein Blend chia seed pudding

SUNDAY

BREAKFAST	LUNCH	DINNER	SNACKS
Tofu scramble with veggie sausages, fried mushrooms, beans and toast	Roasted butternut squash soup and wholemeal bread	Seitan steak with roast potatoes, vegetables, and gravy	Apple crumble with low-fat frozen yoghurt





MAKES
6–8 pancakes

BREAKFAST

Fluffy vegan pancakes

KCAL
89

FAT
2g

PROTEIN
7g

CARBS
11g

INGREDIENTS

100g [Instant Oats](#), Vanilla

50g [Vegan Protein Blend](#)

1 tsp. baking powder

250ml dairy-free milk

1/2 mashed banana

[Coconut Oil](#) for frying

METHOD

First, combine all ingredients except toppings in a blender and process until smooth. The banana acts as your egg replacer to bind all of the ingredients together.

Next, add coconut oil to a pan and turn to a medium to high heat.

Pour out the batter (around 2–3 tbsp. at a time). Fry until the edges begin to turn golden, then carefully flip and fry for a further minute or so on the other side. Repeat for remaining batter.



LUNCH

15-minute portobello fajitas

KCAL
439

FAT
15g

PROTEIN
12g

CARBS
35g

INGREDIENTS

- 1 tbsp. [Coconut Oil](#)
- 2 bell peppers
- 1 white onion
- 4 Portobello mushrooms (sliced)
- Fajita seasoning spices
- 1 tbsp. soy sauce
- Handful pickled jalapeño peppers
- 6 wholewheat tortillas
- Guacamole

METHOD

Heat a large pan and add the coconut oil. Once melted, add the sliced onions and bell peppers. Fry for 8-10 minutes until the vegetables soften, then stir through the spices and fry for 2 minutes.

Add the Portobello mushrooms and soy sauce to the mixture and fry until browned, 4-6 minutes.

Once browned, warm the tortillas in the oven or the microwave. Fill the tortillas with your Portobello fajita mix, and top with jalapeño peppers, guacamole and salsa.



DINNER

Bangin' beetroot burger

KCAL
455

FAT
11g

PROTEIN
21g

CARBS
68g

INGREDIENTS

For the burger:

- 1 small white onion
- 2 cloves garlic
- 150g cooked beetroot
- 150g cooked quinoa
- 150g wholemeal breadcrumbs
- 2–3 tbsp. barbecue sauce
- Pinch salt and pepper

For the rest:

- 4 burger buns
- 1 small white onion
- 1 tsp. [Coconut Oil](#)
- 8 tbsp. vegan mayonnaise
- 1 tsp. Sriracha or your favourite hot sauce
- ½ tsp. mustard

METHOD

Fry onion slices from 1 white onion on a low to medium heat with a splash of oil for 10–15 minutes, stirring occasionally. Add 1 tbsp. unrefined sugar halfway through to aid the caramelisation process.

While waiting, place onion and garlic into a blender and pulse until coarsely chopped. Add beetroot, cooked quinoa, breadcrumbs, barbecue sauce, salt and pepper and process until fully combined.

Place a pan on a medium to high heat with the coconut oil, then fry the burgers for 10–12 minutes, flipping halfway.

To make your vegan burger sauce, mix vegan mayonnaise, Sriracha and mustard in a bowl. Pop the patties into buns, top with caramelised onions, and smother with vegan burger sauce.



SHAKE

High-protein vegan smoothie

KCAL
441

FAT
12g

PROTEIN
29g

CARBS
61g

INGREDIENTS

200ml almond milk

1 tbsp. rolled oats

2 pitted dates

1 tbsp. nut butter

1 scoop [Vegan Protein Blend](#)

1 tsp. [Chia Seeds](#)

Pinch sea salt

METHOD

Pour the milk into your blender first (this prevents anything getting stuck in the bottom).

Add the remaining ingredients to the blender and process until smooth.



**Get ready
to get
Forever Fit**