

FUEL YOUR AMBITION

NUTRITION GUIDE



THE VEGAN GUIDE

Contents

Tap to jump to section



1

**So you're
going green...**

2

**The principles of
a plant-based diet**

3

**Supplements to
get you started**

4

Meal plan

5

**Tasty plant-
based recipes**

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 favor 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 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](#)



Vegan Superfood Blend

A unique blend of plant-based protein and 20 all-natural superfood extracts — it's the ideal support for your vegan lifestyle and a great way to make sure you're getting important nutrients.

[Find out more](#)



THE Plant Protein

An ultra-premium tri-blend of plant-based protein, containing all 9 essential amino acids, as well as being an excellent source of iron and B vitamins.

[Find out more](#)



Pure Caffeine

Need a boost to see you through a busy schedule? These tablets will provide an energizing kick of caffeine — improving concentration and increasing alertness.

[Find out more](#)



THE MCT Boost

Derived from coconut oil, medium-chain triglycerides (MCT) can be converted quickly and efficiently into ketone energy, which can be used by the brain as an alternative energy source to carbs. Plus, we've added a prebiotic fiber to promote gut health and improved digestion.

[Find out more](#)

MEAL PLAN



MONDAY

BREAKFAST

Vegan Protein Blend, banana, and spinach shake

LUNCH

Falafel and salad pitta bread

DINNER

5-bean chili with rice

SNACKS

Vegan Protein Blend shake and fruit

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 yogurt with mixed berries, muesli and flaxseed

LUNCH

Edamame and vegetable stir fry with vermicelli noodles

DINNER

Lentil dahl with rice

SNACKS

Vegan Protein Blend shake and fruit

THURSDAY

BREAKFAST

Vegan Protein Blend, banana, and spinach shake

LUNCH

Lentil dahl with rice

DINNER

Chickpea burger with sweet potato wedges and slaw

SNACKS

Vegan Protein Blend shake and fruit



MEAL PLAN



FRIDAY

BREAKFAST

Tofu scramble
on toasted
sourdough

LUNCH

Smashed kidney
bean with onion,
herbs, and
salad wrap

DINNER

Veggie sausage
and tomato pasta

SNACKS

**Vegan Protein
Blend** shake
and fruit

SATURDAY

BREAKFAST

Dairy-free yogurt
with mixed
berries, muesli
and flaxseed

LUNCH

Baked beans and
jacket potato

DINNER

Butternut squash
and sage risotto

SNACKS

**Vegan Protein
Blend** shake
and fruit

SUNDAY

BREAKFAST

Tofu scramble
with veggie
sausages, fried
mushrooms,
beans and toast

LUNCH

Roasted butternut
squash soup and
whole meal bread

DINNER

Seitan steak with
roast potatoes,
vegetables,
and gravy

SNACKS

**Vegan Protein
Blend** shake
and fruit





MAKES
6–8 pancakes

BREAKFAST

Fluffy vegan pancakes

KCAL
89

FAT
2g

PROTEIN
7g

CARBS
11g

INGREDIENTS

1 cup Rolled Oats
1.5 scoops [Vegan Protein Blend](#)
1 tsp. baking powder
1 cup 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 whole wheat 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
- 5 oz. cooked beetroot
- 5 oz. cooked quinoa
- 5 oz. whole meal 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 favorite 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 caramelization 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 caramelized onions, and smother with vegan burger sauce.



SHAKE

High-protein vegan smoothie

KCAL
441

FAT
12g

PROTEIN
29g

CARBS
61g

INGREDIENTS

1 cup 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**