

1 Month Vegan Challenge



**VEGAN
MACROS**

Shed Fat & Build Muscle

COMPLETE VEGAN SYSTEM

Meal Plan, Macronutrients, Tips for sticking to a vegan diet,
Supplements, Worksheets & more



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Introducing Macros

Ever wondered how some people maintain their body size without doing too much? Well, perhaps you may have heard of the term Macros before, especially about dieting.

Now if you've heard of the term macros, it was probably from a friend or someone who's really into food and nutrition.

The good thing about macro dieting is that almost anyone wanting to make smart food choices, for example, losing weight, building muscle or maintaining a healthy lifestyle can benefit from it.

For sure, you must have heard the phrase "tracking your macros" — but what are macros, anyway? And can counting macros help someone lose weight, bulk up or achieve some other health goal?



Calculating Macros For Bulking, Cutting & Maintenance

Now that you know what macros are its time to learn how to calculate them.

When it concerns macronutrients, the amount of each you should be eating varies from person to person. The perfect amount of macronutrients is called "macronutrient ratio." The macro ratio will depend on your age, height, weight, activity level, and your goal.

In general, for an adult female, the "normal" calorie intake is about 2000 Calories and for an adult male its 2500 calories. Still, this depends on your age, weight, and activity level.

Note! intake ratio is written in percentages but nutrition information is provided in grams.

The following information has been carefully researched and will help you meet your macros, whether your goal is to bulk up, cut or maintain your current weight. Follow the pages below and I promise you, you can't go wrong.

Your vegan diet should only consist of foods that come from the following sources.

Mainly you will include foods such as:



Grains

Oatmeal,
Quinoa,
Brown Rice



Legumes

Beans, lentils,
chickpeas



Fruits and Veg

All kinds,
including
small
amounts
of nuts and
seeds



Processed Foods (Small amounts only)

Whole grain
bread, whole
grain
pasta, Soya,
Tofu, plant
based protein
powder.

To calculate your macros;

Step 1

You will need to establish how many calories you eat each day. Let's say 2,561 calories.

Step 2

Determine your ideal ratio. A good starting point would be to eat about 40 percent carbs, 40 percent protein, and 20 percent fat.

Step 3

Multiply your total daily calories by your percentages.

Step 4

Divide your calorie amounts by the calorie-per-gram number.

Here's how to calculate calories for each macronutrient:

For a 2,561 calories diet with a macro ratio of 40:40:20 of carbs, protein, and fat, it would be calculated as follows:

- CARBS: 40% of 2561 calories = 1,024. Meaning eating 1,024 calories worth of carbs daily
- PROTEIN: 40% of 2561 calories = 1,024. So, Get 1,024 calories worth of protein.
- FATS: 20% of 2561 calories = 512. Get 512 calories of fat.

How to calculate the actual gram amounts:

To calculate the calorie amounts in grams, you have to divide by how many calories there are per gram in each macronutrient.

There are 4 calories/g in carbs, 4 calories/g in protein, and 9 calories/g in fat).

For a 2,561 calories diet, your daily amounts in grams would be:

- 1024 calories from carbs / 4 = 256 g carbs
- 1024 calories from protein / 4 = 256 g Protein
- 512 calories from fat / 9 = 56.8 g fat

It may seem a bit complicated at first, but when you do it step-by-step, it's quite easy to calculate how much carbs, protein, and fat you need in your diet.

Define Your Physique Goals

These are the categories that most people fall into.

- 1 Lose weight but keep muscle mass (cutting)
- 2 Want to build muscle and become stronger (bulking)
- 3 Want to be healthy and stay lean (maintain)

So looking at the above categories, I'm hoping you already know which of these 3 goals you want to achieve.

Your Goal - Fat Loss

If your goal is fat loss you will need to eat less (calorie deficit) than your maintenance calories. Generally, a lot of people recommend reducing 500 calories from your maintenance to get started.

But keep in mind that everybody reacts differently to a change in diet so let's have a look at another possible option before you decided how to approach it. It takes a deficit of about 3500 calories to lose one pound of fat.

So if you're in a deficit of 500 calories per day, that's 3500 in a week (or 1 pound of fat loss per week). There's nothing wrong with this approach, but it might not be the best option for you.

If your starting maintenance calories is around 3000, reducing your daily calorie intake by 500 calories means a 15% reduction of calories.

If, however, your maintenance calorie intake is 2000 and you subtract 500 from that, you're cutting your calorie intake by 25%. That's a drastic difference you may not be able to sustain for very long. Makes sense?



In such a case, what I would suggest is that you reduce a percentage instead of a number range.

Once you set your new calorie goal, track how you're feeling, and make changes accordingly. Another tip would be to gradually cut down the calories rather than an immediate cut of calories so your body has the time to adapt to it.

Your Goal - Gain Muscle Mass

This is the inverse of what we just looked at. If your main goal is to pack on muscle, you will need to eat above your maintenance calories for a period of time. Remember, when I say excess, I don't mean you can go all out, no restrictions.

It's very important not to eat too far above your maintenance calories to avoid gaining too much body fat.

If the surplus is smaller, you'll gain mostly muscle with relatively little fat (This is what the 'gym bros' call 'lean bulking').

Similar to those who are calculating a calorie deficit, there are two main approaches to being in a surplus:

Increase your maintenance calories by a certain number (say 500) or by a percentage, and aim for that amount on a daily basis.

For example, if your maintenance calorie number is 3000, you could start by increasing this by 10%.

Your new goal, then, is 3300 calories per day, and slowly increase it until you're gaining the optimal amount of muscle with the least excess fat.



Your Goal - Maintenance

If your goal is to maintain your current weight, then you should continue with your maintenance calories.

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EAT LARGER CALORIE SURPLUS ON TRAINING DAYS

Another approach is to maintain a caloric surplus on training days, and maintenance calories on non training days.

So, with our example of the 3000-calorie maintenance level, you would eat 3000 calories on rest days, and 3500-3600 on training days. I lean toward a small to moderate calorie surplus (e.g. 10%) on a regular basis.

This percentage will change depending on someone's body type, current fitness level and physique, goals, and more. It's easier to maintain consistent nutritional habits this way.

Instead of having to eat quite a bit more food on training days and quite a bit less on rest days, you're eating about the same amount of food every day.

And keep in mind that the 10% works for me as I'm not looking to build large amounts of muscle. Experiment with your meal plan and your goals, to figure out what your surplus or deficit in calories should be.

While it can be tempting to eat more than you need and gain muscle faster, you will also be gaining fat at an equally high rate.

It'll be a lot harder shedding that fat than a regulated amount built up over a gradual period.



FINAL WORDS ON CUTTING, BULKING & MAINTENCE

Still don't get it? No worries. You can use a macronutrient calculator.

An effective way for weight loss is to focus on protein and fat.

A higher protein and fat diet will make you feel full and satisfied, keeping you from overeating.



Vegan Grocery List

The following food table provides you with plenty of plant-based food options that you can add to your grocery list.

(This is also available in the 1 Month Vegan Challenge folder for download).

Tick off your Favorite Vegan Grocery List

Vegetables	Fruits	Healthy Fats	Vegan Dairy Substitutes
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Apples	<input type="checkbox"/> Avocado	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Avocado	<input type="checkbox"/> Apricots	<input type="checkbox"/> Olives	<input type="checkbox"/> Avocado
<input type="checkbox"/> Beets	<input type="checkbox"/> Bananas	<input type="checkbox"/> Extra Virgin Oils	<input type="checkbox"/> Beets
<input type="checkbox"/> Bell Peppers	<input type="checkbox"/> Blackberries		<input type="checkbox"/> Bell Peppers
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Blueberries	Nuts	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Cherries	<input type="checkbox"/> Almonds	<input type="checkbox"/> Brussels Sprouts
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Brazil Nuts	<input type="checkbox"/> Cabbage
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Cashews	<input type="checkbox"/> Carrots
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kiwis	<input type="checkbox"/> Chestnuts	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Celery	<input type="checkbox"/> Lemons	<input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Celery
<input type="checkbox"/> Corn	<input type="checkbox"/> Mangoes	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Corn
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Pecans	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Oranges	<input type="checkbox"/> Pine Nuts	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Garlic	<input type="checkbox"/> Peaches	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Garlic
<input type="checkbox"/> Yams	<input type="checkbox"/> Pears	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Yams
<input type="checkbox"/> Leek	<input type="checkbox"/> Plums		<input type="checkbox"/> Leek
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pomegranate	Seeds	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Onions	<input type="checkbox"/> Raspberries	<input type="checkbox"/> Chia Seeds	<input type="checkbox"/> Onions
<input type="checkbox"/> Potatoes	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Flax Seeds	<input type="checkbox"/> Potatoes
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Hemp Seeds	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Radishes		<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Radishes
<input type="checkbox"/> Sprouts	Dried Fruits	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Sprouts
<input type="checkbox"/> Squash	<input type="checkbox"/> Apple	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Squash
<input type="checkbox"/> Sugar Snap Peas	<input type="checkbox"/> Apricots		<input type="checkbox"/> Sugar Snap Peas
<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Banana Chips	Nuts & Seeds Butters	<input type="checkbox"/> Sweet Potatoes
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Currants	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Zucchini
	<input type="checkbox"/> Dates	<input type="checkbox"/> Macadamia Nut Butter	
	<input type="checkbox"/> Figs	<input type="checkbox"/> Mixed Nut & Seed butters	
	<input type="checkbox"/> Pears	<input type="checkbox"/> Peanut butter	
	<input type="checkbox"/> Prunes	<input type="checkbox"/> Sunflower Seed Butter	
	<input type="checkbox"/> Raisins	<input type="checkbox"/> Tahini	

Leafy Greens

- Arugula
- Bok Choy
- Kale
- Lettuce
- Romaine
- Salad Mixes
- Spinach
- Spring Greens
- Swiss Chard
- Turnip Greens
- Watercress
- Wheatgrass

Whole Grains

- Amaranth
- Barley
- Rice (brown,black)
- Buckwheat
- Bulgur
- Cornflakes
- Farro
- Millet
- Oats
- Quinoa
- Rye
- Spelt
- Whole Grain Pasta

Spices And Herbs

- Anise
- Basil
- Bay Leaf
- Celery Seed
- Chili Powder
- Chives
- Cilantro
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Garlic Powder
- Ginger
- Lemongrass
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley

Legumes

- Azuki Beans
- Black Beans
- Black Eyed Peas
- Chickpeas
- Edamame
- Fava Beans
- Green Beans
- Kidney Beans
- Lentils (Yellow, Red, Black)
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Snow Peas
- Soy Beans
- Split Peas

Pantry Items

- Almond Milk
- Cashew Milk
- Coconut Milk
- Coconut Yogurt
- Hemp Milk
- Oat Milk
- Rice Milk
- Soy Milk
- Soy Yogurt
- Tempeh
- Tofu
- Vegan Cheese

Pantry Items Sweeteners

- Coconut Sugar
- Canned Beans
- Canned Tomatoes
- Coconut Milk
- Curry Paste
- Guacamole
- Harissa
- Humus
- Miso Paste
- Mustard
- Nutritional Yeast
- Salsa
- Sriracha Sauce
- Sun Dried Tomatoes
- Vinegar
- Tomato Paste

For Baking

- Baking Powder
- Baking Soda
- Cocoa
- Coconut Oil
- Corn Starch
- Ground Flax Seed
- Whole Grain Flour

Misc

- Coffee
- Tea

How to Calculate TDEE - Your daily calorie requirements?

Remember how I used this amount 2,561 as the daily calorie amount? Well, here's how to calculate your daily calorie requirement.

Put simply, Total Daily Energy Expenditure (TDEE) is the estimated amount of calories you burn daily including the periods when you are active.

TDEE is calculated by first determining the Basal Metabolic Rate (BMR), and then multiplying the BMR value by an activity multiplier.

BMR is the amount of energy the body burns while doing nothing within 24 hours.

Use one of the following formulae to calculate your BMR:

Here is the Harris-Benedict equation formula;

The Imperial formula (IF) (weight in lbs, height in inches)

Men: $BMR = 66.5 + (6.2 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$

Women: $BMR = 655.1 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$.

The Metric formula (MF) (weight in kg, height in cm)

Men: $BMR = 66.5 + (13.75 \times \text{weight in kg}) + (5.003 \times \text{height in cm}) - (6.755 \times \text{age in years})$.

Women: $BMR = 655.1 + (9.563 \times \text{weight in kg}) + (1.85 \times \text{height in cm}) - (4.676 \times \text{age in years})$.

Alternatively, you can use the Mifflin-St. Joer equation, which is considered to be more accurate than the Harris-Benedict equation.

Note:

To calculate your BMR, you need to know your weight in kilograms and your height in centimeters.

Men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$
Women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$
Example: BMR for a man who is six feet tall (72 inches), thirty years old, and weighs 175lbs (79.5Kg) will appear like this:

Using Harris-Benedict equation (imperial)

$66.5 + (6.2 \times 175) + (12.7 \times 72) - (6.76 \times 30) = 1,863.1$ calories
Once your BMR is calculated, you can easily work out your TDEE, based on the activities you do throughout the day like walking, exercising etc.

Simply multiply your BMR by your physical activity level (PAL) number that corresponds the most to your daily activities in the table below:

Average PAL Value

(multiply this value by your BMR to get your TDEE)

LEVEL ACTIVITY

- SEDENTARY (no exercise): x 1.2
- LIGHT ACTIVITY (1-3 days of exercise): x 1.3
- MODERATE ACTIVITY (3-5 days of exercise): x 1.55
- HEAVY ACTIVITY (6-7 days of exercise): x 1.725
- VERY HEAVY ACTIVITY (7 days/physical job along with working out): x 1.9

BMR EXAMPLE

Let's say the man has a sales job and exercises twice a week. This can be classified as a lightly active lifestyle. Using the BMR of 1,863.1 calories and light activity, the TDEE calculation will be as follows:

$TDEE = BMR \times PAL$

$1,863.1 \times 1.375 = 2,561$

$TDEE = 2,561$ calories

Note: there will always be a difference in the final amount if you use either of the equations to calculate your BMR and TDEE.

If numbers frighten you and you are confused at this point, do not worry. An easier way is to simply use a macro diet calculator or calories apps make it easier to log the foods you're eating and to calculate how many macros are in them.

Using Apps to Calculate Calories

Here are a few popular apps for calculating calories:

1 MY FITNESS PAL:

It is the most widely used calorie and diet tracker app. With over 80 million users, a database of over 5 million foods and tracks their calorie value.

2 CRONOMETER

It is what many in the vegan community use.

3 LIFESUM

4 MY DIET COACH

Once you sign up (via app or website), fill in the required personal information and confirm your email, go to profile settings and see your BMI, BMR, etc little bit of body text

Tweak the settings as needed to suit your lifestyle. The basic calorie goals are slightly lower, but it does an amazing job of tracking macros.

Under the settings, click on the Target tab, adjust your macros ratio, scroll down to set your weight goals and tons more.

Click the DOTS below app name to download the apps



MY FITNESS
PAL



CRONO-
METER



LIFESUM



MY DIET
COACH

For Android Users



For Apple Users



How to Calculate Proteins, Fats and Carbs As A Vegan?



As a vegan you will require the similar type of macros (carbohydrate, protein, and fat) as someone who eats animal products.

The method of calculating your macros is the same as described and illustrated above.

However, for vegans it is better to aim to get half their calories from carbohydrates (whole, nutrient dense sources whenever possible), 25- 30% from healthy fats, and 25-30% from protein.

Since most plant-based protein-rich foods also come with noticeable amounts of carbs,

using the suggested vegan macros ratio above will help you achieve your macro targets easily while eating whole foods.

Furthermore, as a vegan, about 50 – 75% of your fiber intake should be consumed as more carbs.

For example, if you consume 60 grams of fiber daily, then you need to compensate for the indigestible carbs that are included in your total carb goal by eating an additional 45 grams of digestible carbs.

That being said, keeping track of your calorie intake and maintaining it is very difficult to do, and by all means, do not take it to the extremes but rather keep it as close to your numbers as you can.

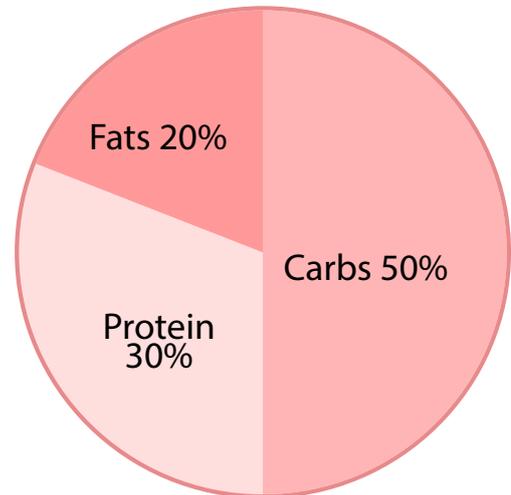
It will help you reach your goals the fastest.

What Macro Ratio Works Best For Me?

This 50/30/20 breakdown shown below is a good starting point, and can be tweaked as necessary.

People who find they gain weight very easily may want to cut carbs down to 40%, while endurance athletes putting in many hours of cardiovascular training each week may perform better with higher carbohydrate percentages.

When it comes down to it, use 50/30/20 as a baseline, and experiment from there.



CONCLUSION

IMPORTANT NOTE: Stay far, far away from extreme macro ratios like the 80/10/10 diet (That's 80% carbs, and only 10% fat and 10% protein), which is unfortunately popular in the vegan world, or keto (which includes only 5-10% of calories from carbs, and the majority of calories from fat).

There's no clinical evidence that these extreme diets work — and, in fact, there's evidence that they can be harmful.

Example: eating anything less than 15% of your total calories from fat (like the 10% in the 80/10/10 diet) can seriously mess with your hormones.

Good luck!