

# Vegan Tips

**For all meats and dairy, I have had them replace it with protein rich sources like:**

Non-dairy Milks and yogurts

Nut Butters

Quinoa

Lentils

Beans

Chia seeds

Farro

Please avoid any soy-based products :)

Really it is just about getting the right amount of protein and fats from your vegan sources. Try Mixing in some avocado with some of your ancient grain sources to give them a bit more body.

I am going to break this into sections to help you :)

**In regards to the right amount of proteins and fats:**

This is always a tricky subject when talking to nutritionists. **I'll start with protein...**

Most of us need between 0.8 and 1 gram of protein per day for every kilogram of body weight. That works out to 55 grams of protein per day for someone who weighs 150 pounds or *approximately 10 percent of normal caloric intake.*

*Here are some good sources and the amounts of protein they have in them:*

1 cup Vegetarian Baked Beans = 12grams

1 cup cooked Broccoli = 4 grams

1/4 cup almonds = 8 grams

1 tbsp. almond butter = 8 grams

1 tbsp. chia seeds = 4 grams (but awesome fats too)

So say instead of chicken or fish you has, 1/2 beans with 1/4 cup chopped almonds. The rest of the veggies in the meal would bum you up to the right protein amount.

Fats:

Follow the fats that are used in the plan already like, Avocado, chia and cocnut oil. When you are eating things like nut butters, beans and seeds you are getting all the good fats :)

-When using nut butters (like almond butter, make sure you are buying the "all-natural" unsalted version. As far as servings, keep it to 1 tbsp. per use.

-If you can substitute the non-diary Greek yogurt where you see regular Greek yogurt that would be best (just to make it easier for you to follow the program).

Because you are not eating any animal products you might be a bit hungrier. I would suggest adding green tea into your daily intake to fight some of that hunger off.