



VEGETERIAN DIET

DIET GUIDELINE

- You must eat 5-6x/day and every 2.5 to 3 hrs
- You must eat within 30mins of waking up
- Time food with your workouts. Make sure you eat 1 to 1.5 hrs before your workout (snack or a meal). If you can't eat right after you train (within 30mins) you must have a protein shake right after and then eat a meal no later than 1-1.5 hour after you have your shake.
- Increase water intake to 3-4L/day—VERY IMPORTANT *for proper digestion, joint lubrication, muscle recovery, and waste removal you should strive to drink at least a liter of water per 25 pounds of body weight. Of course, more is better. Water is necessary for metabolizing stored body fat, transportation, and absorption of vitamins and minerals. It aids in circulatory and digestive functions, controls body temperatures, prevents dehydration, and removes toxins from the body.*
- It's important NOT to skip meals, eating frequently is critical to weight loss and keeping a lean figure
- Eat protein with every meal – this is scheduled in your meal plan but I want to make sure that's clear 😊
- Track your food intake: create an account on www.myfitpal.com – its free and an excellent resource to track your meals (has a get app too). We also have a nutrition app on the Body Beautiful portal that you can use instead if you prefer. In both apps make sure you use the validated food items (in myfitnesspal those are the ones with a green check mark, on the Body beautiful app it says validated). Users can create their own food items and can often be incorrect, so use the validated ones that are confirmed by the app developer.
- **You cannot have anything, anything, anything that's not on your list:** no bread, no alcohol, no sweets, or artificial sweeteners (use Stevia if you wish otherwise, it's a natural sweetener and can be found in most health food stores), no condiments/salad dressings except what's listed, no protein bars/other protein substitutes except protein powder
- Eating out: Limit it to 1-2x a week however you must ask that the meat is dry grilled without butter/sauce etc and veggies served steamed. Remember you can ask for no starch (potatoes, rice pasta) and ask them to give you veggies instead (from your allowed list)
- Stay away from "man-made" processed food – eat things that once lived (animals, fish, plants)
- **You will get one high carb day after 2 weeks – no cheat days allowed until your diet ends!**
- You may move your meals around but please do not change the actual structure of your meals.
- If you are NOT vegetarian go to the meat eating plan as this would not work better for you!



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FOOD LIST

Measure your food – use a digital scale, cup & spoon measure, do not estimate!

PROTEINS CHOICES (P) Each of the portions below is equal to one serving - 1P (serving size maros vary)	FIBROUS CARBS CHOICES (FC) 1FC portion is 2 cup raw veggies or 1 cup cooked veggies. Veggies with * you can have unlimited	STARCHY CARBS CHOICES (SC) Each of the portions below is equal to 1SC (30-35g net carbs)	HEALTHY FATS CHOICES (F) Each of the portions below is equal to 1F (12-14g fats)
<ul style="list-style-type: none"> • 1 eggs + ½ cup egg whites • 1 cup egg whites • 115g (4oz) plain 0-2% Greek yogurt or PC Plain Skyr Icelandic Style 0-2% M.F. Yogurt (its lactose free!) look for ones with 18g of protein or more • 115g (4oz) 2% Cottage Cheese (no other dairy) • 1.5 cups firm organic tofu • 1 Wholly Veggie Burger • 1.5 cups of other soy products (veggie "meat/cheese") • 0.75 cup Tempeh • 1 other Veggie Burgers made with beans and veggies (look for natural ingredients or make your own) • 1 .5 cups Edamame • 1 scoop vegan protein powder (BodyLogix) or other Vegan proteins • 1 cup beans/lentils or chick peas (measured cooked) <p>ALL SOY PRODUCTS SHOULD BE ORGANIC!</p> <p>NOTES: We have kept dairy and eggs on this plan. But you do not need to have those if you do not eat them</p>	<ul style="list-style-type: none"> • Cucumbers* • Radishes* • Tomatoes • Lettuce* • Spinach* • Bok Choy • Cauliflower • Mushrooms* • Asparagus • Green beans • Sprouts • Celery* • Broccoli • Zucchini • Green, red or yellow peppers • Any other green or leafy veggies <p>NOT OK (high in sugar): Peas, carrots, corn (can have on high carb days if you wish)</p>	<ul style="list-style-type: none"> • ½ cup gluten free oatmeal (plain flavor, measured dry) • 1 cup cooked pasta made from rice, potato, or quinoa (for best results omit) • 1 cup cooked quinoa • 1 cup cooked brown rice • 2 cup cooked squash • (4oz) medium Yam or Sweet potato (boiled, or baked – not fried) • 1 cup cooked any of the following: Amaranth, Buckwheat groats Millet, hulled Oat Groats Oat bran Rye, Spelt, Teff • 1 slice flourless or millet, buckwheat, or Ezekiel bread (found in frozen selection of large grocery stores) Once a day only • 2 cups of berries • ½ grapefruit • 1 apple, pear or 2 plums <p>NOT OK: Anything else that's not listed here!!!</p> <p>You can have other starchy carbs during your high carb day</p>	<ul style="list-style-type: none"> • 1 tbsp any of the following oils: olive oil, flaxseed oil, coconut oil, walnut, avocado, sesame, Macadamia Nut • 8-10 medium olives (green or black) • 1/3 of avocado • 1 oz of any cheese • 1 tbsp nut butter (no peanut butter). No more than 1 tbsp!!! • 2 tbsp of ground flax seed • 1/3 cup or any nuts except peanut <p>NOT OK: no other nuts, none of the following oils: canola, peanut, corn, safflower, grape seed, soybean</p>



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FISH: if you eat fish you may count 6 oz of white fish or shellfish as 1 P, or 5 oz of fatty fish (sardines, salmon, trout) as 1 P			
SNACK IDEAS (pick one per serving) (use these as your snacks or create your own from the food list according to the weekly meal planner guideline)			
<ul style="list-style-type: none"> • 2/3 cup Greek yogurt • 2/3 cup of cottage cheese w/cinnamon or unsweetened cocoa + stevia (zero calorie natural sweetener available at health food stores) • 2/3 cup Greek yogurt w/1/3 cup berries • 1 tbsp nut butter w/protein shake made with unsweetened Almond Milk or water • Protein Shake w/-½ cup berries • 1 scoop protein shake w/Almond Milk or Water • 3-4 oz veggie “meat” wrapped in lettuce w/mustard • Quest Bar (limit to 2 a week) 			
OTHER These are your “Free Foods” – have anytime			
<ul style="list-style-type: none"> • Coffee black or with a <u>bit</u> (not a latte) of almond, skim (no cream or sugar!) • Teas black or with a <u>bit</u> (not a latte) of almond, skim and sweetened with Stevia (no cream or sugar!) • Lemon juice (pure for salads or to marinate meat) • Unlimited Vinegar –(apple cider, white or red); if having balsamic no more than 2 tbsp a day (too much sugar in it) • Mustard – yellow mustard or Dijon (no honey mustard) • Hot Sauce with less than 10calries a serving • Salad dressing: mix your own (1 tbsp olive oil, 2-3 tbsp balsamic vinegar or apple cider vinegar, basil and garlic is nice) Count at part of your fats if using the oils (otherwise you can also mix apple cider vinegar, with Dijon mustard (not honey Dijon!) and herbs and one packet of stevia • Any Spices & Herbs, Salt (sea salt is best), Pepper (too much salt can make you bloated and retain water, do not overdo it) • 1 cup/day unsweetened Almond milk (Vanilla or Chocolate flavor ok) • 2 tbsp of cocoa powder a day • Shiratake or Kelp Noodles (10 calories per serving!) • Walden Farm Products (dressing, sauces, dips- tings like Carmel Dip, Pancake Syrup etc – AMAZING STUFF all ZERO calories! Can find on lowcarbcanada.ca 			



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WEEKLY PLANNER

You have three types of days you need to be familiar with:

- Carb Deplete Day: For main meals **eat one “starch” only** (at breakfast or at lunch) – below meal plan below has a carb with breakfast you can switch order around and have it with lunch instead (no starchy carbs after lunch)
- Medium Carb Day: For main meals **eat two starches**, one at breakfast one at lunch (no starchy carbs after lunch)
- Carb Load Day: This will start on week 3– Eat a starch with every meal

It is very important to follow the food combinations below. You will notice P (protein) is in all meals. You will also notice that F+SC (fats + starchy carbs) are never combined in one meal. Fats are either combined with Proteins and Starchy Carbs are combined with Proteins. **Remember from your food list: P= protein; SC=Starchy Carb; FC=fibrous carb; F=Fat;**

WEEK 1 & 2

MEAL	MON Carb Deplete	TUE Carb Deplete	WED Medium Carb	THUR Medium Carb	FRI Carb Deplete	SAT Medium Carb	SUN Medium Carb
1	Breakfast 1 P + 1 SC + (optional 1FC)						
2	Snack – choose from snack list or make your own as per the following: 1P + 1F or 1P + 1FC						
3	Lunch 1 P + 1FC + 1 F	Lunch 1 P + 1FC + 1 F	Lunch 1 P + FC + 1 SC	Lunch 1 P + FC + 1 SC	Lunch 1 P + 1FC + 1 F	Lunch 1 P + FC + 1 F	Lunch 1 P + FC + 1 SC
4	Snack – choose from list or make your own as per the following: 1P + 1F or 1P + 1FC						
5	Dinner 1 P + 1FC + 1 F						
6	Optional only if hungry 1P						



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WEEK 3 to 8

MEAL	MON Medium Carb	TUE Carb Deplete	WED Medium Carb	THUR Carb Deplete	FRI Carb Deplete	SAT Carb Load	SUN Medium Carb
1	Breakfast 1 P + 1 SC + (optional 1FC)						
2	Snack – choose from snack list or make your own as per the following: 1P + 1F or 1P + 1FC					Snack 1P	Same as Mon- Fri
3	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 F
4	Snack – choose from list or make your own as per the following: 1P + 1F or 1P + 1FC					Snack 1P+1SC	Same as Mon- Fri
5	Dinner 1 P + 1FC + 1 F					Dinner 1 P + 1 FC + 1 SC	Dinner 1 P + 1FC + 1 F
6	Optional only if hungry 1P						

Questions about your diet?

Post your question on our [Facebook member group](#) – many girls can assist and we will be posting weekly recipes there!