



# Your Food Guidance

## ***Food & Life Recommendations***

### ***To do's:***

- Eat 3 main meals a day: breakfast, lunch and dinner.
- One side of your plate should be carb / fat based fruits & vegetables.
- One side should be a vegan protein source.
- Eat wholefoods and organic foods.
- Drink 2.5L of water a day.
- Drink more than 2.5L of water a day on exercise days.
- Try to have a maximum of two snacks a day: vegan protein bar, fruit or berries.
- Invest in weight-loss supplements suitable for vegans.
- Include friends, family and work colleagues into your weight-loss goal.
- Get enough sleep: Men = 8 hours / Women = 9 hours.

### ***To Avoid:***

- Avoid exceeding the amount of calories your body needs.
- Avoid putting yourself in situations where you can not control yourself (parties, cafes etc...).
- Avoid added sugar, processed foods & sugar-filled drinks.
- Avoid alcohol.
- Avoid pastry.
- Do not eat less than 1,200kcal a day without speaking with your doctor first.

# Your Plate Portions

**Top notes from the picture:**

- One side of your plate is protein.
- One side of your plate is vegetables, fruits or similar.
- Always ask, "is this a 'me-size' meal?"

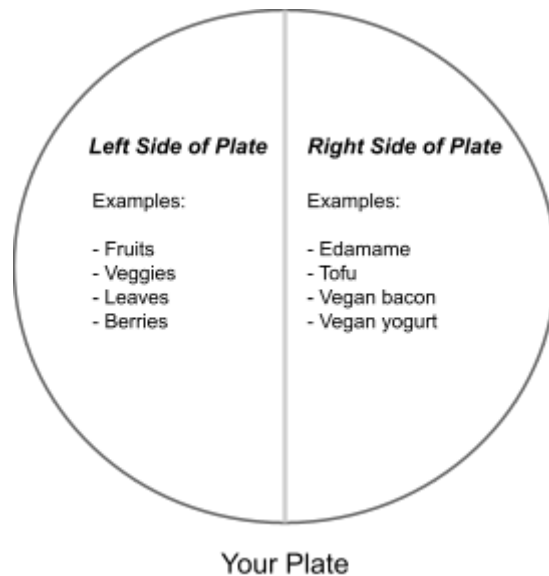


**In the picture, I am recommending the following:**

- one side of your plate should be foods that are your fruits, vegetables or of that nature.

- one side of your plate should be foods that are high in protein.

\*please use a human-sized plate.



**Portion / Measurement terms for the diet guidance on page 4:**

Any number between 1 - 20 means the amount (i.e. 10 berries or 20 cashew & almond mix).

*Half or 1/2* means about half the amount... (i.e. half an avocado or 1/2 a cup of tofu).

*Hand long* means approximately the length of your hand, from wrist to fingertips.

*Cup* means approximately 1 cup or half a standard mug.

*Glass* means approximately 200ml - 250ml.

*Tbsp.* means tablespoon.

# Foods To Love

## Suggested Carbs, Proteins & Fats

Left Side of Plate		Right Side of Plate
Carbs	Fats	Proteins
Vegetables	Walnuts	Lima Beans
Fruits	Avocados	Vegan Bacon
Berries	Almonds	Almonds
Chickpeas	Cashews	Tofu
Beans	Seeds	Quorn
Lentils	Pistachios	Cashews
Oats	Olives	Soy Milk
Oat Milk	Olive Oil	Lentils / Edamame
	Cashew milk	Soybeans / White or Black Beans
		Peanut Butter

**Note:** Some of these foods cross over to other categories. (I.e. nuts are both a fat and a protein source).

## LEFT SIDE of Plate: Top Fruits, Vegetables & Berries - Try to be as organic as possible.

Vegetables	Fruits	Berries
Spinach	Bananas	Blackberries
Celery	Oranges	Strawberries
Avocados	Apples	Raspberries
Sweet Corn	Grapes	Blueberries
Cabbage	Peaches	Cranberries
Onions	Cherries	
Peas	Pears	
Asparagus	Tomatoes	
Mushrooms	Bell Peppers	
Cauliflower	Pineapples	
Rocket	Berries	
Carrots	Kiwis	

# 104 Different Day Plates - Vegan

Left Side of Plate - Choose One Option		Right Side of Plate - Choose One Option	
<b>Breakfast</b>	Option 1 - Fruit & Half Avocado	Option A - Vegan Bacon	3-4
	Option 2 - Fruit & 10 Nuts	Option B - Vegan Yogurt (200g)	5-6 tbsp.
	Option 3 - Fruit & ½ cup oats	Option C - Soy Milk	1 glass
	*Fruit can be fruit, berries or a healthy mix.	Option D - Peanut Butter	1 tbsp

Left Side of Plate - Choose One Option		Right Side of Plate - Choose One Option	
<b>Lunch</b>  <b>&amp;</b>  <b>Dinner</b>	Option 1 - Vegetables & 10 Olives	Option A - Vegan Cheese	1 cup
	Option 2 - Vegetables & Half Avocado	Option B - Tofu	½ cup
	Option 3 - Vegetables & 10 Nuts	Option C - Cashew & Almond Mix	20 total
	Option 4 - Vegetables & 10 Seeds	Option D - Quorn	1 cup
	Option 5 - Vegetables & Nuts-Seeds	Option E - Lentils	1 cup
	Option 6 - Cauliflower Mash	Option F - Edamame	1 cup
	Option 7 - Carrot & Parsnip Mash	Option G - Soybeans	⅓ cup
	Option 8 - Leafy Vegetables Only	Option H - White beans	1 cup
	Option I - Black beans	1 cup	
	Option J - Lima Beans	1 cup	
	Option K - Kidney Beans	½ cup	

Ok dressing & sauces...	Ok snacks...
<ul style="list-style-type: none"> <li>• Low sugar ketchup / Low calorie salsa</li> <li>• Soya sauce</li> <li>• Tzatziki</li> <li>• Mustard</li> <li>• Vinegar / Low sodium soy sauce</li> <li>• Guacamole</li> <li>• Any vegan Slender Chef dressing.</li> <li>• Any vegan low calorie or 0 calorie dressing.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegan protein bars ( &lt;5g of sugar per bar)</li> <li>• Any 1 fruit</li> <li>• 1 large carrot or 1 medium cucumber</li> <li>• 10 medium sized strawberries</li> <li>• 10 - 15 blackberries</li> <li>• 10 - 15 raspberries</li> <li>• 10 - 15 blueberries</li> <li>• 10 - 15 cranberries</li> </ul>

Try this daily food routine...

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
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