

BASIC NUTRITION GUIDE

WITH COACH KEEKS



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I, Keelan Clemens, am a Certified Personal Trainer with a Degree in Exercise Science with substantial knowledge, experience and education concerning nutrition that I have developed over 16-years in the industry. I am not a medical doctor and none of the content of this nutrition guide or materials herein are intended to provide medical advice, diagnose, treat, or cure any diseases. Please consult with your primary care physician or licensed healthcare provider if you have any questions regarding your family's health. Please always read food and supplement labels carefully for potential allergens, sensitivities, or intolerances. I cannot be held responsible for the ingredients in products you purchase nor for potential cross contamination that may occur in your kitchen. If you are concerned about consuming any specific food, or any reactions you might have, please consult with your primary care physician or licensed healthcare provider. The content in this guide is provided for general educational and informational purposes only. It is meant to provide information so that you can make informed decisions and discuss any issues with your health care provider. It is not intended as, nor should it be considered a substitute for professional medical advice, diagnosis, treatment, or individualized care. By using the information offered in this guide and in the materials herein you agree to waive any and all claims, indemnify and hold harmless Keelan Clemens Health & Fitness and BPM Indoor Cycling Inc. dba BPM Fitness Centre for any losses, injuries or damages resulting from your use or misuse of this content. Keelan Clemens Health & Fitness and BPM Indoor Cycling Inc. dba BPM Fitness Centre makes no submissions about the accuracy or suitability of this content. Use at your own risk.



BASIC NUTRITION GUIDE

The majority of North Americans, Canadians included, are overfed and undernourished. We consume more calories than our bodies need, but those calories lack the nutrients our bodies require to function properly. As a result, we gain unwanted weight, have low energy, sleep poorly, and have terrible poops! Our prime empty calorie suspects – processed and refined foods, and alcohol. This Guide aims to teach you how to eat properly for your goals and replace those empty calorie foods with nutrient dense ones from healthier sources, so you can live a healthier happier life. If you require more support or customization [click here](#) for your custom plan.

If you dedicate yourself and adhere to this Guide you can benefit from better digestion, better sleep, clearer skin, reduced body fat, improved cognitive function, reduced anxiety, lower blood pressure, stable blood sugar, more energy, and of course better poops. Sounds like a dream, right!? I say all this speaking from experience. I spent over a decade, struggling with my gut health. My body was never happy, I had brain fog, skin irritation, eczema, mood swings, joint inflammation, and less than happy poops. Every Doctor I went to told me there was zero correlation between these symptoms and my diet. So, I set off to prove them wrong. I took it upon myself to experiment with my diet and see what would happen to my body. I started by cutting out processed and refined foods. Then I cut out gluten. Then I cut out all dairy products until I was virtually animal product free. Miraculously after 3 to 4 weeks, most of my symptoms went away with this elimination method. However, I had a new problem, I was losing weight and not in a good way. My novice mistake was that I eliminated foods without incorporating alternatives. So my body took on some new concerns ... Not only was I getting skinny quickly, but my energy levels dwindled and I became very sick – for 14 weeks in fact. Again, I went to the Doctor but this time I asked for blood work, specifically requesting an iron test. The Doctor, told me there was no reason why my iron levels should be low, “you are not a female, there’s no reason you’d have low iron.” I remember this

ridiculous statement like it was said yesterday. So, out of what seemed like spite, the Doctor refused to check-off iron on my blood work requisition. Thankfully, I had the wise plan to check-off “iron” with the same colour pen prior to my LifeLabs appointment. Was it risky? Maybe. But my health was on the line. Soon after, I received my blood work results and ding, ding, ding – low iron! So, I quickly researched all I could about iron deficiencies and iron-rich foods. I always knew red meat was loaded with iron, but I was shocked to discover that many plant sources like sesame seeds, flax seeds, and chia seeds all had double the iron of beef! “Miraculously,” again, I got better. Over time, I learnt to replace the foods I eliminated with healthy, mostly plant-based, alternatives. I also began to experiment with new cooking methods and read every cookbook I could find. But what initially started as a health-centric decision to change my diet quickly became a passion and I’m happy to share that passion with you! The below guide contains usely nutritional information, a 7-day sample eating guide, grocery list, and recipes

YOUR SECOND BRAIN



When nervous, do you ever get “butterflies in your stomach?” Have you ever had a “gut feeling” about something? Welcome to your second brain! Your gastrointestinal tract (the gut) has its own network of neurons known as the enteric nervous system. This vast system is said to contain hundreds of millions of neurons that connect the central nervous system (your first brain) to the gut (your second brain). What’s unique about the second brain is that it can operate independently of the brain and spinal cord, monitoring and controlling all digestive functions. The second brain relays information from the gut to the central nervous system, which means the state of your gut has a profound affect on your mental state and cognitive function. Hence, when you eat right, you feel right.

Good gut health is crucial to maintain the health of your entire body. To understand the gut better let’s have a look at the digestive process. Digestion is the process by which your body breaks down food and extracts the nutrients it needs to function. If your digestion is off, your entire body will feel off. The gastrointestinal tract (GI) is made up of five main parts responsible for digestion: the mouth, esophagus, stomach, small intestine, and large intestine. Mastication in the mouth (chewing), is the first step in digestion. As you chew, the glands in your mouth release saliva containing enzymes that break down your food and create a mushy mass called a bolus. The bolus then

takes a six-second trip down your esophagus to the stomach. Your food remains in the stomach and small intestine for up to 8 hours where it is broken down further by stomach acids. This mushy mix of gastric juices and food, called chyme, moves into the small intestine. The acids in your stomach break down the food even more. This produces a pulpy acidic mixture of gastric juices and partially digested food, called chyme that moves onto your small intestine. Here, your digestive juices break down carbohydrates, fats, and proteins. In your small intestine, your pancreas and liver contribute their own digestive juices to the mix. Pancreatic juices break down carbohydrates, fats, and proteins and bile from your liver dissolves fat. Water, vitamins, and other nutrients then move through the walls of your small intestine into your bloodstream. The undigested part that remains moves on to your large intestine. The large intestine absorbs any leftover nutrients from the food and the rest becomes solid waste, called stool. And I think we all know what happens after that ...

NUTRIENTS & CALORIES

Every piece of food you consume can be broken down into nutrients, which can be classified into **macronutrients** (macro = big) and **micronutrients** (micro = small). Macronutrients, also referred to as “**macros**,” are nutrients required in quantities over a few grams and include proteins, carbohydrates, and fats. A micronutrient is required in only a few grams and include all vitamins and minerals. Macronutrients give our bodies energy in the form of kilo-calories, better known as Calories.

*Please note, the below quantities do not consider anyone under the age of 19, over 70, pregnant women or lactating women. Consult with your doctor for your specific needs.

Proteins

Proteins represent your body's building blocks and are the most satiating of the macronutrients. They have a role in the development and repair of muscle, hair, skin, bone, and cartilage. In the body, proteins are broken down into amino acids which serve a variety of roles. Too much protein will be converted and stored as fat, but not enough protein can result in muscle wasting and impaired recovery. In a balanced diet, 10% to 35% of your overall caloric intake should come from proteins. So, a female consuming 2000 calories/day would try to get 200 to 700 calories directly from protein rich sources. One gram of protein has an energy value of 4 calories, which would equate to 50 to 175 grams.

Protein is the most widely abused of any macronutrient due to its popularity in the supplement industry as being crowned the most essential nutrient for muscle growth. Yet, on average North Americans consume over two times the necessary intake of protein. Health Canada recommends we consume .66 to .8 grams per kilogram of bodyweight minimum per day. However, if your goal is hypertrophy (muscle growth) aim for 1 to 2 grams per kilogram of bodyweight. Proteins are composed of essential and non-essential amino acids. Essential amino acids must come from food and non-essential can be synthesized in the body. When a food has all essential amino acids, it is known as a complete protein. Great examples of complete proteins include meat, seafood, tofu, quinoa, tempeh, and hemp hearts to name a few. Contrary to popular belief, all plants contain all amino acids in varying amounts. So if you are a vegetarian, with modest plant diversity, you can consume enough of all complete proteins. You do not need to consume animal products to get enough protein.

Carbohydrates

Carbohydrates are your body's main fuel source that supply your muscles and brain with energy. In the body, carbohydrates are broken down into glycogen, which is stored in your muscle tissue and liver for future use. Too much glycogen in the body will be converted and stored as fat, too little may cause cognitive impairment, low energy, and muscle wasting. In a balanced diet, 45% to 65% of your overall caloric intake should come from carbohydrates. So, a female consuming 2000 calories/day would try to get 900 to 1300 calories directly from carbohydrate rich sources. One gram of carbohydrates has an energy value of 4 calories, which would equate to 225 to 325 grams. Fibre is a form of non-digestible carbohydrate exclusively found in plant foods. It is an extremely important part of a healthy diet and plays a role in bowel regularity, lowering cholesterol, and helping you feel fuller longer. On average, females should consume 25 grams of fibre daily and males should consume 38 grams of fibre daily. Unfortunately, most Canadians get only half of that, but adding things like seeds, nuts, and whole grains to your diet is an easy way to change that.

Carbohydrates often get a bad reputation for causing weight gain and diabetes. However, this is fully dependent on the type and how much carbohydrates we consume. Commonly referred to as good and bad carbs, we can group carbohydrates into simple and complex carbohydrates. Simple carbohydrates are built of short-chain sugar molecules (monosaccharides), are high in caloric density, and will be quickly absorbed into the blood stream upon consumption. Sugar, fructose, alcohols, and refined foods like white breads, pastries, and pastas are all on the list of bad carbs. These bad carbs tend to lack micronutrients, so we often refer to them as empty calories. They also

directly contribute to insulin resistance causing type 2-diabetes. Complex carbohydrates are built of long-chain sugar molecules (polysaccharides), are lower in caloric density, and more slowly absorbed into the blood stream. Grains, legumes, fruits, and vegetables are all on the list of good carbs. Unlike bad carbs, these foods contain a ton of micronutrients and are referred to as nutrient-dense foods. They contribute to better digestion, reduced levels of LDL (bad cholesterol), increased levels of antioxidants in the blood, and increased energy levels. So, when you are choosing carbohydrates, get complex!

Fats

Fats serve an important role in the body. They provide insulation, protect your organs, make up brain tissue, help absorb fat-soluble nutrients, aid in hormonal processes, and provide energy. In the body, too much of these fats are stored in the blood and adipose tissue as triglycerides, which can have adverse health effects. In a balanced diet, 20% to 35% of your overall caloric intake should come from fats. So, a female consuming 2000 calorie/day would try to get 400 to 700 calories directly from healthy fat sources. Unlike carbohydrates and proteins, one gram of fat has an energy value of 9 calories, which would equate to 44 to 77 grams.

Fats are like carbohydrates in that they too get a bad reputation for causing weight gain and diabetes. However, again like carbohydrates, this is fully dependent on the type and how much fat we consume. Good fats and bad fats are also known as unsaturated and saturated fats/trans-fats. Unsaturated fats consist of monounsaturated and polyunsaturated fatty acids like omega-3 fats and help to reduce bad (LDL) cholesterol in the body. Saturated fats primarily come from animal products and contain higher levels of LDL. The LDL cholesterol from saturated and trans-fats can build-up in the blood stream and cause blockages. It is recommended to keep saturated fat intake below 10% of overall calories. Trans-fats are manufactured fats usually found in processed foods and in low amounts in animal products. They are useless in the body and contribute to increased caloric density and high levels of LDL.

Water

Water is not technically a macronutrient, but I've included it here because water is such an essential component which we also require in large amounts. Water plays a role in the transport of nutrients, muscle contraction, blood flow, digestive processes, temperature control, biochemical reactions, and a plethora of other functions integral to human life. The human body can survive several days without food, but a fraction of the time without water. In a

balanced diet, females should consume about 2.7 litres of water and males should consume 3.7 litres. This amount increases in warmer climates and with physical activity.

The old adage goes, “if you’re thirsty it’s already too late,” which isn’t totally wrong. At 2% dehydration your body’s thirst mechanism kicks in to tell you it’s time to rehydrate to avoid adverse effects. At 4% dehydration cognitive function, muscles contraction, digestion, and other processes become impaired. Our bodies excrete 2.2 litres of water per day on average, which can increase to 2 to 3 litres of water per hour during high heat. Diuretics, like alcohol, coffee, tea, and other caffeinated beverages will speed up the removal of water from your body. So, when calculating your daily water intake avoid diuretics and reach for an ice-cold glass of pure agua!

Vitamins

Vitamins, unlike macronutrients, do not provide direct energy in the form of calories, rather they serve a vital role in energy metabolism. Vitamins aid in aspects of growth, development, and protect cells against oxidation. A balanced, mostly plant-based, diet should provide you all the vitamin requirements you need, but here are a few of the main ones and the recommended dietary allowance (RDA) based on Health Canada guidelines:

Vitamin RDA (* µg = micrograms, mg = milligrams)

- Vitamin A – 900 µg for males and 700 µg for females
- Vitamin B12 – 2.4 µg for both
- Vitamin B6 – 1.7 mg for males and 1.5 mg for females
- Vitamin C- 90 mg for males and 75 mg for females
- Vitamin D – 15 µg for both
- Vitamin E- 15 mg for both
- Folate (folic acid) – 400 µg for both
- Vitamin K – 120 µg for males and 90 µg for females

Minerals

Minerals, like vitamins, do not provide direct energy in the form of calories either. Minerals are inorganic substances that make up <4% of body weight and aid in metabolism, overall growth, and development. Mineral deficiencies, especially iron, are common in vegetarian-type diets, but remaining cognizant of mineral dense foods

will help you to avoid deficiency. Here are Health Canada's RDAs for some of the minerals you need in large amounts:

***Mineral RDA:

- **Calcium (calcium phosphate)** -1000 mg for both
- **Zinc** –11 mg for males and 8 mg for females
- **Iron (carbonyl iron)** – 8 mg for males and 8-18 mg for females
- **Magnesium** – 420 mg for males and 320 mg for females
- **Potassium** –4700 mg for both
- **Sodium** –1500 mg for both
- **Chloride** –1800 – 2300 mg for both

Caloric Requirements

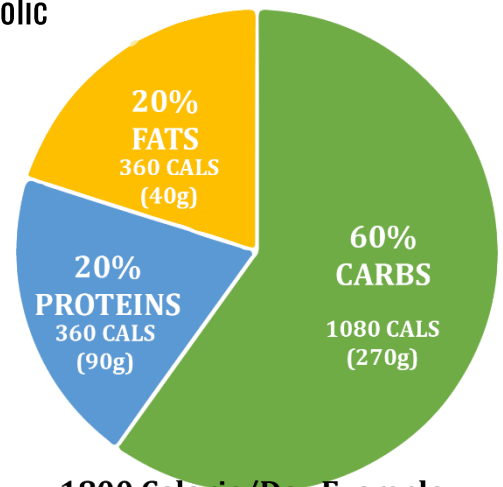
Caloric requirements, or energy requirements, depend on a variety of factors including age, sex, height, weight, activity level and goals. Health Canada recommends 2000 calories/day for females and 2500 calories/day for males on average. However, your unique total daily energy expenditure (TDEE) is based on your basal metabolic rate (BMR) and daily activity level. Your BMR considers age, sex, weight, and height to give you the estimated calories you burn while at rest. Multiple your BMR by an activity coefficient and it gives you your TDEE, which is the estimated calories you burn at your current activity level.

If weight loss is your goal, you need to create a caloric deficit by expending more energy than you consume. This can be done through eating less than your TDEE or exercising more than usual, but usually both. To gain weight (including muscle) you need to create a caloric surplus by consuming more calories than you expend. It takes, approximately, a weekly deficit of 3500 calories to lose 1 pound and an excess of 3500 to gain 1 pound. In one week for a 2000 calorie/day diet, this would mean consuming 1800 calories/day and expending 300 calories day through exercise, which would result in a loss of one pound/week ($1800 - 300 = 1500 = 500/\text{day deficit} \times 7 \text{ days} = 3500 \text{ calorie deficit}$). To gain one pound/week, we'd want to eat an excess of 500 calories/day while focusing on muscle hypertrophy type training. This general caloric calculation is a simplified tool for determining caloric requirements, so use it as more of a general guideline than a concrete rule. Understanding your personal caloric requirements takes trial and error, plus patience. Listen to your gut!

YOUR MACROS

There is an illusion that if we want to lose weight, we need to consume a diet low in carbohydrates and high in protein or fats. These types of diets, be it keto, paleo, or no carb-eo can be very hard to sustain for long lengths of time. These diets do not promote gut health, cognitive function, or metabolic stability – they are merely for the short-term purpose of losing weight.

Evidence to support these diets in the long run isn't strong, however the evidence to support the benefits of a diet rich in fruits, vegetables, grains, and lean proteins on overall health and energy metabolism is staggering! Therefore, your focus should always be on nutrient-density and a caloric deficit to lose weight (if that is your goal), rather than fads, rigid macros, or pseudo-science.



1800 Calorie/Day Example

Attempting to fit into an exact macronutrient profile is impractical. What really matters is the quality of those macros. Eating good carbs, good fats, and lean protein while sticking to your caloric goal is what holds value. Every individual's caloric and macro requirements will vary based on your TDEE and unique goals. But for a balanced diet, carbohydrates should comprise 60%, proteins 20%, and fats 20% of your daily intake. The pie chart displays a breakdown for an 1800 calorie/day balanced diet, which shows the calories and grams per macro. Counting calories and keeping track of your macros is not necessary, but it can help keep you accountable and teach you about the energy balance and nutrients attached to the foods you consume. Regardless of whether you choose to track or not, focusing on a specific calorie and macronutrient breakdown specific to your needs is a good idea. If you are keeping track of your intake do not stress about hitting the numbers on the nose, this is very difficult. Your specific numbers should merely serve as a guideline – at the end of the day you need to listen to your body.

SATIETY

Satiety is the state of feeling full or satisfied after eating. It plays a crucial role in weight management because it helps you control food intake. When you feel satiated, you are less likely to overeat and gain weight. By choosing foods that promote satiety, such as those that are high in fiber and protein, you can maintain feelings of fullness for longer periods of time, reducing the likelihood of snacking on unhealthy foods. Additionally, practicing mindful

eating and paying attention to feelings of satiety can help you develop a better relationship with food and avoid overeating, ultimately leading to successful weight management.

In 1995, a study aimed to produce a validated satiety index of common foods by providing isoenergetic 1000 kJ (240 kcal) servings of 38 foods to subjects and measuring their satiety response. The study concluded that the top 10 most satiating foods are:

1. Potatoes, boiled - 323%
2. Ling fish - 225%
3. Porridge/Oatmeal - 209%
4. Oranges - 202%
5. Apples - 197%
6. Brown pasta - 188%
7. All-Bran - 151%
8. Popcorn - 154%
9. Eggs - 150%
10. Cheese - 146%

In a 2020, another study found that consuming a snack of almonds resulted in increased feelings of fullness and reduced hunger compared to a snack of crackers, despite both snacks having the same number of calories. This suggests that almonds may also be a satiating food that can help control appetite and promote weight management. Furthermore, a 2019 study investigated the satiating effects of high-protein versus high-carbohydrate breakfasts in overweight and obese individuals. In this study, they found that the high-protein breakfast resulted in greater feelings of fullness and reduced hunger compared to the high-carbohydrate breakfast, indicating that high-protein foods may be more satiating and beneficial for weight management.

So next time you're feeling hungry, try reaching for one of these satisfying foods or a high-protein snack to curb those hunger pangs!

SUPPLEMENTATION

These days everyone is a supplement rep or “influencer” who swears by the product they’re pushing. We are inundated with supplement marketing every where we look, which can make understanding supplements and choosing the right ones extremely challenging. But are supplements necessary?

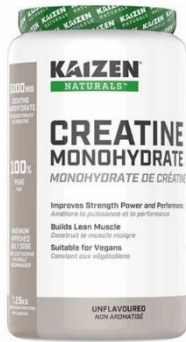
Supplements are just that – supplements. Substances you consume to remedy a deficiency in your diet or aid in hitting your macronutrient goals. If you are eating a balanced, nutrient rich, diet and don’t have a deficiency then you probably don’t need supplements. Always consult your doctor or Dietician for your specific needs based on your individual factors, risks, or situation. Otherwise, stick to the below supplements.

A common question I receive is “why are supplement serving sizes way bigger than the recommended daily allowance?” A serving size is often provided in an amount much larger than what the body needs because of absorption rates – aka bioavailability. Bioavailability is the degree of which a nutrient is absorbed into your system. Different vitamins and minerals have different absorption rates regardless of whether they come from a tablet, liquid, powder, or food. Calcium, for example, has an absorption rate of about 25% to 35% but other minerals may be less than 10%. The delivery form does not make a significant difference, but tablet form is generally the best option due to its greater stability. Absorption can depend on age, digestive system integrity, overall health, gender, time of day, and if they’re taken on a full or empty stomach.

Therefore, it is always best to try and get your nutrients from food, which has greater bioavailability.



Protein Powders – Help to provide essential amino acids for cell growth and repair. They can be a quick way to get your macros in on the go or provide some extra flavour and texture to smoothies and baked goods.



Creatine (Monohydrate) – Creatine is a naturally occurring substance in the body that helps with short-burst activity. Supplementing can help increase performance, especially in power lifting.



Iron (Carbonyl) – The most common mineral to be deficient in, especially for vegetarians. It helps with the transport of oxygen as hemoglobin and myoglobin, as well as promotes immune function. Low iron can result in anemia, fatigue, and increased infections.



Omega-3 (ALA, EPA, DHA) – This fatty acid is essential for growth and development including heart and brain health. The RDA is 1.0 to 1.6 grams/day, which should include ALA, EPA, and DHA.



Probiotics – The word “probiotic” means “for life.” They are good bacteria that play a vital role in healthy digestion. We’re all born with good bacteria in our guts, but diets and stress can disrupt your natural balance of good bacteria. Having the right gut bacteria has been linked to weight loss, enhanced immune function, healthier skin, and reduced risk of some diseases.



B12 - Helps with heme synthesis (iron) and the production of red and white blood cells. In vegetarians, it is common to be lacking in this vitamin (pernicious anemia) because the most common sources of getting B12 are animal products. Fortified foods such as nutritional yeast, tempeh, almond milk, and cereals can provide additional B12.



Vitamin D – Helps with the uptake of calcium in the gut and promotes bone formation. Increases the release of serotonin (can be synthesized via sunshine on the skin).



Magnesium – Critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization

FOOD PREP

The saying goes, fail to prepare then prepare to fail. It's a bit harsh, but the message is what matters – you need to prepare your food and meals, so you are ready for action! We naturally choose the path of least resistance. So, if a food is quick and convenient, we are more inclined to eat it. This is why fast food is so popular. This is why frozen TV dinners are so popular. And this is why so many North Americans are overweight and undernourished. It's your job to make healthy choices quick and convenient; to stock your cupboards and fridge with healthy choices; to prepare nutrient-dense meals; and to prepare yourself for success. Here are a few tips I use to succeed:

1. **Always have enough groceries.** Going to the grocery store is part of my routine now. I go every two days to ensure I have fresh produce and never run out of what I need.
2. **Plan ahead.** If you know that you're eating certain meals this week, pre-input your preferred meal tracker, or determine the exact groceries you need and get them in advance.
3. **Meal prep.** Choose 2-3 evenings when you can prep your meals for the week. I do Sunday and Wednesday and prep my lunches/snacks on these days. I enjoy making breakfast and dinner at home, but these can be prepped too.

4. **Double-up.** Instead of making just one serving at a time, make two or multiple servings of a meal and place in the fridge for later. For example, if you’re making recipe R2 (overnight oats), you can prepare several mason jars and store in the fridge to enjoy for breakfast over the next couple days.

7-DAY EATING GUIDE

MONDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	Matcha Mint Smoothie (R4)	Edamame Beans (1.5 cups)	Fajita Rice Bowl (R10)	Quinoa Chickpea Salad (R16)	
Calories	252	300	818	425	1795
TUESDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	Orangesicle Smoothie (R7) + Kiwi Overnight Oats (R2)	Navel Orange	Crispy Teriyaki Tofu Salad (R17)	Zoodle Noodle Bowl (R11)	
Calories	565	80	684	509	1838
WEDNESDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	Avocado Toast (R5)	1 Power Ball (R19)	Chickpea Burrito (R9)	Zoodle Alfredo Pasta (R13)	
Calories	530	185	519	511	1745
THURSDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	Quinoa Breakfast Bowl (R6) + 1 Power Ball (R19)	Matcha Smoothie (R4)	Mushroom Gravy Mash (R14)	Cauliflower Rice Bowl (R12)	
Calories	620	252	610	369	1851
FRIDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	3/4Pancakes (R1)	Gala Apple	Tempeh Wrap x 2 (R8)	Matcha Nice Cream (R20) + 1 Salad Roll (R15)	
Calories	474	90	764	554	1882
SATURDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	Raspberry Overnight Oats x 2 (R3)	2 tbsp Hummus (R18) + Carrot slices	Chickpea Burrito (R9)	Salad Rolls (R15) + Gala Apple	
Calories	618	100	519	569	1806
SUNDAY	BREAKFAST	SNACK	LUNCH	DINNER	TOTALS
Meal	3/4Pancakes (R1)	Navel Orange	Fajita Rice Bowl (R10)	Quinoa Chickpea Salad (R16)	
Calories	474	80	818	425	1797

The following 7-day eating guide is based on a general balanced, nutrient-dense, plant-based 1800 calorie/day diet with macros of roughly 60% carbohydrates, 20% proteins, and 20% fats. As you’ll see, hitting 1800 calories/day on the nose is nearly impossible, but the goal is to stay within 10-15% of it. Acceptable in this case

would be +/- 180 to 270 calories. Your focus should always be on the quality of food you consume and developing a regular routine of eating. For example, Breakfast at 6am every day, Snack at 10am every day, Lunch at 1pm every day, and Dinner at 6pm every day. Find what works best for you and enjoy the process. If you'd like a custom plan tailored to your specific goals [click here](#)



GROCERY LIST

All starred ingredients are included in the included recipes

Vegetables

- Asparagus
- Arugula *
- Avocado *
- Beets
- Bell Peppers *
- Broccoli *
- Brussel Sprouts
- Carrots *
- Cauliflower *
- Celery *
- Cucumber
- Garlic *
- Kale
- Lettuce *
- Mushrooms *
- Onions (shallots) *
- Potatoes *
- Spinach *
- Spring Mix *
- Sprouts (alfalfa) *
- Tomatoes *
- Yams
- Zucchini *

Condiments

- Hummus *
- Ketchup
- Mustard *
- Ponzu Sauce *
- Salsa *
- Soy Sauce*
- Sriracha*
- Vegan Mayonaise*
- Vinegar
- Wasabi*

Fruits

- Apples *
- Bananas *
- Blackberries
- Blueberries
- Grapefruit
- Kiwis *
- Lemons *
- Limes
- Mangoes
- Oranges
- Peaches
- Pears
- Plums
- Pomegranate*
- Raisins*
- Raspberries *
- Strawberries *

Baking

- Apple Sauce
- Baking Powder *
- Cacao Powder *
- Coconut Sugar
- Corn Starch *
- Matcha Powder*
- Mushroom Stock *
- Miso Paste
- Nutritional Yeast *
- Oat Flour *
- Peppermint Extract *
- Rice Flour
- Stevia *
- Vanilla Extract *
- Whole Wheat Wraps *
- Xanthum Gum

Good Fats

- Almonds *
- Avocado Oil
- Cashews *
- Chia Seeds *
- Coconut Oil *
- Extra Virgin Olive Oil *
- Flax Seeds
- Hemp Hearts *
- Peanut Butter *
- Pecans
- Pistachios
- Sesame Seeds *
- Sunflower Seeds
- Tahini *
- Walnuts

Spices & Herbs

- Celery Seed
- Chili Powder
- Chives *
- Cilantro
- Cinnamon *
- Curry
- Ginger
- Nutmeg
- Oregano
- Paprika
- Rosemary *

Grains

- Barley
- Buckwheat
- Bulgur
- Granola
- Oats *
- Quinoa (white + triblend) *
- Squirrely Bread *
- Rice (brown long grain) *
- Rice Noodles
- Rice Paper *
- Whole Grain Pasta

Dairy Substitutes

- Almond Milk *
- Cashew Milk
- Coconut Milk
- Vegan Butter *
- Hemp Milk
- Oat Milk
- Vegan Cheese *
- Soy Milk
- Tempeh *
- Tofu *

Legumes

- Black Beans *
- Chickpeas *
- Edamame
- Green Beans
- Kidney Beans
- Lentils
- Pinto Beans
- Soy Beans

PANCAKES



Dairy-free and delicious! These fluffy flapjacks are the perfect start to any morning!

Ingredients:

- ½ cup almond milk
- ½ banana
- ½ tbsp chia seeds
- ½ tsp vanilla extract
- 1 cup oat flour (or ground oats)
- 1 tbsp stevia

Icing Ingredients:

- ¾ cup coconut milk
- 1 tsp xanthum gum
- 1.5 tbsp stevia

Directions:

First, soak your chia seeds in 5 equal parts water to create your chia egg. Stir occasionally until a jelly-like texture is achieved. Then combine all ingredients into a blender and mix until a smooth consistency. Turn a frying pan on medium heat, then pour batter into 3-4" diameter cakes. Flip when the top starts to get little bubbles. For the icing, whisk your ingredients together in a saucepan until boiling, then reduce and thicken until desired consistency is achieved. Spread your icing on top of the pancakes and enjoy with a few berries or your Instagram feed 😊

Pro-Tip:

I use a sauce squeeze bottle for my pancake batter and another one for the icing. This helps create perfectly round pancakes and spread your icing out nicely so you can eat with your eyes first!

Calories: 633

Carbohydrates: 111 (16g fibre)

Proteins: 21

Fats: 14

BANANA KIWI OVERNIGHT OATS



Overnight oats are one of the easiest plant-based breakfast options, which you can prep in advance.

Ingredients:

- $\frac{3}{4}$ cup almond milk
- $\frac{1}{2}$ cup oats (quick)
- 1 tbsp chia seeds
- $\frac{1}{4}$ banana
- $\frac{1}{4}$ kiwi
- 1 tbsp stevia

Directions:

For best results, combine all ingredients in a measuring cup and mix together thoroughly. This will help you achieve a smooth texture. If you're prepping for a few days, you can double or triple the recipe than evenly pour your ingredients into several mason jars. Once in your jar(s), place in the fridge overnight. At most, I wouldn't let your overnight oats sit in the fridge for more than 3-days.

Pro-Tip:

If you're not into the cold oats in the morning, toss your jar into the microwave for a minute or add a bit more almond milk to achieve a smoother texture.

Calories: 298

Carbohydrates: 46 (13g fibre)

Proteins: 10

Fats: 9

RASPBERRY POMEGRANITE

OVERNIGHT OATS



Overnight oats are one of the easiest plant-based breakfast options, which you can prep in advance.

Ingredients:

- $\frac{3}{4}$ cup almond milk
- $\frac{1}{2}$ cup oats (quick)
- 1 tbsp chia seeds
- $\frac{1}{4}$ cup raspberries
- 2 tbsp pomegranate seeds
- 1 tbsp stevia

Directions:

For best results, combine all ingredients in a measuring cup and mix together thoroughly. This will help you achieve a smooth texture. If you're prepping for a few days, you can double or triple the recipe then evenly pour your ingredients into several mason jars. Once in your jar(s), place in the fridge overnight. At most, I wouldn't let your overnight oats sit in the fridge for more than 3-days.

Pro-Tip:

If you're not into the cold oats in the morning, toss your jar into the microwave for a minute or add a bit more almond milk to achieve a smoother texture.

Calories: 309

Carbohydrates: 46 (14g fibre)

Proteins: 13

Fats: 9

MATCHA MINT SMOOTHIE BOWL



This is another quick and delicious breakfast that's easy to make in the morning with little to no prep.

Ingredients:

- $\frac{3}{4}$ cup almond milk
- $\frac{1}{2}$ banana (frozen)
- $\frac{1}{4}$ avocado (frozen)
- 1 tbsp hemp hearts
- 2 tbsp oats
- 2 tsp matcha powder
- 1 tsp mint extract
- 1 tbsp stevia

Topping:

Choose your toppings, but try to stick with high-fibre plant-based options like granola, raisins, hemp hearts, and other fruits/grains.

Directions:

To prep for this smoothie, freeze some avocado and banana overnight. Toss all your ingredients into a high-powered blender and blend until smooth. Pour into your favourite bowl and top with your favourites, or consume as a regular smoothie.

Pro-Tip:

Freeze a few avocados and bananas for all your future smoothies. They'll last a long time if properly sealed.

Calories: 252

Carbohydrates: 29 (6g fibre)

Proteins: 7

Fats: 14

AVOCADO TOAST



This is another quick and delicious breakfast that's easy to make in the morning with little to no prep.

Ingredients:

- ½ avocado
- 3 mushrooms(crimini)
- 2 pieces sprouted bread (squirrelly)
- ½ cup arugula
- 1 tbsp soy sauce
- 1 tbsp extra-virgin olive oil

Directions:

On medium heat, heat up your olive oil in a frying pan. Meanwhile, add your bread into the toaster. Dice your mushrooms, then sauté with soy sauce until they have absorbed everything and they are a nice dark brown. When the toast is done, smash your avocado onto each piece with a fork, then top with your mushrooms and arugula.

Pro-Tip:

Use a fork to smash your avocado in a bowl first, then spread half the mash onto each piece of toast.

Calories: 530

Carbohydrates: 51 (17g fibre)

Proteins: 22

Fats: 27

QUINOA BREAKFAST BOWL



Quinoa is a great plant-based complete protein with all 9 essential amino acids, so it's a great food to start your day with!

Ingredients:

- 1 cup cooked quinoa
- 1 cup almond milk
- 1 tsp vanilla
- 1 tsp cinnamon
- 2 tsp stevia

Topping:

- ¼ banana
- 1 tbsp hemp hearts
- ¼ cup raspberries
- 1 tbsp peanut butter
- 2 tbsp golden raisins

Directions:

To prep for this bowl, cook 1 cup of quinoa with 2 cups water the day before and set in the fridge to chill. Then take 1 cup cooked quinoa and mix with remaining ingredients in a saucepan on medium heat or in a microwave. Pour into a bowl with toppings and enjoy!

Pro-Tip:

Adjust your almond milk quantity to achieve the consistency you like.

Calories: 435

Carbohydrates: 53 (10g fibre)

Proteins: 15

Fats: 19

ORANGESICLE SMOOTHIE



Quick calories on the go, this smoothie is refreshing and loaded with vitamin-C.

Ingredients:

- 1.5 mandarin oranges
- ½ banana
- ¾ cup almond milk
- ¼ cup orange juice
- ¼ pack soft tofu (Sunrise)
- 1 tbsp hemp hearts

Directions:

Combine your 6 ingredients into a blender and blend to your desired consistency.

Pro Tip:

Prep a couple smoothies at once and store in the fridge for a quick snack.

Calories: 256

Carbohydrates: 35 (4g fibre)

Proteins: 8

Fats: 9

TEMPEH WRAP



Packed protein and plenty of fibre, this is a great meal on the go.

Ingredients:

- 1 whole wheat wrap
- 3 pieces of tempeh (42 g)
- 2 tbsp sriracha
- $\frac{1}{4}$ cup lentils
- $\frac{1}{4}$ cup carrots
- $\frac{1}{4}$ cup bell pepper
- 2 tbsp hummus
- $\frac{1}{2}$ cup lettuce (spring mix)

Directions:

In a frying pan, sear your tempeh with kimchi hot sauce. Chop your veggies, then add all your ingredients to your wrap and form like a burrito.

Calories: 382

Carbohydrates: 58 (10g fibre)

Proteins: 17

Fats: 10

CHICKPEA BURRITO



This is probably my favourite dish. The prep is worth the flavour and plethora of nutrients this meal provides, I promise!

Ingredients:

- 1 whole wheat wrap (Compliments)
- ½ cup chickpeas
- ½ cup cooked quinoa
- ½ cup shredded carrot
- ¼ avocado
- ¼ cup diced tomatoes
- ½ cup chopped lettuce
- 1 tbsp grainy mustard (Kozlik's)
- 1 tbsp vegan mayo (Compliments)

Directions:

If you're like me, you enjoy warm burritos, so I recommend sautéing your chickpeas, carrots, and tomatoes first. Next, add your warm veggies with remaining ingredients to your wrap. Create a burrito and fry on both sides until golden brown.

Pro-Tip:

Heating your tortilla shell on both sides for 10-15 seconds first will help you to form the burrito easier before adding your toppings.

Calories: 519

Carbohydrates: 64 (12g fibre)

Proteins: 15

Fats: 23

FAJITA RICE BOWL



This is probably my favourite dish. The prep is worth the flavour and plethora of nutrients this meal provides, I promise!

Ingredients:

- $\frac{3}{4}$ cup cooked wild rice
- $\frac{1}{4}$ block (85g) firm tofu
- 3 mushrooms (crimini)
- $\frac{1}{4}$ avocado
- $\frac{1}{2}$ cup diced tomatoes
- $\frac{1}{4}$ cup black beans
- $\frac{1}{2}$ cup salsa
- $\frac{1}{4}$ cup diced bell pepper
- $\frac{1}{2}$ cup chopped lettuce
- $\frac{1}{2}$ jalapeno
- 4 tbsp sriracha

Directions:

Start by cooking your rice – I used Lundberg Wild Blend. Slice your tofu and chop your mushrooms, then mix in a bowl with 2 tbsp sriracha and 2 tbsp water to marinade. Dice and sauté your peppers and tomatoes, then your black beans, and finally your tofu and mushrooms. Chop jalapeno, lettuce, and avocado, then add everything to your cooked rice and finish with salsa.

Pro-Tip:

Crisp up a whole wheat tortilla shell and chop into small sections to use as a vessel for eating.

Calories: 818

Carbohydrates: 133 (23g fibre)

Proteins: 40

Fats: 16

ZOODLE NOODLE BOWL



Another great low carb noodle alternative. This zoodle noodle bowl is loaded with veg and fibre!

Ingredients:

- 1 medium zucchini
- 1 medium carrot
- 1 cup chopped broccoli
- ½ cup chickpeas
- 3 mushrooms (crimini)
- ¼ cup diced bell pepper
- 1 garlic clove
- ¼ shallot
- 1 tbsp extra-virgin olive oil
- 2 tbsp soy sauce (Kikkoman)
- 2 tbsp sesame seeds

Directions:

Spiralize your zucchini and carrot noodles and chop your vegetables to preferred size. Heat the oil in a pan on medium heat, then add in garlic and shallot until brown. Next add the remaining vegetables including noodles and chickpeas. Remove from heat and toss in some soy sauce and sesame seeds to finish.

Pro-Tip:

Add in some tofu or tempeh for some added protein.

Calories: 509

Carbohydrates: 56 (13g fibre)

Proteins: 23

Fats: 25

CAULIFLOWER RICE BOWL



Cauliflower is an amazing replacement for rice and doesn't taste at all how you'd imagine – it's amazing! Sub in place of rice for a low carb alternative.

Ingredients:

- ¼ block (85g) firm tofu
- 1 cup cauliflower
- ¼ avocado
- ½ cup broccoli
- ½ cup tomatoes
- ½ cup carrots
- ½ cup bell peppers
- 1 tbsp extra-virgin olive oil
- 1 tbsp soy sauce

Wasabi-Mayo Ingredients:

- 3 tbsp vegan mayonnaise (compliments)
- 2 tsp wasabi

Directions:

Chop and set your tofu aside in a soy sauce and oil marinade. In a food processor (or blender if not available) process your cauliflower until its the size of couscous. Next, use a steamer to steam the cauliflower rice until somewhat translucent, remove from steam and set aside to dry. Chop your broccoli, tomatoes, carrots, and bell peppers then sauté with the marinated tofu. Dice up your avocado and mix everything together in a bowl. For the wasabi-mayo, simply mix the mayonnaise and wasabi until evenly blended, then toss on your delicious rice bowl!

Pro Tip:

Sear your cauliflower rice in a frying pan to get rid of excess water and crisp it up a bit.

Calories (no sauce): 369

Carbohydrates: 30 (11g fibre)

Proteins: 16

Fats: 24

ZOODLE ALFREDO PASTA



All the flavour and pasta deliciousness but without the carbs! This zoodle pasta is dairy and gluten free.

Ingredients:

- ½ can coconut milk
- ¼ cup almond milk
- 1 medium zucchini
- 3 tbsp nutritional yeast
- 3 mushrooms (crimini)
- ¼ cup vegan cheese (Daiya)
- 1 tbsp vegan butter (Earth Balance)
- ½ tsp salt
- ½ tsp pepper
- ¼ cup tomatoes

Directions:

Use a spiralizer to create your zucchini noodles, then start to create your vegan alfredo. Chop your vegetables to desired size. Next, on medium heat, whisk together your remaining ingredients and bring to a boil, then reduce until desired consistency is achieved. Pour your creamy alfredo onto your zoodles and enjoy!

Pro-Tip:

Add in some tofu (as pictured) for some added protein. Or sprinkle with vegan cheese!

Calories: 511

Carbohydrates: 31 (7g fibre)

Proteins: 16

Fats: 37

MUSHROOM GRAVY MASH



This is one for the potato lovers. No need for turkey, this comfort food has all the nutrients you need – cruelty free!

Ingredients:

- 1.5 cups chopped potatoes
- ½ cup almond milk
- 1 cup chopped broccoli

Gravy Ingredients:

- 1.5 cups mushroom stock
- 3 mushrooms (crimini)
- 1 tbsp corn starch
- 1 tbsp soy sauce
- ½ chopped shallot
- 1 chopped garlic clove
- 1 tbsp extra-virgin olive oil

Directions:

Boil potatoes, then mash with almond milk and butter to desired consistency. Steam broccoli. Thoroughly mix corn starch in mushroom stock and set aside. Chop your shallot, mushrooms, and garlic, then sauté with oil in a saucepan on medium heat. Once browned, whisk in the soy sauce and mushroom stock and bring to a boil. Reduce and simmer until desired thickness. Pour your delicious gravy over your mashed potatoes and enjoy!

Pro Tip:

Add or reduce corn starch to adjust the thickness of your gravy.

Calories: 400

Carbohydrates: 56 (12g fibre)

Proteins: 15

Fats: 16

SALAD ROLLS



Not quite salad, but with all the same great simple ingredients and easy to make!

Ingredients:

- 2 rice paper wraps
- ½ avocado
- 2 cups cooked vermicelli rice noodles
- ½ cup chopped carrot
- ½ cup spinach
- ¼ cup cucumber

Directions:

Cut up your vegetables to desired size – I recommend as thin as possible for easy chewing. Boil and cook rice noodles, then run through cold water to chill. Next, run one rice paper wrap under the tap for 3-seconds/side. Then build one salad roll at a time adding in half the noodles and vegetables, then fold like a burrito.

Pro Tip:

Eat these quickly, or store in the fridge with a small square of folded paper towel soaked in water, this will help prevent them from drying out.

Calories: 479

Carbohydrates: 85 (8g fibre)

Proteins: 7

Fats: 12

QUINOA CHICKPEA SALAD



Protein packed and nutrient dense, this quinoa chickpea salad is perfect with a drizzle of ponzu sauce.

Ingredients:

- 1 cup cooked triblend quinoa
- ½ cup chickpeas
- 1 cup alfalfa sprouts
- ½ cup chopped zucchini
- ½ cup chopped bell pepper
- 2 mushrooms (crimini)
- 3 tbsp ponzu citrus (Kikkoman)

Directions:

Cook 1 cup of triblend quinoa with 2 cups water. Then, in a sifter, run your quinoa under cold water to cool. Chop your vegetables and mix with quinoa, chickpeas and alfalfa sprouts in a bowl. Top with your favourite ponzu or make your own!

Pro-Tip:

Save your chickpea water (aquafaba) to create some awesome deserts or meringue!

Calories: 425

Carbohydrates: 74 (12g fibre)

Proteins: 20

Fats: 6

CRISPY TERIYAKI TOFU SALAD



This dish is a sweet and savoury crunch that packs a ton of protein and fibre.

Ingredients:

- ¼ block (85g) firm tofu
- ¼ cup cooked lentils
- ¼ cup cooked white quinoa
- 3 cups spring mix (Earthbound Farms)
- 3 tbsp corn starch
- ¾ cup almond milk
- 1 tbsp extra-virgin olive oil

Sauce Ingredients:

- ¼ cup soy sauce
- 4 tbsp stevia
- 1 tbsp chopped ginger
- ½ clove chopped garlic
- 1 tbsp honey (agave nectar)
- 1 tsp sesame oil
- 2 tbsp mirin (rice wine vinegar)
- ½ cup water
- 1 tbsp corn starch

Directions:

Prepare and cook your quinoa and lentils (or use canned lentils) and set in the fridge to cool. Next create your sauce. Whisk together the water and corn starch until thoroughly mixed, then on medium heat bring the mixture and all other ingredients to a boil. Reduce and thicken. Then cut your tofu into cubes, bath your tofu in the almond milk and roll in the corn starch. Place your tofu in a hot pan with oil. Flip continuously until each side is golden brown, then remove from the pan and set on paper towel to dry for a few minutes, then evenly toss in your teriyaki sauce. Finally, throw all your ingredients into a big bowl and thoroughly toss together.

Calories: 533

Carbohydrates: 67 (9g fibre)

Proteins: 15

Fats: 24

HUMMUS



One of the most mouth watering spreads, hummus is a great nutrient-dense snack that's easy to prep.

Ingredients:

- 2 cups chickpeas (1 can)
- 4 tbsp extra-virgin olive oil
- ½ lemon juice
- 3 tbsp tahini
- 1 clove garlic
- 1 tsp salt

Directions:

In a food processor or blender, mix all your ingredients until desired texture. Mix for longer to achieve a smoother creamier hummus.

Pro Tip:

Garnish with dill and eat with cut up vegetables or rice crackers.

Calories: 1200

Carbohydrates: 84 (19g fibre)

Proteins: 28

Fats: 86

POWER BALLS



Need a quick pick-me-up while on the go? These are packed with energy in the form of carbohydrates and 25 mg of total caffeine.

Ingredients:

- 2 cups walnuts
- 1 cup pitted dates
- 2 tbsp cacao powder
- 2 tbsp stevia
- 2 tbsp almond milk
- 2 tsp vanilla
- ¼ cup shredded coconut
- ½ cup hemp hearts (coating)

Directions:

In a food processor pulse your walnuts until fine, then remove from processor. Next, process dates until chopped as small as possible. Add back in walnuts and remaining ingredients (except hemp hearts) and process until a doughy like consistency. Form into about 10 balls, then roll in hemp hearts. Set in freezer for 4+ hours to set, then enjoy!

Pro Tip:

Make into 20 smaller balls to last longer.

Calories: 185 each

Carbohydrates: 9 (3g fibre)

Proteins: 6

Fats: 15

MATCHA NICE CREAM



This banana-based desert is a great non-dairy substitute and is packed with fibre!

Ingredients:

- 1.5 bananas
- ¼ cup almond milk
- ½ avocado
- 2 tsp matcha powder
- 1 tsp peppermint extract

Directions:

In a food processor pulse your ingredients, while periodically pushing mixture back into the blades. Continue to process until all chunks are gone and it has a smooth ice-cream like texture. Eat in your favourite coconut bowl 😊

Pro Tip:

Add some hemp hearts once processed for added protein.

Calories: 314

Carbohydrates: 52 (10g fibre)

Proteins: 4

Fats: 12