



# The Vegains Nutrition Guide

  
VEGAINS

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First of all, I'd like to say a massive thank you for choosing me to help you!

Change is hard at first, messy in the middle, but gorgeous at the end. Whether you are new to this lifestyle or not, your purchase alone shows that you're not afraid to embrace change, you're open-minded and you're actively pursuing greatness.

I salute you!

It's my mission to help as many people become the best that they can be and I am glad you are one of them. This guide was created so that you can make health-conscious eating choices and I will guide you to the healthiest way for human beings to eat according to the best available balance of evidence we currently have which is strongly pointing to one direction (whole food plant-based nutrition). Not only for optimal health and performance but also for the preservation of our beautiful planet and all its inhabitants.

Soon you will know what foods are more or less healthy and why. You will be able to design your own meals, know what you are doing and why you are doing it. I'm not too fond of the concept of a fixed meal plan, which you stick to for the next 4 weeks or so, simply because I believe you need to understand what you are doing and why you are doing it. And that is exactly what this guide will teach you, thus giving you flexibility and independence.

I wish you the very best on your journey and know that if you put in the right effort and commitment required, you will reap the rewards you deserve.





**Take care of your body,  
it's the only place you  
have to live.**

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# The vegan diet

Vegan means by definition:

**"a person who does not eat or use animal products"**

This means more specifically not eating or using anything that comes from animals and when it comes to your diet, it means no meat, dairy, fish and eggs. It sounds like you must sacrifice a lot, but soon you will find out that the plant kingdom has so much to offer and why it is wise to avoid animal products.



# Why go vegan?

I will keep it short because there are so many benefits of a vegan diet regarding health, environment, ethics etc. Let's start with the animals because they suffer the most from a human diet that involves animal products.

It is obvious that animals have to die to become meat such as steak, bacon, chicken, ham etc., but, people simply ignore this fact or justify it to themselves. However, I believe that to truly justify something you have to look at the impact and suffering that is going on. I am convinced if all people could see what animals go through in slaughterhouses that they would immediately stop the 5-minute mouth pleasure in order to stop the suffering and murdering of innocent beings. Especially for the fact (which you will learn throughout this guide) that eating animal products is not necessary for optimal health. If it's not necessary, then how can we justify it?

Sometimes the connection is harder to make. People often think there is no cruelty and slaughter involved in dairy products. Let's think about it. How does a cow give milk? She needs to be pregnant. How does the

cow get pregnant? She is raped by a big metal thing that implants sperm in her to fertilize her eggs. When she has her baby, what happens to the baby? Isn't the baby supposed to drink the milk? The baby gets taken away from the cow after a few days. The mother cow cries for days. I have heard it and it's horrible and heartbreaking. The calf is force-fed and slaughtered after a few months to become veal (calf meat).

Imagine a human mother in a hospital getting her newly born baby taken away and killed. No one would stand for this. But the cow produces milk and gets abused all her life, is fed GMO crops, hormones, antibiotics, and can barely move around. She is impregnated again and again, and after a couple of years, when she doesn't produce enough milk anymore, her female baby takes her place and she becomes a hamburger. This is why the dairy industry is even crueller than the meat industry because the animals suffer for so many years.

If slaughterhouses had glass walls,  
everyone would be vegan.



The ethical aspects are the most obvious, but a whole food, plant-based diet has so many health benefits that it's unbelievable and seems surreal! It's like becoming a superhero who is immune to all the widespread diseases. Let's look at a short paragraph from doctor Michael Greger about just how profound the health benefits truly are:

“Researchers have shown that a more plant-based diet may help prevent, treat, or reverse some of our leading causes of death, including heart disease, type 2 diabetes, and high blood pressure. Plant-based diet intervention groups have reported greater diet satisfaction than control groups, as well as improved digestion, increased energy, and better sleep, and significant improvement in their physical functioning, general health, vitality, and mental health. Studies have shown plant-based eating can improve not only body weight, blood sugar levels, and ability to control cholesterol, but also emotional states, including depression, anxiety, fatigue, sense of well-being, and daily functioning. Only one way of eating has ever been proven to reverse heart disease in the majority of patients: a diet centered around whole plant foods. If that's all a whole-food, plant-based diet could do - reverse our number-one killer - shouldn't that be the default diet until proven otherwise? The fact it may also be effective in preventing, treating, and arresting



other leading killers seems to make the case for plant-based eating simply overwhelming.”

[Full article](#)

**DAIRY**

**VEGAN**



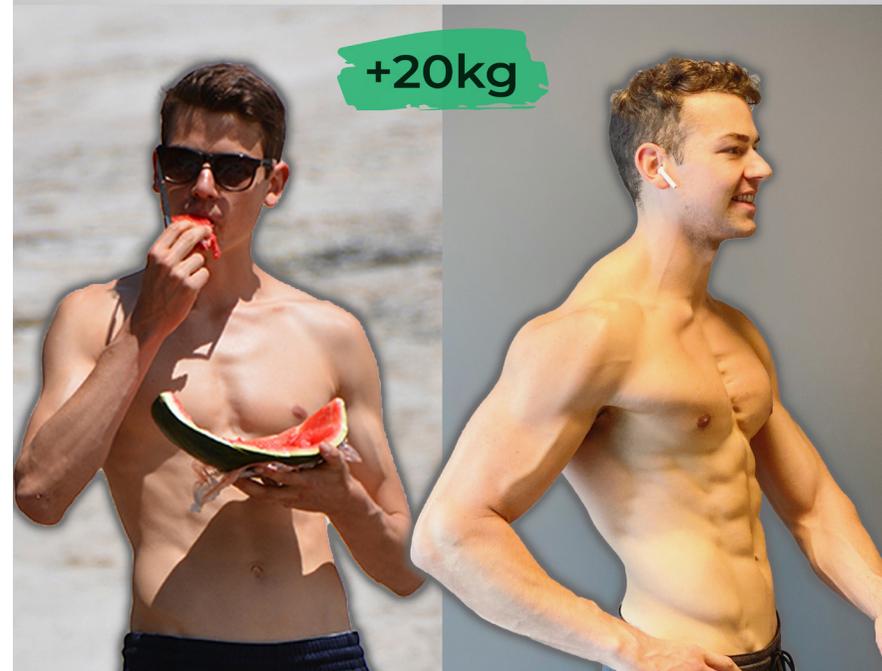
I turned vegan 2013 so many years ago because of the health benefits. I wanted to get rid of my acne and build muscle. I accomplished both of these things. My skin cleared up so much after just a few weeks of this lifestyle. My acne was clearly due to a lactose intolerance that most people suffer from and are unaware of that. I gained over 20kg of solid muscle mass and continue to do so without eating any animal products. Soon after finding out the health and ethical benefits of a vegan diet, I came across the documentary Cowspiracy and was shocked by the environmental impact of animal agriculture.

Animal agriculture is the leading cause of deforestation of the rainforest, water consumption, water pollution, species extinction, destruction of wildlife, and greenhouse gas emissions. Animal agriculture is by far the biggest offender of every single category I just mentioned. Point-blank: Our industrialized system of factory livestock harvesting is simply unsustainable. It is killing us and the planet, and it is time to acknowledge this reality and change it before it's too late.

I highly recommend that you watch Cowspiracy. Don't worry, it's non-graphic and fun to watch.

**Vegan**  
Day 2

**Vegan**  
Day 2000



# What do vegans eat?

Vegans eat everything that comes from plants. Animals get their food from plants too, so we are just skipping the middleman and going directly to the source. Nowadays, we eat a lot of junk food and no matter if it's vegan or not, most of it is unhealthy and doesn't lead to our goals if our goal is to be healthy and thrive.

It is more important what we eat than what we exclude.

You can be vegan and drink Coca-Cola and eat potato chips all day, which does not promote health in any way. So being vegan doesn't necessarily mean you are eating healthy. This is why we focus on **whole food, plant-based nutrition**.

Whole means not processed. For example, spinach or apples are whole foods. If your food doesn't have an ingredient list, it is usually whole, but there are also a lot of whole foods that have an ingredient list, such as applesauce (with only apples, not the kind with added sugar), or plain tomato sauce. We want to avoid too much unhealthy processed food. Different definitions

describe what processed food means, and in my opinion, the best one and the one we will use here is as follows:

**Processed means something bad was added and/or something good was taken away.**

“Bad added” would apply to sugar, oil, syrup etc. and “good taken away” would apply to fiber, minerals, antioxidants etc.

For example, applesauce with sugar is a processed food because something bad was added (sugar). Applesauce without added sugar is a processed whole food because nothing bad was added and nothing good was taken away (it is 100% whole puréed apple). Hummus is processed because there are mostly added oils but it is still a healthy processed food because the health benefits of the chickpeas, tahini, garlic, spices etc. outweigh (mostly) the bad stuff added (oil, sugar, salt etc.). Another example would be natural soy yogurt that usually consists of soy and a little salt. Too much salt is unhealthy, but because it is only very little added salt in soy yogurt and the health benefits

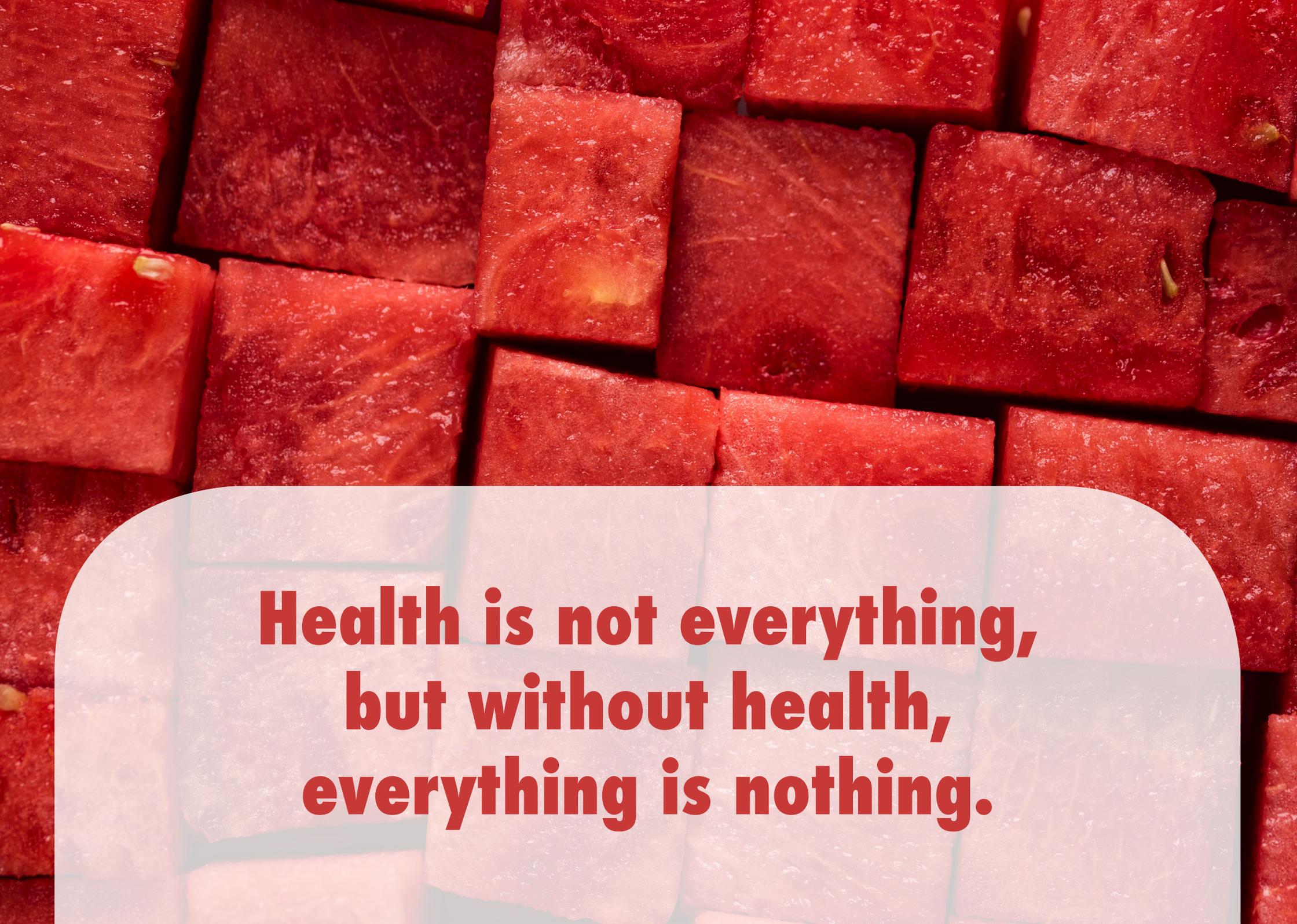
of soy outweigh the negative effects of the extra salt, it is also a healthy processed food.

Later in this guide, I will show you a list of healthy processed foods and unhealthy processed foods. We want to focus on whole foods, with healthy processed foods and few unhealthy processed foods (which are completely ok when eaten in moderation and can help you to stick to this diet).

A good rule of thumb is 80% or more whole foods + healthy processed foods and 20% or less unhealthy processed foods.

You can still eat your vegan ice cream, chocolate, pizza and vanilla soy yogurt if you moderate them to 20% or less of your daily calories. With the 80% or more whole foods + healthy processed foods you are doing your body so much good that you can easily take the remaining 20% or less to treat yourself. And soon, you will crave less and less bad processed food because your taste buds will change, and after 2-3 weeks of eating whole food, plant-based nutrition, fruits will taste like candy and you will crave your breakfast porridge and your banana ice cream - trust me! Just give it a try and commit to a whole food, plant-based lifestyle for at least one month to really see the change, not only in your body but also in your





**Health is not everything,  
but without health,  
everything is nothing.**

# Whole food plant-based nutrition

Whole food, plant-based nutrition consists mainly of healthy whole foods from these food categories:

fruits, vegetables, legumes, whole grains, nuts, seeds, herbs, spices, mushrooms, and other plant-based products you enjoy plus a vitamin B12 supplement and other supplements that make sense depending on your personal day to day diet, where you live, meaning the richness or lack of certain nutrients in the soil, etc. (we will cover that in the supplement chapter in detail).

That is basically everything you need to be healthy and thrive on plants.

All of these food groups offer a great variety, which we will cover next.



# Fruits

It is important to eat a lot of fruit and a wide variety because one of the number one dietary risk factors is not eating enough fruit (concluded by the global burden of disease study (including by Gates). It is the most extensive study in the history of humankind on risk factors for disease. Eat at least 8 portions of fruits every day and at least one portion of berries because they are the healthiest fruit.

Here is a list of my favorite fruits:

**Continue  
reading**

- **berries**

(I always have a couple of frozen bags of berries in my freezer)

- **banana**

- **apple**

- **kiwi**

- **mango**

- **watermelon and other melons**

- **peach**

- **nectarine**

- **plum**

- **orange**

- **lime**

- **cherry**

- **strawberry**

- **raspberry**

- **blueberry**

- **fig**

- **grapes**

- **pineapple**

- **papaya**

- **passion fruit**

- **pear**

- **avocado**

pick the ones you like and try other fruits as well