

Vegan Nutrition

* **Macronutrients**
fats, carbs, & protein

* **Micronutrients**
vitamins & minerals



Macronutrients – 60% Daily Consumption

Fats: Clean sources reduce inflammation & cholesterol, improve energy & mood, plus support memory & brain functioning. Dirty sources can clog & constipate.

Clean Running	Dirty Running	Switch Sources
Avocado Black Olives Tofu Nut & Seed Butter	Beef Chicken Eggs Cheese	Meat → Nuts, Seeds, Coconut Meat, Tofu, Tempeh, Jackfruit, Beans, Moderate Non-GMO Soy Dairy → Packaged Milks, Cheeses, Yogurt, etc. + Coconut, Nuts & Seeds Butter → Aioli, Packaged Vegan Butter, Coconut, Olive Oil, Seaweed Eggs (binders) → Irish Moss Seaweed, Psyllium, Buckwheat, Flax & Chia Seeds, Nuts, Coconut Oil, Cocoa Butter, Avocado

Carbs: our main source of fuel and energy. Eat clean running carbs found in plants for peak performance & vibrancy. Limit dirty running carbs.

Complex Carbs	Simple Carbs	Switch Sources
Nuts & Seeds Broccoli Kiwi Berries	White Bread Fast Food Candy Coffee	Soda → Fresh Pressed Juice Cheese Pizza → Plant Based Pizza White Bread → Whole-Grain Bread White Sugar → Coconut Sugar, Agave, Stevia Coffee → Green Tea & Matcha Candy → Fruit & Dried Fruit Chips → Kale Chips & Flax Crackers

Protein: clean sources (complex carbs), are known to build new cells, repair tissue & produce antibodies, while helping us feel full longer & reduce appetite (weight).

Clean Running	Dirty Running	Switch Sources
Almonds Jackfruit Bok Choy Tempeh	Oysters Fish Milk Cheddar Cheese	Steak → Tempeh or Tofu Steak Chicken Dinner → Jackfruit Dinner Cheese → Plant-Based Cheese

Micronutrients – 40% Daily Consumption

Vitamins & Minerals: loaded with B6, vitamins C & E, magnesium, & zinc. Eat the full spectrum color of fruit & veg., + seaweed & sprouts.

Clean Running	Dirty Running	Switch Sources
Seaweed Apricots Sprouts Kale	Canned Food Sugar Cereals Cooked Oils Tap Water	Packaged & Canned Food → Fresh Food Tap Water → Filtered & Spring Water Cooked Oils → Only Coconut Oil Is Non-Toxic with High Heat Cooking