



**OrganicAthlete's**

# **Vegan Meal Plan Guide**





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**Also by OrganicAthlete**  
*OrganicAthlete's Sports Nutrition Guide*

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**This guide is for educational purposes only.**

It is not intended to medically prescribe diet or lifestyle changes nor is it intended to replace qualified medical healthcare. If you have or think you have a condition which requires medical attention, you should seek qualified healthcare.

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*Cover Photo: Brendan Brazier :: Photo Credit: Ryan Mah*

**Eat more fruits and veggies.**



*"Moving to a raw vegan diet was the best choice I've ever made as an athlete."*

*—Tim VanOrden, mountain runner*



# About Organic Athlete

Founded in 2003, OrganicAthlete is a 501(c)(3) nonprofit organization that unites people in a global effort to create a better world through sport. Through individual initiative and teamwork we can achieve the extraordinary and inspire the pursuit of personal and planetary health. *Our mission is to promote health and ecological stewardship among athletes of all ages and abilities by sharing information, building community and inspiring through athletic example.*

## Our Values

The core values that guide OrganicAthlete combine the founding precepts of organic agriculture with an Olympic spirit. The organic movement was founded to preserve ecological integrity, establish equitable food systems, and grow wholesome, nutritious food. The fundamental aims of the Olympic spirit are to find the joy in effort, the educational value of a good example, and respect for universal ethical principles. The members of OrganicAthlete strive through word and deed to be living examples of the organic and Olympic ideals through:

### Compassion

We exercise with hearts of compassion and a deep reverence for all life.

### Truth

We endure through doubts and fears, aiming always for truth and integrity.

### Cooperation

We work cooperatively, giving selflessly to what needs to be done.

### Leadership

We lead by honest example, guided by social and ecological responsibility.

For more information visit our website: [organicathlete.org](http://organicathlete.org)



*Photo: Pam Boteler :: Photo Credit: Cameron Davidson*

*"I have a 'reservoir' of energy, power and strength that I've been able to tap into on many occasions when I've gotten things 'right' for me. It's an awesome feeling. Mentally I am more focused and I feel my vision - not just my physical vision, but my creative vision - has become more finely tuned."*

*—Pam Boteler, canoe champion, raw vegan*



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# Introduction

*by Bradley Saul*

When I started OrganicAthlete (gosh!) 8 years ago, I wanted to show people that a compassionate, plant-based diet is compatible with an athletic lifestyle. I became vegan after years of wishing that I wouldn't have to sacrifice athletic performance by not eating meat. Mainstream sports nutrition pundits cautioned that vegans and vegetarians would have to be very careful to get essential nutrients. They made it sound like such a sacrifice!

Fortunately, I know better now. A plant-based diet is not a compromise for athletes. Carl Lewis, winner of multiple track and field Olympic gold medals, said, "I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet." Some athletes even consider a vegan diet their secret weapon.

Many people want to transition to a plant-based diet and eat healthier meals, but they ask, "What do I eat?" With the publication of our Vegan Meal Plan Guide we hope to provide an answer. Use this guide as a starting point for ideas on how to prepare meals for yourself and fuel your healthy and active lifestyle. Dietitians Janel Ovrut and Matt Ruscigno organized a nutritionally complete meal plan with recipes that are simple yet can be modified to meet the needs of athletes of all abilities.

Visit [organicathlete.org](http://organicathlete.org) to share your experiences as a vegan athlete, discover new recipes, and connect with OrganicAthlete members all over the world who share a passion for healthy, active living.