

VEGAN STRONG!

Building Muscle without Meat!



www.supclub.com

Introduction



Interest in the vegan diet is surging worldwide and making the choice to “Go Vegan” can either be a health, environmental and/or ethical decision. Perhaps the most compelling reason for the uptick in declared “vegans” is the ever emerging risks associated with meat-eating including heart disease, obesity, digestive disorders, hypertension, and various colorectal cancers. Vegans, on the other hand, enjoy lower cholesterol levels, lower blood pressure, a lower risk of coronary artery disease, a lower risk of diabetes, and are less likely to be obese.

Since vegans don't eat any animal products, they consume virtually no animal fat or cholesterol. The vegan diet typically features healthy doses of antioxidants and fiber-rich fruits, vegetables, leafy greens, legumes, beans and whole grains, nuts, seeds, etc.

But, where do “vegans” get their protein? Don't you have to eat meat to get lean or ripped? Can the vegan diet deliver protein-building amino acids like those typically found in meats? The answer is yes!

Vegan food selections include protein-rich foods like tofu, kale, lentils, chickpeas, peanut butter, soy milk, etc. While living meat-free, vegans still tap a variety of protein sources beyond meat, cheese and eggs and a well-planned vegan diet actually offers all the benefits of protein without the health risks of consuming animal products.

The general consensus on protein requirements are that women need about 46 grams per day while men require about 56 grams but this varies greatly based upon age, activity level, conditioning and overall fitness goals.

The Dietary Reference Intake, which is a recommendation from the Institute of Medicine, uses a “grams of protein per kilogram of body weight” measurement. It requires us to first convert our body weight into kilograms by dividing our weight in pounds by 2.2. Then if you are relatively sedentary, multiply your weight (in kilograms) by .8 (grams). If you are endurance training multiply your bodyweight (in kilograms) by 1.4 grams and if you are strength training multiply is by 1.8 grams. The resulting number represents the grams of protein per kilogram of body weight that you should consume on a daily basis.

It's important to remember that with protein ... more is not better since the body can only synthesize so much protein in a day. An excess of protein can either be used as energy or stored as fat.

It's quite easy to meet one's recommended daily protein intake simply by eating meat. An average steak can have up to 40 grams of protein, a grilled chicken breast typically has about 30 grams, and a fish fillet contains about 22-23 grams. But, what if you don't eat meat? As we shall see, both the Vegetarian and Vegan diets have no shortage of protein-rich food options.

The Vegetarian versus the Vegan

With early devotees walking the fresh markets of Ancient Greece and India, the "Vegan" finally seems to be getting his and her due in the modern world. The Vegan Diet has been passionately embraced by Hollywood as the nouveau lifestyle of the rich, the famous, and the recognized. With A-list disciples like Bill Clinton, Alec Baldwin, Mike Tyson, Natalie Portman, and Woody Harrelson ... veganism has clearly arrived! From a somewhat fringe food movement invoked by those extolling the virtues of living completely animal free, it has now become more popular, more mainstream, and much more pragmatic! Long confused with vegetarianism, the "vegan" is actually a far stricter form of the "vegetarian" along with some very fundamental differences. While most vegetarians shun meat including beef, pork, veal, seafood, poultry and anything else derived from animal flesh ... there are different types of vegetarians. Lacto-ovo-vegetarians are considered the most common, and they exclude all meat but they do eat eggs and dairy products. Lacto-vegetarians eat dairy but not eggs. Ovo vegetarians eat eggs but not dairy and then there are vegetarians that don't eat meat but do eat fish. Veganism has no versions or variations. Considered the strictest form of vegetarianism, the vegan diet is a meat-free nutritional regime that excludes animal products and by-products including milk, eggs, butter and cheese and in

some cases even honey. Many vegans also won't eat foods that are made or processed with animal products as in the case of refined white sugar, wine and gelatin. Vegans also tend to avoid products made from animals as well as those tested on animals like leather, wool, silk, and down. The vegan viewpoint extends well beyond mealtime. Many embrace veganism because countless studies suggest that it decreases the risk of heart disease, stroke, diabetes and even some forms of cancer. Some find veganism to be an extension of the green movement with several research reports suggesting that factory farming contributes to the infamous greenhouse effect. Other vegans object to the use and abuse of animals that are bred, abused, and unnecessarily killed expressly to serve as food for mankind.

But almost all vegans will tell you that they honestly don't feel like they're missing out on much of anything. There are now plenty of vegan food selections available at the local market. In addition a diet predominantly based in fresh vegetables, grains, beans, nuts and seeds ... is a very cost-effective existence. Bulk-buying and in-season fruits and vegetables are among the most inexpensive grocery items on any list. And with respect to the protein question, vegans will tell you that they get plenty.



The Plant-Based Diet Exposed



The fruits, vegetables and whole grains in the vegan or plant-based diet are significantly lower in calories than standard meat-fare but also highly satiating. Vegans tend to feel full and satisfied on less caloric intake. Therefore, they tend to have a lower body mass index than meat eaters and are less likely to struggle with weight gain. So maintaining fitness and/or weight control goals tends to be less problematic in the plant-based realm.

The Vegan Diet falls into four, main food groups:

1) Vegetables 2) Nuts and Seeds 3) Grains and 4) Fruits. Because of this variety, vegans typically “eat the rainbow” and fill their plates with rich and vibrant fruit and vegetable colors. From deep, red cherries; to dark, green kale; to bright, golden melon ... the more intense the colors on the vegan plate, the greater the benefit of the associated plant-based nutrients, vitamins and minerals.

In terms of the protein question, the Vegan Diet offers a variety of protein-rich options. We all know that protein is critical for cell growth, cell repair, a healthy immune system, and building muscle ... but we don't need animal products to get adequate amounts of it. Vegans get more than enough dietary protein from foods like beans, nuts, seeds, soybeans

and tofu. What are the vegan protein heavy hitters? How about a cup of kidney beans with 15 grams of protein. Or a cup of lentils with 18 grams of protein. Or, a cup of tempeh with a whopping 30 grams of protein. Or, a cup of seitan (seasoned wheat gluten) at over 70 grams of protein!

When it comes to dietary protein, more is not better. The truth is that most Americans get too much protein and large amounts of it can actually cause health problems like high cholesterol, weight gain, dehydration, and kidney dysfunction. A well-balanced vegan diet, however, with an abundance of vegetables, fruits, grains and nuts is perhaps one of the healthiest nutritional regimes on the planet.

The key to eating and thriving as a vegan is to maintain food variety. Eliminating meat should not limit your meal selections or your menu. Countless vegan cookbooks are now available with a variety of dynamic dishes. Vegans can also buy mock meats, pre-made salads, sandwiches, vegan cheeses, soups, dairy alternatives, tofu spreads, soy yogurts, and even baked goods! Lastly, vegan meals are available at various ethnic restaurants including ethnic Indian, Thai, and Chinese. Even national restaurant chains like Denny's, Subway, and Chevy's are now touting vegan-fare.

Vegan Muscle Meals and Recipes



Here are some of our favorite, protein-rich vegan recipes!

QUINOA HIGH PROTEIN SALAD

Serves 1

4 cups romaine lettuce
1/4 cup red quinoa, dry
1/2 cup cooked black beans
1/2 cup corn
1/2 cup jicama, sliced
8 cherry tomatoes, quartered
1/2 cup green bell pepper, diced
1/4 cup red onion, diced
4 oz BBQ tempeh
1/4 cup cilantro

DRESSING

1/4 container of silken tofu
3 Tbsp lime juice
1 clove garlic, minced
1 tsp, mustard
1 Tbsp cider vinegar
Salt and pepper to taste

Blend ingredients in a blender

43 grams of protein per serving

Cook quinoa according to instructions. Toss ingredients in a large bowl.

VEGAN APPLE SMOOTHIE

Serves 1

8 ounces coconut water
4 raw almonds
1 tsp vanilla extract
1 tsp ground cinnamon
1 cup apple, chopped
1/2 scoop, unsweetened vegan protein powder
1 Tbsp flaxseed meal

Combine all ingredients in a blender and pulse for 10 - 15 seconds. Add 3 to 4 ice cubes and blend until desired consistency.

18 grams of protein per serving



VEGAN BREAKFAST HASH

Serves 4

8 oz baby red potatoes, diced
3 Tbsp olive oil
1 tsp chili powder
1/2 tsp cumin
1 jalapeño, seeded and minced
3 green onions, chopped
1 cup cherry tomatoes, diced
1 can black beans, drained
1 Tbsp nutritional yeast
8 oz tempeh, crumbled
1 avocado, diced
Salt and pepper to taste



Bring potatoes to a boil in a pot of salted water. Cook until knife-tender, about 6 minutes. Drain and set aside.

Heat 2 tablespoons oil in a large saucepan over medium-high heat. Add chili powder and cumin and cook until fragrant, about 30 seconds. Add potatoes and cook, stirring occasionally, until golden, 5 to 7 minutes. Transfer to a bowl; set aside.

Heat remaining oil over medium heat. Cook jalapeno, scallions, tomatoes, beans, and tempeh, stirring, until tomatoes begin to break down, 5 to 7 minutes. Add potatoes and cook until heated through.

Remove pan from heat and gently stir in avocado. Season with salt and pepper. Garnish with reserved green onions.

22 grams of protein per serving

VEGAN TOSTADA

Serves 2

- 2 Tostada Bowls (or crowns)
- 1 can vegetarian refried beans
- 2 oz soy cheddar, shredded
- 1 cup lettuce, shredded
- 1/2 cup salsa
- 4 Tbsp vegan sour cream
- 10 black olives, sliced

Heat refried beans. Fill bowls with beans. Top with cheese, lettuce, salsa, sour cream, salsa, and olives

19 grams of protein per serving



VEGAN STIR FRY WITH BLACK BEAN GARLIC SAUCE

Serves 4

- 2 cups boiling water
- 1 oz dried shitake mushrooms
- 2 Tbsp rice wine
- 2 Tbsp black bean garlic sauce
- 2 tsp corn starch
- 2 Tbsp canola oil
- 2 cups sliced drained seitan (about 8 ounces)
- 2 cloves garlic, minced
- 1 Tbsp ginger, chopped
- 4 cups green beans, cut 1 inch pieces
- 2 cups brown rice, cooked
- Salt and pepper to taste



Combine 2 cups boiling water and mushrooms in a small bowl; cover and let stand for 20 minutes. Drain in a colander over a bowl, reserving 1/2 cup soaking liquid. Rinse mushrooms; drain well. Discard mushroom stems; thinly slice mushroom caps. Combine reserved liquid, rice wine, black bean sauce, and cornstarch in a small bowl; stir with a whisk, and set mixture aside.

Heat 1 tablespoon canola oil in a large nonstick skillet or wok over medium-high heat. Add seitan to pan, and stir-fry 2 minutes or until lightly browned. Place seitan in a medium bowl. Heat remaining 1 tablespoon oil in pan over medium-high heat. Add garlic and ginger to pan; stir-fry for 30 seconds. Add mushrooms and beans; cover and cook 3 minutes. Add black bean sauce mixture to pan; cook 1 minute or until sauce slightly thickens. Add seitan to pan; cook 1 minute, stirring occasionally. Combine rice and salt; serve seitan mixture over rice. Garnish with cilantro sprigs, if desired.

21 grams of protein per serving

Protein, Amino Acids and Supplementation

Protein:

Most vegans that eat a balanced plant-based diet, consume more than enough dietary protein. It's fairly easy for the average female vegan to get her recommended 46 grams of protein per day and the average male vegan to get his 56 grams of protein per day. But, protein needs can increase dramatically when we add intense, physical training to the mix ... particularly a resistance training program. So vegan athletes will clearly have a higher protein requirement than non-athletes.

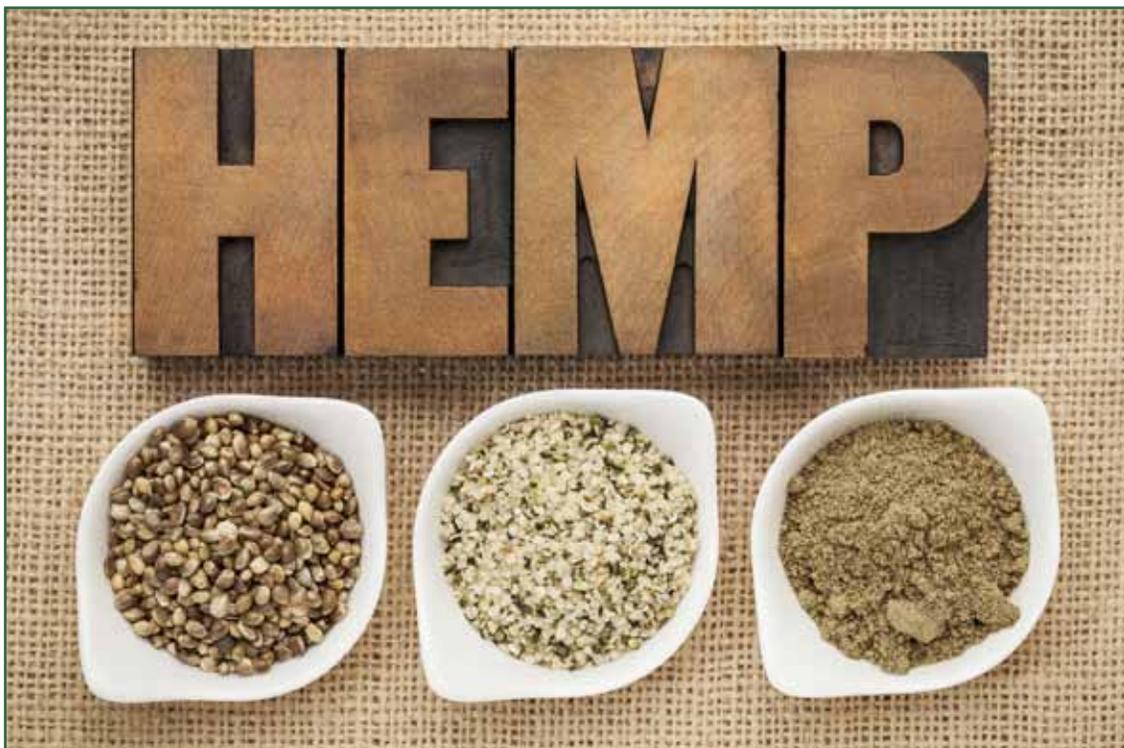
Supplementing the body with added protein is a long-held practice of the fitness community, particularly for those looking to pack on lean muscle mass. Added protein can help fuel the body before and after extreme exertion and assist in the rebuilding, repairing and strengthening of muscles.

When proteins are broken down, amino acids are what remain, and we need a variety of essential and non-essential amino acids to help us perform various body functions. Amino acids are often called the body's building blocks because they support the body's skeleton, connective tissue, organ function, nervous system and our entire metabolic process.

Amino Acids:

Amino acids combine to form proteins and one of the body's more vital amino acids is lysine. Lysine is an "essential" amino acid. It is crucial for human health but it is not manufactured by the human body. Lysine offers an array of key biological tasks ... from increasing collagen formation, to promoting bone health, to lowering cholesterol. While readily available in vegan selections like quinoa, pumpkin seeds, seitan and legumes ... these foods must be consumed on a daily basis to avoid deficiency. Lysine is a critical building block of protein in the body and chances are if you consume enough lysine, you are also getting enough dietary protein.

Protein powders make it easy to add protein and amino acids to any diet. Luckily there are a variety of vegan options available that are derived from pure sources like brown rice, hemp, soy, peas, etc. They offer complete protein supplementation and contain all the essential and non-essential amino acids that the body needs in an easy to digest format. Vegan protein powders can be used in smoothies, vegan bars, vegan muffins, and even stirred into cooking.





Vitamin B 12:

Vitamin B12 is a critical part of the human diet and is found almost exclusively in animal food sources (tissue, skin and meat). It is only available to vegans through foods fortified with B12. As a result, B12 deficiency in an exclusively plant-based diet is not uncommon. Vitamin B12 helps red blood cells divide and a deficiency can cause anemia, digestive disorders, cognitive deficits, and autoimmune challenges. It is recommended that vegans either eat vitamin B12 fortified foods (soy milk, cereals) two or three times a day or take a daily B12 supplement.

Vitamin D:

Vitamin D is considered the bone health vitamin. It helps the body absorb calcium which we all know supports our body's skeletal matrix. So when we are vitamin D deficient, we are also calcium deficient. There are very few dietary sources of vitamin D for meat eaters and non-meat eaters alike, and the few that do exist like fish and egg yolks are not vegan sources. Our bodies are able to make vitamin D but only when exposed to sunlight and under certain conditions.

Because of concerns about skin cancer and ultraviolet exposure, many vegans turn to vitamin D supplementation. It's important to note that vitamin D-2 is vegan friendly since it is derived from plant sources while vitamin D-3 is derived from sheep's wool. Plant-based eaters can also look for foods fortified with vitamin D-2 like soya milk and margarine. It's important to remember that adequate levels of vitamin D can help lower the risk of osteoporosis and certain cancers.

Conclusion

So it's clear that the "vegan way" is a healthy way. Studies show that vegans live on average about 6 years longer than the rest of us. With a plant-based diet rich in vitamins, nutrients, and fiber ... vegans boast lower body weight, lower cholesterol levels, lower blood pressure readings, and an overall lower risk of heart disease. Veganism is also a very clear lifestyle choice, and one that

implores compassion to animals and caring for the planet. It is an economical, ecological, and empathetic existence that has at its core, fresh and wholesome plant-based nutrition. With proper planning and prepared food varieties, vegans get plenty of everything including muscle-building protein. So if you're an athlete, a fitness enthusiast, or simply looking to build lean muscle ... you can "go vegan" and still get ripped!