Sample Vegan Meal Programs
For the Vegan Athlete

VEGAN BODYBUILDING
& fitness
veganbodybuilding.com

Sample A

Meal #1
4 pieces of whole fruit
12 ounces of water

Meal #2
Bowl of mixed nuts
Flax crackers
Carrots, and hummus
12 ounces of water

Meal #3
Bowl of red quinoa, black beans,
steamed kale and pine nuts
Green salad with artichoke hearts,
peppers, cucumber and tomatoes
12 ounces of water

Meal #4
4 pieces of whole fruit
12 ounces of water

Meal #5
Brown rice, avocado, black or pinto
beans, romaine hearts and salsa
Green salad with spinach, broccoli,
zucchini, and cabbage
12 ounces of water

Meal #6
3 pieces of whole fruit

Sample B

Meal #1
3 rice cakes with almond butter

Bowl of oats
2 pieces of whole fruit chopped up
and put in oats
12 ounces of water

Meal #2
Dates and coconut flakes
Green Smoothie
2 pieces of whole fruit
12 ounces of water

Meal #3
2 yams with almond gravy or peanut
sauce
Strips of tempeh with kale salad
Small green salad
12 ounces of water

Meal #4
Large green salad with lots of veggies,
beans, peas, and a variety of greens
Fresh squeezed juice
Green Smoothie
12 ounces of water

Meal #5
Stir fried or steamed vegetables with
tofu
Small green salad with walnuts and
hemp seeds
12 ounces of water

Meal #6
Carrots and hummus
2 pieces of whole fruit
12 ounces of water

Sample C

Meal #1
Large fruit salad with a lot of variety
of fresh fruits with sprouted
buckwheat (gluten-free)
Green smoothie
16 ounces of water

Meal #2
Dried fruit and mixed common
allergen-free nuts and seeds in trail
mix
2 pieces of whole fruit
16 ounces of water

Meal #3
Large green salad with walnuts and
pecans, beans and mixed vegetables
Collard green wrap with hummus and
peppers
16 ounces of water

Meal #4
Potatoes or yams
2 pieces of whole fruit
16 ounce water or tea

Meal #5
Bowl of brown rice with curry sauce
and a variety of vegetables
Bowl of lentil/vegetable soup
16 ounce yerba maté
16 ounces of water

Meal #6
Small green salad
8 ounce coconut water
1 papaya

Find more helpful information at
www.veganbodybuilding.com!

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Workouts To Do Anywhere

Total body workout without any gym equipment:

Warm-up with 10 minutes of aerobic activity (running, jumping jacks, box jumps on a bench, stair running, etc.)

Three sets of push-ups of 10-20 reps to warm up the upper body

Run for 3 miles at a moderate pace

Push-ups 1x20, 1x20, 1x20, 1x20, 1xfailure

Sit-ups 1x30, 1x30, 1x30, 1x30, 1xfailure

Squats 1x30, 1x30, 1x30, 1x30, 1xfailure

Yoga poses or static holds for upper body for 10 minutes, with rest between sets

Upper body workout without any gym equipment:

Warm-up with 10 minutes of aerobic activity (running, jumping jacks, box jumps on a bench, stair running, etc.)

Three sets of push-ups of 10-20 reps to warm up the upper body

Decline push-ups (feet up on a bench) 1x20, 1x20, 1x20, 1xfailure

Narrow hand position push-ups 1x20, 1x20, 1x20, 1xfailure

Chin-ups 1xfailure, 1xfailure, 1xfailure, 1xfailure

Dips 1xfailure, 1xfailure, 1xfailure, 1xfailure

Stretch after workout. Do something nice for someone else and show gratitude as often as possible.

Here is a list of some non-equipment exercises to incorporate into your exercise program. If you are not familiar with one or more of these exercises by name, search it on the Internet to get a description (and often photos and videos) of what they are.

Endurance and Lower Body Exercises:

Walking

Jogging

Running

Sprinting

Hiking

Jumping

Climbing

Squats

Lunges

Wall sits

Stair climbing

Box jumps

Jumping rope

Lateral side-steps

Upper Body Exercises:

Chin-ups

Pull-ups

Dips

Push-ups

Static holds

Hand stands

Wall push-ups

Bridge push-ups

Lifting heavy objects

Bouldering and rock climbing

Pushing or pulling movements

Core Exercises:

Crunches

Sit-ups

Leg lifts and leg raises

Bridge static holds

Yoga poses and movements

Pilates movements and exercises

Total Body Exercises:

Yoga poses and movements

Jumping jacks

Star Jumps

Running

Sprinting

Mountain climbing

Sequence of a squat to a push-up to a jump, repeated

Cross-Fit exercises using body mechanics only