



# VEGAN BODYBUILDING DIET PLAN

by [Andrea Cespedes](#)



Bodybuilders know that a regimented, consistent diet is important to obtaining a competitive edge. While many consume large amounts of protein daily in the form of animal products, vegans and vegetarians eat animal products and still build a toned physique. The foods structured in the same way as a meat-based bodybuilding diet, but the foods eaten differ.

## Features

A vegan bodybuilding diet plan still contains all the essential amino acids, healthy fats and carbohydrates to support muscle growth. Foods such as fresh fruits and vegetables, whole grains, and legumes form the basis of any vegan diet. Oatmeal for breakfast and yams all provide energy while protein powder, especially whey-based, are often the primary snacks during training.

## Protein

The International Society of Sports Nutrition recommends consuming 1.6 grams of protein per kilogram of body weight for strength training athletes. To build muscle, athletes need protein that contain all eight amino acids that the human body cannot produce. Protein powder, especially whey-based, offers a complete vegetarian protein. Finding other sources of protein from experienced vegan bodybuilders combine supplements such as branched-chain amino acids, creatine, and beta-alanine. Beans combined with grains, lentils with rice and almonds with tahini are also good sources of protein.

## Considerations

Eating a vegan diet may not be convenient -- especially when going to the gym. You may not be able to find a vegan meal, but often they are not rich in vegetables. Carrying portable snacks with you, such as soy protein powder, almonds and dates, can help.

## Sample Diet Plan

A vegan bodybuilding diet usually involves five or six small meals throughout the day to support muscle growth, helps keep blood sugar levels stable and helps you stay hydrated. For breakfast, have a protein shake made with soy or rice-based protein powder and almond butter. At lunch, enjoy tofu or seitan -- a wheat-based complete protein. For dinner, enjoy a green salad with avocado, steamed lentils with mixed vegetables, and a fruit smoothie. Vegan protein bars, smoothies, peanut butter sandwiches and dried fruit are also good for energy and muscle growth.

## Processed Foods

The occasional meat replacement in the form of soy burgers, veggie patties, and plant-based meats are common in bodybuilders' diet. Limit your exposure to these foods, however, as they often contain additives, fillers, sodium and sugars that do not always support muscle growth.



References (3) ▾

# DON'T MISS



Menu Plans for a Vegan Diet



High Calorie Vegan Diet



List of Complete Protein Foods

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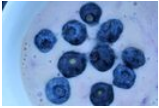
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