To quickly build as much strength and lean muscle over the next 28 days, we are going to take a “hyper-nourishment” approach. That is, you are going to most likely eat more food than you can ever remember eating. The reason for this is a principle called the “limiting nutrient principle.” In other words, if you are short the minimum quantities of any essential nutrient, you will not build muscle! It’s like trying to build an addition to your home without enough wood, dry wall, or nails.

Avoid these foods to minimize fat gain:
1. No Animal Products (yogurt, cheese, milk, ice cream, meat, fish, eggs, etc.)
2. No Alcohol
3. No Faux Deli Meats or Processed Meats with Nitrites or Breading
4. No Diet Foods or Beverages
5. No Pre-packaged Microwave Meals or Snack Foods
6. No Foods with Artificial Colors or Flavors
7. No Soy or Soybean Oil (except for tofu & tempeh, depending on how your body responds)
8. Artificial Sweeteners: sorbitol, mannitol, xylitol, isomalt
9. Added Fructose, High Fructose Corn Syrup

Include Plenty of these Water and Nutrient Rich Foods:
1. Fresh vegetables and greens, especially celery, cucumber, parsley, asparagus
2. Fresh fruit, especially kiwi, pineapple, lemon, grapefruit and organic berries

Eat a Lot of These Muscle Building Foods:
1. Seitan, Tofu
2. Unsweetened Almond Milk, Coconut Milk or Hemp Milk
3. Nuts and Seeds (unsalted, unsweetened)- Limit each serving to a small handful
4. Olive Oil and Omega-3 EFA’s/Flaxseed oil

Drink Mostly These Beverages:
1. Filtered Water with Fresh Lemon (aim for 1 gallon or more a day)
2. Green or White Tea
3. Sparkling Seltzer- no artificial flavors (e.g. La Croix)

Recommended Dietary Supplements:
1. Flaxseed/Chia Seed Oil Liquid
2. Multivitamin
4. Vega One Nutritional Shake
5. L-Glutamine (take the suggested serving size on bottle)
6. Creatine Monohydrate (take the suggested serving size on bottle)

**Allowed High-Carb Carbohydrates:** portions will vary – refer to meal-by-meal template:
- Sprouted Grain Breads & Wraps
- Whole Grains (measure uncooked): Brown & Wild Rice, Quinoa, Barley, Millet, Oatmeal (Old Fashioned or Slow Cook)
- Potato (Sweet or White) & Yam
- Winter Squash & Turnips, Corn & Peas
- Any Fruit, Fruit Spreads/Jams (unsweetened)
- Beans/Legumes (in moderation), Hummus (also counts as high-fat protein)

**Allowed Low-Carb Carbohydrates:** Consume AT LEAST a fist-sized portion of each item below:
- Vegetables & Leafy Greens (i.e., asparagus, green beans, spinach, cucumber, celery, peppers)
- Organic Mixed Berries (i.e., blueberries, strawberries, blackberries, raspberries – frozen or fresh)
- Unsweetened Almond Milk (contains some fat)

**Allowed Low-Fat Proteins:** Consume AT LEAST a fist-sized portion of each item below:
- Seitan
- Beans, Lentils, Quinoa (also is high-carb)
- Tempeh (also is high-carb)
- Stevia-Sweetened Pea Protein, Hemp Protein, Other Vegan Protein Powders (1 or 2 scoops)
- Vega One Nutritional Shake
- Nutritional Yeast (sprinkle on food for flavor and extra protein)

**Allowed High-Fat Proteins:** Consume AT LEAST a fist-sized portion of each item below:
- Hummus
- Tofu
- Vegan Protein Powder Mixed With Avocado (1 or 2 scoops + ½ avocado)

**Allowed Fats:** Limit all oils to 1/2 to 1 TBSP., nuts/seeds to a small handful, and nut butters to 1-2 TBSP.
- Nuts & Seeds (unsalted, unsweetened), Natural Nut Butters (low in salt, unsweetened)
- Olives, Extra Virgin Olive Oil, Organic Vegenaise
- Avocados, Natural Guacamole
- Coconut Oil, Unsweetened Coconut/Hemp/Almond Milk
- Hemp Oil, Canola Oil, Sesame Oil
- Ground Flax Seeds, Flax Oil
- Ground Chia Seeds, Chia Seed Oil
## VEGAN MUSCLE MEAL PLAN TEMPLATE

<table>
<thead>
<tr>
<th>Muscle Workout Day</th>
<th>Rest Day</th>
<th>Fat Loss Workout Day (optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre-Breakfast (immediately upon waking):</strong>&lt;br&gt;Low-Fat Protein + Low-Carb Carbohydrate</td>
<td><strong>Pre-Breakfast (immediately upon waking):</strong>&lt;br&gt;Low-Fat Protein</td>
<td><strong>Breakfast:</strong>&lt;br&gt;Low-Carb Carbohydrate + Low-Fat Protein + Fat</td>
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<tr>
<td><strong>Breakfast (30-45 min after Pre-Breakfast):</strong>&lt;br&gt;High-Carb Carbohydrate (1 ½ Fist Size) + Low-Carb Carbohydrate + High-Fat Protein</td>
<td><strong>Breakfast:</strong>&lt;br&gt;High-Carb Carbohydrate (3/4 Fist Size) + Low-Carb Carbohydrate + High-Fat Protein</td>
<td><strong>Multivitamin</strong>&lt;br&gt;<em>L-Glutamine&lt;br&gt;Flaxseed/Chia Seed Oil</em></td>
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<tr>
<td><strong>Multivitamin</strong>&lt;br&gt;<em>L-Glutamine&lt;br&gt;Flaxseed Oil/Chia Seed Oil</em></td>
<td><strong>Snack:</strong>&lt;br&gt;Low-Carb Carbohydrate + High-Fat Protein</td>
<td><strong>Lunch:</strong>&lt;br&gt;Low-Carb Carbohydrate + High-Fat Protein</td>
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<tr>
<td><strong>Muscle Snack:</strong>&lt;br&gt;Low-Carb Carbohydrate + High-Fat Protein + High-Carb Carbohydrate (1 Fist Size) + Fat</td>
<td><strong>Lunch:</strong>&lt;br&gt;High-Carb Carbohydrate (1 Fists Size) + Low-Carb Carbohydrate + Low-Fat Protein + Fat</td>
<td><strong>Snack:</strong>&lt;br&gt;High-Carb Carbohydrate + Low-Fat Protein + Fat</td>
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<tr>
<td><strong>Lunch (1.5 – 2 hrs pre-workout):</strong>&lt;br&gt;High-Carb Carbohydrate (2 Fists Size) + Low-Carb Carbohydrate + Low-Fat Protein + Fat</td>
<td><strong>Snack:</strong>&lt;br&gt;High-Carb Carbohydrate (1/2 Fists Size) +</td>
<td><strong>Dinner:</strong>&lt;br&gt;Low-Carb Carbohydrate + High Fat Protein (Or Low-Fat Protein + Fat)</td>
</tr>
<tr>
<td><strong>Post-workout:</strong>&lt;br&gt;High-Carb Carbohydrate (2 Fists Size) + Protein Powder Protein</td>
<td><strong>Dinner:</strong>&lt;br&gt;High-Carb Carbohydrate (1/2 Fist Size) + Low-Carb Carbohydrate + Low-Fat Protein</td>
<td><strong>Post-workout:</strong>&lt;br&gt;Protein Powder + Low Carb Carbohydrate&lt;br&gt;<em>L-Glutamine&lt;br&gt;Creatine</em></td>
</tr>
<tr>
<td><strong>Dinner:</strong>&lt;br&gt;High-Carb Carbohydrate (1/2 Fist Size) + Low-Carb Carbohydrate + Low-Fat Protein</td>
<td><strong>Muscle Snack:</strong>&lt;br&gt;Fat + Low-Carb Carbohydrate</td>
<td><strong>Drink throughout the day:</strong>&lt;br&gt;Tea, Water, or Seltzer</td>
</tr>
</tbody>
</table>
### Muscle Workout Day

**Pre-Breakfast (immediately upon waking):**
Protein Shake w/Almond Milk + L-Glutamine

**Breakfast:**
½ Block extra firm tofu, scrambled with spinach and peppers
Cooked oatmeal (3/4 Cup Uncooked)
Banana

**Multivitamin**
**Flaxseed Oil**

**Muscle Snack:**
Extra firm tofu, scrambled with spinach and peppers + Grapefruit
Almond butter sandwich: 2 slices of Ezekiel bread, 2 tbsp almond butter

**Lunch (1.5 – 2 hrs pre-workout):**
Black bean chili with 1 can black beans, 1/2 pack seitan, and veggies, baked sweet potato, ¼ avocado

**Post-workout:**
Apple
Protein Shake w/Almond Milk
Banana + Creatine + L-Glutamine

**Dinner:**
Large spinach salad
1/4 cup (uncooked) lentils, cooked with veggies and spices over 1/4 cup (uncooked) brown rice
½ pound steamed broccoli or asparagus

**Muscle Snack:**
2 tbsp almond butter on celery sticks

**Drink throughout the day:**
Tea, Water, or Seltzer

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### Rest Day

**Pre-Breakfast (immediately upon waking):**
Protein Shake w/Water + L-Glutamine + Creatine

**Breakfast:**
½ Block extra firm tofu, scrambled with spinach and peppers
Cooked oatmeal (1/3 Cup Uncooked)
Banana

**Multivitamin**
**Flaxseed Oil**

**Muscle Snack:**
Extra firm tofu, scrambled with spinach and peppers + ½ Grapefruit
Almond butter sandwich: 1 slice of Ezekiel bread, 2 tbsp almond butter

**Lunch:**
Black bean chili with 1/2 can black beans, 1 pack seitan, and veggies, ½ baked sweet potato, ¼ avocado

**Snack:**
Almonds + Dried Fruit

**Dinner:**
Large spinach salad
1/4 cup (uncooked) lentils, cooked with veggies and spices over 1/4 cup (uncooked) brown rice
½ pound steamed broccoli or asparagus

**Muscle Snack:**
2 tbsp almond butter on celery sticks

**Drink throughout the day:**
Tea, Water, or Seltzer

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### Fat Loss Workout Day (optional)

**Breakfast:**
*Smoothie:*
Protein Powder, Unsweetened Coconut Milk, Ground Flax and Unsweetened Organic Frozen Berries + L-Glutamine

**Multivitamin**
**Flaxseed oil**

**Snack:**
Hummus and Natural Guacamole with Mixed Veggies (celery, bell peppers, cherry tomatoes)

**Lunch:**
Mixed Greens Salad with Veggies of choice (tomato, cucumber, etc) and Tofu Cubes, drained with Rice Vinegar dressing

**Snack:**
Peach
Seitan Salad (Seitan mixed with Vegnaise and chopped celery)

**Dinner:**
Tofu Stir-fry with Chinese Vegetables, cooked in Sesame Oil

**Post-workout:**
Protein Powder with Berries + Creatine + L-Glutamine

**Drink throughout the day:**
Tea, Water, or Seltzer