



Calculating Macros for Vegans and Vegetarians





When calculating macros for vegans & vegetarians, you may run into some roadblocks:

1. Challenging reaching your protein target without going over in carbs
2. Hard to reach protein amounts without a protein powder supplement
3. Fibre intake is going to be high when eating real whole foods so make sure this is taken into account
4. Don't fill up on fake "foods" like soy based cold cuts, etc.





Recommended Starting Macros for Vegans & Vegetarians

CARBS = 45%
PROTEIN = 25%
FATS = 30%

Use this as a starting point.





HOW TO CALCULATE VEGAN OR VEGGIE MACROS

CARBS = 45%
PROTEIN = 25%
FATS = 30%

Vegan / Vegetarian Macros
(Using our weight loss goal)

$2293 - (2293 * 0.45) = 1032 / 4 \text{ carb calories} = \mathbf{258 \text{ grams}}$
 $2293 - (2293 * 0.25) = 573 \text{ calories} / 4 \text{ protein calories} = \mathbf{143 \text{ grams}}$
 $2293 - (2293 * 0.3) = 688 / 9 \text{ fat calories} = \mathbf{76 \text{ gram}}$

If your client is finding it really hard to hit these numbers, you can tweak the percentages but stay within the caloric range



Important to help your clients

- Provide your clients with real whole food recipes that are high in protein (this will be a struggle for many vegan clients)
- Make sure they are supplementing (have your doctor check B12 and iron levels)
- Provide a list of good premade vegan options for soups, veggie burgers, etc for those who are gluten free and soy free

Vegan Protein Sources

By VEGANS OF INSTAGRAM

Tempeh 41g (1 cup)	Wheat Germ 33g (1 cup)	Seitan 31g (3 oz)	Soy Beans 29g (1 cup)
Buckwheat 24g (1 cup)	Lentils 18g (1 cup)	Beans Black 15g (1 cup) Kidney 13g (1 cup) Pinto 12g (1 cup) Garbanzo 12g (1 cup)	Quinoa 9g (1 cup)
Peas 9g (1 cup)	Wild Rice 7g (1 cup)	Tofu 11g (1 cup)	Seeds Pumpkin 8g (1 oz) Sunflower 5g (1 oz)
Nuts Peanuts 7g (1 oz) Almonds 6g (1 oz) Pistachios 6g (1 oz) Cashew 5g (1 oz) Brazilian 4g (1 oz) Walnuts 4g (1 oz)	Raisins 5g (1 cup)	Avocado 4g (1 med)	Spinach 5g (1 cup)
	Artichoke 4g (1 cup)	Brussels Sprouts 4g (1 cup)	

*Peanuts are technically a legume