



VEGAN & VEGETARIAN

TIPS AND TRICKS GUIDE

Nuts & Seeds

Chia Seeds * **3 tbsp**

Flax Seeds * **3 tbsp**

Brazil Nuts

Almonds

Walnuts

Cashews

Hazelnuts

Pumpkin Seeds

Hemp Seeds

Serving size: 1/4 cup

Legumes

Lentils

Garbanzo Beans

Chickpeas

Green Peas

Serving size: 1/2 cup

Other Healthy Fats

Avocado * **1/2 of medium size**

Coconut * **1 cup of meat**

Seitan * **1/3 cup**

Edamame * **1 cup**

Hummus * **1-2 tbsp**

Serving size: 1/2 cup

Grains

Quinoa

Brown Rice

Oat

Serving size: 1/4 cup uncooked

*Ratio of cooking grains is 2:1, your uncooked grain will produce more as cooked!

Looking for some Tips?



When substituting a protein, use a healthy fat to replace a meat option!



If needing to substitute more than a protein, opt in for seitan + quinoa or lentils. Or avocado or hummus with brown rice or similar!



When combining Nuts/Seed, Legumes, Fats, and Grains, be sure to use less of each amount so that you can practice portion control!



What about Milk?

Use Cashew, Coconut, Almond or Oat!!

**Curious about
Egg Substitutes?
Try these out!**



1 tbsp Ground Flax +
3 tbsp Water.
Blend until thick!



1 tbsp Chia Seed +
1/3 cup water.
Mix & let sit for 15 mins!