

HOW TO
**MEAL PLAN
AND PREP**
LIKE A PRO
PHYSIQUE ATHLETE!





HOW TO MEAL PLAN & PREP LIKE A PRO PHYSIQUE ATHLETE

If you want to look like a professional vegan bodybuilder, you need to learn to eat like one. When I first started out in the world of vegan bodybuilding, I had absolutely no clue how to plan and track my food. In fact, I didn't even know what a macro was! But over time, and from competing in multiple shows with periods of building and shredding throughout the year, I have learned the secret of accurately planning and tracking food, and prioritising protein.

Most people when they first turn vegan eat very carb heavy meals because they simply do not know what to eat in place of meat. But once you realise that you can eat exactly as you did before you turned vegan, and all that needs to change is where the protein comes from, everything falls into place.

If you want to achieve spectacular results then you must learn how to plan and prep your food in advance. When you are working to a specific calorie and macro goal it makes achieving results very simple because you never need to worry if something is allowed or not because you're simply following a plan. Although it is work to create a meal plan especially whenever you were unfamiliar with the process, it saves an enormous amount of time in the long run. And if you are busy and work a full time job I would encourage you to spend one day on the weekend cooking and prepping your food so that you can simply lift it out of the fridge or freezer and take it with you for the day.

Remember, if you want to look like a physique athlete then you need to start acting like one. It's not enough just to show up at the gym. You can never out-train a bad diet and eating correctly is 90% of the process. Your success in achieving any goal will largely depend on the quality and accuracy of your diet. Use this guide to help you plan, track and prep your food. Remember that the simpler you keep your food the easier it is to track and ultimately, the better it is your results.

1. PLAN HOW MANY TIMES YOU WILL EAT EACH DAY

The first thing you need to do when creating a meal plan is to decide how many times you want to eat each day. When bulking I usually eat around 4 times per day because my meals are bigger and I feel more satisfied and less hungry. When cutting, I try to eat 5 to 6 times per day to spread out my meals and combat hunger.

When bulking, I eat breakfast, post workout shake, lunch and dinner

When shredding I eat breakfast, post workout shake, lunch, dinner and evening shake.

I find eating this way and also ensures that my muscles are getting a constant supply of protein and carbohydrates.

2. DECIDE ON CALORIES AND MACROS

The next thing you need to do is decide how many calories and macros you need to eat to achieve your goals. When bulking I always eat at my TDEE or slightly over. When cutting, I usually start in a 10% deficit of my tdee and slowly drop by 50 to 100 calories every 1 to 2 weeks, depending on how my progress pictures are looking.

You can use our free calculator [here](#) to discover how many calories you should be eating to achieve your goals.

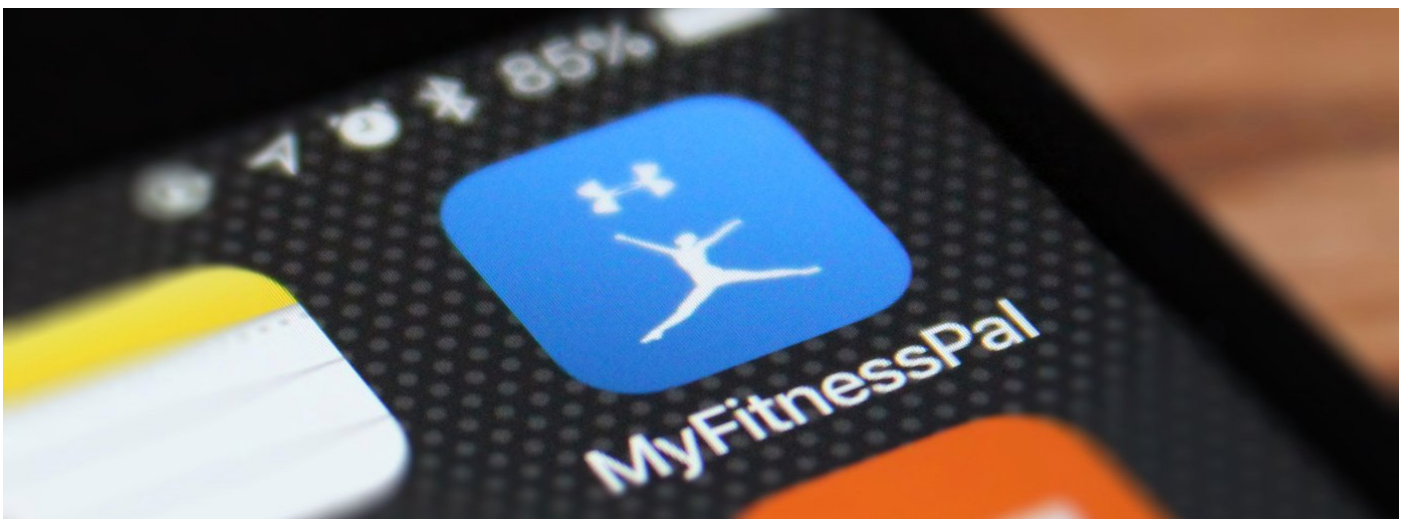
3. DOWNLOAD MY FITNESS PAL AND ENTER CALORIES AND MACROS

I have always used the premium version of MyFitnessPal because it means that you can track your food more accurately. However, I have heard many people using the free version very successfully. You can trial the paid version for 30-days for free and I highly recommend that you do this.

Once you have downloaded the app, change the calories to the amount you have decided you need to eat. To do this, click on the MORE button at the bottom of the page and then click on the NUTRITION tab. Click the GOAL tab and change the amount of calories you want to consume by clicking on the blue calorie number.

You also want to change the macro split to suit your goals (which we will talk about in a second). To change the macro split, simply click on the word CARBOHYDRATES and change the percentage using the dial.

Once you have done this, go back to the home tab and look at nutrients remaining at the top of the page. As you enter food into MyFitnessPal it will deduct the calories of the food from your daily total, always showing you the amount you have left to eat.



4. CHOOSE YOUR MACRO SPLIT

The macro split that I recommend for bulking is 40% carbohydrate, 30% protein and 30% fat.

The macro split I recommend for cutting is 30% carbohydrate, 45% protein 25% fat.

The reason I change the macro split for bulking and cutting is because protein is very thermogenic. This means that it will actually boost the metabolism and use calories to break down and metabolize the protein. Also, lower carbohydrates will cause your body to naturally burn more fat and store less of the carbohydrates as energy.

Always ensure that when planning your food you eat the bulk of your carbohydrates before and after training to ensure that you have enough energy to push the weights and also to replenish the muscle after training. This does not apply to cardio, only strength training in the gym.

5. PLAN YOUR FOOD IN MFP, ENTERING PROTEIN FIRST

When you start planning your food in MyFitnessPal you do so by simply adding and taking away until the totals add up. I always plan my protein first in every meal, starting with breakfast.

The best protein sources for a vegan athlete are:

- Protein powder
- Tofu
- Seitan
- Seitan
- Sunflower mince
- Soy products (such as burgers, sausages or mince)

Adding protein powder to your oatmeal in the morning will not only give you an incredible dose of slow-release carbohydrate (from the oatmeal), it will boost the protein content and keep your metabolism running high.

Remember to add at least 50 grams of protein to every protein shake. It's not true that your body can only metabolize 30g of protein at any one time, so do not be afraid to load up when making your shakes.

6. ADD PROTEIN CARBS NEXT

The next thing you add into your meal plan are your protein carbs. When planning my carbohydrates I always try to eat protein carbs first which are basically carbohydrates which also contain protein. Carbohydrates that also contain protein are usually slow releasing and will not cause the body to store them as fat. This is great not only for muscle building as you get a slow release of energy the whole day, but also incredible for cutting because your body is less likely to store the carbs as fat and you also don't get a sugar rush.

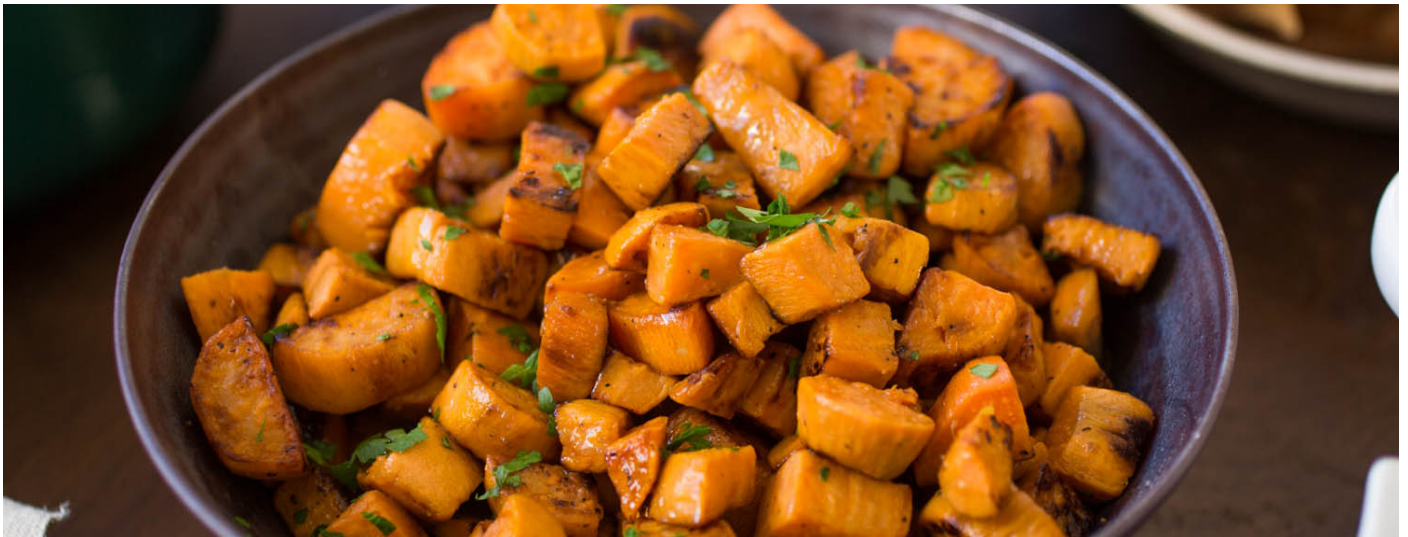
The best carb sources that also contain protein are:

- Beans of any kind (especially black beans and lupini beans)
- Chickpeas (garbanzo beans)
- Quinoa
- Lentils

7. NEXT ADD CRUCIFEROUS VEGETABLES

All year round but especially when cutting, I tried to eat the bulk of my carbohydrates from beans lentils and cruciferous vegetables. I fully believe this is the reason why I always put on muscle even when shredding for a show. After I have added in my protein carbs I will load up my meals with the following vegetables:

- Spinach
- Broccoli
- Green beans
- Asparagus
- Cauliflower
- Collard greens



8. NOW ADD CARBS, CHOOSING LOW GI FIRST

When I need to add carbohydrates to my meals such as before and after training, I always try to choose from low GI carbs first. Again, the lower the GI of the carb the more you can eat, which is always my goal. I want to try to eat a lot of food that is nutritionally dense, but calorifically light. My favourite carbohydrates are:

- Oats
- Sweet potato
- Squash
- Carrots
- Cabbage
- Rice
- Berries such as blueberries strawberries or raspberries

9. LASTLY, ADD FATS & FRUITS

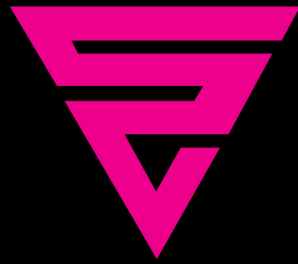
Fats are very high in calories so I always try to add them in the end. When cutting, my fats are usually quite low. So by adding them in last I see what I can play with after my Fitness Pal has added up all the fat in my food. Tofu is high in fat so you usually don't have a lot of fat left over if you're eating tofu everyday. I usually try to fry or saute my vegetables and food in a little water rather than oil. But sometimes tofu needs oil to get it crispy, so I will factor this into my macros. You can also buy an air fryer for tofu which requires no oil. My favourite fats are:

- Avocado
- Olive oil
- Flax oil
- Nuts
- Seeds
- Vegan mayonnaise

10. ADD IN EVERYTHING ELSE

After I have added all the principal macros into my meal plan, I add in things such as plant milk in my smoothies and coffee, and any other little extras I think will bring me pleasure. When I am cutting calories gradually for a show I usually take these things away first. I always try to take away lots of little things where the calories add up, rather than reducing the volume of food I am eating. When I need to bulk out a meal when dieting, I simply add in lots of salad greens which you can eat in unlimited amounts without counting them. the foods that you can eat without counting are:

- Any salad greens such as lettuce, rocket kharma lamb's lettuce etc
- Cucumber
- Celery
- Fresh or dried herbs
- Fresh or dried spices
- Lemon or lime juice for seasoning
- Salt and pepper
- Black tea or coffee



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