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What vegan bodybuilders eat in a day

Photo Courtesy: Klaus Vedfelt/Getty Images Do you find yourself scoffing at organic produce prices or end up spending more than you wanted each time you head to the grocery store? It's true that processed convenience foods are often a lot more affordable than the nutritious options you'd like to add to your diet. But, your goal of eating healthier foods without breaking the bank is actually well within reach when you have the right strategy. With some key planning steps and some smart new shopping habits, you'll be well on your way to better grocery budgeting — and more healthful meals. Follow these healthy budgeting and menu-planning tips to revamp your refrigerator and manage money at the same time.**Create a Realistic Budget — and Don't Be Afraid to Revise It** Photo Courtesy: Thana Prasongsin/Getty Images If you don't have a food budget yet, it's helpful to make one. And if you do, it's time to rethink it. Your existing budget might be a bit too high for your liking — enough that it's interfering with other elements of your overall household spending limits. It might also be too low, which you've probably realized if you're exceeding it without getting all the basics you need. But to eat healthy on a budget, you'll need a budget. It's what defines your spending guidelines and helps you make sure you're still thriving financially.**Start by creating a realistic budget for yourself or your family.** Take a look at what you spent on food over the past few months. This gives you a baseline amount to adjust up or down depending on your goals. You'll also want to determine what you're comfortable spending each month on food while still ensuring your other essential bills are covered. Take into account that, if you were ordering a lot of takeout before, you can bump up your grocery budget slightly to account for more home-cooked meals — just remember to cut back on your spending on takeout!**It's important to remember that your budget isn't set in stone.** If you find that it's not enough to cover your purchases, you can always allocate more money. That's true for going over, too — you'll just need to determine where to cut back. There's always time to readjust.**Make a Menu Plan Each Week** Photo Courtesy: Evgenia Siiankovskaia/Getty Images If you come home after work starving with hungry kids, starting from scratch cooking a meal probably isn't the most pleasant prospect. This might be when you normally reach for the phone and order a pizza. Making a meal plan in advance is an effective way to balance your desire to eat healthier food — which is easier to do when it's homemade — and limit takeout costs at the same time. When you have fresh, healthy food on-hand or already prepared, there's no questioning what's for dinner. You know you already have a plan, and the evening just got easier.**To start, map out your week.** Are there certain days when you're in more of a rush, maybe because of kids' sports practices or an online course you're taking? Check out your schedule and determine when dinner needs to be easiest. Then, see which recipes in your regular rotation — those tried-and-true classics your household loves — are easy to make. With a calendar handy, plan out which dish you'll serve each day of the week.The key is to stick to easy and healthy options. If you don't love cooking, you don't have to overwhelm yourself with complicated recipes. Look online for easy 15- or 30-minute meals you can have on the table quickly — but be sure to choose options that aren't based on prepackaged, processed foods. A slow cooker also makes eating well easier. You can toss in some vegetables and a protein and set it to cook for the day. You'll have multiple meals from a few minutes of prep time.**Empty Your Pantry and Fridge Regularly** Photo Courtesy: Photography by Fernando de Otto/Getty Images Each week, take stock of what you have on hand in your pantry and in your refrigerator. There are a couple great reasons to do so. This new habit can save you money in a few ways. For one thing, you'll be much less likely to let something perishable go bad simply because you forgot about it. If you come across produce that's about to turn or a package of chicken breasts you forgot you'd thawed out, you can plan to use them up early on in your weekly meal schedule.In addition, you might find you already have something non-perishable on hand you can use as the basis for a meal. That means you won't need to go out and spend extra on it. That bag of quinoa you bought a few months back is still good — and it can become the star player in next Wednesday's protein bowls.**Consider Meal Prepping Ahead of Time** Photo Courtesy: 10'000 Hours/Getty Images If you've spent any time on the health side of social media, you might've noticed that meal prepping is an important method people use for sticking to new diets. But it can actually help you stick to a budget, too. It's exactly what it sounds like — making meals for the future ahead of time. Many people portion out each meal in reusable containers, which can take time. But, meal prepping can also involve combining things you've made ahead with new ingredients each day.Here's what it might look like. Let's say you make a large batch of wild rice that you store in the fridge. Then, you prepare a couple different proteins. You also keep a variety of vegetables on hand. You can cook some of these ahead of time in a sheet pan or just slice and chop them so they're ready to cook or add to a salad that day. Throughout the week, you can combine these basics in new ways — maybe a protein and salad one day and some wild rice with root vegetables for dinner. As an added bonus, this system makes it easier to prep lunch for work each day.**Consider easy foods for breakfast that you can grab and go after a little preparation,** such as egg cups with spinach, red peppers and feta cheese that you pop in the microwave. You can also bake a tray of oatmeal or overnight oats to have on hand for the week. Keep in mind that having some variety here will help you avoid meal-prep burnout. **Be Strategic About Buying in Bulk** Photo Courtesy: AJ Watt/Getty Images It might come as a surprise, but not all bulk shopping is actually saving you money. It's normal, especially when you're shopping at warehouse stores, to see appealing bulk items and have the best intentions about using them. But what happens if you don't like the item, or the amount is simply too much to eat before it goes bad?As you get started with your new budgeting and meal-prepping habits, it's best to limit your bulk purchases to foods you already eat regularly. When it comes to buying produce in bulk, it's also a good idea to switch from fresh to frozen so you have more time to use up the items. Fresh ingredients aren't always cost-effective unless you're feeding a large group or you plan to cook them right away.It's important to shop around and price check before you make a bulk purchase, too. The U.S. Department of Agriculture has created the free MyPlate app that you can use to price check different stores' items and compare costs. You can also discover healthy, budget-friendly recipes on MyPlate, so you'll be well on your way to success with saving money — and savoring healthful foods.**Resource Links:** "Healthy Eating on a Budget" via the U.S. Department of Agriculture "10 Tips for Eating Healthy on a Budget" via the U.S. Department of Health & Human Services National Institute on Aging "Eat Healthy on a Budget by Planning Ahead" via the American Heart Association MORE FROM SYMPTOMFIND.COM Vegan bodybuilding. Nope, not an oxymoron. On the surface, it may be hard to believe that bodybuilding, a sport marked by extreme muscle definition, can coexist with a plant-based regime. But vegan bodybuilders can build muscle and boost strength as well as—and some argue better than—their meat-munching, egg-smacking, whey-blending omnivorous competitors. (Related: No, Plant-Based and Vegan Aren't Necessarily the Same Thing) FYI, there are a few different categories of bodybuilding—bikini, figure, physique, and bodybuilding—which emphasize muscle size to varying degrees. As a whole, bodybuilding requires competitors to simultaneously lose fat and put on muscle. Bodybuilders achieve this through a combo of strength training and diet so that, by competition day, they're strutting across the stage with very low body fat. (See more: One Bodybuilder Shares What It Takes to Be a Champion). Is it really possible bulk up and slim down using on a plant-based diet? "Yes. It's 100 percent possible," says Anthony Balduzzi M.D., founder of The Fit Mother Project. "But just like smart vegan eating and competitive bodybuilding, it requires some proactive meal planning and nutrition strategies." Here, nutrition experts and two professional vegan bodybuilders who are #poweredbyplants share how their top tips for bodybuilding as a vegan. Ready? If vegan bodybuilding sounds like something you might be interested in dabbling in, then you'll have to understand some food and nutrition bodybuilding "rules" that apply to everyone. Most bodybuilders—meat-eaters and non-meat eaters, alike—split their season into two phases: a bulking season and a cutting season. During the bulking phase, the athlete's diet is high in calories and protein-rich, and they strength training intensely order to put on as much muscle mass as possible. Then, during the cutting phase, athletes aim to decrease their overall body fat, usually by gradually cutting calories and fat intake. (BTW: Science says Plant-Based Diets Are Ideal for Weight Loss.) Both of these phases require the right amount of calories and the proper balance of the three key macronutrients: proteins, carbs, and fats. "Our bodies need the right about of calories and fuel in the form of proteins, carbs, and healthy fats to recover, become stronger, and drop weight," says Dr. Balduzzi. The amount of calories and macronutrient breakdown is going to be different for every person. Most athletes work with a nutritionist or coach to help them figure out their caloric and macronutrient needs at each phase of prep, says vegan bodybuilder Natalie Matthews, IFBB Bikini Pro and founder of Fit Vegan Chef. That said, there are a few calorie and macronutrient basics that will be helpful. More on those below. While counting calories is a contentious subject that some (including nutritionists!) argue it's better to opt "out" of, counting calories is a major part of bodybuilding nutrition. "When you're trying to put on muscle mass, your body needs fuel in order to build and increase the size of our muscle fibers," explains Dr. Balduzzi. Similarly, when you reduce the number of calories you're eating, it can result in fat loss, which can actually make you look more muscular and "cut"—even if you're not necessarily gaining new muscle tissue, he explains. (Related: How Many Calories Should You Eat to Lose Weight?) There are online calculators (like this one) that you can use to figure out how many calories you should be eating at different phases in your season. "These can be great tools to figure out an estimate of how many calories you should be eating. But I recommend using this as a starting point, and then experimenting because everybody is different," says Jon Venus, vegan bodybuilder and Youtuber. That's because things like activity level, metabolism, hydration, stress levels, sleep quality, and time in your menstrual cycle all affect how many calories you need as well as weight and muscle loss, maintenance, and gain. None of this differs between omnivorous and vegan bodybuilding: "The daily calorie intake is going to be the same for vegan and omnivore eaters," says Venus. "Some people assume vegans need to consume more calories, but this isn't true." "One of the biggest mistakes people make when starting a vegan bodybuilding meal plan is failing to eat enough quality calories, which can really slow down muscle-building results," says Dr. Balduzzi. So, what determines a meal's quality? Its macronutrient breakdown. (Related: Your Complete Guide to the Macro Diet). The macronutrients —aka protein, carbohydrates, and fat—are the major nutrients the body needs to function properly and efficiently. The concept of "counting your macros" is basically making sure you get a specific balance of each per day. "The macro diet is also known as flexible dieting because you can use whatever foods you want to hit them, as long as at the end of the day you're hitting your target," explains Matthews. Is this breakdown different for vegan and non-vegan athletes? Nope! "The macronutrients are the same," says Matthews. "My coach gives me and omnivores the same macronutrient breakdown, I just use vegan foods to hit them." There's no hard-and-fast rule for what your macronutrient breakdown should be, and the ratios will likely change depending on how far out you are from competition day. "Generally, with bodybuilding, you want to keep your carbs high, fats low to moderate, and protein high enough to support muscle growth," says Venus. "Then, usually as you start "cutting" before a competition, you'll decrease calories and carb intake, and slightly increase fat intake." For instance, general guidelines usually call for a 20/60/20 ratio of protein/carb/fat, while Matthews eats a higher protein diet with a 40/40/20 breakdown. Because this breakdown shifts during cutting and bulking season, you probably want to work with an expert for this. "When you're bodybuilder, it's incredibly helpful to have a second pair of eyes to make sure you're eating right," says Matthews. One of the most common misconceptions of a vegan diet is that it's low in protein; considering that bodybuilders generally consume more protein than the average population, it's not surprising that there's a misconception that it's more difficult for vegan bodybuilders to get enough protein, says Monica Auslander Moreno, M.S., R.D., L.D.N., a registered dietitian and nutrition consultant for RSP Nutrition. "I get 100s of messages asking about how vegan bodybuilders get enough protein every week," says Matthews. But experts confirm that it's 100-percent possible to get enough protein as a vegan bodybuilder. "There are way more vegan protein sources than people realize," says Matthews. Her favorite vegan protein sources are lupini beans, tofu, textured vegetable protein, bean pasta, tempeh, sieten, fava beans, vital wheat gluten, and hemp seeds. Venus likes to consume those as well as chickpeas, lentils, garbanzo beans, and vegan protein powder—which, BTW, research has shown is just as effective at building muscle as whey protein. Amaranth, nut butter, nuts, kidney beans, black beans, and oatmeal are also great protein sources, says Dr. Balduzzi. Plus, even things like potatoes, greens, chlorella, mushrooms, and Brussels sprouts have protein. It's worth mentioning that not all vegan protein sources are created equal. Proteins are made up of amino acids, some of these amino acids are classified as "nonessential" (your body can make them on its own) and "essential" (your body can't make them and needs to get them from food). There are nine essential amino acids and our bodies require all nine of these essential amino acids to do things like build muscle," explains Dr. Balduzzi. (See More: What Are Complete vs. Incomplete Proteins) All animal sources—turkey, chicken, pork, dairy, eggs, beef, fish—contain all nine, but most plant-based foods are don't have all nine essential amino acids. "There are three exceptions: quinoa, buckwheat, and soy," says Dr. Balduzzi. FYI: tofu, tempeh, soy-based TVP, and soy protein powders are all soy-based, and therefore contain the nine essential amino acids. However, if you're eating a variety of plant foods, your body can store and combine the amino acids together to form complete proteins, says Dr. Balduzzi. For instance, rice and beans individually are incomplete proteins, but when combined together they have all the essential amino acids. With poor planning and lack of variety, any diet can be deficient in certain nutrients, and a vegan bodybuilding diet is no exception. Eating a wide variety of foods, and prioritizing produce that's in-season can help reduce risk of deficiency, says Matthews. These other nutrients, however, are worth paying attention to: Iron: "While you can get iron from plant sources like spinach, beans, and raisins, this form of iron (called non-heme) tends to be poorly absorbed, so many vegans struggle with deficiency," says Moreno. To boost absorption of iron, Dr. Balduzzi recommends consuming iron with some Vitamin C, which has been shown to dramatically increase absorption. Vitamin D:Vitamin D deficiency is also somewhat common, says Moreno, since it's most common in animal-based foods. Besides, three-quarters of all adults are low in vitamin D. (Here's How To Pick A Vitamin D Supplement). But before you start popping pills, "speak with your healthcare provider to determine if you are at risk of or have a deficiency and work with them to determine what supplements you should try, instead of buying them willy-nilly," says Moreno. (Not to mention, dietary supplements are largely unregulated, so you want to make sure you're taking quality ones.) When you're counting macros and calories or meal-prepping, you might be tempted to eat the same foods over and over again. But a good vegan bodybuilding meal plan (or any, for that matter) is one that includes variety. "Variety will help you get the micronutrients your body needs and make sure you're getting all the essential amino acids you need," says Dr. Balduzzi. This is especially important during "cutting" when poor meal planning is even more likely to result in nutritional deficiencies, he says. It absolutely is possible to gain muscle and lose fat while on a vegan bodybuilding diet—Matthews, Venus, and this powerhouse couple are proof...but you have to know what you're doing. And getting inspo for your vegan bodybuilding meal plan from Instagrams, like below, isn't a substitution for working with a pro: "Vegan bodybuilding can get very tricky and really requires detailed individualized attention. So it's best to work with a coach or dietitian to help you execute this in as healthy a way as possible," says Moreno.

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