

Veganuary for the active body: 7 day meal plan for fuelling up without meat



Thinking of giving **Veganuary** a try but worried about keeping up with your active lifestyle? We've got you covered! We'll bust myths about plant-based diets and show you how to fuel your body the right way. Whether you're hitting the gym or juggling a busy schedule, we'll walk you through how to enjoy a variety of tasty, nutrient-packed meals that won't leave you hungry or short on energy.

Veganuary is a campaign that encourages people to try a **vegan lifestyle for the month of January**. Yes, it is possible to maintain an active lifestyle on a vegan diet. There are plenty of plant-based protein sources and other nutrients that can support physical activity. Some plant-based protein sources include tofu, tempeh, lentils, chickpeas, quinoa, and hemp seeds.

It's important to eat a variety of **fruits, vegetables, whole grains, legumes, nuts, and seeds** to ensure you're getting all the necessary nutrients on a vegan diet. Additionally, considering supplements like vitamin B12 may be beneficial. There are many vegan-friendly options for pre-workout and post-workout snacks. Some examples include fruit smoothies, energy bars made with plant-based ingredients, nut butter and banana sandwiches, and protein-rich salads.

Staying motivated during Veganuary can be easier by setting goals, finding support from like-minded individuals, trying new recipes, and focusing on the positive impact of a vegan lifestyle on the environment and animals.

7 day meal plan

Day 1:

- **Breakfast:** Chia pudding made with almond milk, topped with mixed berries and a handful of almonds.
- **Lunch:** Quinoa salad with chickpeas, spinach, cherry tomatoes, cucumbers, and avocado, dressed with lemon- tahini sauce.
- **Snack:** Apple slices with peanut butter.
- **Dinner:** Lentil and vegetable stir-fry with brown rice.
- **Post-workout:** Soy yogurt with hemp seeds.



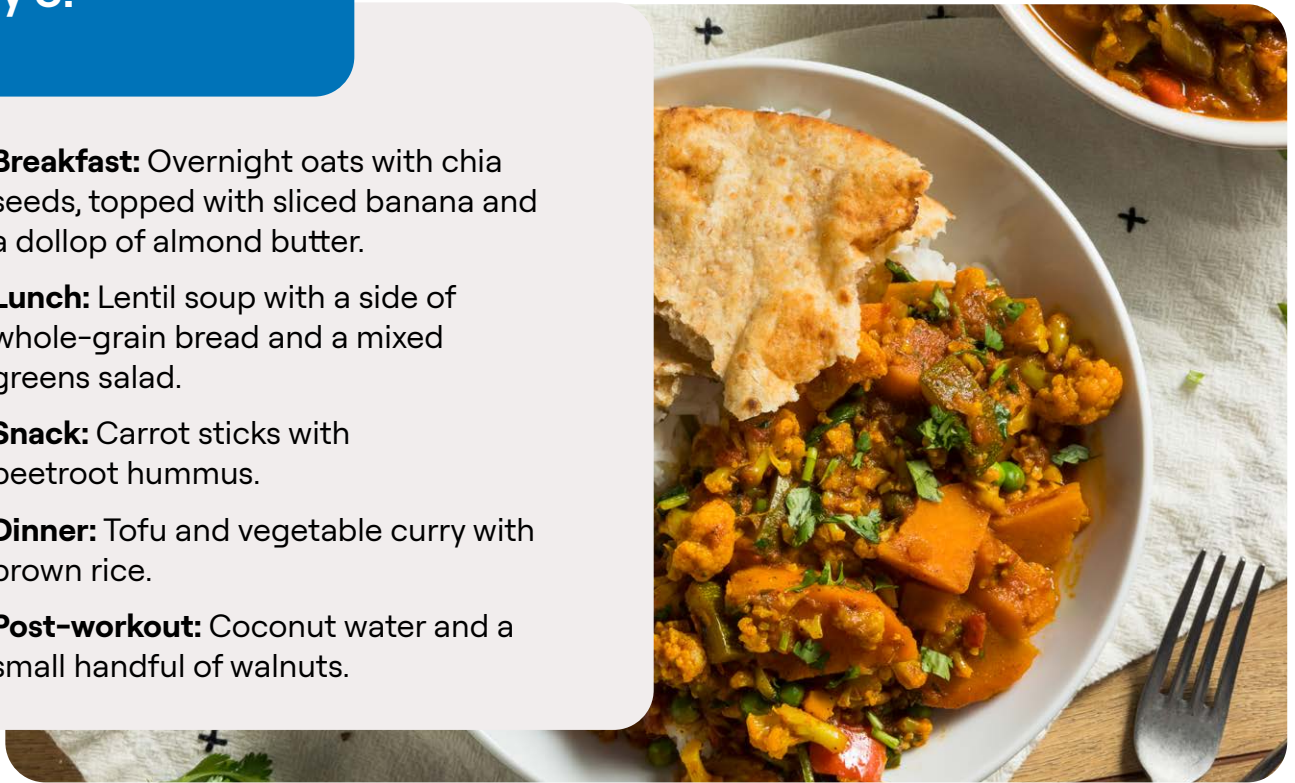
Day 2:

- **Breakfast:** Smoothie with spinach, banana, peanut butter, flaxseed, and oat milk.
- **Lunch:** Whole-grain wrap with hummus, grated carrots, bell peppers, cucumbers, and mixed greens.
- **Snack:** Trail mix with dried fruits, seeds, and nuts.
- **Dinner:** Black bean tacos with salsa, guacamole, and a side of Mexican-style quinoa.
- **Post-workout:** Protein shake with vegan protein powder and almond milk.



Day 3:

- **Breakfast:** Overnight oats with chia seeds, topped with sliced banana and a dollop of almond butter.
- **Lunch:** Lentil soup with a side of whole-grain bread and a mixed greens salad.
- **Snack:** Carrot sticks with beetroot hummus.
- **Dinner:** Tofu and vegetable curry with brown rice.
- **Post-workout:** Coconut water and a small handful of walnuts.



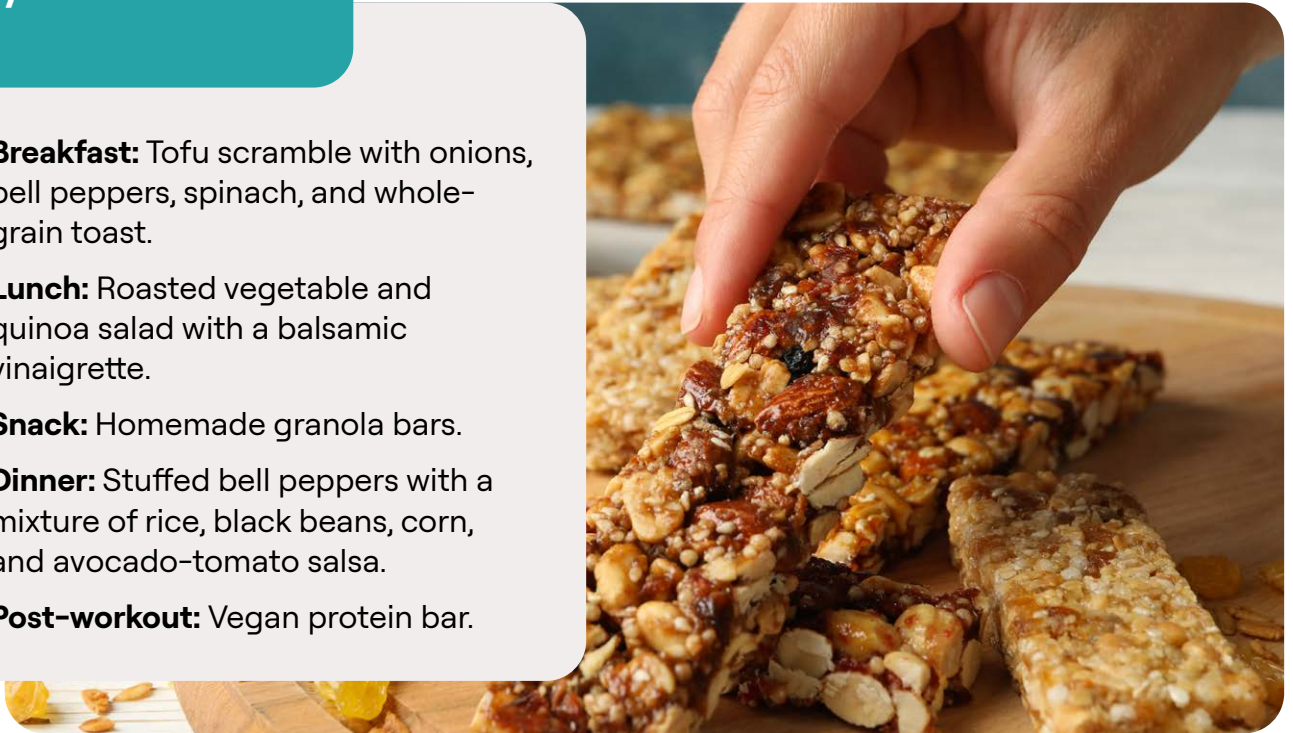
Day 4:

- **Breakfast:** Avocado toast on whole-grain bread with sunflower seeds and a side of mixed berries.
- **Lunch:** Buddha bowl with brown rice, edamame, shredded kale, roasted sweet potatoes, and tahini dressing.
- **Snack:** Rice cakes with almond butter and banana slices.
- **Dinner:** Chickpea pasta with tomato sauce and steamed broccoli.
- **Post-workout:** Green smoothie with spinach, vegan protein powder, banana, and oat milk.



Day 5:

- **Breakfast:** Tofu scramble with onions, bell peppers, spinach, and whole-grain toast.
- **Lunch:** Roasted vegetable and quinoa salad with a balsamic vinaigrette.
- **Snack:** Homemade granola bars.
- **Dinner:** Stuffed bell peppers with a mixture of rice, black beans, corn, and avocado-tomato salsa.
- **Post-workout:** Vegan protein bar.



Day 6:

- **Breakfast:** Blueberry pancakes made with oat flour and topped with pure maple syrup.
- **Lunch:** Chickpea salad sandwich with mixed greens on whole-grain bread.
- **Snack:** Sliced cucumber with guacamole.
- **Dinner:** Vegetable and tofu skewers over a bed of pearl barley.
- **Post-workout:** A glass of chocolate almond milk.





Day 7:

- **Breakfast:** Muesli with plant-based yogurt and fresh fruit.
- **Lunch:** Spinach and avocado salad with pumpkin seeds, pomegranate, and lemon dressing.
- **Snack:** A pear and a handful of cashews.
- **Dinner:** Vegan chili with a variety of beans, served with brown rice.
- **Post-workout:** Protein shake with vegan protein powder, mixed berries, and flax milk.

This meal plan is just a starting point, designed to fuel your active lifestyle with the energy and nutrients needed for peak performance. Whether you're sprinting on the track, powering through laps in the pool, or finding your strength in the gym, a well-planned vegan diet can be rich, varied, and wholly satisfying. Remember, **listen to your body**, enjoy the process of discovering new foods, and take pride in the positive choice you've made for your health and the environment.

Contact **HealthHero** today for more support and advice.