



**THE
CIRCUIT
FACTORY**

VEGGIE DIET


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“ Our food should be our medicine and our
medicine should be our food. ”

HIPPOCRATES

The issue with vegetarian diets is that animal products provide some things which plant foods don't provide as easily. To ensure you're getting everything you need, you need to eat a wide variety of plant foods. Before we list what they are, here are some important considerations:

ALWAYS WHOLE FOODS:

- Vegetarian, in fact all diets should be based on natural, whole foods.

AVOID PROCESSED / JUNK FOOD:

- Vegetarian 'health-foods' like granola and protein bars are not healthy. Vegetarian 'fake' meats, cheeses and ice-creams are processed and full of chemicals.

3 MEALS, 2 SNACKS:

- It is really important that your body remains properly fueled throughout the day, especially when you are training so hard on the Challenge. A healthy mid-morning and afternoon snack can help you to curb your hunger cravings and stay on the 'Holy Grail' path.

FOOD PLANNING IS CRUCIAL:

- Vegetarians need a variety of foods to ensure all nutritional needs are met. Vegetarians have less food choices, and therefore must plan their foods more carefully.

HOMEMADE IS BEST:

- When you cook you have more control over the quality of the food going into your body. Industrial food companies and many restaurants put all sorts of nasties in their foods.

PORTION SIZES:

- You must eat enough to nourish your body, without going too far over the line. Don't count calories, it's unsustainable. The most accurate set of scales on the planet live inside your body - it's called your stomach. Copy the Japanese and eat until you are about 80% full.

THE KEY TO A HEALTHY VEGETARIAN DIET IS EATING A WIDE-VARIETY OF PLANT FOODS EVERY DAY!

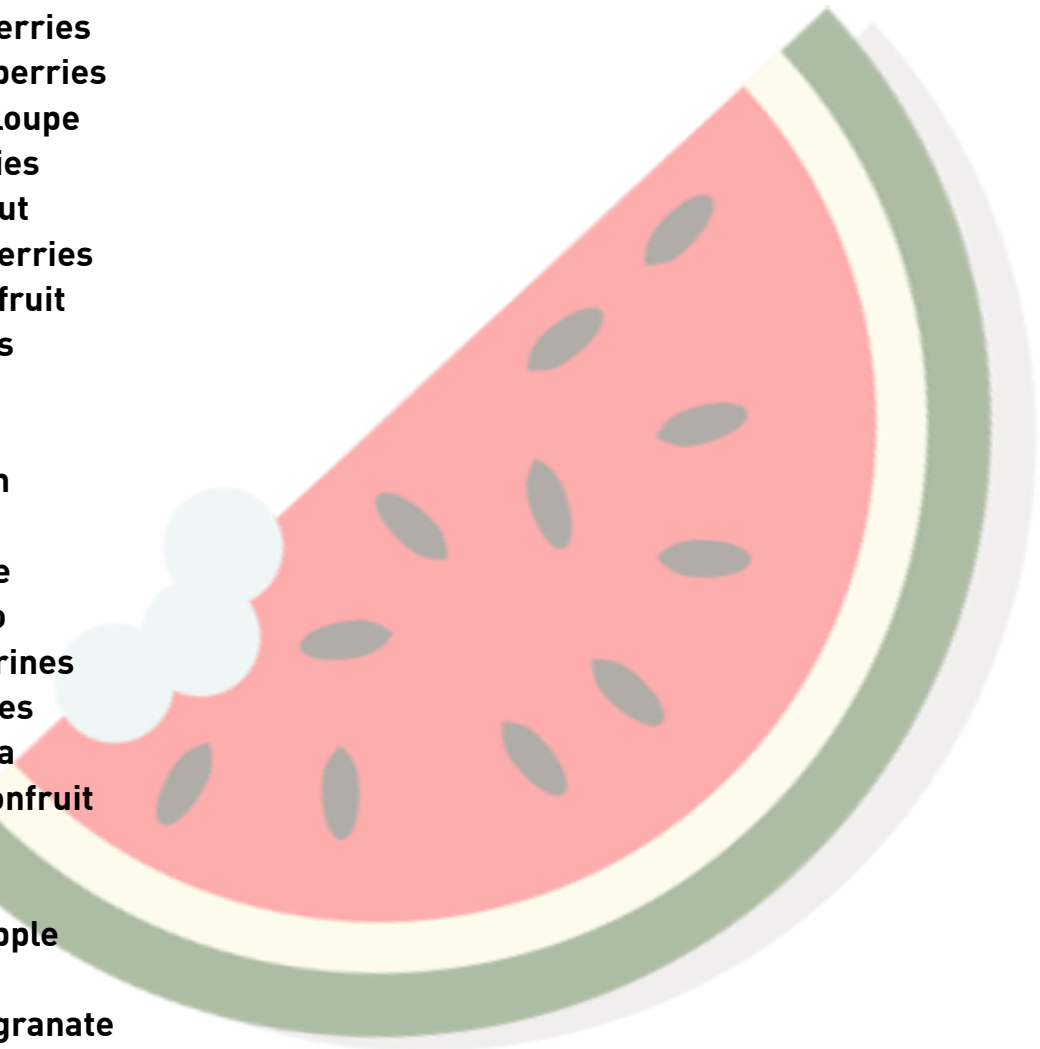
FIVE MAIN VEGETARIAN FOOD GROUPS

Here's your code to the 5 main food groups you should be eating along with the suggested quantities. As always, aim to include a variety in your diet every day. Always choose local, organic, and seasonal wherever possible.

FRUITS

Include 1-4 portions per day.

- Apple
- Apricot
- Banana
- Blueberries
- Blackberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarines
- Oranges
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Pomelo
- Raspberry
- Strawberry
- Watermelon



VEGETABLES

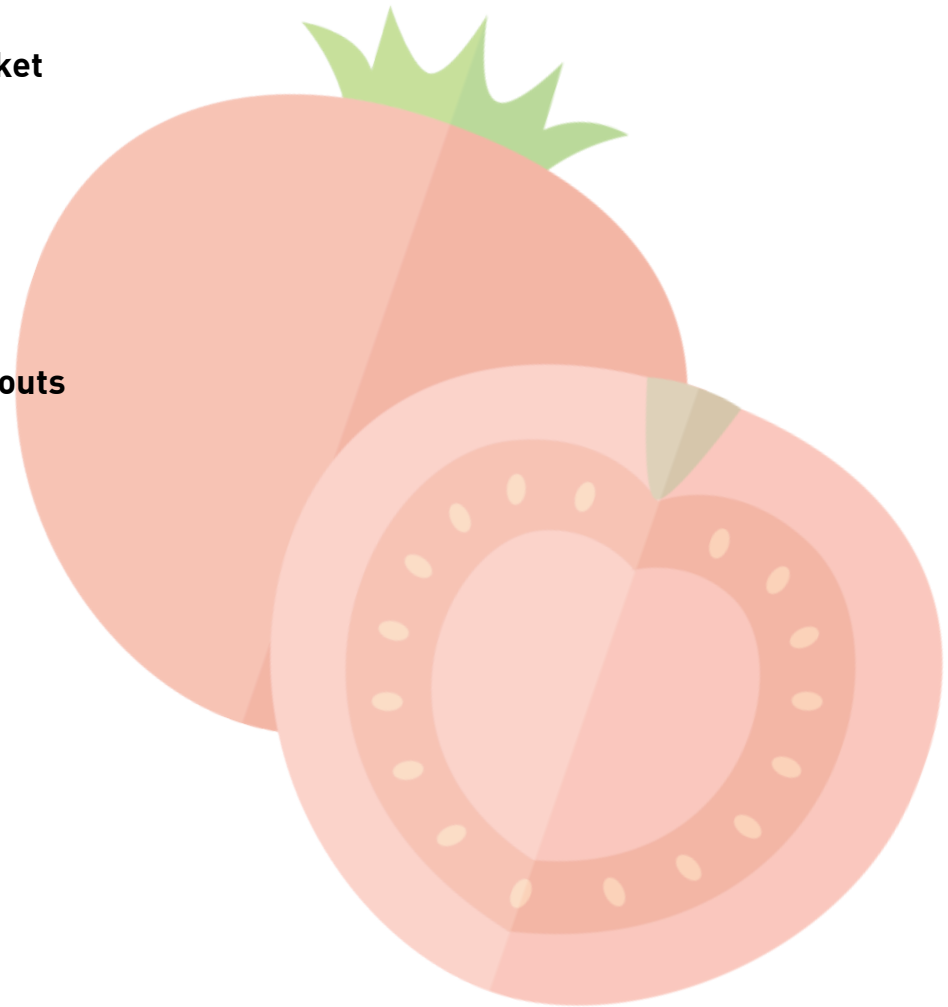
Include 8-12 portions per day.

ROOT VEG

- Sweet Potatoes
- Yams
- Beets
- Parsnips
- Turnips
- Carrots
- Ginger
- Onion
- Garlic

OTHER VEG

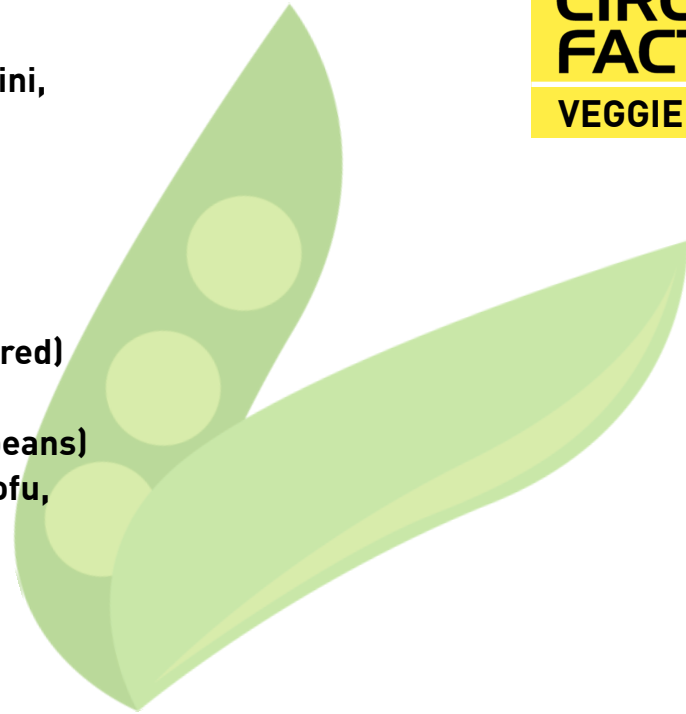
- Artichoke
- Arugula/Rocket
- Asparagus
- Avocado
- Beet Greens
- Bell Pepper
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Courgette
- Cucumber
- Green Beans
- Kale
- Lettuce
- Okra
- Pumpkin
- Radicchio
- Spinach
- Sweet Corn
- Tomato



LEGUMES

Include 2+ portions per day.

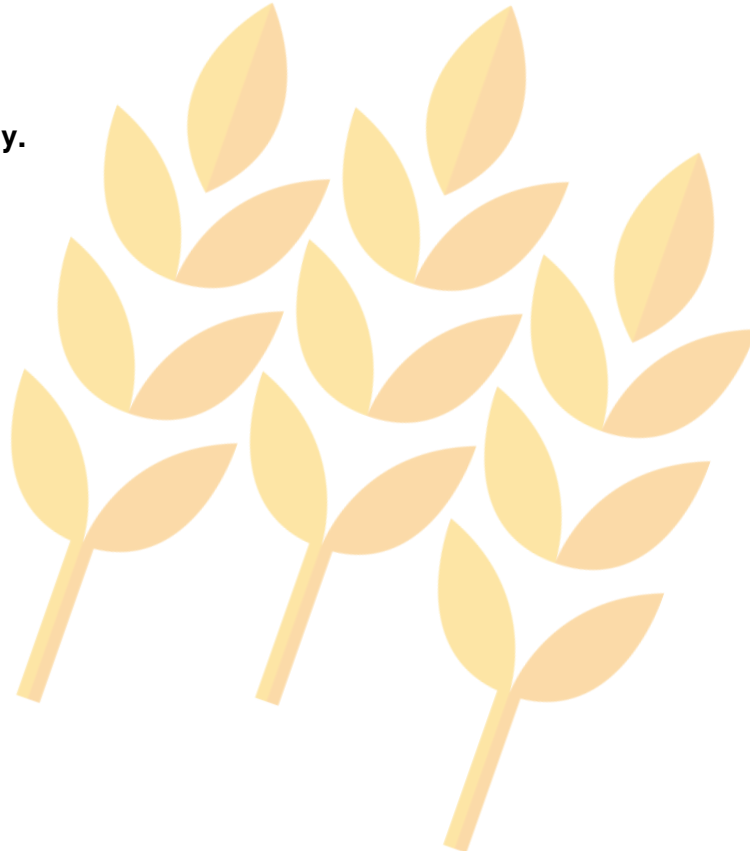
- Alfalfa
- Beans (black fava, cannellini, kidney beans, etc)
- Carob
- Chickpea
- Green Beans
- Jicama
- Lentils (brown, green and red)
- Peas
- Edamame (aka green soybeans)
- Soy-based Products (i.e. tofu, miso, natto, and tempeh)



WHOLE GRAINS

Include 5+ portions per day.

- Barley
- Buckwheat
- Corn
- Kamut
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Spelt
- Wheat
- Wild rice



NUTS & SEEDS

Make great snacks. Also sprinkle over salads or add to smoothies.

NUTS

- Almonds
- Hazelnuts
- Cashews
- Pistachios
- Peanuts
- Pine nuts
- Macadamias
- Brazil nuts
- Walnuts
- Pecans



SEEDS

- Chia seeds
- Hemp seeds
- Sunflower seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seed
- Poppy seeds

FRUITS (1-4 portions per day)

Fruits are real whole-foods and contain lots of antioxidants, vitamins and minerals. The natural sugars they contain are paired with lots of fibre, so when you eat them whole, they won't spike blood sugar like a regular dose of added sugar. Fruits are nature's perfect snack food. Different fruits contain different nutrients, so try to eat a variety of them.

VEGETABLES (8-12 portions per day)

The pigments that give fruits and vegetables their colours represent a variety of vitamins and minerals. Eat a wide variety of different coloured vegetables to make sure you are getting all the nutrients your body needs. Vegetables are also packed with fibre which helps to curb hunger cravings, fills you up, and helps you to make healthy poos.

LEGUMES (2+ portions per day)

Beans, lentils and peas are a great source of plant-based protein, fibre and other nutrients. Soy is a great source of 'complete' plant-based protein. Sadly, the majority of soy crops are now genetically modified (GMO), so always try to buy organic if possible.

WHOLE GRAINS (5+ portions per day)

Rich in fibre and complex carbs which makes them very filling as well as containing lots of good stuff.

NUTS AND SEEDS

Nuts and seeds are a great source of essential fats as well as loads of other important nutrients, A portion of nuts is a fantastic snack choice. Remember: while they are amazing, nuts are very energy dense, so always restrict a portion to just a handful. Good quality nut butters are also great, but the energy dense caveat still applies.

THE TECHY BIT... SIMPLIFIED

Animal products provide specific nutrients, e.g. protein and calcium which, are more difficult to obtain in vegetarian diets. Rather than confuse you with a load of weird names like Vitamin B12, or Zinc, and the foods that provide them, we have listed a number of vegetarian superfoods. Eat these regularly and you need not worry, you'll be getting everything you need.

- Eggs and dairy (if not VEGAN).
- Fortified almond, soy and rice milks (unsweetened) - especially if you don't eat eggs and dairy.
- Dark green leafy vegetables.
- A good mix of beans, lentils and whole grains.
- Soy products.
- Nuts.
- Avocados.
- Olives and olive oil (extra virgin).
- Flaxseeds and flaxseed oil.
- Chia seeds.