

Example Vegan & Vegetarian Meal Option

Below are a few options from a few of Scott's custom diets he has assigned to various coaching clients (see <http://scottabelfitness.com/coaching>).

You will not find calories or macro numbers here; you will rarely find them in Scott's custom diets. These are also not complete meal plans, but they should give you ideas for options that keep things flexible and let you experiment and try new things, within reason.

Example Vegan Breakfast

A Vegan approach. What you see below is one diet breakfast meal that gives three options.

- 1.5 to 2 cups cooked weight oatmeal or oat bran or millet or quinoa or 2-3 shredded wheat biscuits, (choose one only of above) can add some cinnamon, sweetener etc. Sprinkle with a little almond milk or rice milk. Add some pumpkin seeds and/or dried fruit (cranberries etc)
- 1-2 tbs natural almond or peanut butter (any nut butter)
[or]
- 1 Cup orange Juice (must be measured to one cup only)
- 3 large rice cakes with any nut butter or tahini, add honey or jam (light amount of these)
[or]
- Large fruit salad of fresh fruits, any kind. Sprinkle with flax seeds, shaved raw nuts of any kind, and a little rice or almond milk

Example Vegan Meal

A Vegan approach. What you see below is one diet meal that gives two options.

- Any kind of 5 bean soup or up to 15 bean soup or salad, (one to two cups) or can make your own, and add as many fibrous veggies as you like.
or
- Large spinach or lettuce salad. Add all salad ingredients as desired. Spread with seeds and/or raw nuts of any kind. Add ½ cup chickpeas. Add some dried fruit like cranberries and make a dressing of EVOO and balsamic vinegar

Example Vegetarian Mid-Day Meal

This is technically from a Lacto Ovo approach

- 2/3 cup cooked of brown or basmati rice, quinoa, or buckwheat groats.
- With this, add...
 - ¼- ½ cup of peas, chickpeas, lentils, or broad beans, or really any combination of any of these or other beans
 - 1 tsp to 1tbsp of pumpkin seeds
 - 1 tbsp. of any healthy oils

Example "Substitute" Meal 1

This is from a Lacto Ovo approach

- One optional meal sub for any of the above meals is 1/2 to 2/3 cups 1% cottage cheese with 2 pieces of whole fruit [or] 2/3 cup non-fat yogurt, add in cut up fruit, 1 tbsp. flax seed, 1 tbsp pumpkin seed

Example "Substitute" Meal 2

This is from the same Lacto Ovo approach.

- Another optional substitute meal would be regular salad ingredients, preferably baby spinach, as much as you want with ½ cup chickpeas and/or ½ cup edamame for protein. Add some pumpkin seeds, sunflower seeds, hemp seeds or flax seeds on top. You can also sprinkle in some dried cranberries and a bit of feta cheese, for taste. Add balsamic vinegar or low cal dressing.

Example "I'm Still Hungry" Vegetarian Meal

These two options are given at the bottom of a 4-meal vegetarian approach.

- If you're still hungry near end of the day, have 1 tbsp. all natural cashew or almond butter, or 20 grams of raw almonds, pecans, or walnuts (or any raw nuts). But this should be at least 2 hours after your previous meal. You can also have this option as a snack during the day, between meals, but again, keep meals spaced out.
- A second option for a fifth intake is two large plain rice cakes with 1-2 tbsp. natural nut butter or tahini.

Example Flex Meal

A Flex Approach (some limited meat).

This is one meal, where the protein has the option of white meat.

- 15-25 grams either raw almonds, walnuts or pecan, or a mix of all... [or] swap this for 100 grams chicken or albacore tuna.
- 120 grams (pre-cooked weight) yams or potato, add 200-300 grams of green beans or broccoli, asparagus or carrots, or any veggie, cooked or raw.

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