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Transitions Lifestyle System

# VEGAN & VEGETARIAN 101

Plant-based eating has become more than a trendy fad: It has become a lifestyle for many. Whether you are choosing it for animal rights, health reasons or sustainability, here at TLS® we pride ourselves on being customizable and are here to support those choices. We have created this document to help you maximize your plant-based eating so you can easily navigate any one of our TLS programs. Whether you're new to this lifestyle or a seasoned pro, this will help guide you in making the best choices that advance your health goals.

## HELPFUL DIETARY DEFINITIONS



### Vegan

A person who does not eat or use any animal products.



### Vegetarian

A person who does not eat meat but will still eat eggs, fish and/or dairy products.

- Ovo-vegetarian – eats eggs
- Lacto-vegetarian – eats dairy products
- Pesce-vegetarian – eats fish and seafood
- Combo of any of the above



### Whole-Food Plant-Based

A person who eats foods in their whole form with minimal processing and eats no animal products or meats. No oil, but will get their fats from whole food sources such as avocado, nuts and seeds.

## CALCULATING YOUR PROTEIN NEEDS

Without sufficient protein you will become malnourished.

To determine your protein needs in grams (g), first, calculate your weight in kilograms (kg) by dividing your weight in pounds by 2.2.

Next, decide how many grams of protein per kilogram of body weight is appropriate for you.

- Use the low end of the range if you are in good health and are sedentary: 0.8 g per kg.
- Use a higher number (between 1.2 and 2) if you are under stress, pregnant, recovering from an illness, or if you are involved in consistent and intense weight or endurance training. When determining the amount of protein your body needs, please consider the following factors: your age, build, activity level, health status and presence of any illnesses, and so on.



### Protein 101

Protein is an essential macronutrient the body needs for structure, function and metabolism. Protein is found in every part of the body and its tissues: muscles, skin, bone, hair, etc.

- Structure – muscles, collagen, keratin and elastin
- Hormones – insulin, etc.
- Transport protein – hemoglobin that carries oxygen from the lungs to body tissues
- Enzymes – responsible for many chemical reactions in the body

### Protein is made up of 20 amino acids

- 11 amino acids (non-essential) our body is able to produce on their own
- Nine amino acids (essential) our body needs to consume from foods

### Complete Protein: A food that contains all nine essential amino acids

- For example, animal proteins such as fish, beef, poultry and eggs, plus plant proteins such as amaranth, organic soy, buckwheat, quinoa and hemp

### Incomplete Protein: A food that is missing one or more amino acids

- You can get all the necessary amino acids by consuming a variety of plant-based foods. This will help to ensure that you are feeding your body enough protein each day.

## VEGAN PROTEIN TIPS

### Common pitfalls for vegans and vegetarians

Many vegans and vegetarians find themselves eating a lot of simple carbohydrates like bread, pasta, sugar and flour-based products. These high-glycemic-index foods inevitably cause weight gain, fatigue and other health issues, and can cause many not to get enough protein or fiber daily.



### Beans

Canned beans should be avoided as a primary source of protein as the processing of them makes them a high-glycemic-index starch rather than a protein. Buy dry beans and soak, slow cook or sprout them to get the best nutrient and protein value.



### Nuts

Trail mixes and store-bought roasted or salted nuts are not optimal choices for protein as they are highly processed and often high-glycemic-index. Nuts are simply dormant seeds; to bring out the protein source and reduce the amount of carbohydrates simply soak them in filtered water. This enhances the nutrients and renders them more easily digestible. Make sure the nuts are raw. Almonds can be soaked overnight, then rinsed and kept in the fridge. When you eat almonds this way — it is difficult to eat more than a handful — they become very satisfying. Soak other nuts only minutes or hours.

### Vegan plant protein sources

Quinoa, chia seeds, hemp hearts, organic or non-GMO tofu, pea and rice protein powders, tempeh and spirulina. Combining whole grains, beans, nuts, seeds and legumes is very important to ensure sufficient protein intake.

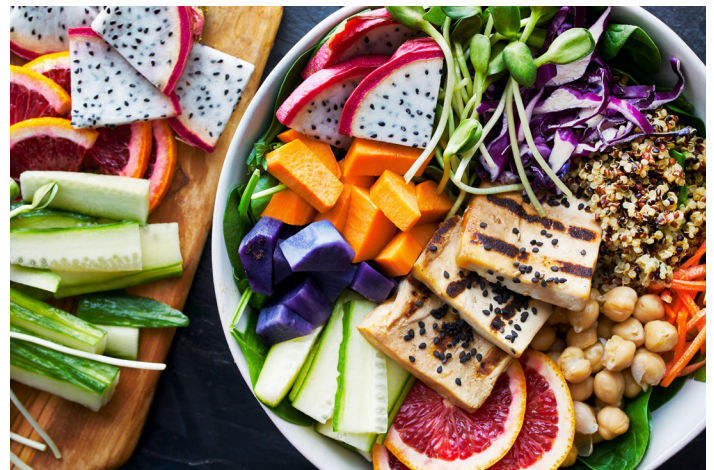
### Vegetarian protein sources

All the above, as well as eggs and dairy products.



### Lentils

Lentils are a highly nutritious food. They contain minerals, protein and fiber. There are brown, green and red lentils. They can be slow cooked into soups, dahls or other great side dishes, or sprouted to put into salads.



### Food combinations

To ensure you are receiving enough amino acids to complete your protein intake, it is important to eat a combination of plant-based foods each day. Amaranth, quinoa, hemp, soys such as tofu and tempeh, and organic soy milk do have complete proteins. Mixing whole grains like wild rice, farro, kamut, spelt or millet with a nut, a seed, a bean or a legume will also provide a complete protein. These do not have to be combined at every meal, just throughout the day.

## RECOMMENDED AMOUNTS OF PROTEIN

Food	Amount	Protein (g)	Protein (g/100 cal)
Tempeh	1 cup	34	10.6
Soybeans, cooked	1 cup	31	10.6
Seitan	3 ounces	21	15.6
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Kidney beans, cooked	1 cup	15	6.8
Chickpeas, cooked	1 cup	15	5.4
Pinto beans, cooked	1 cup	15	6.3
Lima beans, cooked	1 cup	15	6.8
Veggie burger	1 patty	15	10.7
Black-eyed peas, cooked	1 cup	13	6.7
Split peas	1 cup	12	5.0
Tofu, extra firm	4 ounces	12	11.2
Textured Vegetable Protein (TVP), cooked	½ cup	12	15.0

Food	Amount	Protein (g)	Protein (g/100 cal)
Tofu, regular	4 ounces	10	10.7
Peas, cooked	1 cup	9	6.4
Quinoa, cooked	1 cup	8	3.7
Natural peanut butter	2 Tbsp	8	4.1
Almonds	¼ cup	8	3.7
Whole grain sprouted bread	2 slices	8	5.4
Soy milk, organic, plain	1 cup	7	6.6
Raw almond butter	2 Tbsp	7	3.4
Organic soy yogurt, plain	8 ounces	6	4.0
Bulgur, cooked	1 cup	6	3.7
Sunflower seeds	¼ cup	6	3.3
Raw cashews	¼ cup	5	2.9
Spinach, cooked	1 cup	5	13.0
Broccoli, cooked	1 cup	4	6.7

Sources: USDA Nutrient Database for Standard Reference, Legacy, 2018 and manufacturers' information. The recommendation for protein for adult male vegans is around 63 grams per day; for adult female vegans it is around 52 grams per day.



## TLS PROGRAM RECOMMENDATIONS AND TIPS



**7-DAY CLEANSE**

**WHY IT'S FOR YOU:**  
You want to jump-start your weight management journey and receive the maximum benefit from the TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this four- to seven-day detox will help curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

**A DAY ON CLEANSE:**  
Breakfast is an essential part of your weight management journey. It sets the tone for the day and helps control hunger. The TLS 7-Day Cleanse provides a structured meal plan that is easy to follow and supports your weight management goals. The program includes a variety of fresh vegetables, fruits, clean protein and healthy fats. Following a diet full of plants for a week is best.

**Subsides Daily: Assisted by:**  
Includes TLS essential supplements to provide long-term health and support your weight management journey.

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### 7-DAY CLEANSE

You're looking for a kick-start and want to receive the maximum benefit from the TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this four- to seven-day detox will help curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts. In this meal plan, you will enjoy plenty of fresh vegetables, fruits, clean protein and healthy fats. Following a diet full of plants for a week is best.

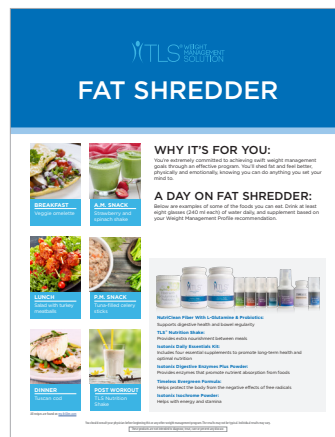
#### Protein sources for your consideration:

##### Vegan

- 1 cup green peas (8 g protein)
- 1 cup artichoke (6 g protein)
- 1 cup spinach (5 g protein)
- ½ cup tempeh (20 g protein)
- ½ cup edamame (12 g protein)
- ½ cup non-GMO, organic tofu (11 g protein)
- ¼ cup hemp seed (14 g protein)
- ¼ cup chia seed (10 g protein)
- 2 Tbsp nutritional yeast (9 g protein)
- 1 Tbsp spirulina (4 g protein)

##### Vegetarian

- 1 egg (6 g protein)
- 3 oz fish (19–24 g protein)
- 4 oz shrimp (24 g protein)



**FAT SHREDDER**

**WHY IT'S FOR YOU:**  
You're extremely committed to achieving your weight management goals through an effective program. You're focused on your health, physically and emotionally, knowing you can do anything you set your mind to.

**A DAY ON FAT SHREDDER:**  
Breakfast is an essential part of your weight management journey. It sets the tone for the day and helps control hunger. The TLS Fat Shredder provides a structured meal plan that is easy to follow and supports your weight management goals. The program includes a variety of fresh vegetables, fruits, clean protein and healthy fats. Following a diet full of plants for a week is best.

**Subsides Daily: Assisted by:**  
Includes TLS essential supplements to provide long-term health and support your weight management journey.

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### 14-DAY FAT SHREDDER PROGRAM

(lose up to 10 lbs in 2 weeks)

You are looking for a short program to shred the extra weight you gained for a special event or simply to get back on track. You're extremely committed to achieving swift goals through an effective program. In this program you will enjoy 8–12 servings of vegetables, 1 serving of fruit, 3–4 servings of protein and 3–4 servings of healthy fats.

#### Protein sources for your consideration:

##### Vegan

- 1 cup green peas (8 g protein)
- 1 cup artichoke (6 g protein)
- 1 cup spinach (5 g protein)
- ½ cup tempeh (20 g protein)
- ½ cup edamame (12 g protein)
- ½ cup non-GMO, organic tofu (11 g protein)
- ¼ cup hemp seed (14 g protein)
- ¼ cup chia seed (10 g protein)
- 2 Tbsp nutritional yeast (9 g protein)
- 1 Tbsp spirulina (4 g protein)

##### Vegetarian

- 1 egg (6 g protein)
- 3 oz fish (19–24 g protein)
- 4 oz shrimp (24 g protein)

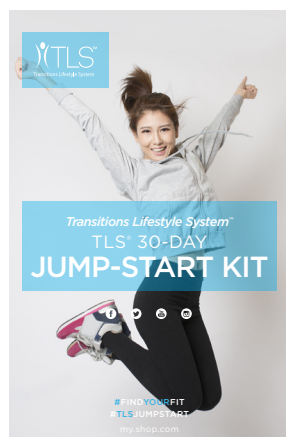


#### References:

(1) Brenda Davis and Vesanto Melina. "Becoming Vegan: the Complete Reference on Plant-Based Nutrition." Becoming Vegan: the Complete Reference on Plant-Based Nutrition, Book Publishing Company, 2014, pp.81-89.

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## TLS PROGRAM RECOMMENDATIONS AND TIPS



### 30-DAY JUMP-START (lose 5–15 lbs)

Start your TLS® lifestyle and reach your health or weight goals using this all-inclusive kit to help you kick-start your journey. In this kit, you have everything you need, including a meal plan, supplements and an exercise plan to help you begin your weight management journey the right way. There are two phases to this program. Phase 1 (days 1–7) is all about cleansing your system to renew and replenish your body with the necessary nutrients. Phase 2 (days 8–30) is all about fat burning to help you repair and reshape your body and health.

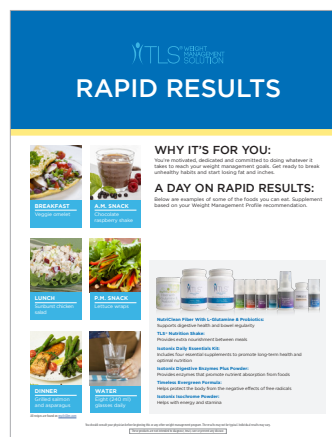
#### Protein sources for your consideration:

##### Vegan

- 1 cup green peas (8 g protein)
- 1 cup artichoke (6 g protein)
- 1 cup spinach (5 g protein)
- ½ cup tempeh (20 g protein)
- ½ cup edamame (12 g protein)
- ½ cup non-GMO, organic tofu (11 g protein)
- ¼ cup hemp seed (14 g protein)
- ¼ cup chia seed (10 g protein)
- 2 Tbsp nutritional yeast (9 g protein)
- 1 Tbsp spirulina (4 g protein)

##### Vegetarian

- 1 egg (6 g protein)
- 3 oz wild fish (19–24 g protein)
- 4 oz wild-caught shrimp (24 g protein)



### RAPID RESULTS (lose up to 2–3 lbs per week)

You are motivated and dedicated and looking for a longer program to achieve your goals. In this program you learn to break unhealthy habits and start losing fat and inches. You will enjoy 8–12 servings of vegetables, 1–2 servings of fruits, 4–6 servings of protein, 2–4 servings of healthy fats and 1 serving of starch.

#### Protein sources for your consideration:

##### Vegan

- 1 cup green peas (8 g protein)
- 1 cup artichoke (6 g protein)
- 1 cup spinach (5 g protein)
- ½ cup tempeh (20 g protein)
- ½ cup edamame (12 g protein)
- ½ cup non-GMO, organic tofu (11 g protein)
- ¼ cup hemp seed (14 g protein)
- ¼ cup chia seed (10 g protein)
- 2 Tbsp nutritional yeast (9 g protein)
- 1 Tbsp spirulina (4 g protein)
- 2 Tbsp almond butter (8 g protein)
- 2 Tbsp tahini (5 g protein)
- 1 cup organic soy milk (8 g protein)
- 1 cup almond milk (1 g protein)
- 1 cup oat milk (4 g protein)

##### Vegetarian

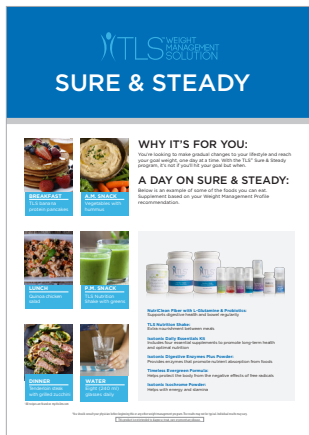
- 1 egg (6 g protein)
- 3 oz wild-caught fish (19–24 g protein)
- 4 oz wild shrimp (24 g protein)

#### References:

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## TLS PROGRAM RECOMMENDATIONS AND TIPS



**TLS WEIGHT MANAGEMENT SOLUTION**  
**SURE & STEADY**

**WHY IT'S FOR YOU:**  
You're looking to make gradual changes to your lifestyle and reach your goal weight. You stay at a time with the TLS® Sure & Steady program to help you reach your goal weight.

**A DAY ON SURE & STEADY:**  
Below is an example of some of the foods you can eat. Recommendations are based on your Weight Management Solution recommendation.

**Meal Plan:**  
• Breakfast: Oatmeal with fruit and nut butter  
• Lunch: Grilled chicken, quinoa, and vegetables  
• Snack: Apple slices with nut butter  
• Dinner: Baked salmon, sweet potato, and green beans  
• Water: 8-10 glasses per day

**Key Features:**  
• TLS® Sure & Steady Plan with 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options

### SURE & STEADY (lose 1–2 lb per week)

You are looking to make gradual changes to your lifestyle and your goal weight. If you are not ready to give up grains and starches, this is the program for you. In this meal plan, you get to enjoy 6–9 servings of vegetables, 5–6 servings of proteins, 2–4 servings of good fats, 1 serving of starch, 1 serving of whole grain and 2 servings of fruits.

#### Protein sources for your consideration:

##### Vegan

1 cup green peas (8 g protein)	½ cup lentil, cooked (9 g protein)
1 cup artichoke (6 g protein)	¼ cup hemp seed (14 g protein)
1 cup spinach (5 g protein)	¼ cup chia seed (10 g protein)
½ cup buckwheat, cooked (10 g protein)	2 Tbsp nutritional yeast (9 g protein)
½ cup rolled oats (5 g protein)	1 Tbsp spirulina (4 g protein)
½ cup quinoa (5 g protein)	2 Tbsp almond butter (8 g protein)
½ cup tempeh (20 g protein)	2 Tbsp tahini (5 g protein)
½ cup edamame (12 g protein)	1 cup organic soy milk (8 g protein)
1 patty veggie/garden burger, grain free (11 g protein)	1 cup almond milk (1 g protein)
½ cup non-GMO, organic tofu (11 g protein)	1 cup oat milk (4 g protein)
½ cup beans, cooked (8 g protein)	¼ cup farro, cooked (6 g protein)
	½ cup barley, cooked (11 g protein)

##### Vegetarian

- 1 egg (6 g protein)
- 3 oz wild-caught fish (19–24 g protein)
- 4 oz wild shrimp (24 g protein)

#### References:

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**TLS WEIGHT MANAGEMENT SOLUTION**  
**CONTINUED COMMITMENT**  
A guide to healthy, everyday living at your target weight\*

**WHY IT'S FOR YOU:**  
You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition and feeling for a plan with the occasional indulgence.

**A DAY ON CONTINUED COMMITMENT:**  
Below are examples of some of the foods you can eat.

**Meal Plan:**  
• Breakfast: Oatmeal with fruit and nut butter  
• Lunch: Grilled chicken, quinoa, and vegetables  
• Snack: Apple slices with nut butter  
• Dinner: Baked salmon, sweet potato, and green beans  
• Water: 8-10 glasses per day

**Key Features:**  
• TLS® Continued Commitment Plan with 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options  
• TLS® Meal Plan: 12-Week & 24-Week Options

### CONTINUED COMMITMENT

You are at a healthy weight and are looking to maintain a healthy lifestyle. You want a plan with flexibility, allowing the occasional indulgence while maintaining healthy eating habits for a majority of the time. In this program, you get to enjoy 6–9 servings of vegetables, 5–6 servings of proteins, 2–4 servings of good fats, 1 serving of starch, 1 serving of whole grain, 1 serving dairy and 2 servings of fruits.

#### Protein sources for your consideration:

##### Vegan

1 cup green peas (8 g protein)	½ cup lentil, cooked (9 g protein)
1 cup artichoke (6 g protein)	¼ cup hemp seed (14 g protein)
1 cup spinach (5 g protein)	¼ cup chia seed (10 g protein)
½ cup buckwheat, cooked (10 g protein)	2 Tbsp nutritional yeast (9 g protein)
½ cup rolled oats (5 g protein)	1 Tbsp spirulina (4 g protein)
½ cup quinoa (5 g protein)	2 Tbsp almond butter (8 g protein)
½ cup tempeh (20 g protein)	2 Tbsp tahini (5 g protein)
½ cup edamame (12 g protein)	1 cup organic soy milk (8 g protein)
½ cup non-GMO, organic tofu (11 g protein)	1 cup almond milk (1 g protein)
1 patty veggie/garden burger, grain free (11 g protein)	1 cup oat milk (4 g protein)
½ cup beans, cooked (8 g protein)	¼ cup farro, cooked (6 g protein)
	½ cup barley, cooked (11 g protein)

##### Vegetarian

- 1 egg (6 g protein)
- 3 oz fish (19–24 g protein)
- 4 oz shrimp (24 g protein)
- ½ cup cottage cheese (12 g protein)
- 1 ½ oz mozzarella (10 g protein)
- 1 cup yogurt (13 g protein)
- 1 cup Greek yogurt (23 g protein)
- 1 cup milk (8 g protein)

Dairy – try to choose organic or grassfed where possible