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**TLS**<sup>®</sup>  
Transitions Lifestyle System

# VEGAN & VEGETARIAN 101

Plant-based eating has become more than a trendy fad: It has become a lifestyle for many. No matter if you are choosing it for animal rights, health reasons or sustainability, here at TLS<sup>®</sup> we pride ourselves on being customizable and are here to support those choices. We have created this document to support you in maximizing 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 maximize your health goals.



## LET'S START WITH SOME 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 and 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 2.0) 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

### If food contains all nine essential amino acids = complete protein

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

### If food is missing one or more amino acids = incomplete protein

- Good news is you can get all the 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 & vegetarians

Many vegans and vegetarians find themselves eating a lot of simple carbohydrates like bread, pasta, sugar or 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 and fiber daily.



### Beans

Canned beans should be avoided as a primary source of protein as the processing of them makes them 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 ensuring sufficient protein intake.

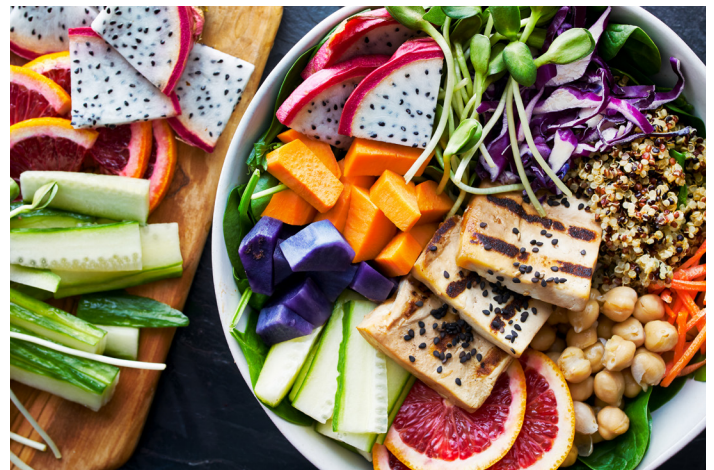
### Vegetarian protein sources

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

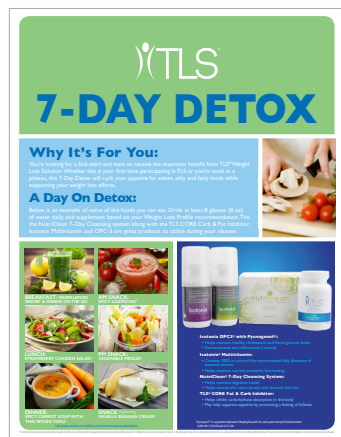
Food	Amount	Protein (g)	Protein (g/100 cal)
Tempeh	1 cup	34	10.6
Soybeans, cooked	1 cup	31	10.6
Seitan	3 ounces	21	15.6
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Kidney beans, cooked	1 cup	15	6.8
Chickpeas, cooked	1 cup	15	5.4
Pinto beans, cooked	1 cup	15	6.3
Lima beans, cooked	1 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 DETOX

You're looking for a kick-start and want to receive the maximum benefit from the TLS® Weight Loss 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

Refer to vegan list for vegan protein source



### 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 plenty of vegetables, 1 serving of fruit, 3–4 servings of protein and 2 servings healthy fat.

#### 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)

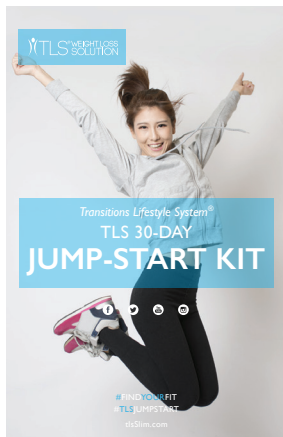
Refer to vegan list for vegan protein source

#### 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.



## TLS PROGRAM RECOMMENDATIONS AND TIPS



### 30-DAY JUMP START (lose 5–15 lbs)

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

*Refer to vegan list for vegan protein source*



### 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 plenty of vegetables, 1–2 servings of fruit, 4–6 servings of protein, 2 servings healthy fat and 1–2 servings of dairy per day.

#### 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)
- ½ cup cottage cheese (12 g protein)
- 1 cup unsweetened yogurt (13 g protein)
- 1 cup unsweetened Greek yogurt (23 g protein)

Dairy – try to choose organic or grassfed where possible

*Refer to vegan list for vegan protein source*

#### 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.

## TLS PROGRAM RECOMMENDATIONS AND TIPS



### 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 plenty of vegetables, 5–6 servings proteins, 2 servings good fats, 1 serving of starches and 1 serving of whole grains, 2 servings dairy and 2 servings 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)
½ cup cottage cheese (12 g protein)
1 cup yogurt (13 g protein)
1 cup Greek yogurt (23 g protein)
Dairy – try to choose organic or grassfed where possible
<i>Refer to vegan list for vegan protein source</i>



### 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 plenty of vegetables, 5–6 servings proteins, 2 servings good fats, 1–2 servings of starches, 2 servings of whole grains, 2 servings dairy and 2 servings 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

*Refer to vegan list for vegan protein source*

#### 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.