

# VEGAN FOOD PLANNING

## for the outdoor enthusiast

"Proper plant-based nutrition sustains energy levels and performance during long hikes fueling you to tackle switchbacks and peak-bagging all day long."  
- Miss Bellevue Vegan



### Protein+Fat+Carbs

Active vegans need to increase the fat and protein in their diet while eating complex carbs. Protein will complement the carbohydrate, allowing it to enter the bloodstream at a steady rate, thus delaying the onset of hunger and sustaining energy levels. Much of the real energy for long-duration activity comes from carbs and fat. Fat is the longer-lasting energy source and is needed most during endurance activities. Fat also supports brain health, helps maintain body warmth, keeps the joints lubricated, aids in recovery and minimizes the inflammatory process. Vegan outdoor enthusiasts should pay close attention to getting enough protein, fat and carbs.



**TIP: pack healthy fats!**

#### Quality plant-based fats:

• Olive oil • Chia seed • Flaxseed • Sesame seed • Hemp seed • Nuts • Avocados •

#### Quality plant-based protein:

• Hemp seed nut • Beans • Legumes • Nuts • Seeds • Whole grains •

### Energy Level Sustainability

Energy level is vital in keeping us trekking strong so it's important we don't forget iron! Active vegans need to pay close attention to iron. After hours of your outdoor adventure, you want your iron levels to stay healthy. Strenuous exercise, constant foot striking and sweating all result in iron loss.



**TIP: Plant-based iron rich foods need to be consumed with vitamin C to help with absorption.**

#### Plant-based iron-rich foods:

• Soybean nuts • Dried peas & beans • Raisins • Peanut butter • Nuts • Nutritional Yeast •

# Preventing Muscle Cramps and Stiffness

We all want to prevent muscle cramping and stiffness when doing long-duration outdoor activities. It's easy. Keep your sodium and calcium levels up!

**⚡** **TIP: Bring your sea salt.**

Plant-based calcium rich foods:

- Almonds • Beans • Sesame seeds • Sunflower seeds •

**Once you get it down, plant-based nutrition is easy to plan and pack for any outdoor adventure.**



## Grocery List

WALNUTS  
ALMONDS  
PEANUTS  
CHIA SEEDS  
SUNFLOWER SEEDS  
PUMPKIN SEEDS  
FLAXSEEDS (GROUND)  
NUTRITIONAL YEAST  
OLIVE OIL PACKETS  
COCONUT OIL  
WHOLE WHEAT / BROWN RICE TORTILLAS  
BANANAS  
NATURAL PEANUT BUTTER  
AVOCADOS  
BEANS  
SEAWEED  
DRIED COCONUT MEAT  
DRIED FRUIT  
OATMEAL  
ENERGY BARS (VEGA, LABAR...)  
VEGA SPORT ELECTROLYTE HYDRATOR  
WATER

  
**VEGAN**  
my meat comes from a bean



 Miss Bellevue Vegan