



**PLANT BASED** FITNESS NUTRITION

# QUICK START GUIDE





# INTRODUCTION

Hi and welcome to the Vegan Macros Mastery program!

I'm soooooo excited to have you here and be alongside you on your journey to a happier, healthier, fitter, leaner you!

I'm a certified vegan nutritionist and Precision Nutrition L1 Coach - and an all-around foodie! I love CrossFit and strength training, and I'm on a mission to grow old being the strongest, fittest, healthiest version of me I can be! I want to be one of those bad-ass 70-year-old women who's still deadlifting over 100kgs and looks 25 years younger!!

I'm so looking forward to spending the following 16 weeks getting to know you and helping you with your journey.





# THE NEXT STEPS

1

Make sure you've received the email from **Samcart** which will give you access to the online learning portal. This is where you will find the Success Workbook, recipes, sample meal plans and all of the online learning materials. Start to work your way through everything there!

2

Request to join the private **facebook** group (which will open on Tuesday, July 26th). There will be a welcome / orientation call at 5pm GMT / 12-noon EST. I would love for you to join me live! Don't worry if you can't make it though, the replay will be available in the group afterwards.

3

You can book in for your first bonus call with me at the link below. Before we have our call you must have completed the following;

- Coaching Agreement signed
- "Mindset" & "Module 1" watched
- Your Macro Planner completed (found in the success workbook)
- Your intro post in the Facebook group

4

Download the  MyFitnessPal (MFP) app (or any food tracking app you prefer) onto your phone, if you haven't already, and log and track everything over the first week. Please don't change your regular eating habits or leave anything out. This is so you can have a good idea of your starting point before moving forward. Please be as accurate as possible!

[BOOK YOUR ONBOARDING CALL](#)

[JOIN THE FACEBOOK GROUP](#)





## CHECK-INS

### ACCOUNTABILITY CALLS & CHECK-INS

Every Monday there will be a Q&A post that goes up in the group. This is your chance to ask any questions that are on your mind to do with nutrition or reaching your goals. I will then answer this on Sunday during our live group coaching call.

### MACRO CHECK

Every Friday the "Macro Check" post will go up where I'll be asking you about your past week's targets and how close you were to them. There is ZERO judgement here! This is how I can help you to decide what to do to move forward and help you to make any tweaks or changes that you might need. Please take part and answer here so I can help you to make sure you're on the right track!

### WEEKLY COACHING CALL

Every Sunday we will have our group coaching call! This is a chance for us to get together and see how we can help each other on our journey. The call will start off with a quick coaching lesson at the beginning before delving into any questions you might have. The call will be every Sunday at 5pm GMT / noon EST / 10am PST.

The link will be the same every week, you can click below to join.

**LIVE GROUP ZOOM CALL**





## TOOLS & RESOURCES

### EQUIPMENT

#### **Food Scale**

Weighing and measuring your foods is going to be so important for the first few months! This allows you to accurately measure portions and make sure you're staying with your calorie and macro target.

#### **Bodyweight scale & measuring tape.**

Please weigh yourself 3x per week at the same time every morning. Ideally, on an empty stomach after going to the bathroom and just wearing underwear. Add these 3 numbers up and divide by 3 - this will be the number you enter in Everfit for your weekly weigh-in.

You will measure your body every 2 weeks with a measuring tape. Please use cm for accuracy and just measure your waist and hip.

#### **Large (2ltr/64fl.oz) water bottle**

See the section below for hydration targets to aim for.





## TOOLS & RESOURCES

### SUPPLEMENTS

As a vegan, it is important to get certain vitamins and minerals in. I recommend supplementing with the following;

- **b12:** At least 2,000 mcg ( $\mu\text{g}$ ) cyanocobalamin once per week, ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach or at least 50 mcg daily of supplemental cyanocobalamin
- **Vitamin D3** 2,000 IU (make sure it's vegan - many D3's are not)
- **Omega-3 Fatty Acids:** 250 mg daily of pollutant-free (yeast- or algae-derived) long-chain omega-3's (EPA/DHA)
- **Magnesium:** 400-420mg per day. Ideally Magnesium gluconate or Magnesium citrate





## HYDRATION

As a rule of thumb, you should drink half your body weight in ounces per day, where 1 fl.oz equals 28.5 ml.

For a 90kg/200lb female, this would be around 100 fl.oz or 3 litres (0.5 x 200lb = 100fl.oz)

### **IMPORTANT**

THIS DOES NOT INCLUDE WATER CONSUMED DURING TRAINING.

I recommend adding another 500 ml (16 oz) of water per hour of exercise.





## THANK YOU! ♥

And finally, I wanted to take a moment to thank you for starting this journey with me! I am truly honoured that you have chosen to work with me, and I'm so excited for what the future weeks and months hold for you.

My personal promise to you is that I will utilise every single piece of skill, knowledge, and experience that I have acquired in this area to radically transform your life during our time together.

The only thing I ask for in return is for you to constantly challenge yourself, be consistent in your actions, and most importantly be open and vulnerable to new things.

Dedicated To Your Success,

*Vicki Jones*

Founder: Vegan Macros 101

