

EVOLUTION VEGAN

ACADEMY
THE NEW STANDARD

PRESENTS

HOW TO CREATE THE PERFECT VEGAN MEAL



Welcome to your guide to creating the perfect vegan meal!

This super easy to follow download contains the exact strategy you need to create quick, delicious vegan meals that will **help you lose fat, gain muscle, and increase your energy**. I have personally implemented this plan to help me achieve my own fitness goals. Now, I'm passing it on to you!

Let's face it. When it comes to nutritional information, it can be a nightmare of confusion. It seems like a new fad diet trend emerges every day on the internet bespeaking the wonders of "fast weight loss". High protein, no protein, fasting, keto, paleo, Atkins, South Beach, juice cleanse, etc. Maybe you've found yourself frustrated and mentally exhausted from all of the research that seems to lead to a new dead end?

Then I discovered the vegan lifestyle and everything began to change. But my struggle wasn't over. I still had to figure out how to prepare food with a vegan diet. For years I experimented in the kitchen attempting to develop recipes that wouldn't leave me constantly bloated and fatigued. I simply couldn't figure out what the correct combinations of plant-based proteins, starches, and fats were to kick my metabolism into gear.



After nearly two years of research, trial, and error, it finally clicked and it all made sense. **This guide contains the simple formula that you should apply to each plate of food you prepare.** Utilizing this strategy, you'll be able to develop countless delicious vegan meals for you and your family.

On average, my clients following this Perfect Vegan Fit Meal Guide are now experiencing 5-10% body fat loss in just 12 weeks. Wouldn't you love to make that incredible transformation for yourself? Then let's get in the kitchen and make some amazing vegan food!

About Me, Vegan Fitness Coach Scott Burgett!

Hi, My name is Scott!

I'm the vegan mastermind behind Evolution Vegan Academy, LLC, the premier fat loss and body shaping future of clean eating. We cut through the chia forest of vegan vagueness and get you on a customized vegan lifestyle so you can lose the toxic and gain a healthy, confident future.

I've personally dealt with bingeing eating, yo-yo dieting and literally standing in front of the mirror screaming at my belly fat. It took finding a plant-based nutrition lifestyle among a few other key things to get the body I have now.

My vegan meal plan cheat sheet is designed to take the guesswork out of how to live a sustainable vegan lifestyle and get you on to more important things- like living your life. It's exactly what I used to get my own results and I still use it today.

With it, you can expect to take the stress out of guessing how to eat vegan and begin to experience the results of a vegan lifestyle immediately.

Scott Burgett, Evolution Vegan Academy, LLC
CSCS certified, Bachelors in Exercise Science



How to Build the Perfect Vegan Fit Meal

The meal plan guide below is to be followed as laid out. You can prepare the ingredients however you'd like, but stick to the ratios using your plate or your bowl.

1. Start with choosing from the protein list below

- Tempeh, tofu, edamame, seitan, chickpea pasta, or lentils
- Fill 25% of your plate or bowl.

2. Pick your starchy carbohydrate

- Foods like potatoes (all kinds), beans, rice, quinoa, whole wheat pasta, or root vegetables
- Fill an additional 25% of your plate or bowl

3. Choose your non-starchy carbohydrate

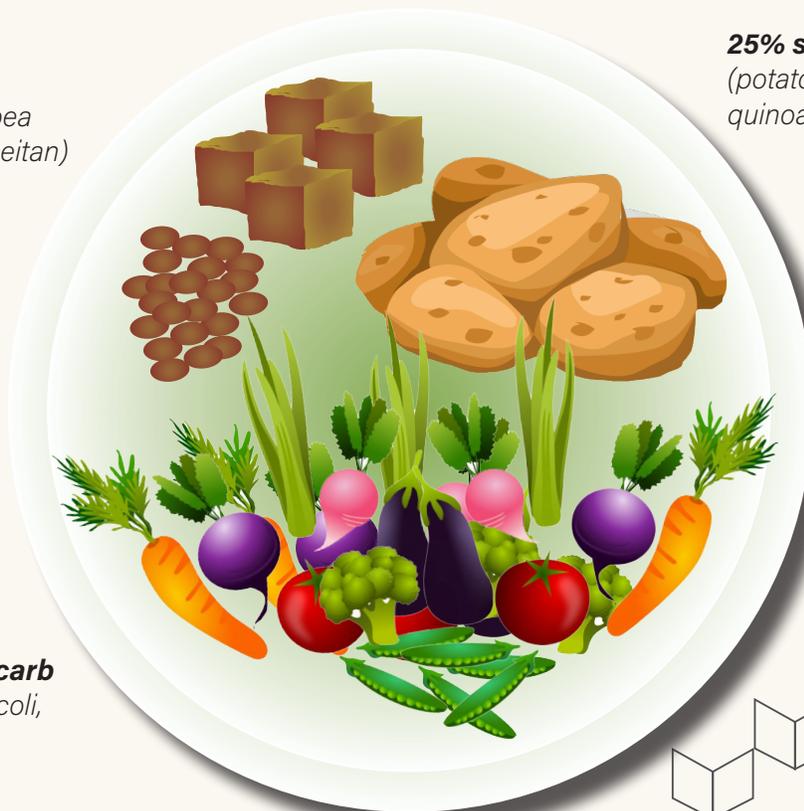
- Foods like leaf greens (any variety), broccoli, tomatoes, mushrooms, green beans, etc.
- Fill the rest of your plate or bowl (50%) with these foods.

25% protein

(lentils/beans, chickpea pasta, tempeh, tofu, seitan)

25% starchy carb

(potatoes, beans, rice, quinoa, root vegetables)



50% non starchy carb

(kale, spinach, broccoli, peppers, etc.)

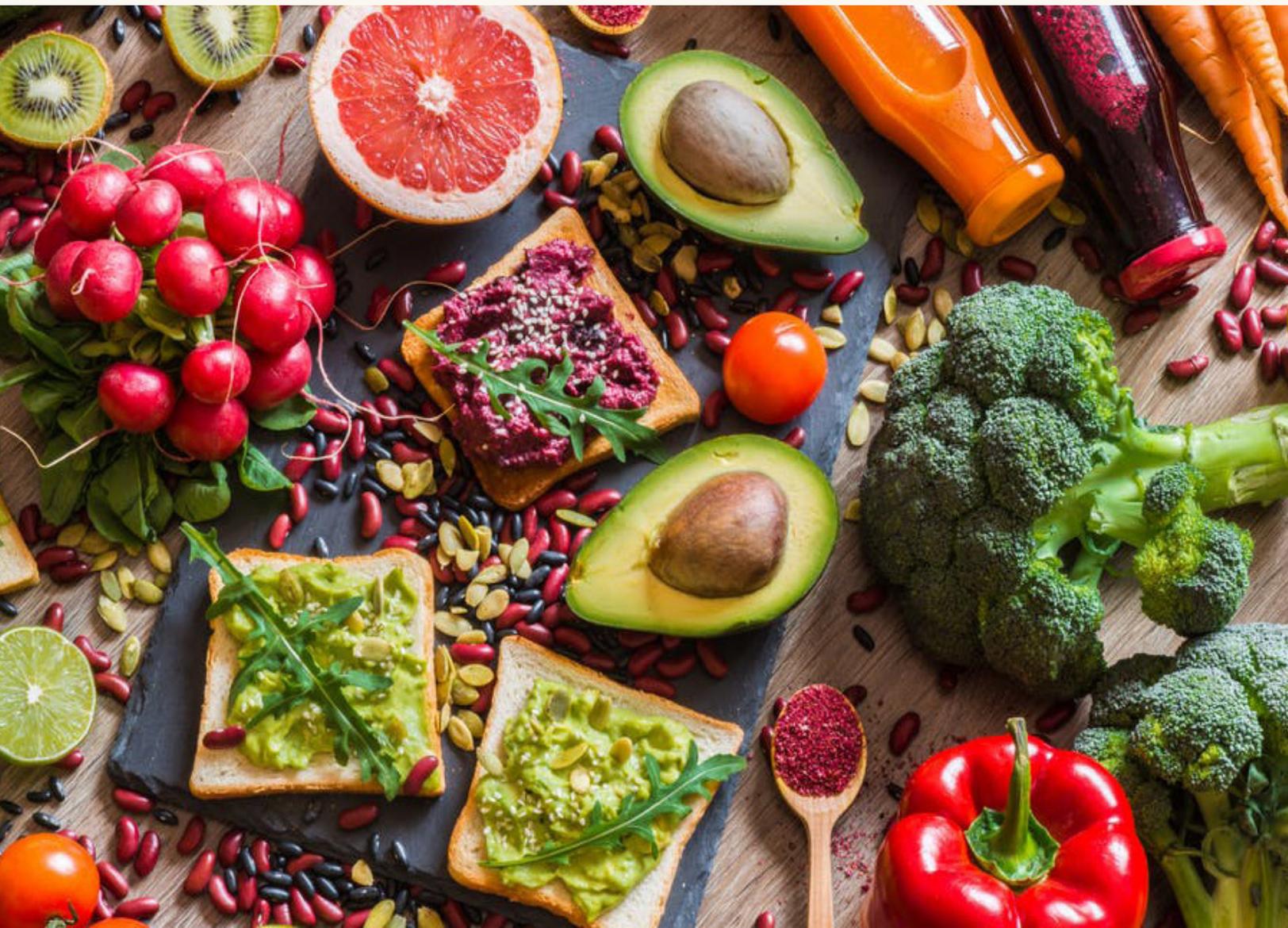


Optional Fats

Not all fats are the enemy. You can still consume healthy fats and continue to lose weight.

For an added nutritional boost and a bit of crunch, sprinkle a tablespoon of hemp seeds, flax seeds or flax seed meal, or crushed nuts.

When it comes to vegan dressings stick to tahini, lemon/lime juice, soy sauce or tamari, and vinegars. Tahini is high in calcium and other vitamins. Lemon and lime juice provide an excellent source of Vitamin C. And vinegars, especially apple cider vinegar, are excellent aids for digestion and metabolism. However, keep in mind with dressings and sauces that a very small amount can equal a LOT of calories so be mindful of your portion sizes.





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QUESTIONS?

I'd love to answer any questions you might have about "How to Create the Perfect Vegan Meal"! You can email me, Scott Burgett, directly at **coachscotty@evolutionveganacademy.com**. Or you may give me a call at **602-459-0421**.

You can also connect with me on my website and social media accounts, listed below.

facebook.com/scott.burgett13

instagram.com/coachscottyb_

linkedin.com/in/scott-burgett-22357158/

youtube.com/channel/UCaX4tW_2tIFGKXSitCGxr5Q?

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