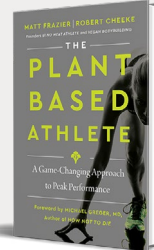


The High-Energy Plant-Based Meal Planner



7 MEAL BLUEPRINTS FOR OPTIMAL ENERGY

Hi, I'm **MATT FRAZIER**,
co-founder of Complement,
founder of *No Meat Athlete*,
and *The New York Times*
bestselling author of *The*
Plant-Based Athlete.



When it comes to eating for energy or body transformation, it comes down to caloric balance — calories in, calories out.

But calories aren't everything.

Of course not. Which macronutrients your calories come from will determine how your body processes them for energy.

Understanding macronutrients as energy.

Each type of macronutrient — fat, carbohydrates, and protein — supply energy. But they vary in the amounts of energy they provide.

Fats, for example, are more calorie dense than carbohydrates or protein, and therefore contain more energy per gram.

But does that mean we should only eat fat for energy?

While fat may contain the most energy, our body processes each macronutrient differently.

Carbohydrates



When broken down, carbohydrates become glucose, which is either immediately burned for energy or converted into glycogen and stored in your muscles and liver for later use.

Because of this, carbohydrates are our body's go-to source of energy.

And when you look a little deeper at carbohydrates, you'll find that they come in two forms:

- **Simple carbohydrates**, or processed or refined sugars, which create spikes of quick-burning energy.
- **Complex carbohydrates**, which pack in more nutrients and fiber and take longer to break down. Complex carbohydrates come from foods like whole fruit, whole grains, oats, nuts, and beans.

While simple carbohydrates can provide that nice immediate burst of energy, the boost fades quickly. Complex carbohydrates are healthier and provide more sustained energy.

Fat



Fat — the slowest form of energy — is also the most energy efficient, and comes in as the body's second most preferred energy source.

When the body has run out of quick-burning glucose, it turns to the stored energy from fat for energy, which burns much slower but at a sustained rate.

Protein



Protein consists of units called amino acids, which make them much more complex and harder to break down than carbohydrates.

Protein plays an important role in repairing and rebuilding muscle, but isn't typically used as an energy source.

Finding the right balance.

Finding your macronutrient needs depends a lot on your goals. If you don't have your macronutrient needs calculated yet, follow the steps laid out [here](#).

But our standard recommendation for anyone looking to optimize energy and health is:

65% carbohydrates

13% protein

22% fat

Here's how that looks in practice, for someone with a maintenance calorie goal of 2,150 calories per day:

- **Carbohydrate (65 percent):** $2,150 \times 0.65 = 1,397.5$ calories. Because there are 4 calories per gram of carbohydrate, this comes out to $1,397.5 / 4 = 349.375$ (**approximately 350) grams of carbohydrate per day.**

- **Protein (13 percent):** $2,150 \times 0.13 = 279.5$ calories. Because there are 4 calories per gram of carbohydrate, this comes out to $279.5 / 4 = 69.875$ (**approximately 70) grams of protein per day.**

(Note that this amount of protein falls within the range estimated by the common "0.45 to 0.55 grams per pound of body weight" guideline.)

- **Fat (22 percent):** $2,150 \times 23 \text{ percent} = 473$ calories. Because there are 9 calories per gram of fat, this comes out to $473 / 9 = 52.556$ (**approximately 53) grams of fat per day.**

Energy-Boosting Vitamins and Minerals

According to research published in the scientific journal *Nutrients*, vitamins and minerals can also [play a role in reducing physical and mental fatigue](#) as well as psychological and cognitive functions.

B vitamins, zinc, magnesium, and D vitamins, among others, stand out as impacting energy levels.

Many plant foods contain some of these vitamins and minerals, while others are harder to come by.

As is concluded in the article, “supplementing individuals with vitamins and minerals is thus highly likely to result in health benefits in the areas of mental and physical fatigue, as well as cognitive and psychological functions.”

As is concluded in the scientific article, “supplementing individuals with vitamins and minerals is thus highly likely to result in health benefits in the areas of mental and physical fatigue, as well as cognitive and psychological functions.”

To best utilize vitamins and minerals for their energy-boosting properties, seek out plant foods rich in these nutrients, or complement your diet with them when needed.

All the hard-to-get nutrients, in one smart capsule.

- **VITAMIN B12**
- **VITAMIN D3**
- **DHA/EPA**
- **IODINE**
- **VITAMIN K2**
- **ZINC**
- **MAGNESIUM**
- **SELENIUM**

SHOP NOW



The meal blueprints.

To help you reach your macronutrient needs for your goals, we've created seven completely adaptable meal blueprints that make creating these meals easy.

These blueprints are plug-and-play style, so you can shape them into whatever nutrient needs and tastes you desire.

Start with the base ingredients, then use however many add-on ingredients you want. And feel free to add more! These are just our suggestions.

Enjoy!

Quick note: Don't forget that as you're cooking, if you choose to use oil, it will also add several calories. Be sure to add that to your calculations!

To show you how it can work, here's an example of 3 meals that roughly hit the 2,150 caloric goal from above:



Breakfast:

- Smoothie, with banana, almond milk, strawberries, blueberries, mango, and Complement Protein.



Lunch:

- Burrito, with brown rice, black beans, 2x corn tortillas, bell pepper, onion, sweet potato, spinach, and romaine lettuce.



Dinner:

- Stir fry, with brown rice, onion, bell pepper, broccoli, carrot, firm tofu, kale, mushrooms, 2x quinoa, and cooked in olive oil.
- Salad with arugula, romaine, spinach, bell pepper, zucchini, carrot, sweet potato, and olive oil for dressing.

That comes to 2074 calories, with 347 grams of carbohydrates, 48 grams of fat, and 83 grams of protein.

Now it's your turn. Use the above as a guide, or build your own meals and enjoy!

Quick note: Don't forget that as you're cooking, if you choose to use oil, it will also add a substantial amount of calories. Be sure to add that to your calculations!



Smoothie.

The beauty of a smoothie is that you can throw in everything from berries and greens to tofu and beans. It's a great way to pack macro and micronutrients into a single, easy to prepare meal. Here are some of our favorite ingredients you can use to build your next smoothie:

BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Banana	1 banana	134	34	0	2
Almond Milk	1 cup	78	0	4	0



ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Apple	100g	52	13.8	0.17	0.26
Avocado	100g	160	8.5	14.7	2
Cannellini Beans	130g	100	17	1	6
Chia Seeds	1 Tbl	60	4	4	2
Firm Tofu	1 oz	27	1	1.3	3
Flax Seeds	1 Tbl	35	2.5	2.5	1.5
Mango	100g	60	15	0.4	0.82
Peanut Butter, w/o salt	100g	590	21.8	49.9	24
Pineapple	100g	50	13.1	0.12	0.54
<u>Complement Protein Powder</u>	1 serving	85	2	1.5	15
Pumpkin Seeds, kernels only	100g	446	54	19	19
Strawberries	100g	32	7.7	0.3	0.67
Walnuts	100g	618	10	59	24



Oatmeal.

I like to think of oatmeal as a kind of smoothie — only warm! It's like a blank slate for whatever fruits, nuts, or seeds you'd like to add. Here are some of our favorites:

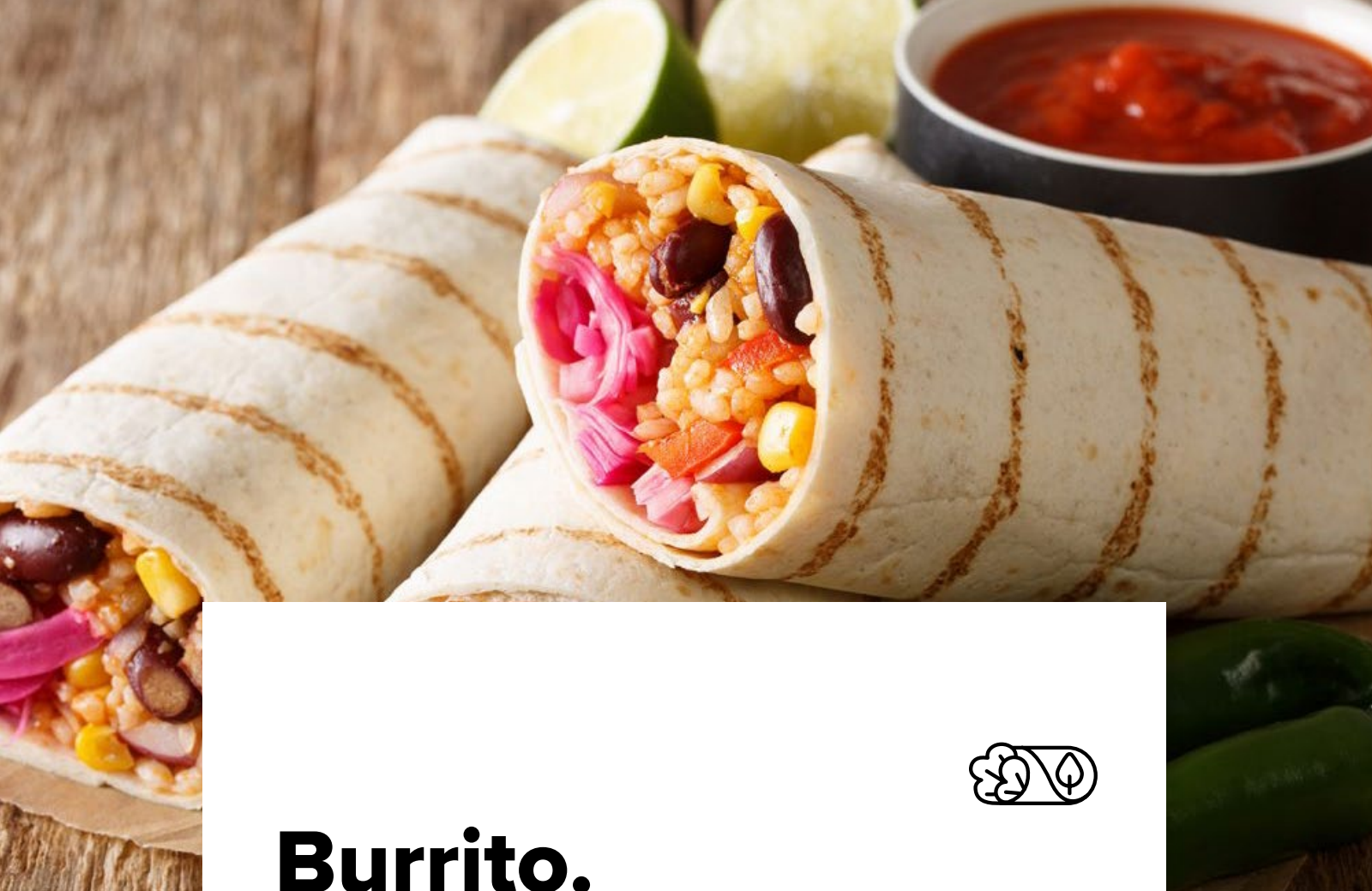
BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Steel-Cut Oats	1/4 cup	170	31	2.5	5

ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Almond Milk	1 cup	30	1	2.5	1
Apple	100g	52	13.8	0.17	0.26
Banana	100g	89	22.8	0.3	1.1
Blackberries	100g	43	9.6	0.5	1.4
Blueberries	100g	57	14.5	0.33	0.74
Chia Seeds	1 Tbl	60	4	4	2
Flax Seeds	1 Tbl	35	2.5	2.5	1.5
Peanut Butter, w/o salt	100g	590	21.8	49.9	24
Pumpkin Seeds, kernels only	100g	446	54	19	19
Strawberries	100g	32	7.7	0.3	0.67
Walnuts	100g	618	10	59	24





Burrito.

Similar to the smoothie, the burrito acts as vessel for a wide range of foods. With rice and beans as your base, you can add sautéed vegetables, tempeh, greens, and so much more. Here's a lot at some of our go-to combinations:

BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Brown Rice	100g	112	23.5	0.8	2.3
Black Beans (cooked)	1 cup	132	23.7	0.5	8.9
Corn tortilla, 6"	1 tortilla	58	12.1	0.6	1.5

ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Avocado	100g	160	8.5	14.7	2
Bell Pepper	100g	20	4.6	0.5	0.9
Daiya Cheese Shreds	100g	321.3	25	21.4	3.6
Mushrooms	100g	22	3.3	0.3	3.1
Onion	100g	40	9	0.1	1.1
Romaine	100g	17	3.3	0.3	1.2
Seitan	1 oz	40	1.7	0.7	7
Spinach	170g	40	6	0.5	5
Sweet Potato	100g	86	20	0.1	1.6
Tempeh	1 oz	47	3.3	1.5	5.3
Tomatoes	1 tomato	11	2.4	0.1	0.6





Grain, Green, and Bean.



The grain, green, and bean combo can look very differently depending on how you build it. And there's no wrong way!

For this, we'll start with the basic: a bowl. But check out this [No Meat Athlete post](#) for more ideas.

BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Quinoa	100g	120	21.3	1.9	4.4
Chickpeas (Garbanzo beans)	1 cup	269	45	4.2	14.5
Kale	100g	49	9	0.9	4.3



ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Arugula	85g	21	3.1	0.6	2.2
Asparagus	100g	20	3.9	0.1	2.2
Avocado	100g	160	8.5	14.7	2
Bell Pepper	100g	20	4.6	0.5	0.9
Black Beans (cooked)	1 cup	132	23.7	0.5	8.9
Black-Eyed Peas	1 cup	160	33.5	0.6	5.2
Broccoli	100g	34	7	0.4	2.8
Brussels Sprouts	100g	43	9	0.3	3.4
Carrot	100g	41	9.6	0.25	0.9
Corn	1 cup	125	27	2	4.75
Firm Tofu	1 oz	27	1	1.3	3
Green Peas	1 cup	117	21	0.6	7.9

ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Mushrooms	100g	22	3.3	0.3	3.1
Nutritional Yeast	1 Tbl	20	2	0	3
Onion	100g	40	9	0.1	1.1
Russet Potato	100g	59	15.7	0.1	1.7
Seitan	1 oz	40	1.7	0.7	7
Spinach	170g	40	6	0.5	5
Sweet Potato	100g	86	20	0.1	1.6
Tempeh	1 oz	47	3.3	1.5	5.3
Tomatoes	1 tomato	11	2.4	0.1	0.6
Walnuts	100g	654	13.7	65.2	15.2
Yam	100g	118	27.9	0.2	1.5
Yellow Squash	100g	16	3.4	1.2	1
Zucchini	100g	17	3.1	0.3	1.2





Stir Fry.

Ah yes, the classic stir fry. One of our go-to dishes because of its versatility and ease to cook. Here are our base ingredients:

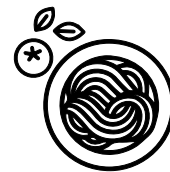
BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Brown Rice	100g	112	23.5	0.8	2.3
Onion	100g	40	9	0.1	1.1
Bell Pepper	100g	20	4.6	0.5	0.9

ADD-ON INGREDIENTS					
FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Black Beans (cooked)	1 cup	132	23.7	0.5	8.9
Broccoli	100g	34	7	0.4	2.8
Carrot	100g	41	9.6	0.25	0.9
Cashews, w/o salt	100g	553	30.2	43.9	18.2
Chickpeas (Garbanzo beans)	1 cup	269	45	4.2	14.5
Daiya Cheese Shreds	1 Tbl	45	2	3.5	0.5
Firm Tofu	1 oz	27	1	1.3	3
Kale	100g	49	9	0.9	4.3
Mushrooms	100g	22	3.3	0.3	3.1
Nutritional Yeast	1 Tbl	20	2	0	3
Quinoa	100g	120	21.3	1.9	4.4
Seitan	1 oz	40	1.7	0.7	7
Spinach	170g	40	6	0.5	5
Split Peas	100g	341	60	1.2	25
Sweet Potato	100g	86	20	0.1	1.6
Tempeh	1 oz	47	3.3	1.5	5.3
Tomatoes	1 tomato	11	2.4	0.1	0.6
Zucchini	100g	17	3.1	0.3	1.2



Pasta with Red Sauce.



A classic dish with more combination options than your grandmother ever considered. Beans in a pasta? Heck yeah!

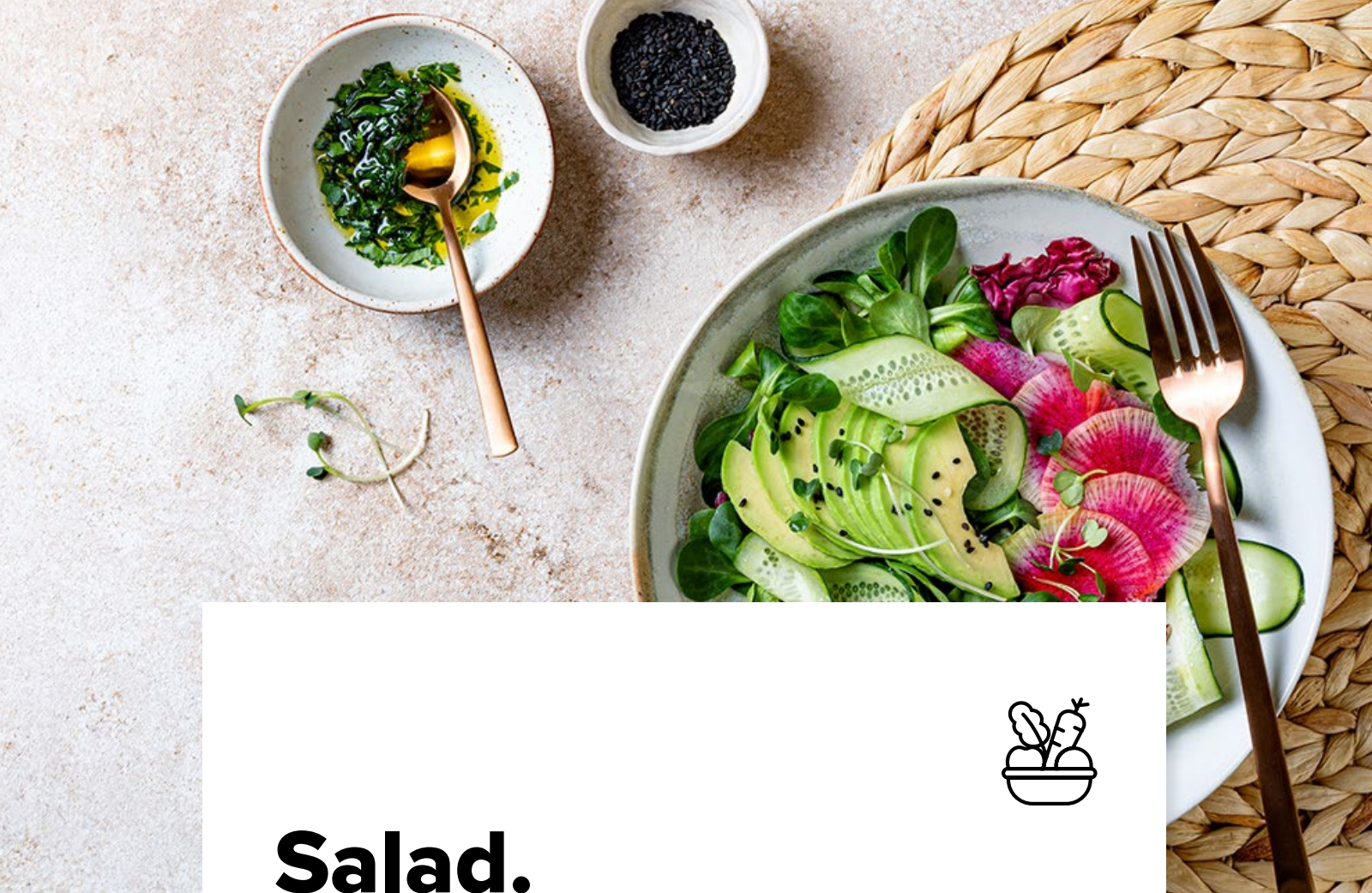
BASE INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Whole Wheat Pasta	100g	124	26.5	0.5	5.3
Red Sauce of your choice	x	x	x	x	x

ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Bell Pepper	100g	20	4.6	0.5	0.9
Broccoli	100g	34	7	0.4	2.8
Chickpeas (Garbanzo Beans)	1 cup	269	45	4.2	14.5
Daiya Cheese Shreds	100g	321.3	25	21.4	3.6
Kale	100g	49	9	0.9	4.3
Mushrooms	100g	22	3.3	0.3	3.1
Nutritional Yeast	1 Tbl	20	2	0	3
Onion	100g	40	9	0.1	1.1
Seitan	1 oz	40	1.7	0.7	7
Spinach	170g	40	6	0.5	5
Zucchini	100g	17	3.1	0.3	1.2





Salad.

The salad never gets old when you ditch the carrot-and-tomato version we all grew up on. Add avocado, tofu, nuts, seeds, and a variety of other leafy greens and you’re left with something much more delicious and nutritious. And it doesn’t stop there! Here are some of our favorite salad toppings:

BASE INGREDIENTS					
FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Arugula	85g	21	3.1	0.6	2.2
Romaine	100g	17	3.3	0.3	1.2
Spinach	170g	40	6	0.5	5

ADD-ON INGREDIENTS					
FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Bell Pepper	100g	20	4.6	0.5	0.9
Broccoli	100g	34	7	0.4	2.8
Chickpeas (Garbanzo Beans)	1 cup	269	45	4.2	14.5
Daiya Cheese Shreds	100g	321.3	25	21.4	3.6
Kale	100g	49	9	0.9	4.3
Mushrooms	100g	22	3.3	0.3	3.1
Nutritional Yeast	1 Tbl	20	2	0	3
Onion	100g	40	9	0.1	1.1
Seitan	1 oz	40	1.7	0.7	7
Zucchini	100g	17	3.1	0.3	1.2
Carrot	100g	41	9.6	0.25	0.9
Corn	1 cup	125	27	2	4.75
Green Peas	1 cup	117	21	0.6	7.9
Sweet Potato	100g	86	20	0.1	1.6
Kale	100g	49	9	0.9	4.3
Apple	100g	52	13.8	0.17	0.26

Avocado	100g	160	8.5	14.7	2
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ADD-ON INGREDIENTS

FOOD	MEASUREMENT	CALORIES	CARBS (GRAMS)	FAT (GRAMS)	PROTEIN (GRAMS)
Blueberries	100g	57	14.5	0.33	0.74
Medjool Dates	100g	277	75	0.15	1.8
Tomatoes	1 tomato	11	2.4	0.1	0.6
Black Beans (cooked)	1 cup	132	23.7	0.5	8.9
Brown Lentils	1 cup	230	40	0.75	17.9
Cannellini Beans	130g	100	17	1	6
Pinto Beans	1 cup	245	44.9	1.1	15.4
Red Lentils	100g	345	59	2.2	25
Split Peas	100g	341	60	1.2	25
Tempeh	1 oz	47	3.3	1.5	5.3
Quinoa	100g	120	21.3	1.9	4.4
Cashews, w/o salt	100g	553	30.2	43.9	18.2
Pumpkin Seeds, kernels only	100g	446	54	19	19
Walnuts	100g	618	10	59	24
Dressing	x	x	x	x	x
Olive Oil	1 Tbl	119	0	13.6	0

Want to further optimize your diet for energy and long-term health?

The plant-based diet is a nutrient powerhouse, but the latest nutrition research highlights a few hard-to-get nutrients for even a well-planned diet. They point towards 8 vitamins and minerals essential for fundamental health and feeling your best.

[LEARN MORE](#)

