

Are Carbs the Devil?

The truth is that carbs are not the devil at all, but actually an essential nutrient that should be part of every meal.



We all need a diet that provides enough energy in the form of carbs, fats, protein, vitamins and minerals. That means eating a variety of foods every day: whole fruits, grains, veggies, nuts, and legumes. 🍌

Carbohydrate is one of the three types of nutrients converted by the body to be used as energy. (The others are protein and fat). This energy is measured as calories.

Carbs which consist of mostly of starches and sugar are broken down by the body to form glucose, and the body uses this glucose in the blood for energy. 🏃

Most glucose is stored as glycogen in the liver and muscles. During exercise, glycogen is broken down in the muscles and provides energy. How can carbs be the devil, I wonder? 💪

Where do you usually take your carbs from? 🌱👉

Brain Boosting Smoothies

Everyone's heard of brain-food by now, but the tale actually does hold some truth! 🧠

A healthy diet will benefit more than just your appearance. Eating well is key to keeping our brains in tip-top condition, too. Some foods can really increase blood flow to the brain, keeping you alert, concentrated and even improve your memory. 🧠

There are lots of brain-boosting foods you can easily find anywhere, like dark fruits and vegetables such as berries, cherries, spinach and kale. These foods contain high-levels of antioxidants, which help protect the cells in our brain. 🍒

Improving your fibre and healthy fats intake can also improve memory and your ability to learn. Chia seeds, flaxseed, avocado and coconut oil are perfect additions to your diet for this reason. 🥥

These smoothies are full of superfoods that increase blood flow, boost energy and support a healthy lifestyle. I've added them to my daily regimen a while ago and today I want to share the recipes with you.



Let me know if you try them! 🙌

How to Reach Your Vegan Protein Goals

Can you spot the difference between these two meals? 🍴

If you're struggling, don't worry. We all know eating healthily isn't as easy as it looks. Let's break it down a little...

🍲 See the meal on the left?

It may look nice and healthy, but there is simply TOO MUCH fiber, resulting in – you know it – bloating! 🤢

This is because fiber is an indigestible carb, and abruptly increasing your amount of fiber will lead to gas, bloating, and constipation.

You can always slowly increase the fiber in your diet to allow your body time to adjust, but until then... 🤝

🍲 The meal on the right is more balanced and contains a variety of protein sources.

Chances are, it'll make you feel satisfied, light and ready to crush the day!

There are many awesome sources of tasty, nutritious, and totally vegan protein to choose from, and they can be used to make all sorts of delicious dishes FULL of all the protein you need 🍲

By adding or removing just a few ingredients from our plates we can make a big difference when it comes to the calories, protein and fiber on our plates...

So stop relying on beans and legumes only to hit your protein needs and start experimenting! 🤔🔍

If you want to learn more about how to feed your body to shred fat, build lean muscle and feel super healthy, all while having more energy, productivity and performance, you've come to the right place!

Follow me and I'll help you get there, one step (followed by one great meal) at a time.

Fit Vegan Greetings

Stefan 🌱👍



Quick Easy Protein Meal for Vegans

A quick and easy packed-full-of-protein meal for vegans? 🌱

Yes, please!

Here's a current favorite, a delicious three bean salad, perfect for... any time of the day, really! 🌞🌙

Easy to put together, this salad is comforting, protein-rich, and relies on pantry ingredients you probably already have.

This classic picnic salad has:

- ✓ Cannellini beans
- ✓ Red kidney beans
- ✓ Chickpeas
- ✓ Celery
- ✓ Red onion
- ✓ Cucumber
- ✓ Fresh parsley

Simply mix all ingredients in a bowl, adding the parsley last.

I recommend serving it with a dressing made with salt, pepper, vinegar and maple syrup (and a little water).

Mix all dressing ingredients in a separate bowl, then pour over salad. 🥗

You can chill it in the fridge for a while, to allow the dressing to soak into the beans and the flavors to meld.

Ready to eat? 🍴

Simply take it out and let it come close to room temperature.

Let me know what you think of this recipe! 🤔🔍

Follow me for more great vegan recipes, tips and tricks!

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Skinny Fat To Fit

Do you look scrawny with a shirt on, but chubby when you're shirtless? Then you might consider yourself "skinny fat". 😬

A "skinny fat" person is someone who weighs very little, but still has a high amount of body fat – especially stubborn belly fat!

Skinny fat is weird because you don't know whether you should focus on bulking up or losing weight. 😂

In truth, you need to build muscle AND burn fat. You have only a small amount of muscle mass, which is why you look scrawny with a shirt on.

But it's also why you look chubby without a shirt on! You may not have much body fat, but there's no muscle underneath to give you shape. 😞

To change this, you'll need to do some cardio to burn extra calories and accelerate fat loss. You may also want to cut down on calories.

Then you'll need to lift weight and increase your muscle mass, to offset the fat to muscle mass and add much-needed definition to your frame. 🏋️

Let me know what worked for you or if you need any advice on how to get started. After all, skinny fat to fit is a journey worth taking! 😊

Hashtags:

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