



YOUR FIRST 7 DAYS VEGAN HOUR-BY-HOUR SYMPTOM TRACKER

Why track your transition? The first week of going vegan can bring surprising changes—energy spikes, digestive adjustments, mood shifts, and cravings. This tracker helps you identify patterns, optimize your meal timing, and troubleshoot any challenges. You'll discover what foods keep you satisfied and energized!

How to Use This Tracker

1. **Check in every 2-3 hours** while you're awake (aim for 5-7 entries per day)
2. **Rate honestly** on the 1-10 scales (1 = terrible, 10 = amazing)
3. **Note everything you eat** including snacks and beverages
4. **Track symptoms** like bloating, cravings, headaches, or digestive changes
5. **Review weekly** to identify patterns and adjust your meals

What to Look For

PATTERN	WHAT IT MEANS & ACTION STEPS
Energy crash 2-3 hours after meals	Not enough protein or healthy fats. Add nuts, seeds, nut butter, or beans to your next meal.
Hunger within 1 hour of eating	Meal was too low in fiber or protein. Increase portion sizes and add more whole grains and legumes.
Digestive discomfort (bloating/gas)	Normal during transition as gut bacteria adjust. Increase water intake, add ginger tea, and increase fiber gradually. Should improve by day 5-7.
Afternoon energy slump	Try a protein-rich snack at 3 PM (hummus + veggies, handful of nuts, or energy ball).
Strong cravings for old foods	Identify if you're actually hungry, bored, or emotional. Have go-to vegan swaps ready (vegan cheese, dark chocolate, coconut ice cream).
Headaches in first 3 days	Could be detox, caffeine withdrawal, or dehydration. Drink 8+ glasses of water daily.
Consistent high energy all day	You've nailed your meal composition! Note what you ate and replicate it.
Better sleep quality	Common benefit—plant-based foods are easier to digest. Track this to stay motivated!

DAILY TRACKING SHEET

DAY: _____ / DATE: _____



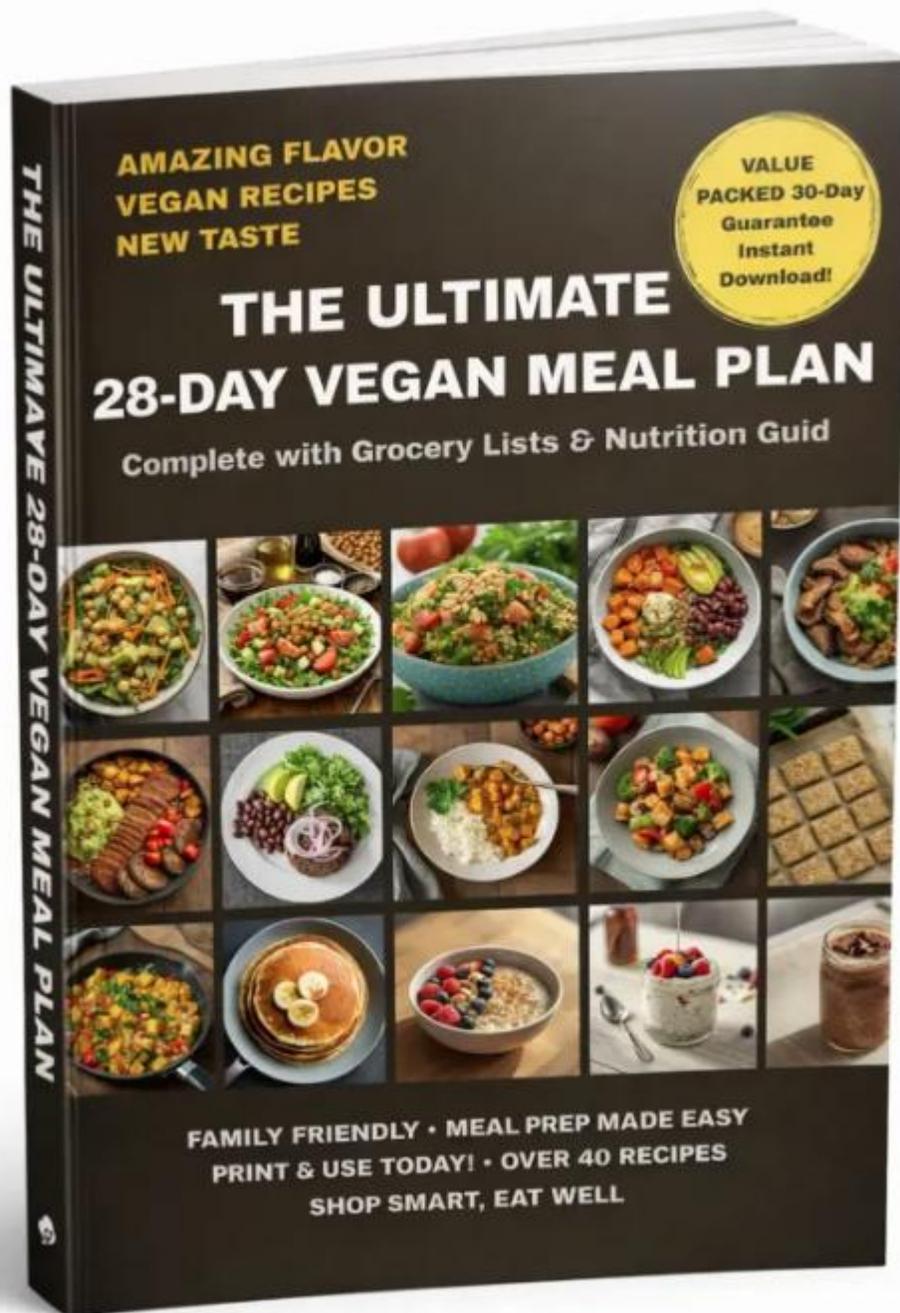
DAILY REFLECTION

What went well today?
What challenged me?
Tomorrow I'll try:
 Today's Win (even small ones count!):

 **Remember: Every body adjusts differently. Be patient and kind to yourself!**

Print 7 copies of this tracking sheet for your first week, or fill it out digitally!

P.S. Want to save hours on meal planning? I prepped a whole month of vegan meals, complete with a grocery list and nutrition info. [Grab the ultimate plan here.](#)



Tired of decision fatigue?

✦ Get our [*4-Week Easy Vegan Meal Plan Ebook*](#), the natural next step after this first week vegan day by day guide! ✦



YOUR FIRST 7 DAYS VEGAN

EMERGENCY MEAL CARD

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DAYS 1-3: EMERGENCY MEALS

When you're stressed, tired, or don't know what to eat—these 3 meals will save you:

1 OATS + NUT BUTTER + FRUIT

½ cup oats + 2 tbsp peanut/almond butter + 1 banana + splash plant milk

2 CANNED BEANS + RICE + SALSA

1 cup rice + 1 can black/pinto beans (rinsed) + ¼ cup salsa + avocado (optional)

3 PASTA + MARINARA + VEGETABLES

2 cups pasta + 1 cup marinara sauce + 1 cup frozen mixed vegetables



SOS SNACKS (When You're Starving)

Keep these ready for energy crashes between meals:

 Apple + handful of almonds

 Hummus + baby carrots

 Banana + 2 tbsp peanut butter

 Handful of trail mix

 Energy balls (dates + nuts)

 Toast + avocado + salt

DAYS 4-7: LEVEL-UP MEALS

Once you've got the basics down, try these:

SMOOTHIE BOWL + GRANOLA

Blend: 1 banana + 1 cup berries + 1 cup plant milk + 1 tbsp chia seeds. Top with granola and fruit

TOFU SCRAMBLE + TOAST

Crumbled firm tofu + turmeric + veggies + nutritional yeast. Serve with whole wheat toast

BUDDHA BOWL

Base: quinoa or rice. Add: roasted chickpeas, roasted veggies, tahini dressing, greens

BURRITO BOWL

Rice + black beans + corn + salsa + guacamole + lettuce + hot sauce

 **SURVIVAL TIP**

When in doubt, use this formula:

**ANY GRAIN + ANY BEAN + ANY VEGETABLE =
COMPLETE MEAL**



PROTEIN QUICK REFERENCE

You're getting more protein than you think!

FOOD	PROTEIN	SERVING
Tempeh	31g	1 cup
<input type="checkbox"/> Tofu (firm)	20g	½ block
<input type="checkbox"/> Lentils (cooked)	18g	1 cup
<input type="checkbox"/> Edamame	17g	1 cup
<input type="checkbox"/> Chickpeas (cooked)	15g	1 cup
<input type="checkbox"/> Black beans (cooked)	15g	1 cup
<input type="checkbox"/> Kidney beans (cooked)	15g	1 cup
Seitan	21g	3 oz
Peanut butter	8g	2 tbsp
Quinoa (cooked)	8g	1 cup
Nutritional yeast	8g	2 tbsp
Whole wheat pasta	7g	1 cup
Almonds	6g	¼ cup

FOOD	PROTEIN	SERVING
 Oats (cooked)	6g	1 cup
 Whole wheat bread	4g	1 slice
 Broccoli (cooked)	4g	1 cup

DAILY PROTEIN GOALS

Standard recommendation: 0.8g per kg of body weight

Most people need 50-75g per day

 *Aim for 15-20g protein per meal = you'll hit your goal easily!*

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You've got this!  