**Vegan or Vegetarian Protocol**

Use the **Vegetarian/Vegan Calculator** to calculate challenger’s macros.

Please send the following information to your challenger along with their macros:

Be sure to use the Vegan/Vegetarian food list ONLY and note that the recipes in the recipe guide include macro calculations using the regular food list macros. If you opt to use the recipe guide, you’ll need to recalculate the macros per serving due to a variation in the way macros of some foods are counted in the vegan/vegetarian food list vs. the regular food list.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.