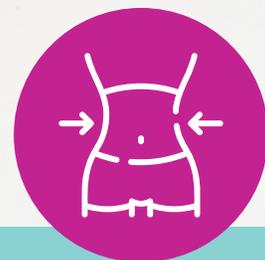


FASTER WAY

T O F A T L O S S [®]



5-DAY BELLY BLAST GUIDE

FASTER WAY

T O F A T L O S S ®

Welcome to the FASTER Way 5-Day Belly Blast!

Welcome! I am so thrilled you are joining us in this 5 day program guaranteed to whittle your waist, increase your energy, and skyrocket your confidence.

By participating, you receive exclusive access to the FASTER Way App, along with a private community forum, a delicious meal plan, effective workouts, and bonus trainings from our team of experts.

Congratulations on taking this important step in your health and wellness journey. We are cheering you on and cannot wait to hear of your success.

Let's begin!

Amanda Tress

Founder and CEO
FASTER Way to Fat Loss®





5-Day Belly Blast **5 Steps for Success**

Follow These **5 Steps For 5 Days** To Achieve Best Results!

1. Complete Daily Workouts

Our workouts are strategically programmed with our nutrition cycle for increased fat burning and strength using minimal equipment in just 30 minutes. Our Pro Trainers also demonstrate low impact modifications in every workout.

2. Implement Intermittent Fasting

Intermittent Fasting allows digestive rest and encourages your body to burn fat for fuel. Read more about Intermittent Fasting in the next section! It may be an adjustment at first, but your body will thrive with our fasting protocol!

3. Join the LIVE Trainings

Throughout the week, we'll host live trainings with our founder and CEO Amanda Tress, FASTER Way Pro Trainers, and special guests such as Alex De Oliveira, APRN.

4. Follow the Meal Guide

Our Registered Dietitians create expert meal guides with just the right proportions of carbs, fats and protein. You'll follow daily plans to maximize fat loss, especially around the waist! And, you WON'T be left starving!

5. Enjoy Support & Accountability

Track your success with the STARS feature in our clinically proven app to help you stay focused. Earn stars for every workout, sip of water, and fasting day! And engage in our online commUNITY to connect with people on a health journey just like yours.





5-Day Belly Blast - Checklist

✓ MONDAY - DAY 1

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the expert training to learn the keys to lasting fat loss
- Bonus Workout:** Join us for our bonus core circuit

✓ TUESDAY - DAY 2

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the expert training to learn the secrets to blasting belly fat
- Bonus Workout:** Join us for our bonus core circuit

✓ WEDNESDAY - DAY 3

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit

✓ THURSDAY - DAY 4

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit

✓ FRIDAY - DAY 5

- Hydrate:** Track your hydration using the Water Tracker
- Fast:** Use the Fasting Timer to maintain your fasting window
- Workout:** Take 30 minutes to complete your daily workout
- Meal Guide:** Follow the Meal Guide for optimal nutrition
- Video:** Watch the Pro Trainer Q+A for top tips to burn fat
- Bonus Workout:** Join us for our bonus core circuit



BENEFITS OF A STRONG CORE

Beyond Toned Abs: Discover the Hidden Benefits of a Strong Core

We know you want a trim tummy so you can step out in your bathing suit with confidence (and we're here for it), but let's explore the incredible advantages of having a strong core that extends far beyond aesthetics.

1. Improves posture and alignment:

Helping to maintain proper posture and alignment, reducing discomfort and improving the way your body functions as a unit.

2. Reduces back pain: By providing essential support to your lower back, a well-conditioned core can alleviate or prevent back pain.

3. Supports injury resilience: Reducing the likelihood of injuries during workouts and daily physical activities - we're talking to you too, busy moms! Lifting those kids requires strong abs!

4. Boosts athletic performance: Whether you're a pro athlete or simply have a regular workout routine, a strong core can elevate your athletic capabilities.





5-Day Belly Blast - **Busting Belly Fat Myths**



BELLY BUSTING - MYTHS vs FACTS

There's a sea of misinformation about how to blast belly fat. Move over, crunches! Our protocol gets to the ROOT of belly fat - and helps you release it for good!. Move over, crunches! Our protocol gets to the ROOT of belly fat - and helps you release it for good!

Myth: More crunches are the answer.

Fact: Crunches strengthen your abs, but they won't target and burn belly fat.

Myth: Ultra-low calorie diets supercharge fat burning.

Fact: Severely restricting calories can trigger a "famine" response, causing your body to hold onto fat.

Myth: Spot-reducing belly fat is possible.

Fact: While you can't choose where your body loses fat, the right nutrition paired with strategic workouts torches fat all over, especially from the tummy.

(Hello 5 Day Belly Blast!)

Myth: Cardio is king to lose belly fat.

Fact: Muscle is the currency of fat loss - so, the right combination of targeted core moves, total-body strength training, and high intensity interval training is the belly fat-blasting combination that will cinch your waistline.





EXERCISE FORM AND FAVORITES

Proper form is crucial for effective core workouts, especially for the highly effective ones you'll be doing in this program. While traditional core exercises like crunches primarily target the rectus abdominis, focusing on deep core muscles like the transverse abdominis is key for tightening the tummy. Read on for your form cues!

Breathing Pattern: Inhale through your nose during the easier part of the exercise (think: the lowering or drawing inward part of the movement) and exhale forcefully through your mouth during the more challenging phase (think: lifting and extending). This helps stabilize your core and engage the proper muscles.

Core Engagement: Before starting any exercise, engage your core by gently drawing your belly button towards your spine. This activates the deep abdominal muscles, providing stability and support to your spine. Maintain this engagement throughout the exercise to maximize effectiveness and reduce the risk of injury.

Back Form: Pay close attention to your back alignment to prevent hyperextension or excessive lowering. Keep your spine neutral and avoid arching or rounding your back during exercises. This helps protect your spine and reduces the risk of strain or injury.

FASTer Way Favorite Core Exercises:

- Plank
- Russian Twists
- Bicycle Crunches
- Mountain Climbers
- Side Plank
- Bird Dogs
- Leg Lifts
- Dead Bugs
- Sprints
- Stability Exercises
- Plyometric Exercises
- Stomach Vacuum

Now that you know more about how the core muscles function and what really attacks abdominal fat, let's go over Intermittent Fasting - your secret weapon for a slender stomach!





INTERMITTENT FASTING

What is Intermittent Fasting?

Intermittent fasting is a powerful tool because it aids in burning fat and balancing hormones, such as insulin, which directly influences your ability to burn fat and lose weight.

Intermittent Fasting, or IF, isn't a new concept (it's actually been around for thousands of years). Intermittent Fasting is one of the cornerstones of our program because it's 1) simple to do 2) completely free 3) is one of the most effective ways to lose fat and improve overall health.

The key is to implement the right IF protocol for you under the guidance of a professional to ensure you're fasting safely and effectively - hooray, that's what you're doing by participating in this program!

How does Intermittent Fasting help me drop belly fat?

Intermittent Fasting allows your body to engage in a period of digestive rest (aka a break from eating and digesting food). During this crucial period, your body is working hard to heal, repair, and restore balance, which results in natural fat loss and improved overall health.

So, Intermittent Fasting is a way for me to eat less every day?

Intermittent Fasting is not a calorie cutting tool. We customize nutrition to ensure you're eating enough each day. The body NEEDS fuel, and under eating is an easy way to undermine your internal systems and metabolic processes.

Under-eating can damage your metabolism and prevent you from seeing the results you want. Our meal guides provide nourishing foods to fuel you at full throttle by providing you with the proper foods - within the right feeding window!



5-Day Belly Blast Intermittent Fasting

Take it from this happy client!

“As a full time working mom, time is of the essence. Having a plan WILL help you and take things off your plate. This program has changed my life. I regained my energy and confidence in myself and got into the best shape of my life with this program!”

Allyson Burns, Certified FASTER Way Coach



Overall IF Health Benefits:

- ✓ Increased Cellular Repair
- ✓ Improved Brain Health
- ✓ Lowered Inflammation and Oxidative Stress
- ✓ Decreased Risk of Diseases Like Cancer and Alzheimer's
- ✓ Reduced Insulin Resistance



5-Day Belly Blast - Intermittent Fasting

Intermittent Fasting Guidelines

Aim for a 16-hour fast every day. Most of that time is spent sleeping! Example: You can break your fast at 11am and eat your last meal at 7pm. Then, eat at 11am again the next day!

It's okay if you don't start with a 16-hour fast immediately. Gradually extend the time before your first meal each morning by thirty minutes to an hour.

PRO TIP - Use the Fasting Timer in our clinically proven app to monitor your fast!

What Can I Have During My Fast?

Black coffee, tea, and water are all fair game during your fasting window. A splash of non-dairy creamer is fine - keep your TOTAL calories under 50!

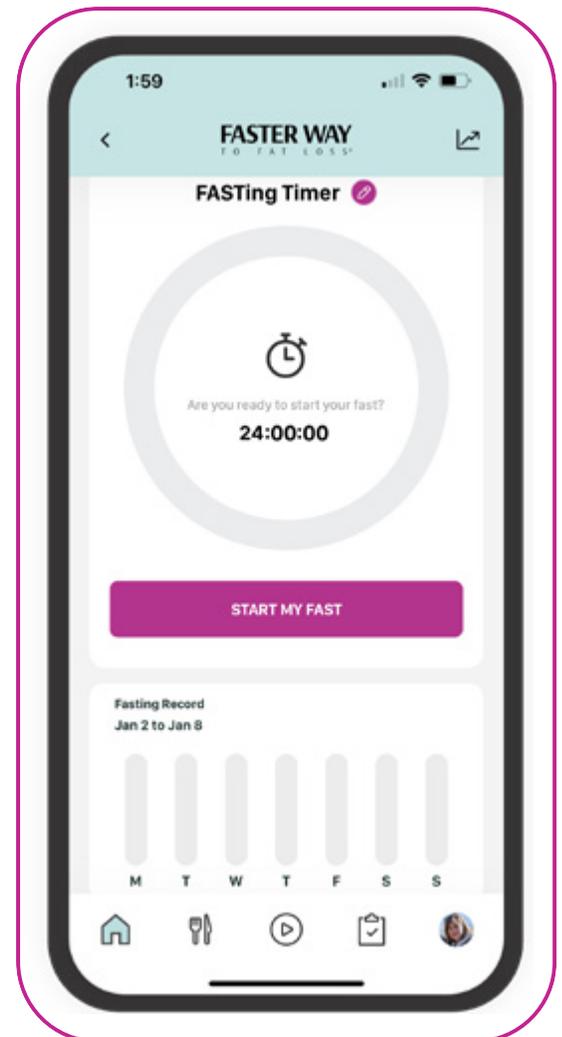
Do not attempt a 16-hour fast if:

- You have Diabetes
- You have a thyroid condition
- You have adrenal fatigue
- You are pregnant
- You are 6 weeks postpartum and breastfeeding

Always consult with your doctor prior to starting.



APP FASTING Timer





Take It to the next level!

CLINICALLY PROVEN

When you join a New Client round of the FASTER Way, you'll get:

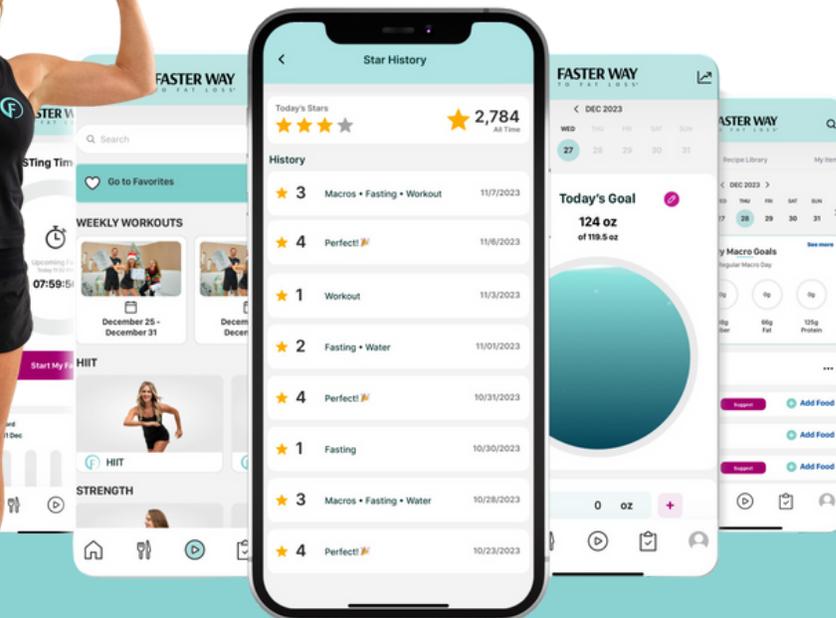
- A personalized intermittent fasting and nutrition plan to maximize fat-burning.
- Weekly workouts that boost metabolism and maintain muscle mass.
- Guilt-free, tasty meal guide recipes and guides to stay on track.
- Expert coaching and access to our private community for motivation and accountability.
- The FASTER Way app with additional resources, tools and tracking.

Our program is backed by science and combines intermittent fasting, strategic exercise, and healthy eating for safe, sustainable fast loss.

Hundreds of thousands have lost 10 pounds or more in just 6 weeks.

If you're ready to take your health and fat loss to the next level, the next FASTER Way round is for you!

We can't wait to build a fit, lean body the FASTER Way with you!



FASTER WAY

T O F A T L O S S [®]



5 DAY VEGAN MEAL GUIDE

MELT YOUR MIDDLE



SHOPPING LIST - VEGAN GUIDE

FRUITS

- 1/2 Apple
- 3/4 Avocado
- 1 1/2 Banana
- 1/2 cup Blackberries
- 1/2 Green Apple
- 1/4 Lemon
- 3 1/8 tbsps Lemon Juice
- 1/2 Lime
- 1 Pear
- 1 1/2 cups Raspberries
- 2 1/4 cups Strawberries

BREAKFAST

- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 1/3 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1 1/2 tsps Curry Powder
- 1/8 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/2 tsp Masala Chai Spice
- 1/8 tsp Nutmeg
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 1 tbsp Sunflower Seeds
- 1/2 tsp Taco Seasoning
- 1/4 cup Walnuts

FROZEN

- 3 1/4 cups Frozen Edamame
- 1/4 cup Frozen Peas

VEGETABLES

- 1/4 cup Alfalfa Sprouts
- 1 1/2 cups Arugula
- 6 cups Broccoli
- 1 cup Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 3/4 tsp Fresh Dill
- 4 Garlic Clove
- 1 stalk Green Onion
- 5 cups Kale
- 1 cup Radishes
- 1/4 cup Shallot
- 1 cup Snap Peas
- 1 1/2 Yellow Onion
- 1/4 Zucchini

BOXED & CANNED

- 1 3/4 cups Canned Chickpeas
- 1 cup Canned Diced Tomatoes
- 1 1/3 tbsps Organic Vegetable Broth
- 2/3 cup Quinoa
- 8 ozs Shirataki Noodles

BAKING

- 1 tbsp Arrowroot Powder
- 4 Pitted Dates
- 2/3 cup Rolled Oats
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 3 lbs Extra Firm Tofu
- 4 1/2 ozs Firm Tofu
- 2 tbsps Hummus
- 13 ozs Tempeh
- 5 ozs Tofu

CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 1/3 cup Balsamic Vinegar
- 1 tsp Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tbsps Tahini
- 1/4 cup Tamari

COLD

- 3 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Milk Yogurt

OTHER

- 5 scoops Faster Way Vanilla Plant Based Protein Powder
- 1 1/3 cups Water
- Ice Cubes

Vegan Chia Pudding with Protein

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Chia Seeds
1/2 cup Unsweetened Almond Milk
1/2 cup Raspberries (60 grams)
1 scoop Faster Way Vanilla Plant Based Protein Powder

DIRECTIONS

- 01 Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
- 02 Cover the jar and store in the refrigerator overnight or for at least 2 hours.
- 03 Enjoy cold and add toppings as they fit your macros!

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	0mg
Fat	12g	Sodium	246mg
Carbs	20g	Vitamin C	16mg
Fiber	10g	Vitamin D	50IU
Sugar	3g	Magnesium	92mg
Protein	20g	Zinc	0mg

Kale & Tempeh Salad

1 SERVING 25 MINUTES



INGREDIENTS

2 tbsps Tamari (or coconut aminos)
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
6 ozs Tempeh
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
3 cups Kale (201 grams)
1 tbsp Hemp Seeds

DIRECTIONS

- 01 Prep note: Cut tempeh into thin slices. Finely chop kale.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 03 In a zipper-lock bag or shallow bowl, mix the tamari, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 04 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 05 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 06 Plate the salad and top with tempeh and hemp seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	640	Cholesterol	0mg
Fat	41g	Sodium	2768m..
Carbs	33g	Vitamin C	77mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	283mg
Protein	49g	Zinc	5mg

One Pan Tofu with Veggies

1 SERVING 45 MINUTES



INGREDIENTS

8 ozs Extra Firm Tofu
1 1/2 tsps Tamari (or coconut aminos)
1 1/2 tsps Avocado Oil
1 1/2 tsps Arrowroot Powder
1/2 cup Brussels Sprouts (44 grams)
1/2 cup Broccoli (35 grams)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tsp Sesame Seeds
3/4 tsp Hemp Seeds
1/4 Avocado

NUTRITION

AMOUNT PER SERVING

Calories	433	Cholesterol	0mg
Fat	31g	Sodium	542mg
Carbs	19g	Vitamin C	83mg
Fiber	9g	Vitamin D	0IU
Sugar	4g	Magnesium	145mg
Protein	29g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Drain the tofu. Trim the Brussels Sprouts and cut in half. Chop the broccoli into florets.
- 02 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 03 Line a baking sheet with parchment paper and add the brussels sprouts and broccoli to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 04 Remove from the oven and plate. Garnish with sesame and hemp seeds and avocado and enjoy!

Almonds

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Almonds (37 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin C	0mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	97mg
Protein	8g	Zinc	1mg

Hemp Seeds

1 SERVING 1 MINUTE



INGREDIENTS

3 tbsps Hemp Seeds (25 grams)

DIRECTIONS

01 Sprinkle on top or blend in your meal. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	166	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	210mg
Protein	9g	Zinc	3mg

Green Goddess Bowl with Dill Hummus Dressing

1 SERVING 20 MINUTES



INGREDIENTS

2 tbsps Hummus
1/4 Lemon
1 tsp Extra Virgin Olive Oil
3/4 tsp Fresh Dill
Sea Salt & Black Pepper (to taste)
1 tsp Coconut Oil
2 cups Kale (134 grams)
1/4 Zucchini (49 grams)
1/4 cup Frozen Edamame (42 grams)
1/4 cup Frozen Peas
1 stalk Green Onion (chopped)
1/4 Avocado (38 grams)
1/4 cup Alfalfa Sprouts

DIRECTIONS

- 01 Prep note: Juice the lemon. Chop the fresh dill. Dice the zucchini. Edamame should be shelled and thawed. Thaw the frozen peas. Chop the green onion. Dice the avocado.
- 02 In a jar, combine hummus, lemon juice, olive oil, dill and season with sea salt and black pepper. Shake well and set aside. (Note: Depending on the original consistency of your hummus, you may need to add a tablespoon or two of warm water to thin.)
- 03 Heat coconut oil in a large frying pan over medium heat. Add kale and zucchini. Saute just until the kale is wilted. Remove from heat and set aside.
- 04 Lay kale and zucchini in a bowl. Top with edamame, green peas, green onions, sprouts and avocado. Drizzle with dill hummus dressing. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	340	Cholesterol	0mg
Fat	25g	Sodium	191mg
Carbs	23g	Vitamin C	66mg
Fiber	11g	Vitamin D	0IU
Sugar	6g	Magnesium	98mg
Protein	12g	Zinc	2mg

Tempeh

1 SERVING 1 MINUTE



INGREDIENTS

4 ozs Tempeh

DIRECTIONS

01 Add to your favorite recipe!

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	0mg
Fat	12g	Sodium	10mg
Carbs	9g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	92mg
Protein	23g	Zinc	1mg

Roasted Edamame

1 SERVING 45 MINUTES



INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled)
1 1/2 tsps Extra Virgin Olive Oil
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Cholesterol	0mg
Fat	15g	Sodium	304mg
Carbs	14g	Vitamin C	9mg
Fiber	8g	Vitamin D	0IU
Sugar	3g	Magnesium	99mg
Protein	18g	Zinc	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

Vegan Apple Cinnamon Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Rolled Oats
1/3 cup Unsweetened Almond Milk
1 1/2 tsp Chia Seeds
3/4 tsp Maple Syrup
1/4 tsp Cinnamon
1/16 tsp Nutmeg
1/4 tsp Vanilla Extract
2 tbsps Water
1/4 Apple (25 grams)
2 tbsps Walnuts
1 scoop Faster Way Vanilla Plant Based Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	372	Cholesterol	0mg
Fat	17g	Sodium	222mg
Carbs	36g	Vitamin C	2mg
Fiber	7g	Vitamin D	34IU
Sugar	9g	Magnesium	89mg
Protein	22g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Core and dice the apple. Chop the walnuts.
- 02 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, protein powder, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 03 Remove from fridge. Use a single-serving size jar (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 04 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of maple syrup.

Tempeh, Quinoa & Broccoli

1 SERVING 55 MINUTES



INGREDIENTS

1 1/3 tbsps Organic Vegetable Broth
1 1/3 tbsps Balsamic Vinegar
1/3 tsp Italian Seasoning
1/8 tsp Sea Salt
2/3 Garlic Clove
3 ozs Tempeh
1/4 cup Quinoa (43 grams, uncooked)
1 cup Broccoli (70 grams)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	12g	Sodium	493mg
Carbs	44g	Vitamin C	82mg
Fiber	5g	Vitamin D	0IU
Sugar	5g	Magnesium	175mg
Protein	26g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into pieces. Cut the broccoli into florets.
- 02 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 03 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 04 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 05 Meanwhile, cook the quinoa according to the package directions.
- 06 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Plate as desired and enjoy!

Shirataki Noodle Tofu Stir Fry

1 SERVING 20 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
6 ozs Extra Firm Tofu
1/2 Yellow Onion (74 grams)
1 Garlic Clove
1 cup Broccoli (70 grams)
1/2 cup Snap Peas
1 1/2 tsps Rice Vinegar
1 1/2 tsps Sesame Oil
4 ozs Shirataki Noodles
1/4 tsp Chili Flakes

DIRECTIONS

- 01 Prep note: Prep the tofu and cut into cubes. Chop the yellow onion. Slice the garlic. Cut the broccoli into florets. Trim the snap peas.
- 02 Heat the oil in a large skillet over medium heat. Add the tofu to the pan and brown the tofu on all sides. Remove from the pan and set aside.
- 03 In the same pan, add the onion and garlic and sauté for two minutes. Then, add the broccoli, snap peas, rice vinegar, and sesame oil. Sauté for three to four minutes or until tender-crisp.
- 04 Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Divide evenly between bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	304	Cholesterol	0mg
Fat	20g	Sodium	43mg
Carbs	19g	Vitamin C	88mg
Fiber	7g	Vitamin D	0IU
Sugar	9g	Magnesium	92mg
Protein	21g	Zinc	2mg

Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled, thawed)

DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	14g	Vitamin C	9mg
Fiber	8g	Vitamin D	0IU
Sugar	3g	Magnesium	99mg
Protein	18g	Zinc	2mg

FASTER Way Vegan Masala Chai Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 1/2 Banana (150 grams without peel, frozen)
1/4 cup Unsweetened Coconut Milk
Yogurt
Ice Cubes
1/2 tsp Masala Chai Spice
1 scoop Faster Way Vanilla Plant Based Protein Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	314	Cholesterol	0mg
Fat	8g	Sodium	381mg
Carbs	47g	Vitamin C	16mg
Fiber	7g	Vitamin D	126IU
Sugar	22g	Magnesium	70mg
Protein	19g	Zinc	0mg

Fresh Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries (176 grams)

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin C	85mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Magnesium	19mg
Protein	1g	Zinc	0mg

Chickpea & Tofu Curry

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (74 grams)
1 Garlic Clove
4 1/2 ozs Firm Tofu
1 1/3 cups Canned Chickpeas
1 cup Canned Diced Tomatoes
1/4 cup Water
1 1/2 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
1/4 cup Cilantro

DIRECTIONS

- 01 Prep note: Dice the yellow onion. Chop the garlic. Drain the tofu and cut into cubes. Drain and rinse canned chickpeas. Chop the cilantro.
- 02 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 03 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 04 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	613	Cholesterol	0mg
Fat	20g	Sodium	69mg
Carbs	78g	Vitamin C	29mg
Fiber	23g	Vitamin D	0IU
Sugar	22g	Magnesium	161mg
Protein	35g	Zinc	5mg

Pear

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear (178 grams)

DIRECTIONS

01 Slice and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin C	8mg
Fiber	6g	Vitamin D	0IU
Sugar	17g	Magnesium	12mg
Protein	1g	Zinc	0mg

Chickpea & Tofu Taco Scramble

1 SERVING 10 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1/4 cup Shallot
1/4 cup Cherry Tomatoes (37 grams)
11 ozs Extra Firm Tofu
1/2 cup Canned Chickpeas
1/2 tsp Taco Seasoning
1/2 Lime

DIRECTIONS

- 01 Prep note: Mince the shallots. Chop the cherry tomatoes. Drain, press and crumble the tofu. Drain and rinse the chickpeas. Juice the lime.
- 02 Warm the oil in a pan over medium heat. Sauté the shallot and tomatoes until softened, about two to three minutes.
- 03 Add the tofu, chickpeas, and taco seasoning and mix well. Cook for three minutes to heat through.
- 04 Divide the scramble evenly between plates and squeeze the lime over top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	479	Cholesterol	0mg
Fat	23g	Sodium	153mg
Carbs	37g	Vitamin C	16mg
Fiber	11g	Vitamin D	0IU
Sugar	11g	Magnesium	163mg
Protein	40g	Zinc	5mg

Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 cup Blackberries (72 grams)
- 1 cup Strawberries (176 grams)
- 1/2 cup Raspberries (60 grams)

DIRECTIONS

- 01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg

Strawberry Quinoa Arugula Salad with Tofu

1 SERVING 40 MINUTES



INGREDIENTS

1/3 cup Quinoa (64 grams, dry)
1/3 tsp Lemon Juice
1/16 tsp Sea Salt
1 1/2 cups Arugula (30 grams)
5 ozs Tofu
3/4 cup Water
1 tbsp Sunflower Seeds
1/4 cup Strawberries (44 grams)

DIRECTIONS

- 01 Prep note: Chop the strawberries.
- 02 Cook the quinoa according to package directions. Let cool.
- 03 Cook or prepare tofu according to package directions (or to liking).
- 04 Drizzle lemon juice over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds, strawberries and tofu. Transfer to a plate and serve immediately. Enjoy

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	0mg
Fat	16g	Sodium	95mg
Carbs	49g	Vitamin C	27mg
Fiber	8g	Vitamin D	0IU
Sugar	4g	Magnesium	208mg
Protein	26g	Zinc	4mg

Sheet Pan Balsamic Tofu & Broccoli

1 SERVING 30 MINUTES



INGREDIENTS

8 ozs Extra Firm Tofu
1 tbsp Tamari (or coconut aminos, divided)
1 1/2 tsps Extra Virgin Olive Oil (divided)
2 cups Broccoli (140 grams)
1 cup Radishes (116 grams)
Sea Salt & Black Pepper (to taste)
2 2/3 tsps Balsamic Vinegar
1 1/2 tsps Maple Syrup
1/2 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	403	Cholesterol	0mg
Fat	20g	Sodium	1131mg
Carbs	34g	Vitamin C	180mg
Fiber	9g	Vitamin D	0IU
Sugar	20g	Magnesium	144mg
Protein	31g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Press tofu and slice into triangles. Chop broccoli into florets. Cut radishes in half.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 03 In a large bowl, toss the tofu with half the tamari, and 1/3 of the oil. Place on the baking sheet, spacing out the tofu from one another.
- 04 In the same bowl, toss the broccoli and radishes with the remaining oil, salt, and pepper. Transfer to the baking sheet alongside the tofu, leaving enough space between everything. Line another baking sheet if needed. Bake for 20 minutes, flipping halfway through.
- 05 Meanwhile, in a bowl or jar, mix together the balsamic vinegar, maple syrup, Italian seasoning, salt, pepper, and remaining tamari.
- 06 Remove the baking sheet(s) from the oven and drizzle the balsamic mixture over everything. Place back in the oven for five minutes. Divide evenly between plates and enjoy!

Dates & Apple

1 SERVING 5 MINUTES



INGREDIENTS

4 Pitted Dates (32 grams)
1/2 Green Apple (50 grams)

DIRECTIONS

01 Slice the apple. Add ingredients to a plate and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	140	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	35g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	28g	Magnesium	18mg
Protein	1g	Zinc	0mg

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