

FASTER WAY

T O F A T L O S S ®



5-DAY SUMMER SLIMDOWN

Kickstart Your Summer Fat Loss



Welcome to the annual FASTER Way **5-DAY SUMMER SLIMDOWN**

Over the course of this event, you will burn fat, increase your energy, and take your confidence to new heights.

We understand that summer is a busy season, and you want RESULTS without restriction. The FASTER Way lifestyle makes it simple for your body to burn fat naturally whether you're at the beach, a barbecue, or shuttling the kids around.

Especially during the summer season...

You need the most effective workouts without spending hours in the gym. You need simple and delicious meals that don't keep you in the kitchen a minute more than necessary. You need expert guidance to provide you with encouragement, feedback, and accountability. You need a community to cheer you on and champion your goals.

You need the FASTER Way!

We love the Summer Slim Down because it's incredibly effective, equips you for total health far beyond five days...and because it is simply FUN.

We're so glad you're here. Let's dive in!

In health,

Amanda Tress | Founder and CEO

Amanda Tress





FASTer Way Fat Loss Strategies

Achieve exceptional results by applying our FASTer Way 5-Day Summer Slimdown Fundamentals:



INTERMITTENT FASTING

Intermittent Fasting is a simple eating schedule to ignite fat loss and promote cellular repair. We pair this with hydration for supercharged wellness.



WHOLE FOOD NUTRITION

For optimal health, flood the body with micronutrients from natural sources, as found in the meal guide you'll receive.



MACRONUTRIENT TRACKING

Prioritizes the amount of carbs, protein, and fat you consume to create a balanced body and enjoy food freedom.



CARB CYCLING

Carb Cycling is an intentional variation of carbohydrate intake through the week to train your metabolism to use stored fat for fuel.



STRATEGIC WORKOUTS

FASTer Way Workouts focus on strength training, HIIT, and recovery in only 30 minutes improving fitness and lean, calorie burning muscle.



FASTer Way Fat Loss Strategies

Intermittent fast and your body will thank you for it.

INTERMITTENT FASTING



Intermittent fasting is not a diet — it's simply an eating schedule. While your body is in a fasted state, it can focus on cellular repair, fat burning, gut healing, and more. Fasting is a powerful tool not just for fat loss, but for vitality and wellness. Don't fear fasting - your body was designed to do this!

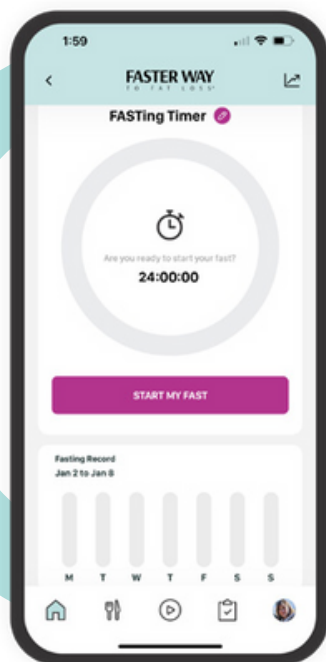
Heres what you'll do: You'll aim for a 16 hour fast every day. Most of that time is spent sleeping! An example feeding window is from 11–7 pm. Start your fast after your last meal of the day.

Gradually push back your first meal by a half hour to an hour each morning. Many of our clients break their fast at noon, enjoy meal two between 3-4 pm and dinner between 7-8 pm.

Black coffee, tea, and water are all fair game during your fasting window.

Always consult with your doctor prior to starting.

Use the Fasting Timer in the app to monitor your fast, and the helpful **“Does it Break Your Fast?”** diagram on the next page to decide what to have during your fasting window!

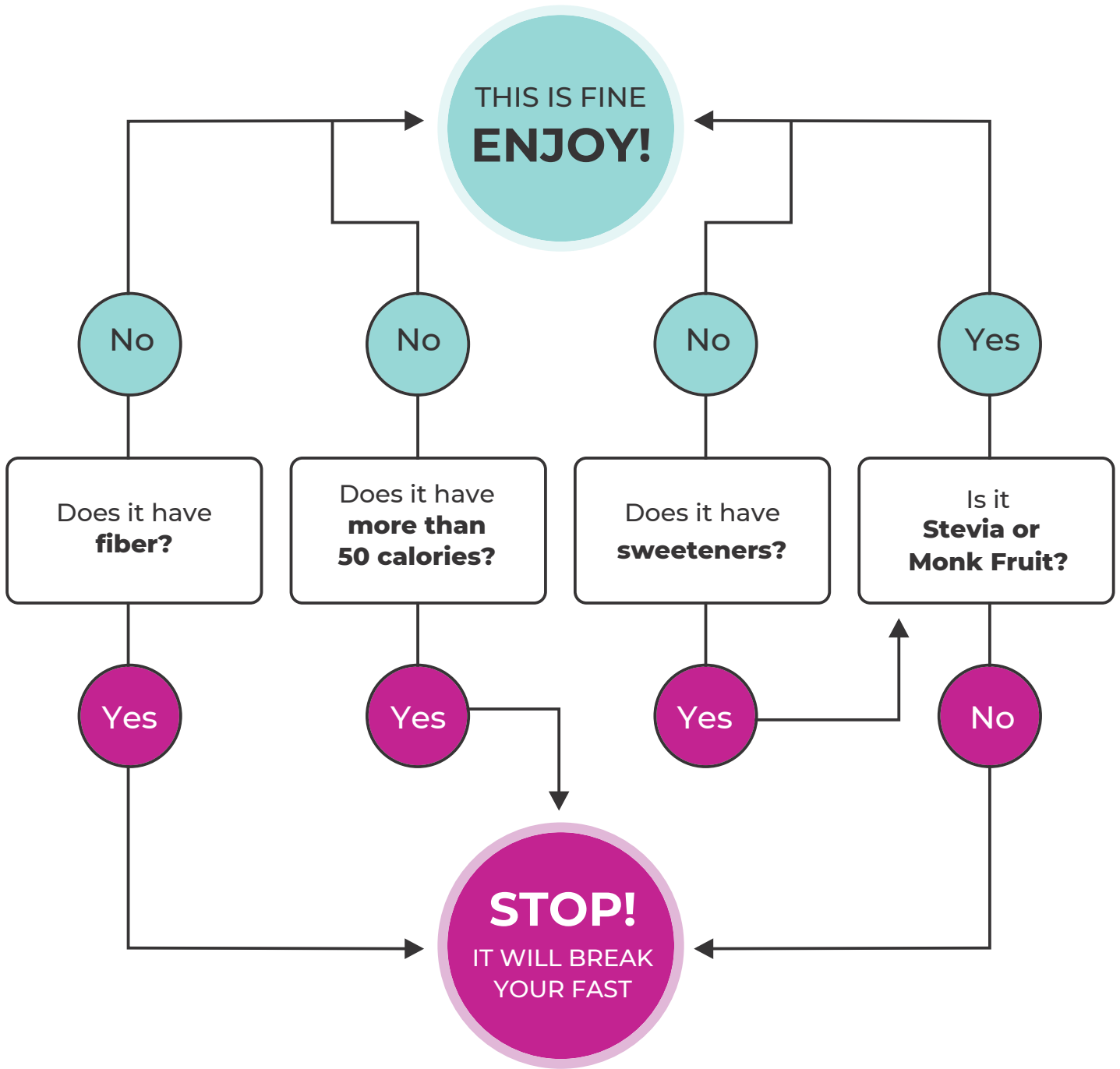




FASTer Way Fat Loss Strategies

Intermittent fast and your body will thank you for it.

DOES IT BREAK YOUR FAST?





FASTer Way Fat Loss Strategies

Intermittent fast and your body will thank you for it.

INTERMITTENT FASTING AND HYDRATION

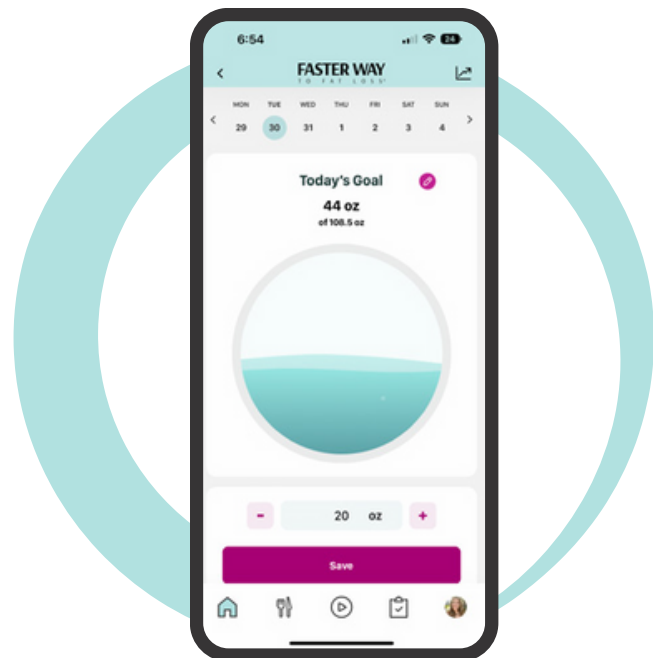


Staying hydrated is essential for overall health and well-being, and it becomes even more crucial when following the 16/8 intermittent fasting protocol. Here are a few key reasons why hydration is essential during 16/8 intermittent fasting:

- 1.) **Optimal Body Function:** Water plays a role in digestion, circulation, temperature regulation, and nutrient absorption.
- 2.) **Appetite Control:** Drinking an adequate amount of water can help control hunger and manage cravings
- 3.) **Enhanced Energy Levels:** Proper hydration supports energy levels and cognitive function.
- 4.) **Improved Detoxification:** Water helps flush out toxins, waste products, and metabolic byproducts from the body.
- 5.) **Maintenance of Electrolyte Balance:** When fasting, electrolyte balance becomes crucial.

Don't leave your hydration up to chance, especially during summer! We've made it easy for you to get enough water each day.

Monitor your water intake using the **Water Tracker in the app!**





FASTer Way Fat Loss Strategies

Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



In general, whole foods are those that have few ingredients which are all easily pronounced and are minimally processed, modified, or refined and do not have added sugars or chemical additives.

Modern diseases such as diabetes, heart disease, depression, autoimmune disease, and more, all have unique features, but they all share a common origin: nutrient poor diet, stress, lack of sleep, and the wrong type of exercise, to name a few. Whole food nutrition floods the body with key vitamins and minerals, armors against disease, and reduces inflammation.

Gluten and dairy tend to be two favorites in the Standard American Diet (SAD). But as much as we wish they were good for us, they tend to be calorie-dense and cause an inflammatory reaction in the body, which is why we recommend avoiding them in the **FASTer Way to Fat Loss**.

Whole foods are divided into three categories: **Carbohydrates, Protein, and Fat**.



FRUITS



VEGETABLES



MEAT, POULTRY, FISH, EGGS



NUTS & SEEDS



LEGUMES, BEANS LENTILS, PEAS



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WHOLE FOOD NUTRITION



Carbohydrates

Carbs are the primary fuel source for the body. Our bodies need carbs. (This is why an extreme low-carb lifestyle is not safe or sustainable!) While we welcome carbs and enjoy them at **The FASTer Way**, when you eat too many and your body can't use them all, those excess carbs are stored as fat. Tracking your carb intake prevents this and sets your body up to be energized and receptive to fat loss!



FASTer Way Fat Loss Strategies

Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



Proteins

Proteins are the building blocks of lean muscle, and muscle works in support of a firing metabolism. If you're not eating enough protein, you will start to lose muscle mass, which means you'll have a slower metabolism and a harder time losing fat and creating a strong, fit body. **At the FASTer Way to Fat Loss**, we prioritize protein to build muscle, maintain bones, joints, and connective tissue, stabilize blood sugar, and promote optimal hormone function.



Fats

Fats support your metabolism, cell signaling, immunity, and hormone production. They can also improve your mood, body composition, and cardiovascular health. On the flip side, they contain much more chemical energy (calories) than carbohydrates or proteins, which is why when we overeat, our bodies store fat (energy) for future use. This is why when you consume the proper amount of fats for YOU, you'll start seeing real results in your fat loss journey! Examples of healthy fats include nuts, seeds, avocado, salmon, and olive oil.



Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



Whole Food Cheat Sheet

CARBS

Apples Bananas
 Berries
 Brown Rice
 Carrots
 Gluten-free Oats
 Honey
 Pears
 Pumpkins
 Squash
 Sweet Potatoes
 Red Potatoes
 Veggies

PROTEIN

Amaranth
 Beans
 Buckwheat
 Chickpeas
 Lentils
 Millet
 Peas
 Quinoa

Bison
 Chicken
 Egg Whites
 Fish
 Gluten-free Sausage
 Lean Ground Beef
 FASTer Way Protein Powders
 Scallops
 Shrimp
 Turkey

FATS

Chia Seeds
 Duck
 Eggs
 Hempseed
 Herring
 Pork
 Mackerel
 Salmon
 Steak
 Trout

Avocado Oil
 Avocado
 Butter (non-dairy)
 Coconut Milk (full fat)
 Coconut Oil
 Egg Yolk
 Flaxseed
 Nuts
 Nut Butters
 Olives
 Olive Oil
 Sesame Oil
 Walnut Oil



FASTER Way Fat Loss Strategies

Whole foods form your fat loss foundation.

WHOLE FOOD NUTRITION



Meal Guides

The FASTER Way meal guides are programmed by our team of Registered Dietitians to ensure your macronutrient and micronutrient needs are met. We help our clients make any necessary substitutions to the meal guides and equip them to create their own meals based on their needs, goals, and our strategies! Our meal guides serve up a fat loss blueprint!



FASTER Way Fat Loss Strategies

There's no smarter way to work out than pairing nutrition with exercise.

STRATEGIC WORKOUTS



At FASTER Way, we strategically pair our science-backed food cycle with effective 30-minute workouts. We provide new workouts to our community every day, 365 days a year.

You've probably been told to do more cardio and avoid heavy weights, right? What if we told you to do the opposite?

Our clients focus on building lean calorie burning muscle, burning fat, increasing strength, mobility, and stamina – all in 30 minutes per day – without having to clock hours on the treadmill, bike, or elliptical. Strength training is the focus, followed by high intensity interval training (with low impact options!) and active recovery such as yoga and stretching.

Each workout is expertly programmed and led by Amanda and our Pro Trainer team to bring you results. Whether you're a beginner or an advanced athlete, combining your food intake with your workout type and intensity will be key!



Small changes for **BIG RESULTS!**

BONUS CHEAT SHEET

Healthy Swaps



CHOOSE THIS



NOT THIS

Sparkling Water	Soda
Avocado Oil, Olive Oil	Vegetable Oil
Lettuce Wrap	Bread, Buns
Whole Fruit	Fruit Juice, Dried Fruit
Black Coffee	Frappuccinos, Lattes
Baked, Roasted, Broiled, Poached	Deep Fried, Pan Fried, Battered, Breaded
Vinegar-based Dressings	Creamy Dressings
Coconut Milk	Heavy Cream
Oats	Processed Cereals, Granola
Maple Syrup, Honey, Molasses	Corn Syrup
Coconut Sugar	White Sugar, Brown Sugar
Veggies & Hummus	Chips & Dip
Mustard	Mayo
Rice, Lentils, Legumes	Couscous, Wheat Pasta



Summer Slimdown 5 Day Guide

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.

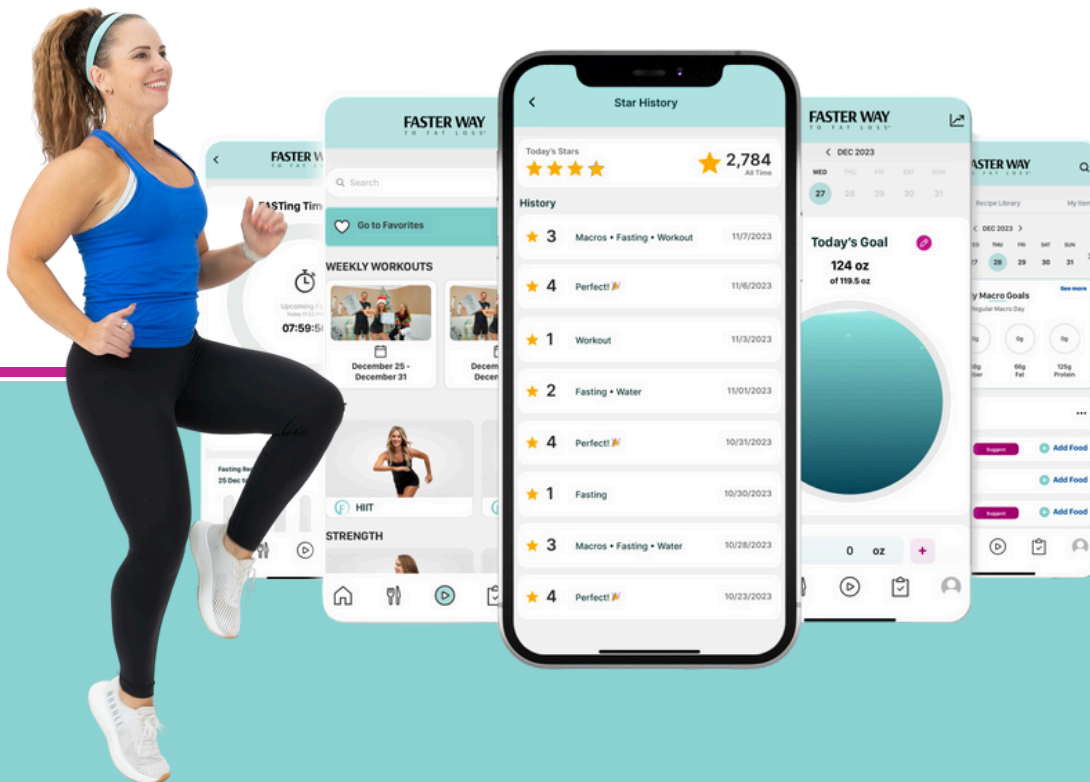
Our program is backed by science and combines intermittent fasting, strategic exercise, and healthy eating for safe, sustainable fast loss.

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!

 JOIN NOW



FASTER WAY

T O F A T L O S S ®



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FASTER WAY

T O F A T L O S S [®]



5 DAY MEAL GUIDE
SUMMER SLIMDOWN



FRUIT

- 1 Apple
- 3/4 Avocado
- 2 1/4 Banana
- 1 1/2 cup Blackberries
- 1 cup Blueberries
- 2 tbsp Lemon Juice
- 1 Lime
- 1/2 Mango
- 1 1/2 cups Pineapple
- 2 3/4 cups Raspberries
- 1/4 cup Seedless Grapes
- 2 cups Strawberries

SEEDS, NUTS & SPICES

- 2 tbsp Almonds Butter (no added sugar or oil)
- 2 tbsp Almonds
- 1/2 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsp Curry Powder
- 2/3 tsp Ground Cinnamon
- 2 tbsp Ground Flax Seed
- 1 tsp Onion Powder
- 3 tbsp Peanut Butter (no added sugar or oil)
- 2 tbsp Pecans
- 1/2 tsp Poppy Seeds
- 3/4 tsp Sea Salt

FROZEN

- 1 cup Frozen Tropical Fruit

VEGETABLES

- 3 cups Broccoli
- 1/2 Carrot
- 1 stalk Celery
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 2 tsp Fresh Ginger
- 1 Garlic Clove
- 2 Stalks Green Onion
- 2 cups Mixed Greens
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 5 cups Romaine
- 2 stalks Scallions
- 1 1/3 cups Spinach
- 1 1/4 Sweet Potato
- 1 1/2 Zucchini

BOXED AND CANNED

- 1/2 Brown Rice
- 2 tbsp Chicken Broth
- 1/2 cup Quinoa

BAKING

- 2 tbsp Coconut Sugar
- 1/2 tsp Honey
- 2 Pitted Medjool Dates
- 2/3 cup Rolled Oats

BREAD, FISH, MEAT & CHEESE

- 5 1/3 slices Bacon
- 1 1/3 lbs Chicken Breast (boneless, skinless)
- 6 oz Lean Ground Beef (93/7)
- 8 oz Lean Ground Turkey (93/7)
- 8 oz Pork Tenderloin
- 4 oz Rotisserie Chicken Breast
- 2 slices Turkey Bacon
- 1 1/3 oz Turkey Sausage

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 1 1/8 tsp Dijon Mustard
- 1 1/2 tsp Dill Pickle Juice
- 1/4 cup Dill Pickles
- 2 3/4 tbsp Extra Virgin Olive Oil
- 1 1/2 tsp Ketchup (no corn syrup or artificial sugar)
- 3 tbsp Mayonnaise (made with avocado or olive oil)
- 1 tbsp Rice Vinegar
- 2 1/2 tbsp Tamari (or coconut aminos)

COLD

- 8 Eggs
- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 2 tbsp Bourbon (or Apple Cider Vinegar)
- 1 scoop FASTER Way Chocolate Protein Powder
- 2 scoops FASTER Way Unflavored Collagen
- 3 scoops FASTER Way Vanilla Protein Powder



DAY 01

- Meal 1** 3 Eggs your Way with Bacon, Mixed Berries
- Meal 2** Sonoma Chicken Salad
- Meal 3** Burger in a Bowl
- Snack** FASTER Way Tropical Fruit Protein Smoothie

DAY 02

- Meal 1** 3 Eggs your Way with Bacon, Mixed Berries
- Meal 2** Cobb Salad
- Meal 3** Bourbon Chicken
- Snack** FASTER Way Chunky Monkey Protein Smoothie

DAY 03

- Meal 1** Raspberry Protein Overnight Oats, Banana
- Meal 2** Bourbon Chicken
- Meal 3** Turkey Pineapple Quinoa Bowl
- Snack** Dates with Peanut Butter

DAY 04

- Meal 1** Raspberry Protein Overnight Oats, Blueberries & Almonds
- Meal 2** Turkey Pineapple Quinoa Bowl
- Meal 3** Grilled Hawaiian Bowl
- Snack** Banana with Cinnamon & Almond Butter

DAY 05

- Meal 1** Sweet Potato Egg Bake, Turkey Bacon
- Meal 2** Grilled Hawaiian Bowl
- Meal 3** Sweet Potato Nachos, Apple
- Snack** Mixed Berries with Almond Butter

3 Eggs Your Way with Bacon

1 SERVING

5 MINUTES

Calories - 303 **Fat** - 21g **Carbs** - 1g **Fiber** - 0g **Sugar** - 1g **Protein** - 25g
Cholesterol - 575mg **Sodium** - 568mg **Vitamin C** - 0mg **Vitamin D** - 123IU
Magnesium - 23mg **Zinc** - 2mg

INGREDIENTS

- 3 Eggs
- 2 slices Bacon



INSTRUCTIONS

- Cook eggs to your desire.
- Cook bacon per directions on package or to liking.
- Serve and enjoy!

Mixed Berries

1 SERVING

5 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

- Wash berries and enjoy!

Sonoma Chicken Salad

1 SERVING

20 MINUTES

Calories - 429 Fat - 31g Carbs - 14g Fiber - 4g Sugar - 8g Protein - 22g
Cholesterol - 91mg Sodium - 954mg Vitamin C - 10mg Vitamin D - 1IU
Magnesium - 30mg Zinc - 1mg

INGREDIENTS

- 3 oz Rotisserie Chicken Breast
- 1 stalk Celery
- 1/4 cup Seedless Grapes
- 2 tbsp Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made with Avocado or Olive Oil)
- 1 tsp Onion Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Poppy Seeds
- 1/2 tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups Mixed Greens



INSTRUCTIONS

- Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- Note: For four servings follow these measurements – 12 oz Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsp Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tsp Poppy Seeds, 2 tsp Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens.

Burger in a Bowl

1 SERVING

20 MINUTES

Calories - 543 Fat - 39g Carbs - 10g Fiber - 4g Sugar - 4g Protein - 36g
Cholesterol - 121mg Sodium - 845mg Vitamin C - 20mg Vitamin D - 5IU
Magnesium - 60mg Zinc - 9mg

INGREDIENTS

- 6 oz Extra Lean Ground Beef (93/7)
- 2 cups Romaine
- 1/2 cup Cherry Tomatoes
- 1/4 cup Dill Pickles
- 2 tbsp Red Onion
- 2 tbsp Mayonnaise (Made with Olive or Avocado Oil)
- 1 1/2 tsp Ketchup (No corn syrup or artificial sugar)
- 1 1/2 tbsp Dill Pickle Juice
- 1 1/2 tsp Red Onion



INSTRUCTIONS

- In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
- Chop romaine lettuce and add to bowl. Top with half of the pickles, chopped red onion, cherry tomatoes.
- In a small bowl, whisk together mayo, ketchup, pickle juice, diced onions, and remaining diced pickle chip until smooth.
- Add cooked ground beef to bowl. Top with sauce and serve.
- Note: For four servings follow these measurements – 1 1/2 lbs Extra Lean Ground Beef (93/7), 8 cups Romaine (chopped), 2 cups Cherry Tomatoes, 1 cup Dill Pickles, 1/2 cup Red Onion, 1/2 cup Mayonnaise (Made with olive or avocado oil), 2 tbsp Ketchup (No corn syrup or artificial sugar), 2 tbsp Dill Pickle Juice, 2 tsp Red Onion.

FASTer Way Tropical Fruit Protein Smoothie

1 SERVING

5 MINUTES

Calories - 232 Fat - 4g Carbs - 18g Fiber - 1g Sugar - 0g Protein - 22g
Cholesterol - 3mg Sodium - 296mg Vitamin C - 0mg Vitamin D - 101IU
Magnesium - 17mg Zinc - 0mg

INGREDIENTS

- 1 cup Frozen Tropical Fruit (148 grams)
- 1 cup Unsweetened Almond Milk
- 1 scoop FASTer Way Vanilla Protein Powder
- 1 scoop FASTer Way Unflavored Collagen



INSTRUCTIONS

- Prep note: Tropical fruit variety should consist of pineapple, mango and banana.
- Add all ingredients to a blender until smooth and enjoy!
- Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

Cobb Salad

1 SERVING

25 MINUTES

Calories - 513 Fat - 33g Carbs - 17g Fiber - 6g Sugar - 7g Protein - 40g
Cholesterol - 287mg Sodium - 385mg Vitamin C - 28mg Vitamin D - 47IU
Magnesium - 98mg Zinc - 3mg

INGREDIENTS

- 1 Egg
- 1 slice Bacon
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 8 cups Romaine
- 4 oz Chicken Breast
- 1/2 Cucumber (150 grams)
- 2 stalks Green Onion



INSTRUCTIONS

- Prep note: Chop the romaine lettuce. Slice the cucumber. Chop the green onion and use the green parts only.
- Season the chicken with salt and pepper. Bake or grill chicken until internal temperature reaches 165 degrees.
- Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- To a jar add the oil, lemon juice, and mustard. Shake to combine.
- To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!
- Note: For four servings follow these measurements – 4 Eggs, 4 slices Bacon, 1/4 cup Extra Virgin Olive Oil, 1/2 cup Lemon Juice, 2 tsp Dijon Mustard, 32 leaves Romaine (chopped), 1 lb Chicken Breast (chopped), 2 Cucumbers (600 grams, sliced), 8 stalks Green Onion (chopped, greens parts only).

Bourbon Chicken

1 SERVING

40 MINUTES

Calories - 419 Fat - 12g Carbs - 19g Fiber - 4g Sugar - 12g Protein - 48g
Cholesterol - 124mg Sodium - 1219mg Vitamin C - 131mg Vitamin D - 2IU
Magnesium - 44mg Zinc - 2mg

INGREDIENTS

- 1 tbsp Coconut Aminos
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 tbsp Coconut Sugar
- 1 1/2 tsp Rice Vinegar
- 1/4 tsp Fresh Ginger
- 1/2 Garlic Clove
- 1 1/2 cups Broccoli
- 6 oz Chicken Breast (boneless, skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Scallion
- 1 1/2 tsp Coconut Oil



INSTRUCTIONS

- Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite size pieces. Cut the broccoli into florets. Slice the scallion.
- Mix together coconut aminos, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- Top with sliced scallions.
- Note: For four servings follow these measurements - 1/4 cup Tamari (or coconut aminos), 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tbsp Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil.
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Wednesday.

FASTer Way Chunky Monkey Protein Smoothie

1 SERVING

5 MINUTES

Calories - 364 Fat - 19g Carbs - 16g Fiber - 6g Sugar - 6g Protein - 26g
Cholesterol - 3mg Sodium - 302mg Vitamin C - 8mg Vitamin D - 10IU
Magnesium - 66mg Zinc - 1mg

INGREDIENTS

- 1/4 Avocado (36 grams)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)
- 1/4 Banana (frozen, 25 grams peeled)
- 1 scoop FASTer Way Chocolate Protein Powder
- 1 scoop FASTer Way Unflavored Collagen



INSTRUCTIONS

- Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
- Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

Raspberry Protein Overnight Oats

1 SERVING

8 HOURS

Calories - 282 Fat - 7g Carbs - 29g Fiber - 9g Sugar - 3g Protein - 27g
Cholesterol - 3mg Sodium - 258mg Vitamin C - 16mg Vitamin D - 76IU
Magnesium - 64mg Zinc - 1mg

INGREDIENTS

- 1/3 cup Rolled Oats (27 grams, dry)
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed (7 grams)
- 1/4 tsp Cinnamon
- 1/2 cup Raspberries (60 grams, fresh or frozen, thawed)
- 1 scoop FASTer Way Vanilla Protein Powder



INSTRUCTIONS

- Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- Remove the oats from the fridge. Top with raspberries and enjoy!
- TIME SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

Banana

1 SERVING

1 MINUTE

Calories - 105 **Fat** - 0g **Carbs** - 27g **Fiber** - 3g **Sugar** - 14g **Protein** - 1g
Cholesterol - 0mg **Sodium** - 1mg **Vitamin C** - 10mg **Vitamin D** - 0IU
Magnesium - 32mg **Zinc** - 0mg

INGREDIENTS

- 1 Banana (100 grams without peel)



INSTRUCTIONS

- Peel and enjoy!

Turkey Pineapple Quinoa Bowl

1 SERVING

30 MINUTES

Calories - 404 Fat - 16g Carbs - 38g Fiber - 6g Sugar - 6g Protein - 29g
Cholesterol - 84mg Sodium - 508mg Vitamin C - 34mg Vitamin D - 16IU
Magnesium - 143mg Zinc - 5mg

INGREDIENTS

- 1/4 cup Quinoa (dry)
- 1/4 cup Water
- 3/4 tsp Extra Virgin Olive Oil
- 4 oz Lean Ground Turkey (93/7)
- 3/4 tsp Curry Powder
- 1/16 tsp Cayenne Pepper
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 3/4 tsp Fresh Ginger
- 1/4 cup Pineapple (42 grams)
- 1/4 Carrot (15 grams)
- 1/4 Zucchini (49 grams)
- 3/4 tsp Tamari (or Coconut Aminos)
- 1/2 cup Spinach (15 grams)



INSTRUCTIONS

- Prep note: Core and slice the pineapple into chunks. Grate the carrot and zucchini.
- Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: If using pre-cooked quinoa, 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- When turkey is cooked, stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- Serve in a bowl. Enjoy!
- Note: For four servings follow these measurements – 1 cup Quinoa (dry), 1 cup Water, 1 tbsp Extra Virgin Olive Oil, 1 lb Extra Lean Ground Turkey (93/7), 1 tbsp Curry Powder, 1/8 tsp Cayenne Pepper, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 tbsp Fresh Ginger, 1 cup Pineapple (168 grams), 1 Carrot (61 grams), 1 Zucchini (196 grams), 1 tbsp Tamari (or coconut aminos), 2 cups Spinach (62 grams)
- TIME SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

Dates with Peanut Butter

1 SERVING

5 MINUTES

Calories - 324 Fat - 17g Carbs - 43g Fiber - 5g Sugar - 35g Protein - 8g
Cholesterol - 0mg Sodium - 6mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 54mg Zinc - 1mg

INGREDIENTS

- 2 Pitted Medjool Dates (48 grams)
- 2 tbsp Peanut Butter (no Added Sugar or Oil)



INSTRUCTIONS

- Spoon an even amount of nut butter into the center of each date. Enjoy!

Blueberries & Almonds

1 SERVING

5 MINUTES

Calories - 188 Fat - 9g Carbs - 25g Fiber - 6g Sugar - 16g Protein - 5g
Cholesterol - 0mg Sodium - 2mg Vitamin C - 14mg Vitamin D - 0IU
Magnesium - 57mg Zinc - 1mg

INGREDIENTS

- 2 tbsp Almonds (16 grams)
- 1 cup Blueberries (190 grams)



INSTRUCTIONS

- Serve the almonds with blueberries and enjoy!

Grilled Hawaiian Bowl

1 SERVING

30 MINUTES

Calories - 427 Fat - 11g Carbs - 53g Fiber - 5g Sugar - 13g Protein - 29g
Cholesterol - 74mg Sodium - 221mg Vitamin C - 133mg Vitamin D - 9IU
Magnesium - 119mg Zinc - 4mg

INGREDIENTS

- 1/2 Red Bell Pepper (60 grams)
- 1/2 Zucchini (98 grams)
- 1 1/2 tsp Extra Virgin Olive Oil (divided)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/4 cup Brown Rice (49 grams)
- 4 oz Pork Tenderloin
- 1/2 cup Pineapple (83 grams)



INSTRUCTIONS

- Prep note: Slice the zucchini, bell pepper and pineapple.
- Preheat oven to 400°F. Heat half the olive oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown. Transfer the skillet to the oven and continue baking for 15 to 20 minutes. Remove from the oven, cover with foil and let it sit for 5 to 10 minutes.
- While the pork tenderloin rests decrease oven temp to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with the remain half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- Cook brown rice according to package directions. Set aside.
- Pour brown rice into a bowl and top with roasted veggies, pineapple and pork tenderloin. Enjoy!
- Note: For four servings follow these measurements - 2 Red Bell Pepper (240 grams), 2 Zucchini (392 grams), 2 tbsp Extra Virgin Olive Oil (divided), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 cup Brown Rice (196 grams), 1 lb Pork Tenderloin, 2 cups Pineapple (332 grams)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.

Banana with Cinnamon & Almond Butter

1 SERVING

2 MINUTES

Calories - 204 Fat - 9g Carbs - 30g Fiber - 5g Sugar - 15g Protein - 5g
Cholesterol - 0mg Sodium - 297mg Vitamin C - 10mg Vitamin D - 0IU
Magnesium - 77mg Zinc - 1mg

INGREDIENTS

- 1 Banana (100 grams without peel)
- 1 tbsp Almond Butter (no Added Sugar or Oil) (16 grams)
- 1/8 tsp Sea Salt
- 1/8 tsp Ground Cinnamon



INSTRUCTIONS

- Slice banana.
- Dip in almond butter.
- Sprinkle with cinnamon and sea salt.

Sweet Potato Egg Bake

1 SERVING

45 MINUTES

**Calories - 175 Fat - 9g Carbs - 7g Fiber - 1g Sugar - 2g Protein - 15g
Cholesterol - 217mg Sodium - 380mg Vitamin C - 4mg Vitamin D - 4IU
Magnesium - 30mg Zinc - 2mg**

INGREDIENTS

- 1/4 Sweet Potato (50 grams)
- 1 Egg(s)
- 1 1/3 oz Turkey Sausage
- 1/3 slice Bacon
- 1/3 cup Spinach
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- Preheat the oven at 350°F.
- Cook and chop the turkey sausage.
- Cook (almost all the way) and piece apart the bacon.
- Whisk the egg.
- Combine everything. Place in a greased pan or muffin tins and bake for 30 min at 350 degrees Fahrenheit. This recipe makes about 2 muffins (1 serving). Enjoy!
- Note: Feel free to make a whole batch (12 servings, approximately 24 muffins) and freeze for later use!
– 3 Sweet Potatoes, 12 Eggs, 1 lb Turkey Sausage, 4 slices Bacon, 4 cups Spinach.

Turkey Bacon

1 SERVING

5 MINUTES

Calories - 90 Fat - 0g Carbs - 0g Fiber - 0g Sugar - 0g Protein - 12g
Cholesterol - 20mg Sodium - 270mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 0mg Zinc - 0mg

INGREDIENTS

- 2 slices Turkey Bacon



INSTRUCTIONS

- Add turkey bacon to skillet.
- Cook on medium to high heat for 2-3 minutes each side.
- Let cool and enjoy!

Sweet Potato Nachos

1 SERVING

45 MINUTES

Calories - 636 Fat - 24g Carbs - 65g Fiber - 14g Sugar - 31g Protein - 44g
Cholesterol - 124mg Sodium - 453mg Vitamin C - 89mg Vitamin D - 2IU
Magnesium - 131mg Zinc - 2mg

INGREDIENTS

- 1 Sweet Potato (130 grams)
- 1 tsp Extra Virgin Olive Oil
- 6 oz Chicken Breast (boneless, Skinless)
- 1/2 Avocado (75 grams)
- 1/2 Mango (84 grams)
- 2 tbsp Red Onion (13 grams)
- 1 Lime
- 1/8 tsp Sea Salt



INSTRUCTIONS

- Prep note: Mash the avocado. Peel and dice mango. Finely dice the red onion. Juice the lime.
- Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
- Season your chicken breast with sea salt and black pepper to taste.
- Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
- Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
- While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- Assemble a layer of baked sweet potato chips and top with shredded chicken and guacamole. Enjoy!
- Note: For four servings follow these measurements – 4 Sweet Potato (520 grams), 1 1/3 tbsp Extra Virgin Olive Oil, 1 1/2 lbs Chicken Breast (boneless, skinless), 2 Avocado (300 grams), 2 Mango (336 grams), 1/2 cup Red Onion (13 grams), 4 Lime, 1/2 tsp Sea Salt.

Apple

1 SERVING

2 MINUTES

Calories - 95 **Fat** - 0g **Carbs** - 25g **Fiber** - 4g **Sugar** - 19g **Protein** - 0g
Cholesterol - 0mg **Sodium** - 2mg **Vitamin C** - 8mg **Vitamin D** - 0IU
Magnesium - 9mg **Zinc** - 0mg

INGREDIENTS

- 1 Apple (100 grams)



INSTRUCTIONS

- Slice into wedges or enjoy whole.

Mixed Berries with Almond Butter

1 SERVING

5 MINUTES

Calories - 177 Fat - 10g Carbs - 21g Fiber - 12g Sugar - 8g Protein - 5g
Cholesterol - 0mg Sodium - 140mg Vitamin C - 39mg Vitamin D - 0IU
Magnesium - 79mg Zinc - 1mg

INGREDIENTS

- 1/2 cup Blackberries (72 grams)
- 3/4 cup Raspberries (60 grams)
- 1 tbsp Almond Butter (no added sugar or oil) (16 grams)
- 1/16 tsp Sea Salt
- 1/16 tsp Ground Cinnamon



INSTRUCTIONS

- Wash and dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

FASTER WAY

T O F A T L O S S [®]



5 DAY VEGAN MEAL GUIDE
SUMMER SLIMDOWN



VEGAN SHOPPING LIST

FRUIT

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

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 tsp 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
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsp 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 Brussel Sprouts
- 1/4 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 3/4 tsp Fresh Dill
- 4 Garlic Cloves
- 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 AND CANNED

- 1 1/3 cups Canned Chickpeas
- 1 cup Canned Diced Tomatoes
- 1 1/3 tbsp Organic Vegetable Broth
- 2/3 cup Quinoa
- 1/2 cup Quinoa

BAKING

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

BREAD, FISH, MEAT & CHEESE

- 3 lbs Extra Firm Tofu
- 4 1/2 oz Firm Tofu
- 2 tbsp Hummus
- 13 oz Tempeh
- 5 oz Tofu

CONDIMENTS & OILS

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



DAY 01

- Meal 1** Vegan Chia Pudding with Protein
- Meal 2** Kale & Tempeh Salad
- Meal 3** One Pan Tofu with Veggies
- Snack** Almonds

DAY 02

- Meal 1** Vegan Chia Pudding with Protein, Hemp Seeds
- Meal 2** One Pan Tofu with Veggies
- Meal 3** Green Goddess Bowl with Dill Hummus Dressing, Tempeh
- Snack** Roasted Edamame

DAY 03

- Meal 1** Vegan Apple Cinnamon Overnight Oats
- Meal 2** Tempeh, Quinoa & Broccoli
- Meal 3** Shirataki Noodle Tofu Stir Fry, Edamame
- Snack** FASTer Way Vegan Masala Chai Smoothie, Fresh Strawberries

DAY 04

- Meal 1** Vegan Apple Cinnamon Overnight Oats
- Meal 2** Shirataki Noodle Tofu Stir Fry, Edamame
- Meal 3** Chickpea & Tofu Curry
- Snack** Pear

DAY 05

- Meal 1** Chickpea & Tofu Taco Scramble, Mixed Berries
- Meal 2** Strawberry Quinoa Arugula Salad with Tofu
- Meal 3** Sheet Pan Balsamic Tofu & Broccoli
- Snack** Dates & Apple

Vegan Chia Pudding with Protein

1 SERVING

5 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

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

Kale & Tempeh Salad

1 SERVING

25 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

- Prep note: Cut tempeh into thin slices. Finely chop kale.
- Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 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.
- 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.
- 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.
- Plate the salad and top with tempeh and hemp seeds. Enjoy!

One Pan Tofu with Veggies

1 SERVING

25 MINUTES

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

INGREDIENTS

- 8 oz Extra Firm Tofu
- 1 1/2 tsp Tamari (or coconut aminos)
- 1 1/2 tsp Avocado Oil
- 1 1/2 tsp 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



INSTRUCTIONS

- Prep note: Drain the tofu. Trim the Brussels Sprouts and cut in half. Chop the broccoli into florets.
- 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.
- 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.
- Remove from the oven and plate. Garnish with sesame and hemp seeds and avocado and enjoy!

Almonds

1 SERVING

1 MINUTE

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

INGREDIENTS

- 1/4 cup Almonds (37 grams)



INSTRUCTIONS

- Enjoy!

Hemp Seeds

1 SERVING

1 MINUTE

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

INGREDIENTS

- 3 tbsp Hemp Seeds (25 grams)



INSTRUCTIONS

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

Green Goddess Bowl with Dill Hummus Dressing

1 SERVING

20 MINUTES

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

INGREDIENTS

- 2 tbsp 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



INSTRUCTIONS

- 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.
- 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.)
- 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.
- Lay kale and zucchini in a bowl. Top with edamame, green peas, green onions, sprouts and avocado. Drizzle with dill hummus dressing. Enjoy!

Tempeh

1 SERVING

1 MINUTE

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

INGREDIENTS

- 4 oz Tempeh



INSTRUCTIONS

- Add to your favorite recipe. Enjoy!

Roasted Edamame

1 SERVING

45 MINUTES

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

INGREDIENTS

- 1 cup Frozen Edamame (340 grams, shelled)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt



INSTRUCTIONS

- Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 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.
- Remove from oven when edamame is golden brown and let cool. Enjoy!

Vegan Apple Cinnamon Overnight Oats

1 SERVING

45 MINUTES

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

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 tbsp Water
- 1/4 Apple (25 grams)
- 2 tbsp Walnuts
- 1 scoop FASTer Way Vanilla Plant Based Protein Powder



INSTRUCTIONS

- Prep note: Core and dice the apple. Chop the walnuts.
- 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.
- 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.
- 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

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

INGREDIENTS

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



INSTRUCTIONS

- Prep note: Mince the garlic. Cut the tempeh into pieces. Cut the broccoli into florets.
- 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.
- Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 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.
- Meanwhile, cook the quinoa according to the package directions.
- 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

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

INGREDIENTS

- 3/4 tsp Extra Virgin Olive Oil
- 6 oz 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 tsp Rice Vinegar
- 1 1/2 tsp Sesame Oil
- 4 oz Shirataki Noodles
- 1/4 tsp Chili Flakes



INSTRUCTIONS

- 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.
- 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.
- 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.
- Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Divide evenly between bowls and enjoy!

Edamame

1 SERVING

5 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

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

FASTer Way Vegan Masala Chai Smoothie

1 SERVING

5 MINUTES

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

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



INSTRUCTIONS

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

Fresh Strawberries

1 SERVING

5 MINUTES

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

INGREDIENTS

- 1 cup Strawberries (176 grams)



INSTRUCTIONS

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

Chickpea & Tofu Curry

1 SERVING

20 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

- Prep note: Dice the yellow onion. Chop the garlic. Drain the tofu and cut into cubes. Drain and rinse canned chickpeas. Chop the cilantro.
- 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.
- Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 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!

Pear

1 SERVING

5 MINUTES

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

INGREDIENTS

- 1 Pear (178 grams)



INSTRUCTIONS

- Slice and enjoy!

Chickpea & Tofu Taco Scramble

1 SERVING

10 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

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

Mixed Berries

1 SERVING

5 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

- Wash berries and serve as a side dish.

Strawberry Quinoa Arugula Salad with Tofu

1 SERVING

40 MINUTES

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

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 oz Tofu
- 3/4 cup Water
- 1 tbsp Sunflower Seeds
- 1/4 cup Strawberries (44 grams)



INSTRUCTIONS

- Prep note: Chop the strawberries.
- Cook the quinoa according to package directions. Let cool.
- Cook or prepare tofu according to package directions (or to liking).
- 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

Sheet Pan Balsamic Tofu & Broccoli

1 SERVING

30 MINUTES

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

INGREDIENTS

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



INSTRUCTIONS

- Prep note: Press tofu and slice into triangles. Chop broccoli into florets. Cut radishes in half.
- Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 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.
- 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.
- Meanwhile, in a bowl or jar, mix together the balsamic vinegar, maple syrup, Italian seasoning, salt, pepper, and remaining tamari.
- 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

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

INGREDIENTS

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



INSTRUCTIONS

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

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