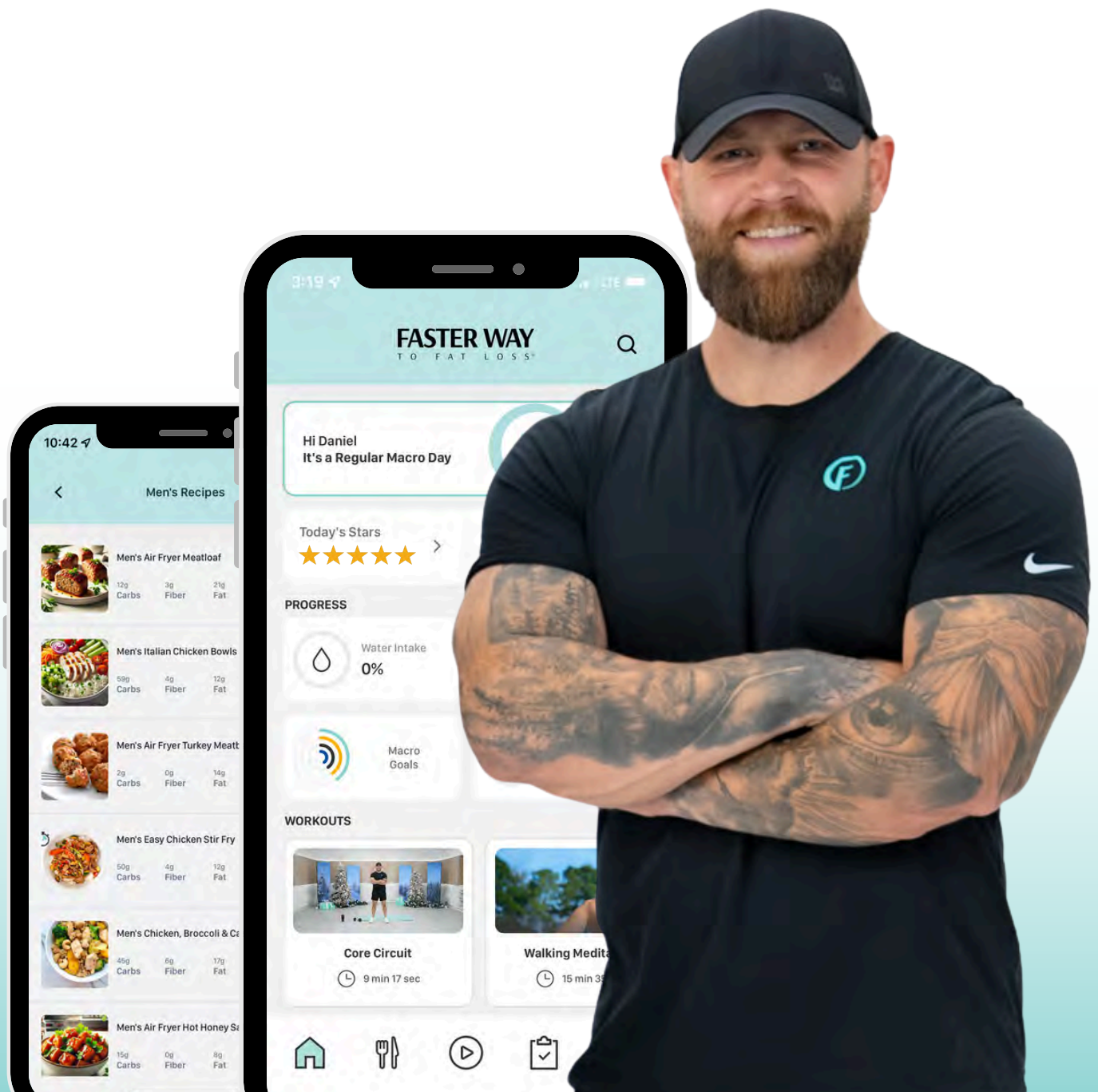


# FASTER WAY

T O F A T L O S S ®

## NEW CLIENT PROGRAM GUIDE



# Program Guide

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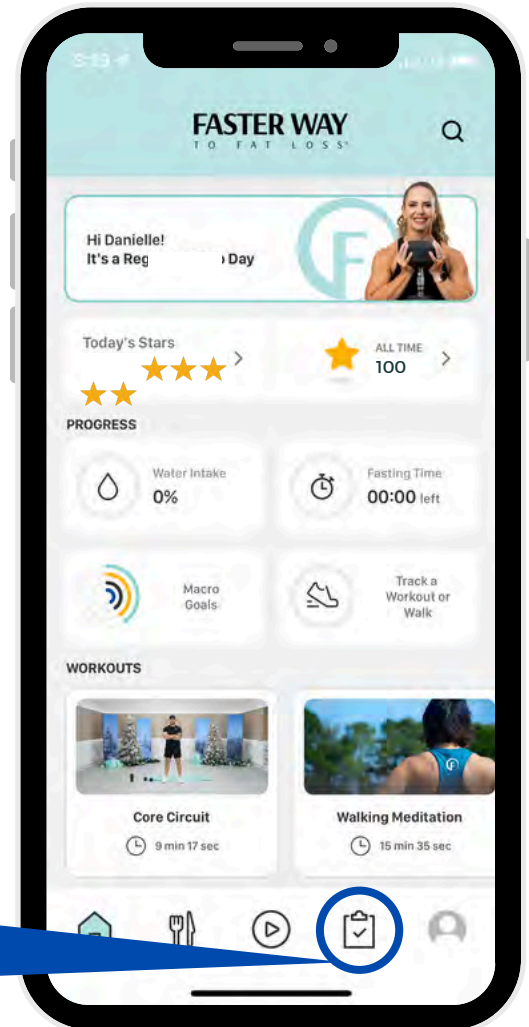
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# FASTER WAY

## T O F A T L O S S ®

## Hello,

Congratulations on making a strong investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

This New Client Program Guide contains everything you need to succeed, including the FASTER Way Fundamentals—five proven nutrition and fitness strategies that make the FASTER Way the most effective fat-loss program available. You'll also find a roadmap detailing each week of the New Client 6-Week Program, tips to thrive, and your first two weeks of meal plans. This guide is designed to equip you with the knowledge and tools to hit the ground running and achieve results.

Here's what you'll get with the FASTER Way to Fat Loss:

- Access to our FASTER Way App to help keep you accountable and focused.
- Daily workouts led by our Pro Trainers.
- Weekly meal guides with healthy, satisfying meals designed by our Registered Dietitians.
- All the tools and support you need to hit your goals.

...and much more.

Through the FASTER Way to Fat Loss, you'll master a sustainable lifestyle that fuels your energy, sharpens your focus, and helps you show up at your best—every day.

Welcome to the FASTER Way. Let's get to work!

In health,



Founder and CEO



# Program Communication and Delivery

As a FASTER Way Client, you can look forward to weekly education, daily support, and community connection.

Here's how!



## EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum! Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the "resources" section of the mobile or desktop app).



## CONNECTION

When you join the FASTER Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small - your coach's mission is to help YOU thrive!



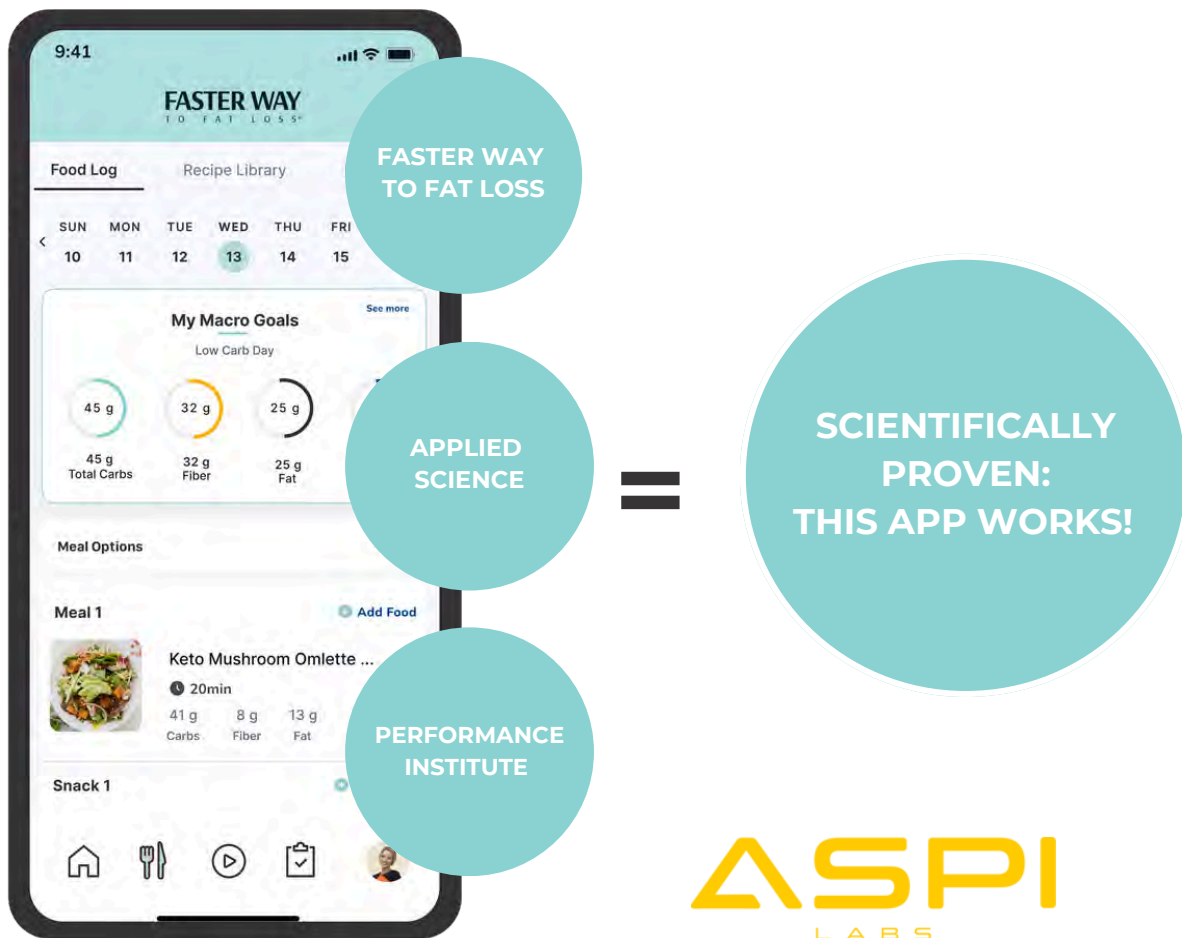


# Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words – it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**



**ASPI**  
LABS

# EARN STARS IN THE APP!

## EARN YOUR STARS: DAILY PERFORMANCE TRACKING

Hit these daily targets to track your progress:

**Training:** Complete the scheduled workout

**Fasting:** Log fasting window

**Hydration:** Hit 75 oz

**Nutrition:** Log 3+ meals using AI tracking

**Movement:** Get moving and add a 20 minute walk

Each achievement earns a star. Stack them daily. Watch your consistency build. Let's get after it.

**Track. Perform. Progress.**

## NEW! AI NUTRITION TRACKING: BUILT FOR EFFICIENCY



### AI MEAL TRACKING

Fuel your results with smarter, faster tracking. Hitting your macros has never been easier with the latest feature in the FASTER Way app.

#### Two ways to track, zero excuses:

- **Snap a photo:** AI analyzes your meal and logs your macros in seconds.
- **Voice dictation:** Speak your meals and portions to track instantly.

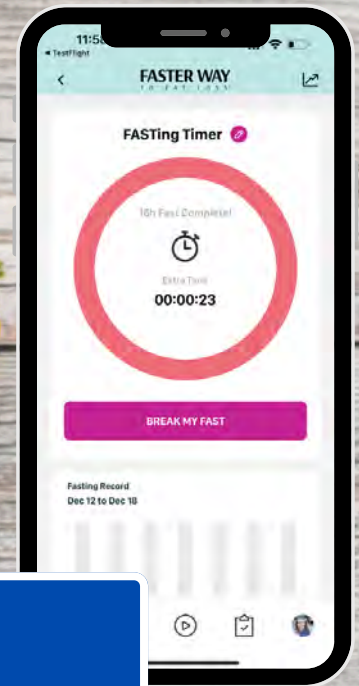
#### How it works:

- Open the app and tap “Add Food.”
- Choose Photo Logging or Voice Logging.
- Review and confirm your entries.

**Pro Tip:** For meals with multiple ingredients—like a smoothie or salad—snap individual photos of each ingredient before mixing for the most accurate tracking.

**\*Stars feature available  
on mobile app only**

## FASTER Way to Fat Loss Fundamental #1: Intermittent Fasting



One of the core components of the FASTER Way to Fat Loss is intermittent fasting.

### What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do — at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower your metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy!



In the FASTER Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

### How to Get Started

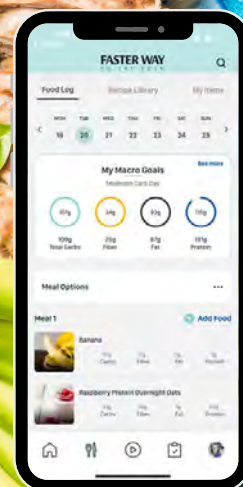
Choose one day this week to skip breakfast — don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTER Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTER Way to Fat Loss App.



## FASTER Way to Fat Loss Fundamental #2: Whole Food Nutrition



Another important element of the FASTER Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.

## What Are Whole Foods?

In the FASTER Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

## Why Whole Foods Matter

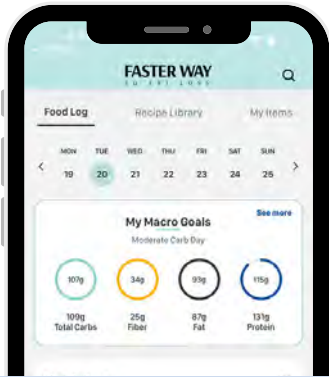
Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business, be a badass CEO...whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

As part of this program, you will receive a Regular and Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first two weeks of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.



In the FASTER Way to Fat Loss App, you will utilize the meal guide daily! This New Client Program Guide also includes the meal guide for Prep Week and Week 2 of the program.

## FASTER Way to Fat Loss Fundamental #3: Macronutrients



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!

A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.

You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.



### So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

### How Do Macros Work?

The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We’ve all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That’s where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you’ve been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body - and FOOD FREEDOM!

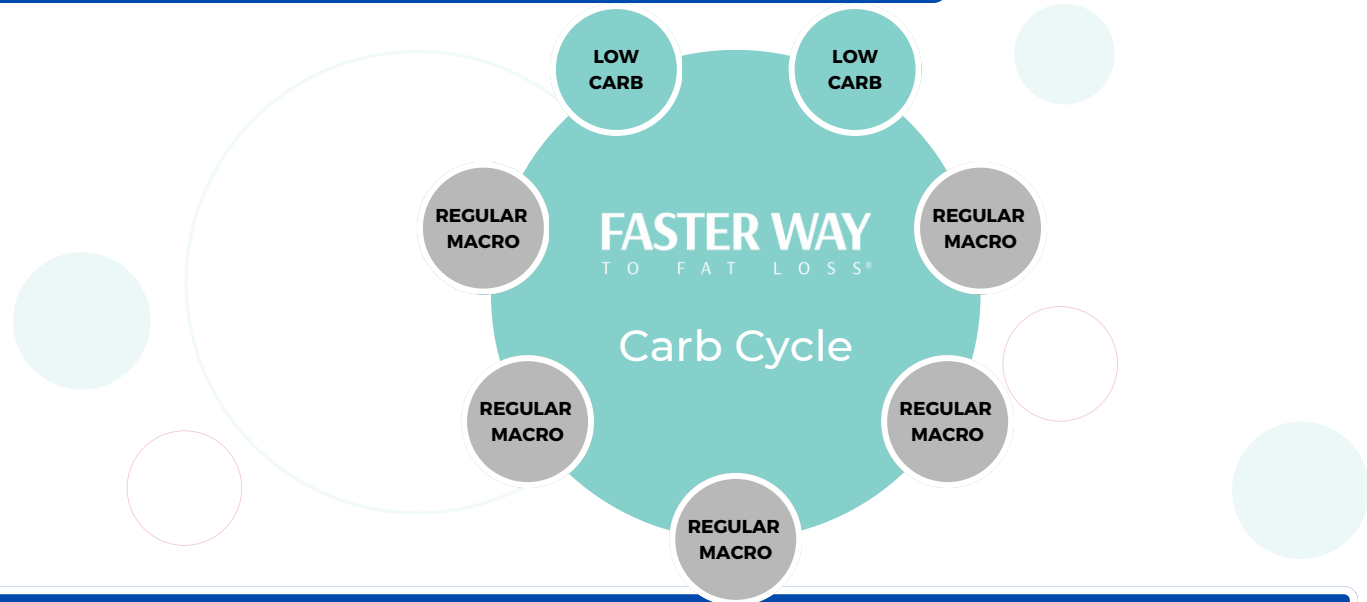
For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.



## FASTER Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTER Way to Fat Loss App, you will be able to track your Low Carb and Regular Macro days!



In the FASTER Way to Fat Loss we leverage a strategy called Carb Cycling.

Carb cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

### Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

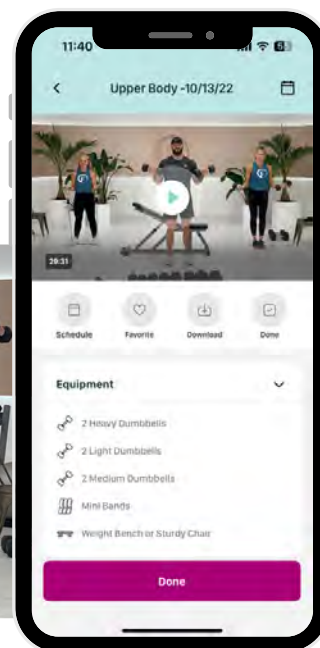
When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start using stored fat to fuel your body.

Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTER Way to Fat Loss the most effective program on the market is our daily workouts.

## FASTer Way to Fat Loss Fundamental #5: Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTer Way will turn your body into a fat-burning machine!

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

On Low Carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with Low Carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with Regular Macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.



In the FASTer Way to Fat Loss App, you will access the daily workouts easily and conveniently!

### Prep Week - Intermittent Fasting, Whole Food Nutrition, and Water Intake

#### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Complete the workouts
- Embrace progress, not perfection

### Week 2 - Macro Tracking and Carb Cycling

#### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log and AI Nutrition feature to track your meals from the FASTER Way Meal Guides
- Complete the workouts

### Week 3 - Daily Workouts with the Nutrition Cycle

#### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

### Week 4 - Prepare for your 24-Hour Fast

#### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts
- Complete your first 24-Hour Fast

### Week 5 - Implement the FASTER Way

#### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

### Week 6 - Transition to VIP

#### Action items:

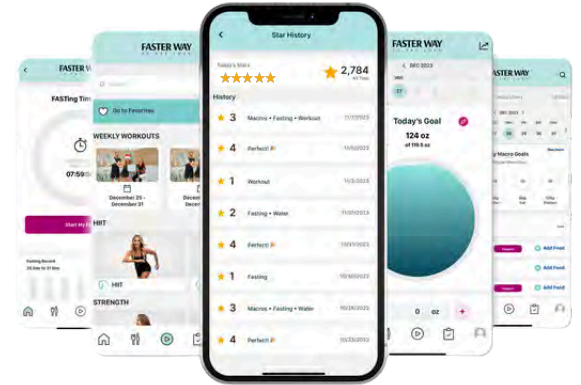
- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

# TIPS TO THRIVE THROUGH THE 6 WEEKS

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App! With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you!



A big part of thriving in the FASTER Way is tracking your transformation. Here's how to measure progress and stay on track for the next six weeks:



**Initial Stats:** Take your measurements and before photos—biceps, chest, waist, hips, thighs, calves. Document your starting point so you can track real progress over time.



**Scale Protocol:** Weigh yourself today, then lock the scale away for six weeks. The FASTER Way is about fat loss and performance, not just numbers on a scale. The scale can't show the full picture—it won't reflect fat loss, muscle gains, or the energy and strength you're building. Non-compliance with this rule may result in removal from the program. Trust the process and focus on the progress that truly matters.



#### Daily Check-Ins:

- Report to your FASTER Way Certified Coach daily. Keep them updated on your workouts, nutrition, and progress.
- Engage with the FASTER Way community for added accountability and support.
- Share your wins, questions, and challenges—it's all part of the process.



**Trust the System:** Over 502,700 clients have transformed with The FASTER Way. By following the program—training, nutrition, and fasting—you'll build sustainable habits that deliver results. Stay consistent, trust the process, and focus on becoming the strongest, healthiest version of yourself.

# WHAT YOUR FASTER WAY JOURNEY WILL LOOK LIKE

## Week 1: Prepare

Ease into the FASTER Way lifestyle with simple action items that lay the foundation for success.



## Weeks 2 + 3: Practice (and Proclaim!)

Implement our fundamental strategies under the guidance of your coach and the app. Share your love for the FASTER Way with others!



## Week 3 + 4: Progress

Experience the array of benefits that protocols such as Intermittent Fasting, Macro Tracking, and Carb Cycling offer you.



## Weeks 5 + 6: Precision

Master the tools for fat loss and hone in on transformational results.



## Weeks 7+ 8: Transition

Graduate from your first six weeks as you're welcomed into our all-inclusive VIP Membership.



## Week 12: Transformation

Achieve wow-factor results and love what you see when you look in the mirror.



## Month 6: New Possibilities

Sail toward your goals and even surpass them - you're in awe of the new you and the possibilities that lie ahead.



## Month 12: Your Healthiest Self

The new you is confident, healthy, and bursting with the energy to fulfill your purpose.





# TIPS AND TRICKS FOR FOLLOWING THE MEAL GUIDE



1. Any proteins like meat or fish on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for salmon, but you prefer ground beef, substitute for the same ounces. Note: Wild-caught salmon has a similar fat content as 85/15 ground beef.
2. Fat options are interchangeable. If you don't like cashew butter but like peanut butter, feel free to change these. Do you prefer to cook with olive oil instead of avocado oil? Substitute this 1:1.
3. Starchy carbohydrates, like potatoes and rice, are easy to batch cook. While you may not want to eat rice multiple days in a row, it is easy to cook a big pot, cool it and freeze for later in the week. The same applies to baked potatoes and sweet potatoes. Cook off a few at once in the oven or instant pot. They can keep in the refrigerator for up to 4 days.
4. Non-starchy vegetables, like the ones listed in the “carbohydrate options for low carb days above” are easily interchangeable and substituted. They are very similar in macronutrients and can be swapped 1:1.
5. All grains like oats, rice, and cream of rice are dry unless otherwise indicated. Any item marked with an \* requires a recipe which is posted within this guide.
6. All protein measurements in recipes are raw unless otherwise specified. If you choose to measure your protein once it's cooked, 4 oz of raw protein is approximately 3.3 ounces of cooked protein.
7. Serving sizes should be used as a guideline and you may need more or less depending on if you are male or female and your customized macros.

# USE THE FOLLOWING OPTIONS TO CUSTOMIZE YOUR PLATE

The following chart can be used to help you make substitutions for foods that suit your specific taste preferences. If you would like to substitute an item on the meal guide, use the appropriate boxes and servings below to guide your food selections.

PROTEIN OPTIONS FOR LOW CARB DAYS:	PROTEIN OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> <li>• Ground Beef</li> <li>• Pork Chop</li> <li>• Rack Ribs</li> <li>• Boston Butt or Pork Shoulder Roast Ribeye or NY Strip Steak</li> <li>• Burger Patty</li> <li>• Salmon, Mahi Mahi, Tuna</li> <li>• Eggs</li> <li>• 2-6 pieces Bacon</li> <li>• 3-5 oz. Dark or Light Meat Poultry, skin on</li> </ul>	<ul style="list-style-type: none"> <li>• Lean Ground Turkey</li> <li>• Chicken Breast OR Tenderloin, skin removed</li> <li>• Pork Tenderloin</li> <li>• Center Cut Pork Chop, boneless Tuna, canned light</li> <li>• Cod or Flounder</li> <li>• Barramundi or Haddock</li> <li>• Lean Chicken Sausage</li> <li>• Shrimp</li> <li>• Egg Whites</li> </ul>
CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:	CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> <li>• 2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard)</li> <li>• 203 c. Broccoli or Cauliflower</li> <li>• 1-2 c. Green Beans or Haricot Verts 1-2 c. Asparagus</li> <li>• 1 c. Zucchini or Yellow Squash ½ - 1 c. Brussels Sprouts</li> <li>• 6-8 Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• ½ - 1 ½ c. Rice, cooked, any kind 150g (1 medium) White Potato = Sweet Potato</li> <li>• ½ - 1 c. Quinoa, cooked</li> <li>• 1 c. Edamame, shelled</li> <li>• ½ - 1.5 c. Beans, any kind</li> <li>• 1 c. of Blueberries = 1 c. Strawberries; 1 Banana = 1 Pear</li> </ul>
FAT OPTIONS:	<b>EACH DAY REACH FOR 25 GRAMS OF FIBER</b>
<ul style="list-style-type: none"> <li>• 1 oz. Nuts and Nut Butters, natural</li> <li>• ½ Avocado</li> <li>• 1 oz. Olives (Green, Black, Kalamata)</li> <li>• 2 tbsp. Oils (Olive, Avocado, Coconut)</li> <li>• 1 oz. Seeds (Sunflower, Pumpkin, Chia, Flax)</li> </ul>	

# NEW CLIENT Q&A

## FREQUENTLY ASKED QUESTIONS

**Q** What equipment do I need for the workouts?

**A** Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTER Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms!

**Q** What supplements do I need and how and when do I use them?

**A** At FASTER Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTER Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.

**Q** When/how do I get my custom macros?

**A** Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences. Be sure to watch the Macro Training Tutorial in your App to ensure your macros are set correctly.

**Q** What foods aren't allowed?

**A** On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. We steer clear of dairy, gluten, processed food and processed sugar, to promote optimal health and well-being.

**Q** What can I have during a fast?

**A** Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTER Way BCAAs, which can support your goals while keeping your fast intact.

**Q** Is the meal guide specific to my macro goals?

**A** The meal guide is designed to support you in reaching your macro goals but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.

**Q** When do I eat my first meal?

**A** You'll typically delay your first meal until your fasting window of around 16 hours has closed, but remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.

**Q** Will I have to do my workout during my fast?

**A** The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.

**Q** What counts towards my water goal?

**A** Simply put, when we talk about water intake, we mean plain water—no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

**Q** Can I have alcohol?

**A** For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.

# FASTER WAY

T O F A T L O S S <sup>®</sup>



## MEN'S NEW CLIENT VEGAN MEAL GUIDE

PREP WEEK



## DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only.

Please note that no information has been customized for you and some modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, seek advice from a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.

PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

---



## MON



**MEAL ONE**  
Vegan Coconut Chia Pudding with Berries, Sliced Almonds

**MEAL TWO**  
Kale Blueberry Salad with Lemon Tahini Dressing, Herb & Garlic Tempeh

**MEAL THREE**  
Men's One Pan Tempeh & Eggplant Stir Fry

**SNACK**  
FASTER Way Vegan Chunky Monkey Protein Smoothie

**SNACK 2**  
Edamame, Almonds

## TUE



**MEAL ONE**  
Vegan Coconut Chia Pudding with Berries, Sliced Almonds

**MEAL TWO**  
Kale Blueberry Salad with Lemon Tahini Dressing, Herb & Garlic Tempeh

**MEAL THREE**  
Grilled Taco Seasoned Tempeh & Veggie Skewers, Avocado Salad

**SNACK**  
Edamame, Almonds

**SNACK 2**  
FASTER Way Vegan Chocolate Avocado Smoothie

## WED



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats, Blueberries

**MEAL TWO**  
Grilled Taco Seasoned Tempeh & Veggie Skewers, Black Beans & Rice

**MEAL THREE**  
Chickpea, Tofu & Sweet Potato Quinoa Salad, Edamame

**SNACK**  
FASTER Way Vegan Tropical Fruit Protein Shake

**SNACK 2**  
Banana with Cinnamon & Almond Butter

## THU



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats

**MEAL TWO**  
Chickpea, Tofu & Sweet Potato Quinoa Salad

**MEAL THREE**  
Men's Tofu & Lentil Stir Fry with Veggies

**SNACK**  
FASTER Way Vegan Apple & Peanut Butter Smoothie, Plant Based Protein...

**SNACK 2**  
Dates with Peanut Butter

## FRI



**MEAL ONE**  
Tofu Veggie Scramble, Banana

**MEAL TWO**  
Men's Tofu & Lentil Stir Fry with Veggies, Apple

**MEAL THREE**  
Tempeh, Quinoa & Broccoli, Black Beans

**SNACK**  
FASTER Way Vegan Oatmeal Cookie Smoothie

**SNACK 2**  
Edamame, Mixed Berries

## SAT



**MEAL ONE**  
Vegan Vanilla Protein Pancakes, Mixed Berries with Almond Butter

**MEAL TWO**  
Tempeh, Quinoa & Broccoli

**MEAL THREE**  
Roasted Veggie Pasta, Herb & Garlic Tempeh

**SNACK**  
FASTER Way Vegan Cinnamon Roll Smoothie

**SNACK 2**  
Edamame, Almonds

## SUN



**MEAL ONE**  
Tofu Veggie Scramble, Banana

**MEAL TWO**  
Roasted Veggie Pasta, Herb & Garlic Tempeh

**MEAL THREE**  
Peanut Maple Tempeh Bowl

**SNACK**  
FASTER Way Vegan Apple & Peanut Butter Smoothie

**SNACK 2**  
Edamame



**MON****FAT 52%**   **CARBS 25%**   **PROTEIN 23%**

**Calories** 2363      Cholesterol 0mg  
**Fat** 143g      Sodium 2329mg  
**Carbs** 155g      Vitamin C 117mg  
**Fiber** 56g      Vitamin D 101IU  
**Sugar** 44g      Magnesium 625mg  
**Protein** 147g      Zinc 11mg

**TUE****FAT 55%**   **CARBS 23%**   **PROTEIN 22%**

**Calories** 2440      Cholesterol 0mg  
**Fat** 157g      Sodium 2613mg  
**Carbs** 150g      Vitamin C 269mg  
**Fiber** 58g      Vitamin D 101IU  
**Sugar** 36g      Magnesium 677mg  
**Protein** 142g      Zinc 11mg

**WED****FAT 31%**   **CARBS 46%**   **PROTEIN 23%**

**Calories** 2348      Cholesterol 0mg  
**Fat** 84g      Sodium 2700mg  
**Carbs** 283g      Vitamin C 199mg  
**Fiber** 55g      Vitamin D 177IU  
**Sugar** 53g      Magnesium 673mg  
**Protein** 137g      Zinc 12mg

**THU****FAT 32%**   **CARBS 45%**   **PROTEIN 23%**

**Calories** 2335      Cholesterol 0mg  
**Fat** 86g      Sodium 2514mg  
**Carbs** 278g      Vitamin C 50mg  
**Fiber** 63g      Vitamin D 177IU  
**Sugar** 93g      Magnesium 604mg  
**Protein** 140g      Zinc 13mg

**FRI****FAT 29%**   **CARBS 47%**   **PROTEIN 24%**

**Calories** 2361      Cholesterol 0mg  
**Fat** 77g      Sodium 2223mg  
**Carbs** 274g      Vitamin C 331mg  
**Fiber** 75g      Vitamin D 76IU  
**Sugar** 87g      Magnesium 839mg  
**Protein** 143g      Zinc 16mg

**SAT****FAT 32%**   **CARBS 44%**   **PROTEIN 24%**

**Calories** 2398      Cholesterol 0mg  
**Fat** 86g      Sodium 1558mg  
**Carbs** 263g      Vitamin C 179mg  
**Fiber** 59g      Vitamin D 0IU  
**Sugar** 82g      Magnesium 694mg  
**Protein** 143g      Zinc 11mg

**SUN****FAT 30%**   **CARBS 46%**   **PROTEIN 24%**

**Calories** 2412      Cholesterol 0mg  
**Fat** 80g      Sodium 2194mg  
**Carbs** 278g      Vitamin C 158mg  
**Fiber** 55g      Vitamin D 101IU  
**Sugar** 96g      Magnesium 633mg  
**Protein** 145g      Zinc 10mg



## FRUITS

- 3 Apple
- 1 Avocado
- 8 1/4 Banana
- 1 1/2 cups Blackberries
- 1 1/2 cups Blueberries
- 1 tsp Lemon Juice
- 1/4 tsp Lime Juice
- 2 1/4 cups Raspberries
- 1 1/2 cups Strawberries

## SEEDS, NUTS & SPICES

- 1/4 cup Almond Butter (no Added Sugar Or Oil)
- 3/4 cup Almonds
- 1/4 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/2 tsp Garlic Powder
- 1 1/8 tbsps Ground Cinnamon
- 2 tbsps Ground Flax Seed
- 1 1/2 tps Hemp Seeds
- 2 tps Italian Seasoning
- 1/3 cup Peanut Butter (no Added Sugar Or Oil)
- 1 1/2 tps Raw Peanuts
- 1/2 tsp Red Pepper Flakes
- 1 2/3 tps Sea Salt
- 1 tbsp Sesame Seeds
- 1/4 cup Sliced Almonds
- 2 tps Taco Seasoning
- 1/4 tsp Turmeric

## FROZEN

- 6 cups Frozen Edamame
- 1 cup Frozen Peas
- 1 1/2 cups Frozen Tropical Fruit
- 3 cups Frozen Vegetable Mix

## VEGETABLES

- 2 cups Broccoli
- 1 Carrot
- 1 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1 Eggplant
- 3/4 tsp Fresh Ginger
- 1 1/4 tbsps Fresh Thyme
- 8 1/2 Garlic Clove
- 2 1/2 stalks Green Onion
- 4 cups Kale
- 1 1/3 cups Mixed Greens
- 1 cup Radishes
- 1 1/2 Red Bell Pepper
- 1 cup Red Onion
- 3 cups Spinach
- 2/3 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 1/2 Zucchini

## BOXED & CANNED

- 1 cup Canned Black Beans
- 1 2/3 cups Canned Chickpeas
- 2/3 cup Canned Coconut Milk
- 5 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 2 1/2 cups Lentils
- 1 cup Quinoa
- 1/2 cup Vegetable Broth

## BAKING

- 1 tbsp Nutritional Yeast
- 2 Pitted Medjool Date
- 1 2/3 cups Rolled Oats
- 2 2/3 tps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 12 ozs Firm Tofu
- 1 cup Silken Tofu
- 2 1/3 lbs Tempeh
- 1 1/2 lbs Tofu

## CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 1/2 cup Balsamic Vinegar
- 1 1/2 tps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 2 1/4 tbsps Maple Syrup
- 3/4 tsp Red Wine Vinegar
- 2 1/8 tbsps Rice Vinegar
- 1 1/16 tbsps Sesame Oil
- 2 tbsps Tahini
- 1/3 cup Tamari

## COLD

- 7 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 4 Barbecue Skewers
- 2 scoops Chocolate Plant Based Protein Powder (15 Grams Protein)
- 1 scoop Plant Based Protein Powder (15 Grams Protein)
- 9 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)



# Vegan Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



## INGREDIENTS

1/3 cup Canned Coconut Milk (full fat)  
1/3 cup Water  
2 tbsps Chia Seeds  
1/2 tsp Vanilla Extract  
1/4 cup Blackberries (38 grams)  
1/4 cup Strawberries (42 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Prep note: Shake the canned coconut milk before opening.
- 02 Combine all ingredients in a container. Refrigerate for at least one hour or until chia seeds have set.
- 03 Stir well and enjoy!
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

## NUTRITION

### AMOUNT PER SERVING

Calories	378	Cholesterol	0mg
Fat	24g	Sodium	191mg
Carbs	21g	Vitamin C	29mg
Fiber	11g	Vitamin D	0IU
Sugar	5g	Magnesium	14mg
Protein	21g	Zinc	0mg



# Sliced Almonds

1 SERVING 1 MINUTE



## INGREDIENTS

2 tbsps Sliced Almonds (8.7 grams)

## DIRECTIONS

01 Add on top of your dish and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	9g	Sodium	0mg
Carbs	4g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	0mg
Protein	4g	Zinc	0mg





# Kale Blueberry Salad with Lemon Tahini Dressing

1 SERVING 15 MINUTES



## INGREDIENTS

2 cups Kale (34 grams)  
1 1/2 tps Extra Virgin Olive Oil (divided)  
1/3 tsp Red Wine Vinegar  
1/16 tsp Black Pepper (to taste)  
1/16 tsp Sea Salt (to taste)  
1 tbsps Tahini  
1/3 tsp Lemon Juice  
3/4 tsp Maple Syrup  
1 tbsps Water  
1/2 cup Lentils (130 grams)  
1/2 cup Frozen Peas (80 grams)  
1/2 cup Radishes (58 grams)  
1/4 cup Blueberries (190 grams)

## DIRECTIONS

- 01 Prep note: Chop the kale. Juice the lemon. Lentils should be drained, rinsed and cooked. Thaw the peas. Finely slice the radishes.
- 02 Place kale in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
- 03 In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsps at a time if the dressing is too thick.)
- 04 Place your kale in a bowl and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

## NUTRITION

### AMOUNT PER SERVING

Calories	385	Cholesterol	0mg
Fat	16g	Sodium	160mg
Carbs	47g	Vitamin C	62mg
Fiber	16g	Vitamin D	0IU
Sugar	14g	Magnesium	91mg
Protein	18g	Zinc	3mg



# Herb & Garlic Tempeh

1 SERVING 55 MINUTES



## INGREDIENTS

1 1/3 tbsps 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

## NUTRITION

### AMOUNT PER SERVING

Calories	186	Cholesterol	0mg
Fat	9g	Sodium	461mg
Carbs	11g	Vitamin C	1mg
Fiber	0g	Vitamin D	0IU
Sugar	3g	Magnesium	72mg
Protein	18g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into thin pieces.
- 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 before serving. Enjoy!
- 05 Note: For four servings follow these measurements - 1/3 cup Vegetable Broth, 1/3 cup Balsamic Vinegar, 1 1/3 tbsps Italian Seasoning, 2/3 tsp Sea Salt, 2 2/3 Garlic Clove, 12 ozs Tempeh
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Men's One Pan Tempeh & Eggplant Stir Fry

1 SERVING 25 MINUTES



## INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/2 Eggplant (274 grams)  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
6 ozs Tempeh  
1 Garlic Clove  
3/4 tsp Fresh Ginger  
1 1/2 tsps Rice Vinegar  
1 tbsp Tamari  
1/2 stalk Green Onion

## NUTRITION

### AMOUNT PER SERVING

Calories	593	Cholesterol	0mg
Fat	39g	Sodium	1176mg
Carbs	32g	Vitamin C	8mg
Fiber	9g	Vitamin D	0IU
Sugar	10g	Magnesium	186mg
Protein	39g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Cut the eggplant into bite sized pieces. Crumble the tempeh. Mince the garlic. Grate the ginger. Slice the green onion.
- 02 Heat a large pan over medium heat. Once hot, add 1/3 of the oil. Add the eggplant and cook, tossing often for eight to nine minutes, until cooked through and slightly browned. Season with salt and pepper, remove from the pan and set aside.
- 03 In the same pan, add half of the remaining oil. Add the tempeh and cook for six to seven minutes, stirring occasionally, until lightly browned. Season with salt and pepper and remove and set aside with the eggplant.
- 04 Reduce the heat to low and let the pan cool off the heat for a minute. Add the remaining oil, garlic, and ginger. Cook, stirring until fragrant, about one minute. Add the vinegar and tamari and let it reduce slightly, about one to two minutes. Scrape up any bits from the pan.
- 05 Add the eggplant and tempeh back to the pan and toss with the sauce until coated and heated through. Divide onto plates and top with green onion. Enjoy!
- 06 Note: For four servings follow these measurements - 1/3 cup Extra Virgin Olive Oil (divided), 2 Eggplant (548 grams each) 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 1/2 lb Tempeh, 4 Garlic Clove, 1 tbsp Fresh Ginger, 2 tsps Rice Vinegar, 1/4 cup Tamari, 2 stalks Green Onion





# FASTer Way Vegan Chunky Monkey Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 Avocado (36 grams)  
1 cup Unsweetened Almond Milk  
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)  
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)  
1/4 Banana (25 grams peeled, frozen)

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	20g	Sodium	332mg
Carbs	18g	Vitamin C	8mg
Fiber	6g	Vitamin D	101IU
Sugar	6g	Magnesium	66mg
Protein	21g	Zinc	1mg



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled)

## DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

## 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





# 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



# Grilled Taco Seasoned Tempeh & Veggie Skewers

1 SERVING 35 MINUTES



## INGREDIENTS

4 1/3 ozs Tempeh  
1/2 Zucchini (98 grams)  
1/4 Red Bell Pepper (30 grams)  
1/4 Yellow Bell Pepper (30 grams)  
1/4 cup Red Onion (37 grams)  
1 tbsp Avocado Oil  
1 tbsp Tamari  
1 tsp Taco Seasoning  
2 Barbecue Skewers

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Cholesterol	0mg
Fat	28g	Sodium	1283mg
Carbs	24g	Vitamin C	144mg
Fiber	3g	Vitamin D	0IU
Sugar	6g	Magnesium	138mg
Protein	30g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Cut the tempeh into cubes. Chop the zucchini, red bell pepper, yellow bell pepper and red onion.
- 02 Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine. Marinate for 10 to 15 minutes. (You could also marinate ingredients overnight to save on time.)
- 03 Thread the vegetables and tempeh onto the barbecue skewers.
- 04 Heat the grill over medium heat. Place the skewers on the grill and cook for three to four minutes per side or until the vegetables and tempeh are slightly charred. Brush the remaining marinade onto each skewer. Enjoy!
- 05 Note: For four servings follow these measurements - 1 1/16 lbs Tempeh, 2 Zucchini (392 grams), 1 Red Bell Pepper (60 grams), 1 Yellow Bell Pepper (60 grams), 1 cup Red Onion (148 grams), 1/4 cup Avocado Oil, 1/4 cup Tamari, 1 1/3 tbsps Taco Seasoning, 8 Barbecue Skewers
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Wednesday.



# Avocado Salad

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Avocado (75 grams)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Lemon Juice  
1/2 tsp Red Pepper Flakes  
1/16 tsp Sea Salt  
1 1/2 tsps Hemp Seeds

## DIRECTIONS

- 01 Prep note: Cube the avocado.
- 02 Combine all ingredients in a bowl. Toss, add hemp seeds and serve immediately. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	251	Cholesterol	0mg
Fat	24g	Sodium	155mg
Carbs	10g	Vitamin C	11mg
Fiber	7g	Vitamin D	0IU
Sugar	1g	Magnesium	66mg
Protein	4g	Zinc	1mg



# FASTER Way Vegan Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 Avocado (38 grams)  
1 cup Unsweetened Almond Milk  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1 cup Spinach (31 grams)  
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	304	Cholesterol	0mg
Fat	21g	Sodium	354mg
Carbs	11g	Vitamin C	13mg
Fiber	7g	Vitamin D	101IU
Sugar	1g	Magnesium	100mg
Protein	21g	Zinc	1mg





# Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp Ground Cinnamon  
1/2 cup Raspberries (60 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 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.
- 02 Remove the oats from the fridge. Top with raspberries & enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

## NUTRITION

### AMOUNT PER SERVING

Calories	282	Cholesterol	0mg
Fat	8g	Sodium	288mg
Carbs	31g	Vitamin C	16mg
Fiber	9g	Vitamin D	76IU
Sugar	3g	Magnesium	64mg
Protein	22g	Zinc	1mg





# Blueberries

1 SERVING 2 MINUTES



## INGREDIENTS

1 cup Blueberries (190 grams)

## DIRECTIONS

01 Wash the berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	21g	Vitamin C	14mg
Fiber	4g	Vitamin D	0IU
Sugar	15g	Magnesium	9mg
Protein	1g	Zinc	0mg



# Black Beans & Rice

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Black Beans (172 grams)  
1/4 cup Jasmine Rice (35 grams, dry)  
2 tbsps Red Onion (13 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	282	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	60g	Vitamin C	1mg
Fiber	9g	Vitamin D	0IU
Sugar	1g	Magnesium	62mg
Protein	11g	Zinc	1mg

## DIRECTIONS

- 01 Cook rice to package directions. Note: 1/4 cup dry rice is about 3/4 cup cooked rice.
- 02 Chop onions.
- 03 Drain and rinse black beans and add to the cooked rice.
- 04 Sprinkle onion on top and add salt and pepper to taste. Enjoy!
- 05 Note: For four servings follow these measurements - 2 cup Black Beans (688 grams, canned), 1 cup Jasmine Rice (140 grams, uncooked), 1/2 cup Red Onion (52 grams, finely chopped)



# Chickpea, Tofu & Sweet Potato Quinoa Salad

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry)  
4 1/2 ozs Tofu  
3/4 cup Canned Chickpeas  
1/3 Sweet Potato (44 grams)  
1 tsp Tamari  
2 tsps Extra Virgin Olive Oil  
1 tsp Rice Vinegar  
2/3 cup Mixed Greens  
2 tsps Italian Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	648	Cholesterol	0mg
Fat	26g	Sodium	494mg
Carbs	76g	Vitamin C	5mg
Fiber	16g	Vitamin D	0IU
Sugar	10g	Magnesium	207mg
Protein	33g	Zinc	5mg

## DIRECTIONS

- 01 Prep note: Cut the tofu into triangles. Cube the sweet potato.
- 02 Cook the quinoa according to package directions.
- 03 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 04 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 05 Place the mixed greens in a bowl. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!
- 06 Note: For four servings follow these measurements: 1 cup Quinoa (dry), 1 1/8 lbs Tofu, 3 1/3 cups Canned Chickpeas, 1 1/3 Sweet Potato (44 grams), 1 1/3 tsps Tamari, 2 2/3 tsps Extra Virgin Olive Oil, 1 1/3 tsps Rice Vinegar, 2 2/3 cups Mixed Greens, 2 2/3 tsps Italian Dressing
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.





# FASTer Way Vegan Tropical Fruit Protein Shake

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 cups Frozen Tropical Fruit (210 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1 cup Unsweetened Almond Milk

## DIRECTIONS

01 Add all ingredients to a blender until smooth. Add ice to reach to desired consistency and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	224	Cholesterol	0mg
Fat	5g	Sodium	326mg
Carbs	27g	Vitamin C	0mg
Fiber	1g	Vitamin D	101IU
Sugar	0g	Magnesium	17mg
Protein	17g	Zinc	0mg



# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams peeled)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Ground Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

## NUTRITION

### AMOUNT PER SERVING

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





# Men's Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



## INGREDIENTS

1 1/2 tsps Sesame Oil  
6 ozs Firm Tofu  
1 cup Frozen Vegetable Mix  
3/4 cup Lentils  
1 tbsp Tamari  
1 1/2 tsps Rice Vinegar  
1/4 tsp Garlic Powder  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 stalk Green Onion  
1 1/2 tsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	534	Cholesterol	0mg
Fat	19g	Sodium	1229mg
Carbs	59g	Vitamin C	10mg
Fiber	22g	Vitamin D	0IU
Sugar	10g	Magnesium	179mg
Protein	39g	Zinc	5mg

## DIRECTIONS

- 01 Prep note: Drain and cube the tofu. Rinse and drain the lentils. Chop the green onion. Toast the sesame seeds.
- 02 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 03 Add the tofu and cook until browned on all sides, about five minutes.
- 04 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 05 In a small bowl, whisk together the tamari, rice vinegar, and garlic powder. Season with salt and pepper.
- 06 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!
- 07 Note: For four servings follow these measurements - 2 tsps Sesame Oil, 1 1/2 lb Firm Tofu, 4 cups Frozen Vegetable Mix, 3 cups Lentils, 1/4 cup Tamari, 2 tsps Rice Vinegar, 1 tsp Garlic Powder Sea Salt & Black Pepper (to taste), 4 stalks Green Onion, 2 tsps Toasted Sesame Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



# FASTER Way Vegan Apple & Peanut Butter Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 Apple (105 grams)
- 1 Banana (100 grams peeled, frozen)
- 2 tbsps Rolled Oats
- 1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)
- 3/4 tsp Ground Cinnamon
- 1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
- 1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 Peel and chop apple.
- 02 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	457	Cholesterol	0mg
Fat	14g	Sodium	332mg
Carbs	67g	Vitamin C	19mg
Fiber	11g	Vitamin D	101IU
Sugar	35g	Magnesium	100mg
Protein	23g	Zinc	1mg



# Plant Based Protein Powder

1 SERVING 1 MINUTE



## INGREDIENTS

1 scoop Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

01 Add to your smoothie for some additional protein!

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	0mg
Fat	2g	Sodium	165mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	15g	Zinc	0mg





# Dates with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 Pitted Medjool Date (48 grams)  
2 tbsps Peanut Butter (no Added Sugar  
Or Oil) (32 grams)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Tofu Veggie Scramble

1 SERVING 15 MINUTES



## INGREDIENTS

7 ozs Tofu  
1 1/2 tsps Avocado Oil  
1/4 Yellow Onion (37 grams)  
1 Garlic Clove  
1/2 Red Bell Pepper (60 grams)  
1 cup Spinach (31 grams)  
1 1/2 tsps Nutritional Yeast  
1/8 tsp Turmeric

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Cholesterol	0mg
Fat	18g	Sodium	48mg
Carbs	13g	Vitamin C	85mg
Fiber	6g	Vitamin D	0IU
Sugar	6g	Magnesium	102mg
Protein	24g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Dice the onion. Mince the garlic. Slice the red bell pepper. Chop the spinach.
- 02 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 03 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 04 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 05 Season with sea salt and black pepper taste. Enjoy!
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Sunday.





# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana (100 grams peeled)

## DIRECTIONS

01 Peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

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



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

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



# Tempeh, Quinoa & Broccoli

1 SERVING 55 MINUTES



## INGREDIENTS

1 1/3 tbsps 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, dry)  
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. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 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!
- 07 Note: For four servings follow these measurements - 1/3 cup Vegetable Broth, 1/3 cup Balsamic Vinegar, 1 1/3 tsps Italian Seasoning, 2/3 tsp Sea Salt, 2 2/3 Garlic Clove, 12 ozs Tempeh, 1 cup Quinoa (43 grams, dry), 4 cups Broccoli (70 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.





# Black Beans

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Black Beans  
1/16 tsp Sea Salt (to taste)  
2 tbsps Red Onion  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	122	Cholesterol	0mg
Fat	0g	Sodium	149mg
Carbs	22g	Vitamin C	1mg
Fiber	8g	Vitamin D	0IU
Sugar	1g	Magnesium	63mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Finely chop the onion. Drain and rinse black beans. Heat a pan on the stove and warm beans. Then remove from heat and sprinkle chopped onion on top. Salt and pepper to taste.
- 02 Note: For four servings follow these measurements - 2 cup Canned Black Beans, 1/2 cup Red Onion, 1/4 tsp Sea Salt, 1/4 tsp Black Pepper





# FASTer Way Vegan Oatmeal Cookie Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1 Banana (100 grams peeled, frozen)  
3 tbsps Rolled Oats  
1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)  
1/8 tsp Vanilla Extract  
1/4 tsp Ground Cinnamon  
1 scoop Vanilla Plant Based Protein Powder (15 grams protein)

## DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	425	Cholesterol	0mg
Fat	19g	Sodium	289mg
Carbs	45g	Vitamin C	10mg
Fiber	8g	Vitamin D	76IU
Sugar	16g	Magnesium	133mg
Protein	24g	Zinc	2mg



# 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



# Vegan Vanilla Protein Pancakes

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 Banana (100 grams peeled)
- 1 tsp Vanilla Extract
- 1 cup Silken Tofu
- 1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	15g	Magnesium	32mg
Protein	25g	Zinc	0mg

## DIRECTIONS

- 01 In a large bowl, mash the banana and add in vanilla extract. Add the tofu. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate. Enjoy! Feel free to top with maple syrup or nut butter as fits in your macros.
- 04 Note: For four servings follow these measurements - 4 Banana (100 grams each peeled) 1 1/3 tsps Vanilla Extract, 4 cups Silken Tofu, 2 tsps Coconut Oil



# Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Blackberries (80 grams)  
3/4 cup Raspberries (90 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/16 tsp Sea Salt  
1/16 tsp Ground Cinnamon

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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





# Roasted Veggie Pasta

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 Eggplant (114 grams)  
1/4 Zucchini (49 grams)  
1/2 cup Cherry Tomatoes (74 grams)  
1/2 Carrot (30 grams)  
2 tbsps Red Onion (13 grams)  
3/4 Garlic Clove  
2 tsps Fresh Thyme  
1/16 tsp Sea Salt (to taste)  
2 1/2 ozs Chickpea Pasta (dry)  
1 1/2 tsps Balsamic Vinegar (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	5g	Sodium	257mg
Carbs	60g	Vitamin C	28mg
Fiber	17g	Vitamin D	0IU
Sugar	18g	Magnesium	46mg
Protein	21g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Dice the eggplant into half-inch pieces. Slice zucchini, carrot and red onion. Mince the garlic.
- 02 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 03 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 04 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 05 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!
- 06 Note: For four servings follow these measurements - 1 Eggplant (458 grams), 1 Zucchini (196 grams), 2 cup Cherry Tomatoes (296 grams), 2 Carrot (122 grams), 1/2 cup Red Onion (52 grams), 3 Garlic Clove, 2 1/2 tbsps Fresh Thyme, 1/4 tsp Sea Salt (to taste), 10 ozs Chickpea Pasta (dry), 2 tbsps Balsamic Vinegar (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# FASTer Way Vegan Cinnamon Roll Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Rolled Oats (40 grams)  
1/2 tsp Vanilla Extract  
1 tsp Ground Cinnamon  
1/2 cup Unsweetened Coconut Milk  
Yogurt  
1 Banana (100 grams peeled, frozen)  
1 tbsp Maple Syrup  
1 scoop Vanilla Plant Based Protein  
Powder (15 Grams Protein)

## DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	0mg
Fat	9g	Sodium	196mg
Carbs	78g	Vitamin C	10mg
Fiber	10g	Vitamin D	0IU
Sugar	28g	Magnesium	94mg
Protein	22g	Zinc	2mg



# Peanut Maple Tempeh Bowl

1 SERVING 35 MINUTES



## INGREDIENTS

1/4 cup Jasmine Rice (140 grams, dry)  
1 tbsp Tamari  
2 1/4 tsps Peanut Butter (no Added Sugar Or Oil) (12 grams)  
2 1/4 tsps Maple Syrup  
1/4 tsp Sesame Oil  
1/4 tsp Lime Juice  
1 1/2 tsps Water  
4 1/2 ozs Tempeh  
1/2 tsp Extra Virgin Olive Oil  
1 cup Frozen Vegetable Mix  
1 1/2 tsps Raw Peanuts  
1 tbsp Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	701	Cholesterol	0mg
Fat	26g	Sodium	1086m...
Carbs	86g	Vitamin C	6mg
Fiber	10g	Vitamin D	0IU
Sugar	17g	Magnesium	182mg
Protein	40g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Slice the tempeh. Chop the raw peanuts and cilantro. Cook the frozen mixed vegetable according to package directions.
- 02 Cook the rice according to the directions on the package and set aside. Note 1/4 cup dry rice is 3/4 cup cooked rice.
- 03 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 04 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 05 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Jasmine Rice (140 grams, dry), 1/4 cup Tamari, 3 tsps Peanut Butter (no added sugar or oil), 3 tsps Maple Syrup, 1 tsp Sesame Oil, 1 tsp Lime Juice, 2 tsps Water, 1 1/8 lbs Tempeh, 2 tsp Extra Virgin Olive Oil, 4 cup Frozen Vegetable Mix, 2 tsps Raw Peanuts, 1/4 cup Cilantro





# FASTER WAY

T O F A T L O S S <sup>®</sup>



## MEN'S NEW CLIENT **VEGAN MEAL GUIDE**

WEEK TWO



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PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

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## MON - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding



**MEAL TWO**  
Tofu & Broccoli Salad with Peanut Sauce, Macadamia Nuts



**MEAL THREE**  
Artichoke & Chickpea Salad with Tofu, Hemp Seeds



**SNACK**  
FASTER Way Vegan Chunky Monkey Protein Smoothie



**SNACK 2**  
Edamame, Almonds

## TUE - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding



**MEAL TWO**  
Tofu & Broccoli Salad with Peanut Sauce, Macadamia Nuts



**MEAL THREE**  
Men's Tempeh Taco Bowl



**SNACK**  
FASTER Way Vegan Strawberry Vanilla Smoothie



**SNACK 2**  
Edamame, Almonds

## WED - REG MACRO



**MEAL ONE**  
Vegan Cookie Dough Overnight Oats



**MEAL TWO**  
Men's Tempeh Taco Bowl, Black Beans



**MEAL THREE**  
Pesto Tofu Bites with Rice & Snow Peas, Edamame



**SNACK**  
FASTER Way Vegan Chocolate Cherry Smoothie



**SNACK 2**  
Dates with Peanut Butter

## THU - REG MACRO



**MEAL ONE**  
Vegan Cookie Dough Overnight Oats, Strawberries



**MEAL TWO**  
Pesto Tofu Bites with Rice & Snow Peas, Edamame



**MEAL THREE**  
Swiss Chard, Lentil & Rice Bowl, Tempeh



**SNACK**  
FASTER Way Vegan Banana Vanilla Protein Smoothie



**SNACK 2**  
Edamame, Apple

## FRI - REG MACRO



**MEAL ONE**  
Tofu Breakfast Bowl, Edamame Snack



**MEAL TWO**  
Swiss Chard, Lentil & Rice Bowl, Tempeh



**MEAL THREE**  
Men's Tofu Tomato Veggie Pasta, Mixed Berries



**SNACK**  
FASTER Way Vegan Masala Chai Smoothie



**SNACK 2**  
Edamame, Nut Butter Stuffed Dates

## SAT - REG MACRO



**MEAL ONE**  
Vegan Apple Pie Protein Pancakes, Almond Butter



**MEAL TWO**  
Men's Tofu Tomato Veggie Pasta, Steamed Broccoli



**MEAL THREE**  
Rainbow Tempeh Bowls, Edamame



**SNACK**  
FASTER Way Vegan Masala Chai Smoothie



**SNACK 2**  
Tofu Veggie Wrap, Strawberries

## SUN - REG MACRO



**MEAL ONE**  
Tofu Breakfast Bowl, Edamame Snack



**MEAL TWO**  
Rainbow Tempeh Bowls, Mixed Berries



**MEAL THREE**  
Pot Pie Chickpea Pasta, Firm Tofu



**SNACK**  
FASTER Way Vegan Banana Vanilla Protein Smoothie



**SNACK 2**  
Edamame, Dates



### MON - LOW CARB

**FAT 60%**   **CARBS 19%**   **PROTEIN 21%**

**Calories** 2407      Cholesterol 0mg  
**Fat** 170g      Sodium 1486mg  
**Carbs** 123g      Vitamin C 153mg  
**Fiber** 58g      Vitamin D 177IU  
**Sugar** 29g      Magnesium 839mg  
**Protein** 137g      Zinc 15mg

### TUE - LOW CARB

**FAT 57%**   **CARBS 21%**   **PROTEIN 22%**

**Calories** 2435      Cholesterol 0mg  
**Fat** 165g      Sodium 1569mg  
**Carbs** 137g      Vitamin C 195mg  
**Fiber** 53g      Vitamin D 177IU  
**Sugar** 24g      Magnesium 802mg  
**Protein** 142g      Zinc 12mg

### WED - REG MACRO

**FAT 32%**   **CARBS 45%**   **PROTEIN 23%**

**Calories** 2421      Cholesterol 0mg  
**Fat** 91g      Sodium 1683mg  
**Carbs** 285g      Vitamin C 83mg  
**Fiber** 50g      Vitamin D 177IU  
**Sugar** 80g      Magnesium 812mg  
**Protein** 142g      Zinc 14mg

### THU - REG MACRO

**FAT 30%**   **CARBS 46%**   **PROTEIN 24%**

**Calories** 2313      Cholesterol 0mg  
**Fat** 80g      Sodium 1603mg  
**Carbs** 274g      Vitamin C 182mg  
**Fiber** 53g      Vitamin D 177IU  
**Sugar** 69g      Magnesium 799mg  
**Protein** 141g      Zinc 13mg

### FRI - REG MACRO

**FAT 33%**   **CARBS 44%**   **PROTEIN 23%**

**Calories** 2430      Cholesterol 0mg  
**Fat** 90g      Sodium 1486mg  
**Carbs** 264g      Vitamin C 302mg  
**Fiber** 67g      Vitamin D 126IU  
**Sugar** 111g      Magnesium 741mg  
**Protein** 141g      Zinc 12mg

### SAT - REG MACRO

**FAT 29%**   **CARBS 46%**   **PROTEIN 25%**

**Calories** 2328      Cholesterol 0mg  
**Fat** 76g      Sodium 2193mg  
**Carbs** 268g      Vitamin C 422mg  
**Fiber** 54g      Vitamin D 151IU  
**Sugar** 76g      Magnesium 615mg  
**Protein** 143g      Zinc 10mg

### SUN - REG MACRO

**FAT 28%**   **CARBS 47%**   **PROTEIN 25%**

**Calories** 2375      Cholesterol 0mg  
**Fat** 75g      Sodium 2062mg  
**Carbs** 279g      Vitamin C 362mg  
**Fiber** 67g      Vitamin D 101IU  
**Sugar** 109g      Magnesium 587mg  
**Protein** 146g      Zinc 12mg



## FRUITS

- 1 Apple
- 1/4 Avocado
- 5 1/2 Banana
- 1 cup Blackberries
- 1 cup Cherries
- 1 3/4 tbsps Lime Juice
- 2 cups Raspberries
- 4 cups Strawberries

## SEEDS, NUTS & SPICES

- 1/2 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 cup Almonds
- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/4 tps Chili Powder
- 1 1/3 tps Ground Cinnamon
- 1 1/2 tps Ground Cumin
- 3 tbsps Hemp Seeds
- 2/3 cup Macadamia Nuts
- 1 tsp Masala Chai Spice
- 1/4 tsp Nutmeg
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/3 cup Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Pecans
- 2 tbsps Raw Peanuts
- 1 1/2 tps Sea Salt
- 2/3 tsp Sesame Seeds
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

## FROZEN

- 1 Brown Rice Tortilla
- 1/2 cup Frozen Cauliflower Rice
- 1/4 cup Frozen Corn
- 9 cups Frozen Edamame
- 1/4 cup Frozen Peas
- 1/2 cup Frozen Strawberries

## VEGETABLES

- 5 1/2 cups Broccoli
- 2 2/3 Carrot
- 2 2/3 tbsps Cherry Tomatoes
- 1/2 cup Cilantro
- 1/4 Cucumber
- 2/3 Garlic Clove
- 2 1/2 Garlic Clove
- 1 Green Bell Pepper
- 2 Jalapeno Pepper
- 1 1/3 tbsps Parsley
- 1/2 cup Purple Cabbage
- 2 2/3 tbsps Radishes
- 1 1/8 Red Bell Pepper
- 3 1/3 tbsps Red Onion
- 2 cups Romaine
- 2 cups Snow Peas
- 2 1/2 cups Spinach
- 4 cups Swiss Chard
- 3 Tomato
- 2/3 Yellow Onion

## BOXED & CANNED

- 1 3/4 cups Brown Rice
- 1/2 cup Canned Black Beans
- 1/2 cup Canned Chickpeas
- 6 2/3 ozs Chickpea Pasta
- 1 cup Lentils
- 1/2 cup Quinoa

## BAKING

- 1 tbsp Almond Flour
- 1 1/2 tps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1 tbsp Cocoa Powder
- 1 3/4 tbsps Nutritional Yeast
- 1/3 cup Oat Flour
- 8 Pitted Medjool Date
- 1 cup Rolled Oats
- 3 tbsps Unsweetened Applesauce
- 1 1/3 tbsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 3 lbs Extra Firm Tofu
- 1 1/2 lbs Tempeh
- 12 ozs Tofu

## CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar
- 1 1/8 tbsps Avocado Oil
- 2 2/3 tbsps Canned Artichoke Hearts
- 1 1/2 tps Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Maple Syrup
- 1 tbsp Rice Vinegar
- 1 1/4 tbsps Sesame Oil
- 2 1/8 tbsps Tamari
- 1 1/2 cups Tomato Sauce
- 1/4 cup Vegan Pesto
- 2/3 tsp White Wine Vinegar

## COLD

- 2 1/16 ozs Cashew Cream Cheese
- 10 3/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 2 scoops Chocolate Plant Based Protein Powder (15 Grams Protein)
- 2 scoops Plant Based Protein Powder (15 Grams Protein)
- 8 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)





# Vegan Raspberry Pecan Warm Chia Pudding

1 SERVING 10 MINUTES



## INGREDIENTS

3 tbsps Chia Seeds  
3/4 cup Unsweetened Almond Milk  
1/2 cup Raspberries (60 grams)  
1 tbsp Pecans (6.5 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes. Stir in protein powder.
- 02 Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Cholesterol	0mg
Fat	29g	Sodium	292mg
Carbs	29g	Vitamin C	16mg
Fiber	19g	Vitamin D	76IU
Sugar	4g	Magnesium	78mg
Protein	26g	Zinc	1mg



# Tofu & Broccoli Salad with Peanut Sauce

1 SERVING 50 MINUTES



## INGREDIENTS

5 1/2 ozs Extra Firm Tofu  
1 1/2 tsps Tamari (divided)  
1 1/2 tsps Rice Vinegar (divided)  
1 1/8 tsps Sesame Oil (divided)  
3/4 tsp Arrowroot Powder  
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)  
1 1/2 tsps Water  
1 1/4 cups Broccoli (88 grams)  
1 1/3 tsps Radishes (9 grams)  
1 tbsp Raw Peanuts (8 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	374	Cholesterol	0mg
Fat	26g	Sodium	555mg
Carbs	17g	Vitamin C	103mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Magnesium	125mg
Protein	26g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Press and cube the tofu. Chop the broccoli into tiny florets. Thinly slice the radishes. Roughly chop the peanuts.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 04 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 05 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 06 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!
- 07 Note: For four servings follow these measurements - 1 1/3 lbs Extra Firm Tofu, 2 tsps Tamari (divided), 2 tsps Rice Vinegar (divided), 1 1/2 tsps Sesame Oil (divided), 1 tbsp Arrowroot Powder, 1/4 cup Peanut Butter (no Added Sugar Or Oil) (16 grams), 2 tsps Water, 5 cups Broccoli (88 grams), 1/3 cup Radishes (9 grams), 1/4 cup Raw Peanuts (8 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Macadamia Nuts

1 SERVING 2 MINUTES



## INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)

## DIRECTIONS

01 Portion into a cup and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Carbs	6g	Vitamin C	1mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	58mg
Protein	4g	Zinc	1mg





# Artichoke & Chickpea Salad with Tofu

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Chickpeas  
2 2/3 tbsps Canned Artichoke Hearts  
2 2/3 tbsps Cherry Tomatoes  
1 1/3 tbsps Red Onion  
1 1/3 tbsps Parsley  
2 tps Extra Virgin Olive Oil  
2 2/3 tsp White Wine Vinegar  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
6 ozs Tofu

## DIRECTIONS

- 01 Prep note: Drain and rinse the chickpeas. Drain and chop the artichoke hearts. Cut the cherry tomatoes in half. Slice the red onion. Finely chop the parsley.
- 02 Add all of the ingredients to a large bowl and mix to combine. Place into smaller bowl or onto plate and enjoy!
- 03 Note: For four servings follow these measurements - 2 cups Cooked Chickpeas, 2/3 cup Artichoke Hearts (from the can), 2/3 cup Cherry Tomatoes, 1/3 cup Red Onion, 1/3 cup Parsley, 2 2/3 tbsps Extra Virgin Olive Oil, 2 2/3 tps White Wine Vinegar, 1/16 tsp Sea Salt (to taste), 1/16 tsp Black Pepper (to taste), 1 1/2 lbs Tofu

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	20g	Sodium	294mg
Carbs	28g	Vitamin C	16mg
Fiber	10g	Vitamin D	0IU
Sugar	7g	Magnesium	106mg
Protein	25g	Zinc	3mg





# 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



# FASTer Way Vegan Chunky Monkey Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 Avocado (36 grams)  
1 cup Unsweetened Almond Milk  
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)  
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)  
1/4 Banana (25 grams peeled, frozen)

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	20g	Sodium	332mg
Carbs	18g	Vitamin C	8mg
Fiber	6g	Vitamin D	101IU
Sugar	6g	Magnesium	66mg
Protein	21g	Zinc	1mg



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled)

## DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

## 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





# 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





# Men's Tempeh Taco Bowl

1 SERVING 20 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry)  
1/4 cup Water  
1 1/2 tsps Avocado Oil  
5 ozs Tempeh  
1/2 tsp Chili Powder  
1/2 tsp Ground Cumin  
1/4 tsp Oregano  
1/8 tsp Sea Salt  
1/2 Jalapeno Pepper  
1/2 Tomato (61 grams)  
3/4 tsp Lime Juice (divided)  
1/2 cup Romaine

## NUTRITION

### AMOUNT PER SERVING

Calories	512	Cholesterol	0mg
Fat	25g	Sodium	380mg
Carbs	43g	Vitamin C	20mg
Fiber	5g	Vitamin D	0IU
Sugar	1g	Magnesium	216mg
Protein	36g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Remove the seeds from jalapeno pepper and finely chop. Crumble the tempeh. Dice tomato and chop the romaine leaves.
- 02 Cook the quinoa according to package directions. Note: 1/2 cup dry quinoa is about 1 1/2 cups cooked quinoa.
- 03 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 04 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 05 To serve, plate the lettuce, quinoa, and tempeh and drizzle with the remaining lime juice. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 cups Water 2 tbsps Avocado Oil, 1 1/3 lbs Tempeh, 2 tsps Chili Powder, 2 tsps Cumin, 1 tsp Oregano, 1/2 tsp Sea Salt, 2 Jalapeno Peppers, 2 Tomatoes (246 grams), 2 tbsp Lime Juice (divided), 2 cups Romaine
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Wednesday.



# FASTER Way Vegan Strawberry Vanilla Smoothie

1 SERVING 15 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/3 Banana (40 grams peeled)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
2 1/4 tbsps Almond Butter (no Added Sugar Or Oil) (36 grams)  
1/2 cup Frozen Strawberries (100 grams)

## DIRECTIONS

- 01 Combine all ingredients in a high speed blender until smooth. Add ice to reach desired consistency. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Cholesterol	0mg
Fat	25g	Sodium	331mg
Carbs	20g	Vitamin C	46mg
Fiber	7g	Vitamin D	101IU
Sugar	7g	Magnesium	129mg
Protein	24g	Zinc	1mg



# Vegan Cookie Dough Overnight Oats

1 SERVING 3 HOURS



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/2 cup Rolled Oats (40 grams, dry)  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
1 tsp Vanilla Extract  
1/2 tsp Ground Cinnamon  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1/8 tsp Nutmeg

## DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

## NUTRITION

### AMOUNT PER SERVING

Calories	394	Cholesterol	0mg
Fat	11g	Sodium	291mg
Carbs	50g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	13g	Magnesium	110mg
Protein	23g	Zinc	2mg





# Black Beans

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Black Beans  
1/16 tsp Sea Salt (to taste)  
2 tbsps Red Onion  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	122	Cholesterol	0mg
Fat	0g	Sodium	149mg
Carbs	22g	Vitamin C	1mg
Fiber	8g	Vitamin D	0IU
Sugar	1g	Magnesium	63mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Finely chop the onion. Drain and rinse black beans. Heat a pan on the stove and warm beans. Then remove from heat and sprinkle chopped onion on top. Salt and pepper to taste.
- 02 Note: For four servings follow these measurements - 2 cup Canned Black Beans, 1/2 cup Red Onion, 1/4 tsp Sea Salt, 1/4 tsp Black Pepper





# Pesto Tofu Bites with Rice & Snow Peas

1 SERVING 30 MINUTES



## INGREDIENTS

6 ozs Extra Firm Tofu  
2 tbsps Vegan Pesto  
1/8 tsp Sea Salt  
1/2 cup Brown Rice (dry)  
1 cup Snow Peas (69 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	639	Cholesterol	0mg
Fat	24g	Sodium	499mg
Carbs	80g	Vitamin C	38mg
Fiber	7g	Vitamin D	0IU
Sugar	6g	Magnesium	197mg
Protein	29g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Cook brown rice according to package directions. Note 1/2 cup dry rice is about 1 1/2 cups cooked rice. Press and cube tofu. Steam snow peas.
- 02 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through.
- 04 Serve with steamed snow peas. Top with pesto tofu and enjoy!
- 05 Note: For four servings follow these measurements - 1 1/2 lbs Extra Firm Tofu, 1/2 cup Vegan Pesto (120 grams), 1/2 tsp Sea Salt, 2 cups Brown Rice (dry), 4 cups Snow Peas (276 grams)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# FASTer Way Vegan Chocolate Cherry Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Cherries (140 grams, frozen)  
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)  
1/2 cup Spinach  
1 cup Unsweetened Almond Milk  
1 tbsp Cocoa Powder  
1/2 cup Frozen Cauliflower Rice

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	242	Cholesterol	0mg
Fat	6g	Sodium	349mg
Carbs	33g	Vitamin C	15mg
Fiber	8g	Vitamin D	101IU
Sugar	21g	Magnesium	73mg
Protein	20g	Zinc	1mg



# Dates with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 Pitted Medjool Date (48 grams)  
2 tbsps Peanut Butter (no Added Sugar  
Or Oil) (32 grams)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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





# 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





# Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



## INGREDIENTS

2 tbsps Brown Rice (dry)  
3 tbsps Water  
3/4 tsp Coconut Oil  
2 cups Swiss Chard  
1/4 tsp Ground Cumin  
1/4 tsp Paprika  
1 1/2 tbsps Extra Virgin Olive Oil  
1/4 Garlic Clove  
3/4 tsp Apple Cider Vinegar  
1/2 cup Lentils  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	12g	Sodium	307mg
Carbs	41g	Vitamin C	23mg
Fiber	10g	Vitamin D	0IU
Sugar	3g	Magnesium	125mg
Protein	12g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Wash the swiss chard, remove the stems and chop. Mince the garlic. Cook, drain and rinse the lentils.
- 02 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender. Note: 2 tbsp dry rice is about 1/2 cup cooked rice.
- 03 Heat a large skillet over medium heat and add the coconut oil. Add the Swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Add to a bowl and enjoy!
- 04 Note: For four servings follow these measurements - 1/2 cup Brown Rice (dry), 3/4 cup Water, 1 tbsp Coconut Oil, 8 cups Swiss Chard, 1 tsp Cumin, 1 tsp Paprika, 2 tbsps Extra Virgin Olive Oil, 1 Garlic Clove, 1 tbsp Apple Cider Vinegar, 2 cups Lentils, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



# Tempeh

1 SERVING 1 MINUTE



## INGREDIENTS

4 ozs Tempeh

## 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

## DIRECTIONS

- 01 Add to your favorite recipe!
- 02 Note: For four servings use 1 lb of tempeh.



# FASTER Way Vegan Banana Vanilla Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (100 grams peeled, frozen)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1 cup Unsweetened Almond Milk  
1 tsp Vanilla Extract  
1/16 tsp Sea Salt (to taste)

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	236	Cholesterol	0mg
Fat	5g	Sodium	475mg
Carbs	30g	Vitamin C	10mg
Fiber	4g	Vitamin D	101IU
Sugar	15g	Magnesium	49mg
Protein	17g	Zinc	0mg



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

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





# Tofu Breakfast Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 cup Water (divided)  
1/4 Yellow Onion (37 grams)  
1/2 Green Bell Pepper (60 grams)  
1/2 Jalapeno Pepper  
1 Tomato (123 grams)  
1/4 tsp Sea Salt (divided)  
5 ozs Extra Firm Tofu  
3/4 tsp Nutritional Yeast  
1/2 tsp Turmeric  
1/2 cup Romaine  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	178	Cholesterol	0mg
Fat	8g	Sodium	659mg
Carbs	14g	Vitamin C	77mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Magnesium	74mg
Protein	18g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Chop the yellow onion and green bell pepper. Finely dice the jalapeno pepper. Chop the tomato. Drain and crumble the tofu.
- 02 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 03 Add in the tomato and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 04 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 05 Place salsa fresca and romaine lettuce leaves onto a plate. Garnish with cilantro and enjoy!
- 06 Note: For four serving follow these measurements - 1 cup Water (divided), 1 Yellow Onion (148 grams), 2 Green Bell Pepper (240 grams), 2 Jalapeno Pepper, 4 Tomato (492 grams), 1 tsp Sea Salt (divided), 1 1/4 lbs Extra Firm Tofu, 1 tbsp Nutritional Yeast, 2 tsps Turmeric, 2 cups Romaine, 1 cup Cilantro
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Sunday.



# Edamame Snack

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Frozen Edamame (80 grams, shelled)

## DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	4g	Sodium	5mg
Carbs	7g	Vitamin C	5mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	50mg
Protein	9g	Zinc	1mg



# Men's Tofu Tomato Veggie Pasta

1 SERVING 20 MINUTES



## INGREDIENTS

2 ozs Chickpea Pasta (dry)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 Red Bell Pepper (30 grams)  
5 ozs Extra Firm Tofu  
1 Garlic Clove  
1/4 tsp Smoked Paprika  
1/8 tsp Chili Powder  
1/2 cup Spinach  
3/4 cup Tomato Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	428	Cholesterol	0mg
Fat	19g	Sodium	109mg
Carbs	47g	Vitamin C	56mg
Fiber	13g	Vitamin D	0IU
Sugar	14g	Magnesium	95mg
Protein	31g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Press and crumbled the tofu. Chop the red bell pepper. Chop the garlic.
- 02 Cook the pasta according to the package directions.
- 03 Heat the oil in a large pan over medium-high heat. Add the bell peppers and sauté for about five minutes.
- 04 Add the tofu, garlic, smoked paprika, and chili powder. Stir and cook for another three minutes.
- 05 Add the spinach and the tomato sauce. Stir well and allow to simmer for three to five minutes or until the spinach has wilted.
- 06 Add the cooked pasta to the sauce. Stir to combine before removing from the heat. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 8 ozs Chickpea Pasta (dry), 2 tbsps Extra Virgin Olive Oil, 1 Red Bell Pepper (120 grams), 1 1/3 lbs Extra Firm Tofu, 4 Garlic Clove, 1 tsp Smoked Paprika, 1/2 tsp Chili Powder, 2 cups Spinach, 3 cups Tomato Sauce
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.





# 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





# FASTER Way Vegan Masala Chai Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 1/2 Banana (150 grams peeled, frozen)  
1/4 cup Unsweetened Coconut Milk  
Yogurt  
1/2 tsp Masala Chai Spice  
1 scoop Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until smooth. Add ice to reach desired consistency. 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



# Nut Butter Stuffed Dates

1 SERVING 5 MINUTES



## INGREDIENTS

3 Pitted Medjool Date (72 grams)  
2 tbsps Almond Butter (no Added Sugar  
Or Oil) (32 grams)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	60g	Vitamin C	0mg
Fiber	8g	Vitamin D	0IU
Sugar	49g	Magnesium	89mg
Protein	8g	Zinc	1mg



# Vegan Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Oat Flour  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1/3 tsp Ground Cinnamon  
1/2 tsp Baking Powder  
3 tbsps Unsweetened Applesauce  
1/4 cup Unsweetened Almond Milk  
2 tps Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	6g	Sodium	452mg
Carbs	44g	Vitamin C	0mg
Fiber	5g	Vitamin D	25IU
Sugar	12g	Magnesium	10mg
Protein	22g	Zinc	0mg

## DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: Feel free to top with maple syrup or peanut butter drizzle as your macros allow.
- 04 Note: For four servings follow these measurements - 1 1/3 cups Oat Flour, 4 scoops Vanilla Plant Based Protein Powder (15g Protein), 1 1/3 tpsps Cinnamon, 2 tpsps Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps Maple Syrup





# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg





# Steamed Broccoli

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Broccoli (70 grams)  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	178mg
Carbs	6g	Vitamin C	81mg
Fiber	2g	Vitamin D	0IU
Sugar	2g	Magnesium	19mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Cut broccoli into florets.
- 02 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender.
- 03 Season broccoli as desired. Consider salt, pepper, garlic powder or any of your favorite spices.
- 04 Plate and enjoy!
- 05 Note: For four servings follow these measurements - 4 cups Broccoli (280 grams), 1/4 tsp Sea Salt, 1/4 tsp Black Pepper



# Rainbow Tempeh Bowls

1 SERVING 40 MINUTES



## INGREDIENTS

1/4 cup Brown Rice (dry)  
1 cup Broccoli (70 grams)  
1/8 tsp Avocado Oil  
3 ozs Tempeh  
2/3 tsp Sesame Oil (divided)  
1 1/4 tps Tamari (divided)  
2 tps Lime Juice (divided)  
1/3 tsp Peanut Butter (no Added Sugar Or Oil)  
1 Carrot (61 grams)  
1/3 Red Bell Pepper (40 grams)  
1/3 tsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	456	Cholesterol	0mg
Fat	16g	Sodium	503mg
Carbs	58g	Vitamin C	138mg
Fiber	7g	Vitamin D	0IU
Sugar	7g	Magnesium	164mg
Protein	26g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the broccoli into florets. Cube the tempeh. Peel and shred the carrot or save time and buy pre-shredded carrots. Slice the red bell pepper.
- 02 Cook the brown rice according to the directions on the package. Note: 1/4 cup dry rice is about 3/4 cup cooked rice.
- 03 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 04 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 05 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 06 Add the rice, broccoli, tempeh, carrots and bell pepper to a bowl. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Brown Rice (dry), 4 cups Broccoli (280 grams), 2/3 tsp Avocado Oil, 12 ozs Tempeh, 2 2/3 tps Sesame Oil (divided), 1 2/3 tsp Tamari (divided), 2 2/3 tps Lime Juice (divided), 1 1/3 tps Peanut Butter (no Added Sugar Or Oil), 4 Carrots (244 grams), 1 1/3 Red Bell Pepper (40 grams), 1 1/3 tps Sesame Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Tofu Veggie Wrap

1 SERVING 25 MINUTES



## INGREDIENTS

5 ozs Extra Firm Tofu  
1 tsp Tamari  
1 Brown Rice Tortilla  
1 cup Spinach (31 grams)  
1/4 Cucumber (75 grams)  
1/4 Carrot (15 grams)  
1/2 cup Purple Cabbage (115 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	10g	Sodium	559mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	94mg
Protein	20g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Press and slice the tofu. Julienne the cucumber and carrot. Chop the purple cabbage.
- 02 Marinate the tofu slices in tamari for 15 minutes.
- 03 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 04 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!





# Pot Pie Chickpea Pasta

1 SERVING 35 MINUTES



## INGREDIENTS

2 2/3 ozs Chickpea Pasta (dry)  
2 2/3 tsp Extra Virgin Olive Oil  
1/8 Yellow Onion (99 grams)  
2/3 Garlic Clove  
1/3 Carrot (101 grams)  
1/4 cup Frozen Corn  
1/4 cup Frozen Peas  
2 1/16 ozs Cashew Cream Cheese  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 1/3 tbsps Nutritional Yeast (divided)  
1 tbsp Almond Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	0mg
Fat	24g	Sodium	400mg
Carbs	75g	Vitamin C	7mg
Fiber	20g	Vitamin D	0IU
Sugar	15g	Magnesium	44mg
Protein	37g	Zinc	1mg

## DIRECTIONS

- 01 Prep Note: Dice yellow onion. Mince garlic cloves. Peel and chop the carrot.
- 02 Preheat the oven to 400°F (205°C).
- 03 Cook the chickpea pasta according to package directions.
- 04 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 05 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 06 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!
- 07 Note: For four servings follow these measurements - 10 2/3 ozs Chickpea Pasta (dry), 2 2/3 tsp Extra Virgin Olive Oil, 2/3 Yellow Onion (18 grams), 2 2/3 Garlic Clove, 1 1/3 Carrot (81 grams), 1 cup Frozen Corn, 1 cup Frozen Peas, 8 1/3 ozs Cashew Cream Cheese, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1/3 cup Nutritional Yeast (divided), 1/4 cup Almond Flour





# Firm Tofu

1 SERVING 1 MINUTE



## INGREDIENTS

6 ozs Tofu

## NUTRITION

### AMOUNT PER SERVING

Calories	141	Cholesterol	0mg
Fat	9g	Sodium	7mg
Carbs	2g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	60mg
Protein	17g	Zinc	2mg

## DIRECTIONS

- 01 Add to your favorite recipe as directed!
- 02 Tips: Try using the air fryer and seasoning with salt, pepper, onion powder, and garlic powder. Toss in the oven and roast at 425 until crispy and finish with some smoked salt, paprika, onion powder and chili powder. Or puree until smooth and stir into rice!
- 03 Note: For four servings use 1 1/2 lbs of tofu.



# Dates

1 SERVING 1 MINUTE



## INGREDIENTS

3 Pitted Medjool Date (72 grams total)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	54g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	48g	Magnesium	0mg
Protein	1g	Zinc	0mg



# FASTER WAY

## T O F A T L O S S ®

### **We trust you enjoyed this New Client Program Guide.**

We know this guide contains a lot of information, and starting something new can feel overwhelming. That's normal. If you have questions or need support, your coach is here to help you stay accountable, achieve results, and build lasting habits for success that extend far beyond the next six weeks.

It's truly an honor to work with you. Thank you for committing to yourself, taking charge of your health, and becoming part of the FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

Most importantly, we can't wait to see you thrive.

Cheers.

*Amanda Tress*

Founder and CEO

