

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK THREE

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MEAL PREP AND SERVING SIZES

This meal guide is designed to make healthy eating effortless and sustainable. Weekday meals repeat so you can eliminate decision fatigue, save time, and reduce food waste. Weekend meals offer greater flexibility and variety, often using ingredients you can prepare in advance.

Here are some ways to help simplify meal prep:

COOK ONCE, EAT TWICE

Double recipes so you can enjoy them on two different days. (To help make it easy, we've included a "Cook Once, Eat Twice" note in the directions where applicable.)

- Portion immediately after cooking.
- Refrigerate within 90 minutes of cooling.
- Store in airtight container for up to 4 days.
- Reheat in the oven or microwave until hot throughout (165°F internal temperature).

PREP SMART

- **Batch-cook proteins**
 - Batch-cook and/or season plant-based proteins (such as lentils, beans, tofu, tempeh) to use throughout the week.
- **Use smart shortcuts**
 - To save time, buy pre-cooked or canned beans and lentils.
 - Use frozen veggies to skip washing and trimming.
 - Grab microwavable packets instead of cooking from scratch (rice, quinoa, grain blends, beans).
- **Assemble, portion, and mix in advance**
 - Prepare overnight oats, chia puddings, and smoothie packs for the week.
 - Divide fruit into containers for snacks and smoothies.
 - For easy snacking, pre-portion nuts and portion hummus or dips with cut vegetables.
 - Pre-mix dressings, sauces, or marinades to save time later.
- **Keep storage easy**
 - Store cooked grains, beans, and proteins in airtight containers for up to 4 days.
 - Freeze extra portions if you won't use them right away.

SERVING SIZES

All meal guide recipes are for a single serving. When applicable, instructions may include ingredients for 4 servings or a full batch. (REMEMBER: Since the recipes are calculated for 1 serving, that means your grocery list only includes ingredients for 1 serving.)

HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

To help you stay on track, you can make small tweaks to your ingredient amounts, like increasing protein, dialing back fats, or swapping in a different carb source. The tips below let you fine-tune your meals using whole foods—without needing to start from scratch or monitor every bite.

- **If you need more protein:**
 - Add ½–1 cup cooked lentils, black beans, chickpeas, or edamame to bowls or salads
 - Mix a scoop of plant-based protein powder into smoothies, chia pudding, or oats
 - Stir silken tofu or blended white beans into sauces, soups, or even cooked oatmeal
 - Top meals with hemp seeds, nutritional yeast, or roasted soy nuts
- **If you need more carbs:**
 - Add ½–1 cup cooked rice, quinoa, potatoes, or oats to meals
 - Include fruit like bananas, apples, berries, or dates with a meal or snack
 - Add starchy veggies like corn, butternut squash, or peas to salads and soups
- **If you need more fat:**
 - Drizzle 1 tbsp olive oil, avocado oil, or tahini on meals
 - Enjoy 1–2 tbsp almond butter, sunflower seed butter, or peanut butter with snacks or smoothies
 - Top meals with chopped nuts or seeds (chia, hemp, pumpkin, sunflower, etc.)
 - Add avocado slices to bowls or toast
- **If you're going over on macros:**
 - Slightly reduce portions—like ½ cup instead of 1 cup of rice or beans
 - Use higher-protein, lower-fat plant options, such as lentils rather than nuts
 - Skip extras like added oil, coconut milk, or avocado when they aren't essential to the meal

These little shifts can make a big difference over the course of the week—helping you stay consistent and confident. And if you ever want to switch up an ingredient, be sure to check out our Whole Food Swap Guide on the next page.

WHOLE FOOD SWAP GUIDE

CATEGORY	SWAP OPTIONS	PURPOSE
Higher Fat Protein Sources	Firm/extra-firm tofu, tempeh, edamame, hemp seeds, chia seeds, sunflower seeds	Adds both plant protein and healthy fats
Leaner Protein Sources	Lentils, black beans, chickpeas, white beans, soft/silken tofu, protein powder	Higher protein with lower fat—great for hitting targets without excess calories
Plant-Based Protein + Fiber Sources	Lentils, black beans, chickpeas, pinto beans, edamame, green peas	Offers plant protein, fiber, and slow-digesting carbs
Higher Carb Fruits	Bananas, mangos, grapes, pineapples, apples, pears, dates	Useful when increasing carbs or energy—great for regular macro days
Lower Carb Fruits	Berries (strawberries, raspberries, blueberries), kiwi, grapefruit, cantaloupe	Keeps carbs lower while still adding fiber—great for low carb days
Carbohydrate Sources	Quinoa, brown rice, white rice, oats, sweet potatoes, white potatoes, cassava, corn tortillas	Great carbohydrate options for regular macro days
Healthy Fats	Avocados, olive oil, tahini, almonds, walnuts, pumpkin seeds, flaxseed oil	Whole-food fats that support satiety and hormone health
Nut-Free Fat Sources	Tahini, sunflower seed butter, coconut butter, flaxseed oil, olive oil drizzle	Provides fats without using nuts—great for allergy-friendly swaps
Non-Starchy Vegetables	Zucchini, spinach, kale, broccoli, cauliflower, bell peppers, cucumbers, asparagus	Adds fiber, volume, and nutrients without significantly increasing carbs—great for low carb days
Starchy Vegetables	Sweet potatoes, white potatoes, butternut squash, beets, corn, parsnips, green peas	Adds fiber, volume, and micronutrients—ideal for regular macro days

MON - LOW CARB



MEAL ONE
Vegan Almond Butter & Jam Chia Pudding



MEAL TWO
Vegan Egg Roll in a Bowl



MEAL THREE
Men's Shirataki Noodle Tofu Stir Fry



SNACK
FASTer Way Vegan Blueberry Smoothie,
Plant Based Protein Powder



SNACK 2
Edamame, Walnuts

TUE - LOW CARB



MEAL ONE
Vegan Almond Butter & Jam Chia Pudding



MEAL TWO
Vegan Egg Roll in a Bowl



MEAL THREE
Men's Shirataki Noodle Tofu Stir Fry



SNACK
FASTer Way Vegan Blueberry Smoothie,
Plant Based Protein Powder



SNACK 2
Edamame, Walnuts

WED - REG MACRO



MEAL ONE
Vegan Cinnamon & Banana Protein Oatmeal, Sliced Almonds



MEAL TWO
Edamame & Quinoa Salad with Maple Sesame Dressing, Men's Herb & Garlic...



MEAL THREE
Roasted Red Pepper & Tomato Pasta



SNACK
FASTer Way Vegan Mocha Smoothie



SNACK 2
Edamame, Fresh Strawberries,
Blueberries and Honey

THU - REG MACRO



MEAL ONE
Vegan Cinnamon & Banana Protein Oatmeal, Sliced Almonds



MEAL TWO
Edamame & Quinoa Salad with Maple Sesame Dressing, Men's Herb & Garlic...



MEAL THREE
Roasted Red Pepper & Tomato Pasta



SNACK
FASTer Way Vegan Mocha Smoothie



SNACK 2
Edamame, Fresh Strawberries,
Blueberries and Honey

FRI - LOW MACRO



MEAL ONE
Vegan Cinnamon & Banana Protein Oatmeal



MEAL TWO
Edamame & Quinoa Salad with Maple Sesame Dressing, Men's Herb & Garlic...



MEAL THREE
Tofu Rancheros



SNACK
FASTer Way Vegan Strawberry Banana Smoothie

SAT - REG MACRO



MEAL ONE
Vegan Vanilla Protein Pancakes



MEAL TWO
Tofu Rancheros



MEAL THREE
Men's Tempeh, Quinoa & Broccoli



SNACK
FASTer Way Vegan Cinnamon Roll Smoothie, Plant Based Protein Powder



SNACK 2
Edamame, Nut Butter Stuffed Dates

SUN - LOW MACRO



MEAL ONE
Vegan Vanilla Protein Pancakes



MEAL TWO
Men's Tempeh, Quinoa & Broccoli



MEAL THREE
One Pot Spinach & Artichoke Pasta,
Green Beans & Peas



SNACK
FASTer Way Vegan Apple & Peanut Butter Smoothie



MON - LOW CARB

FAT 54% **CARBS 22%** **PROTEIN 24%**

Calories 2468 Cholesterol 0mg
Fat 148g Sodium 1736mg
Carbs 136g Vitamin C 250mg
Fiber 59g Vitamin D 101IU
Sugar 40g Magnesium 611mg
Protein 148g Zinc 11mg

TUE - LOW CARB

FAT 54% **CARBS 22%** **PROTEIN 24%**

Calories 2468 Cholesterol 0mg
Fat 148g Sodium 1736mg
Carbs 136g Vitamin C 250mg
Fiber 59g Vitamin D 101IU
Sugar 40g Magnesium 611mg
Protein 148g Zinc 11mg

WED - REG MACRO

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

Calories 2350 Cholesterol 0mg
Fat 74g Sodium 2568mg
Carbs 274g Vitamin C 209mg
Fiber 55g Vitamin D 202IU
Sugar 88g Magnesium 720mg
Protein 147g Zinc 13mg

THU - REG MACRO

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

Calories 2350 Cholesterol 0mg
Fat 74g Sodium 2568mg
Carbs 274g Vitamin C 209mg
Fiber 55g Vitamin D 202IU
Sugar 88g Magnesium 720mg
Protein 147g Zinc 13mg

FRI - LOW MACRO

FAT 29% **CARBS 44%** **PROTEIN 27%**

Calories 1889 Cholesterol 0mg
Fat 61g Sodium 4564mg
Carbs 206g Vitamin C 266mg
Fiber 42g Vitamin D 202IU
Sugar 67g Magnesium 690mg
Protein 129g Zinc 12mg

SAT - REG MACRO

FAT 31% **CARBS 43%** **PROTEIN 26%**

Calories 2428 Cholesterol 0mg
Fat 84g Sodium 3244mg
Carbs 258g Vitamin C 250mg
Fiber 46g Vitamin D 0IU
Sugar 110g Magnesium 673mg
Protein 160g Zinc 12mg

SUN - LOW MACRO

FAT 29% **CARBS 45%** **PROTEIN 26%**

Calories 1818 Cholesterol 0mg
Fat 58g Sodium 1978mg
Carbs 207g Vitamin C 145mg
Fiber 41g Vitamin D 101IU
Sugar 71g Magnesium 464mg
Protein 117g Zinc 7mg



FRUITS

- 1 Apple
- 10 Banana
- 1 1/2 cups Blueberries
- 2 cups Raspberries
- 1 cup Strawberries

SEEDS, NUTS & SPICES

- 1/4 cup Almond Butter (no Added Sugar Or Oil)
- 1/3 tsp Black Pepper
- 1 1/2 tsps Cashew Butter (no Added Sugar Or Oil)
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 2 1/8 tsps Ground Cinnamon
- 3 tsps Hemp Seeds
- 2 2/3 tsps Italian Seasoning
- 1 tbsp Peanut Butter (no Added Sugar Or Oil)
- 1/2 tsp Red Pepper Flakes
- 1 1/16 tsps Sea Salt
- 1/4 cup Sliced Almonds
- 1/2 cup Sunflower Seeds
- 2 tsps Turmeric
- 1/2 cup Walnuts

FROZEN

- 8 cups Frozen Edamame (shelled)
- 1 cup Frozen Green Beans
- 1/2 cup Frozen Peas
- 1 cup Frozen Strawberries

VEGETABLES

- 2 cups Bean Sprouts
- 4 cups Broccoli
- 1 1/2 stalks Celery
- 1 1/4 cups Cilantro
- 6 cups Coleslaw Mix
- 3/4 Cucumber
- 2 tsps Fresh Ginger
- 11 1/3 Garlic Clove
- 2 Green Bell Pepper
- 9 stalks Green Onion
- 2 Jalapeno Pepper
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 4 cups Romaine
- 1 cup Snap Peas
- 1 cup Spinach
- 5 Tomato
- 2 1/2 Yellow Onion

BOXED & CANNED

- 1 1/3 cups Canned Coconut Milk
- 8 ozs Chickpea Pasta
- 1/2 cup Coffee
- 1 1/4 cups Quinoa
- 8 ozs Shirataki Noodles
- 1/2 cup Vegetable Broth
- 1 cup Vegetable Broth, Low Sodium

BAKING

- 2 tsps Cocoa Powder
- 2 tsps Honey
- 2 1/3 tsps Nutritional Yeast
- 3 Pitted Medjool Date
- 2 1/8 cups Rolled Oats
- 1 2/3 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 lbs Extra Firm Tofu
- 2 cups Silken Tofu
- 1 2/3 lbs Tempeh
- 14 ozs Tofu

CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 1/2 cup Balsamic Vinegar
- 1/2 cup Canned Artichoke Hearts
- 1 tbsp Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 1/2 tsps Maple Syrup
- 1/4 cup Rice Vinegar
- 2 1/2 tsps Sesame Oil
- 3 2/3 tsps Tamari

COLD

- 9 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt

OTHER

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



Vegan Almond Butter & Jam Chia Pudding

1 SERVING 30 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Raspberries (120 grams)
- 1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
- 1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

NUTRITION

AMOUNT PER SERVING

Calories	521	Cholesterol	0mg
Fat	30g	Sodium	328mg
Carbs	41g	Vitamin C	32mg
Fiber	23g	Vitamin D	101IU
Sugar	6g	Magnesium	229mg
Protein	29g	Zinc	1mg

DIRECTIONS

- 01 In a medium bowl, combine the chia seeds with the almond milk and protein powder and whisk well, making sure all the seeds are incorporated. If needed, add more milk for desired consistency. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash the raspberries until they resemble jam.
- 03 Pour the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Vegan Egg Roll in a Bowl

1 SERVING 30 MINUTES



INGREDIENTS

- 1 1/2 tps Avocado Oil
- 1/4 Yellow Onion (37 grams)
- 3 stalks Green Onion
- 1 Garlic Clove
- 1 tbsp Fresh Ginger
- 7 ozs Tofu
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 1 tsp Tamari
- 1/4 cup Sunflower Seeds

NUTRITION

AMOUNT PER SERVING

Calories	568	Cholesterol	0mg
Fat	35g	Sodium	982mg
Carbs	43g	Vitamin C	117mg
Fiber	17g	Vitamin D	0IU
Sugar	15g	Magnesium	122mg
Protein	37g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Dice the yellow and green onion. Mince the garlic. Peel and grate the ginger.
- 02 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03 Add the tofu and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04 Stir in the coleslaw mix, bean sprouts, and tamari. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and top with sunflower seeds. Enjoy!
- 05 Note: For four servings follow these measurements - 2 tps Avocado Oil, 1 Yellow Onion (148 grams), 12 stalks Green Onion, 4 Garlic Clove, 1/4 cup Fresh Ginger, 1 3/4 lbs Tofu, 12 cups Coleslaw Mix, 4 cups Bean Sprouts, 1 1/3 tps Tamari, 1 cup Sunflower Seeds
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Men's Shirataki Noodle Tofu Stir Fry

1 SERVING 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	0mg
Fat	23g	Sodium	45mg
Carbs	20g	Vitamin C	88mg
Fiber	8g	Vitamin D	0IU
Sugar	9g	Magnesium	112mg
Protein	27g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Prep the tofu and cut into cubes. Chop the yellow onion. Slice the garlic. Cut the broccoli into florets. Trim the snap peas.
- 02 Heat the oil in a large skillet over medium heat. Add the tofu to the pan and brown the tofu on all sides. Remove from the pan and set aside.
- 03 In the same pan, add the onion and garlic and sauté for two minutes. Then, add the broccoli, snap peas, rice vinegar, and sesame oil. Sauté for three to four minutes or until tender-crisp.
- 04 Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Place in a bowl and enjoy!
- 05 Note: For four servings follow these measurements - 1 tbsp Extra Virgin Olive Oil, 2 lbs Extra Firm Tofu, 2 Yellow Onion (256 grams), 4 Garlic Clove, 4 cup Broccoli (280 grams), 2 cup Snap Peas, 2 tsps Rice Vinegar, 2 tsps Sesame Oil, 1 lb Shirataki Noodles, 1 tsp Chili Flakes
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



FASTer Way Vegan Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2/3 cup Canned Coconut Milk (full fat)
1/4 cup Blueberries (39 grams, fresh or frozen)
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
1/4 tsp Vanilla Extract

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	397	Cholesterol	0mg
Fat	30g	Sodium	206mg
Carbs	12g	Vitamin C	4mg
Fiber	1g	Vitamin D	0IU
Sugar	6g	Magnesium	2mg
Protein	17g	Zinc	0mg



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



Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Edamame (shelled) (170 grams)

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



Walnuts

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Walnuts (32 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	196	Cholesterol	0mg
Fat	20g	Sodium	1mg
Carbs	4g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	47mg
Protein	5g	Zinc	1mg



Vegan Cinnamon & Banana Protein Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Rolled Oats (40 grams)
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
1 tbsp Hemp Seeds
1/8 tsp Ground Cinnamon
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	433	Cholesterol	0mg
Fat	12g	Sodium	330mg
Carbs	59g	Vitamin C	10mg
Fiber	9g	Vitamin D	101IU
Sugar	15g	Magnesium	175mg
Protein	26g	Zinc	3mg

DIRECTIONS

- 01 In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday



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



Edamame & Quinoa Salad with Maple Sesame Dressing

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry, 43 grams)
1 tbsp Tamari
1 tbsp Rice Vinegar
1 1/2 tsps Maple Syrup
1 1/2 tsps Sesame Oil
1/4 Cucumber (30 grams)
1/2 stalk Celery (20 grams)
1 cup Frozen Edamame (shelled) (170 grams)
1/4 cup Cilantro
1 stalk Green Onion

NUTRITION

AMOUNT PER SERVING

Calories	459	Cholesterol	0mg
Fat	18g	Sodium	1039mg
Carbs	53g	Vitamin C	15mg
Fiber	12g	Vitamin D	0IU
Sugar	12g	Magnesium	207mg
Protein	27g	Zinc	4mg

DIRECTIONS

- 01 Prep Note: Rinse the quinoa, chop the cucumber, celery, cilantro and green onion.
- 02 Cook the quinoa according to the package directions. Set aside to cool for five minutes.
- 03 Meanwhile, mix the remaining ingredients together in a large salad bowl.
- 04 Add the quinoa and toss until well combined. Divide evenly onto plates or bowls and enjoy!
- 05 Note: For 4 servings, use these measurements - 1 cup quinoa (dry, 170 grams), 4 tbsps tamari, 4 tbsps rice vinegar, 6 tsps maple syrup, 6 tsps sesame oil, 1 cucumber (300 grams), 2 stalks celery (80 grams), 4 cups of edamame (680 grams), 4 stalks green onion
- 06 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday



Men's Herb & Garlic Tempeh

1 SERVING 55 MINUTES



INGREDIENTS

2 tbsps Vegetable Broth
2 tbsps Balsamic Vinegar
2/3 tsp Italian Seasoning
1/8 tsp Sea Salt
1 Garlic Clove
5 ozs Tempeh

NUTRITION

AMOUNT PER SERVING

Calories	306	Cholesterol	0mg
Fat	15g	Sodium	397mg
Carbs	18g	Vitamin C	1mg
Fiber	0g	Vitamin D	0IU
Sugar	5g	Magnesium	120mg
Protein	29g	Zinc	2mg

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 - 1/2 cup Vegetable Broth, 1/2 cup Balsamic Vinegar, 2 2/3 tbsps Italian Seasoning, 1/2 tsp Sea Salt, 4 Garlic Clove, 1 1/2 lbs Tempeh
- 06 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday



Roasted Red Pepper & Tomato Pasta

1 SERVING 40 MINUTES



INGREDIENTS

- 1/2 Red Bell Pepper (59 grams)
- 1 1/2 Tomato (184 grams)
- 1 1/2 Garlic Clove
- 1 1/2 tsps Water
- 3 ozs Chickpea Pasta
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Parsley
- 1/8 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	337	Cholesterol	0mg
Fat	6g	Sodium	462mg
Carbs	59g	Vitamin C	114mg
Fiber	15g	Vitamin D	0IU
Sugar	10g	Magnesium	27mg
Protein	24g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Cook the pasta according to package directions. Prepare a rimmed baking sheet with parchment paper (optional). Chop the red bell pepper.
- 02 Preheat the oven to 400°F (205°C).
- 03 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (238 grams), 6 Tomato (738 grams), 6 Garlic Cloves, 2 tbsps Water, Sea Salt & Black Pepper (to taste), 12 ozs Chickpea Pasta, 1 tsp Red Pepper Flakes, 1/2 cup Parsley, 1/8 tsp Sea Salt (to taste), 1/8 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



FASTer Way Vegan Mocha Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Coffee (brewed and chilled)
1 Banana (100 grams peeled, frozen)
1 tbsp Cocoa Powder
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
1 tsp Vanilla Extract

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	249	Cholesterol	0mg
Fat	6g	Sodium	330mg
Carbs	34g	Vitamin C	10mg
Fiber	6g	Vitamin D	10IU
Sugar	15g	Magnesium	78mg
Protein	18g	Zinc	1mg



Fresh Strawberries, Blueberries and Honey

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Strawberries
1/2 cup Blueberries
1 tbsp Honey

DIRECTIONS

01 Place berries in a bowl and drizzle with honey. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	125	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	33g	Vitamin C	50mg
Fiber	3g	Vitamin D	0IU
Sugar	27g	Magnesium	14mg
Protein	1g	Zinc	0mg



Tofu Rancheros

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Water (divided)
1/2 Yellow Onion (74 grams)
1 Green Bell Pepper (119 grams)
1 Jalapeno Pepper
1 Tomato (123 grams)
1 tsp Sea Salt (divided)
7 ozs Extra Firm Tofu
1 tbsp Nutritional Yeast
1 tsp Turmeric
2 cups Romaine
1/4 cup Cilantro

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	11g	Sodium	2467m..
Carbs	26g	Vitamin C	139mg
Fiber	12g	Vitamin D	0IU
Sugar	10g	Magnesium	115mg
Protein	29g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Chop the yellow onion, bell pepper and tomato. Remove the seeds from the jalapeno pepper and finely chop. Drain the tofu and crumble.
- 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 tomatoes 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 the tofu, salsa and romaine lettuce leaves onto a plate. Garnish with cilantro and enjoy!
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



FASTer Way Vegan Strawberry Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
- 1 Banana (100 grams peeled, frozen)
- 1 cup Frozen Strawberries (170 grams)
- 1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Add all ingredients to a blender; blend until smooth. Add water (or preferred non-dairy milk) as needed.

NUTRITION

AMOUNT PER SERVING

Calories	301	Cholesterol	0mg
Fat	5g	Sodium	331mg
Carbs	50g	Vitamin C	101mg
Fiber	9g	Vitamin D	101IU
Sugar	25g	Magnesium	73mg
Protein	18g	Zinc	0mg



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 tbsps Vanilla Extract, 4 cups Silken Tofu, 2 tbsps Coconut Oil
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Men's 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
- 6 ozs Tempeh
- 1/4 cup Quinoa (43 grams, dry)
- 1 cup Broccoli (70 grams)

NUTRITION

AMOUNT PER SERVING

Calories	537	Cholesterol	0mg
Fat	21g	Sodium	402mg
Carbs	51g	Vitamin C	82mg
Fiber	5g	Vitamin D	0IU
Sugar	5g	Magnesium	244mg
Protein	43g	Zinc	4mg

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 tbsps Italian Seasoning, 2/3 tsp Sea Salt, 2 2/3 Garlic Clove, 1 1/2 lbs 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 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



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



One Pot Spinach & Artichoke Pasta

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Canned Artichoke Hearts (drained)
1 1/8 tsp Nutritional Yeast
1/8 tsp Sea Salt (to taste)
2 oz Chickpea Pasta (dry)
1 1/2 tbsps Cashew Butter (no Added Sugar Or Oil)
1 cup Vegetable Broth, Low Sodium
1 cup Spinach

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	8g	Sodium	888mg
Carbs	42g	Vitamin C	21mg
Fiber	14g	Vitamin D	0IU
Sugar	10g	Magnesium	44mg
Protein	20g	Zinc	1mg

DIRECTIONS

- 01 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 02 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to ten minutes, or until the pasta is cooked through. Stir occasionally.
- 03 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!
- 04 Note: For four servings follow these measurements - 2 cups Canned Artichoke Hearts (drained), 1 1/2 tbsps Nutritional Yeast, 1/2 tsp Sea Salt (to taste), 8 oz Chickpea Pasta (dry), 2 tbsps Cashew Butter (no added sugar or oil), 4 cups Vegetable Broth, Low Sodium, 4 cups Spinach



Green Beans & Peas

1 SERVING 10 MINUTES



INGREDIENTS

- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 cup Frozen Green Beans
- 1/2 cup Frozen Peas

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	354mg
Carbs	20g	Vitamin C	13mg
Fiber	8g	Vitamin D	0IU
Sugar	6g	Magnesium	44mg
Protein	6g	Zinc	1mg

DIRECTIONS

- 01 Bring a pot of water to a boil and add the salt.
- 02 Add the green beans and cook for 2 minutes then add the peas and continue cooking for 3 minutes or until the vegetables are tender.
- 03 Drain and serve. Season with pepper. Enjoy!
- 04 Note: For four servings follow these measurements - 1/2 tsp Sea Salt, 1/2 tsp Black Pepper, 4 cup Green Beans, 2 cup Frozen Peas



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 tbsps 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	10IU
Sugar	35g	Magnesium	100mg
Protein	23g	Zinc	1mg

