

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK FIVE

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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 Raspberry Pecan Warm Chia Pudding



MEAL TWO
Men's Kale & Tempeh Salad



MEAL THREE
Men's Crispy Peanut Tofu with Cauliflower Rice



SNACK
FASTER Way Vegan Peanut Butter Smoothie



SNACK 2
Edamame, Walnuts

TUE - LOW CARB



MEAL ONE
Vegan Raspberry Pecan Warm Chia Pudding



MEAL TWO
Men's Kale & Tempeh Salad



MEAL THREE
Men's Crispy Peanut Tofu with Cauliflower Rice



SNACK
FASTER Way Vegan Peanut Butter Smoothie



SNACK 2
Edamame, Walnuts

WED - REG MACRO



MEAL ONE
Vegan Chia Oats with Berries, Almond Butter



MEAL TWO
High Protein Tofu Veggie Wrap, Fresh Strawberries with Almond Butter



MEAL THREE
Middle Eastern Lentils & Rice with Crispy Onions, Men's Herb & Garlic Tempeh



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



SNACK 2
Edamame, Raspberries

THU - REG MACRO



MEAL ONE
Vegan Chia Oats with Berries, Almond Butter



MEAL TWO
Middle Eastern Lentils & Rice with Crispy Onions, Men's Herb & Garlic Tempeh



MEAL THREE
Vegan Stuffed Portobello Pizzas, Steamed Broccoli



SNACK
FASTER Way Vegan Chocolate Cherry Smoothie



SNACK 2
Edamame, Dates

FRI - LOW MACRO



MEAL ONE
Vegan Chia Oats with Berries



MEAL TWO
Vegan Stuffed Portobello Pizzas, Steamed Broccoli



MEAL THREE
Mango & Chickpea Quinoa Salad



SNACK
FASTER Way Vegan Cinnamon Roll Smoothie

SAT - REG MACRO



MEAL ONE
Vegan Apple Pie Protein Pancakes, Tempeh Bacon



MEAL TWO
Mango & Chickpea Quinoa Salad



MEAL THREE
Sheet Pan Balsamic Tofu & Broccoli, Steamed White Rice (Larger Serving)



SNACK
FASTER Way Vegan Masala Chai Smoothie, Plant Based Protein Powder



SNACK 2
Edamame

SUN - LOW MACRO



MEAL ONE
Vegan Coconut Yogurt & Strawberries



MEAL TWO
Sheet Pan Balsamic Tofu & Broccoli, Steamed White Rice



MEAL THREE
Roasted Red Pepper & Tomato Pasta, Herb & Garlic Tempeh



SNACK
Edamame



MON - LOW CARB

FAT 55% CARBS 20% PROTEIN 25%

Calories 2449
Fat 149g
Carbs 124g
Fiber 48g
Sugar 35g
Protein 153g

Cholesterol 0mg
Sodium 4200mg
Vitamin C 109mg
Vitamin D 177IU
Magnesium 722mg
Zinc 13mg

TUE - LOW CARB

FAT 55% CARBS 20% PROTEIN 25%

Calories 2449
Fat 149g
Carbs 124g
Fiber 48g
Sugar 35g
Protein 153g

Cholesterol 0mg
Sodium 4200mg
Vitamin C 109mg
Vitamin D 177IU
Magnesium 722mg
Zinc 13mg

WED - REG MACRO

FAT 30% CARBS 45% PROTEIN 25%

Calories 2409
Fat 81g
Carbs 272g
Fiber 48g
Sugar 64g
Protein 148g

Cholesterol 0mg
Sodium 1806mg
Vitamin C 168mg
Vitamin D 0IU
Magnesium 666mg
Zinc 13mg

THU - REG MACRO

FAT 29% CARBS 46% PROTEIN 25%

Calories 2385
Fat 77g
Carbs 277g
Fiber 55g
Sugar 103g
Protein 146g

Cholesterol 0mg
Sodium 2172mg
Vitamin C 181mg
Vitamin D 103IU
Magnesium 671mg
Zinc 12mg

FRI - LOW MACRO

FAT 29% CARBS 46% PROTEIN 25%

Calories 1823
Fat 59g
Carbs 211g
Fiber 48g
Sugar 70g
Protein 111g

Cholesterol 0mg
Sodium 1617mg
Vitamin C 206mg
Vitamin D 2IU
Magnesium 536mg
Zinc 10mg

SAT - REG MACRO

FAT 29% CARBS 45% PROTEIN 26%

Calories 2376
Fat 76g
Carbs 268g
Fiber 40g
Sugar 80g
Protein 154g

Cholesterol 0mg
Sodium 3877mg
Vitamin C 243mg
Vitamin D 15IU
Magnesium 532mg
Zinc 10mg

SUN - LOW MACRO

FAT 31% CARBS 44% PROTEIN 25%

Calories 1847
Fat 63g
Carbs 202g
Fiber 42g
Sugar 51g
Protein 118g

Cholesterol 0mg
Sodium 2345mg
Vitamin C 326mg
Vitamin D 0IU
Magnesium 453mg
Zinc 11mg



FRUITS

- 1/2 Avocado
- 5 1/4 Banana
- 3 tbsps Blueberries
- 1/3 cup Lemon Juice
- 2 tbsps Lime Juice
- 1/2 Mango
- 1 1/2 cups Raspberries
- 1 3/4 cups Strawberries

SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 2 tpsps Chili Powder
- 1/4 tsp Garlic Powder
- 1 1/8 tbsps Ground Cinnamon
- 1/3 tsp Ground Cumin
- 2 tbsps Hemp Seeds
- 2 2/3 tpsps Italian Seasoning
- 1/2 tsp Masala Chai Spice
- 1 tsp Oregano
- 1/8 tsp Paprika
- 1/2 cup Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Pecans
- 1 1/4 tpsps Red Pepper Flakes
- 1 3/4 tpsps Sea Salt
- 1 tsp Smoked Paprika
- 1/2 cup Walnuts

FROZEN

- 1 Brown Rice Tortilla
- 3 1/2 cups Frozen Cauliflower Rice
- 1 cup Frozen Cherries
- 6 cups Frozen Edamame (shelled)

VEGETABLES

- 4 cups Broccoli
- 1 bunch Broccolini
- 1/4 Carrot
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1/4 Cucumber
- 4 1/8 Garlic Clove
- 1/2 Green Bell Pepper
- 6 cups Kale
- 1/2 cup Mushrooms
- 1/4 cup Parsley
- 12 ozs Portobello Mushroom Caps
- 1/2 cup Purple Cabbage
- 2 cups Radishes
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 cups Spinach
- 1 1/2 Tomato
- 1/2 Yellow Onion

BOXED & CANNED

- 1/4 cup Canned Chickpeas
- 3 ozs Chickpea Pasta
- 1 1/2 cups Crushed Tomatoes
- 1/4 cup Dry Lentils
- 1/2 cup Granola
- 1 1/4 cups Jasmine Rice
- 2 2/3 tpsps Quinoa
- 1/3 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 3 1/16 lbs Extra Firm Tofu
- 1 3/4 lbs Tempeh
- 1 cup Textured Vegetable Protein (tvp)

CONDIMENTS & OILS

- 1 1/3 tpsps Avocado Oil
- 3/4 cup Balsamic Vinegar
- 2 tpsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1 1/2 tpsps Sesame Oil
- 1/4 cup Tahini
- 1/2 cup Tamari

COLD

- 6 1/16 cups Unsweetened Almond Milk
- 1 3/4 cups Unsweetened Coconut Milk Yogurt
- 4 ozs Vegan Cream Cheese

OTHER

- 1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
- 3 scoops Plant Based Protein Powder (15 Grams Protein)
- 11 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)

BAKING

- 1/2 tsp Baking Powder
- 1 tbsps Cocoa Powder
- 2 1/4 tpsps Coconut Sugar
- 1/3 cup Oat Flour
- 3 Pitted Medjool Date
- 2 1/2 cups Rolled Oats
- 3 tpsps Unsweetened Applesauce
- 1 1/2 tpsps Vanilla Extract



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



Men's Kale & Tempeh Salad

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Prep note: Cut tempeh into thin slices. Finely chop kale.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 03 In a zipper-lock bag or shallow bowl, mix the tamari, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 04 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 05 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 06 Plate the salad and top with tempeh and hemp seeds. Enjoy!
- 07 Note: For four servings follow these measurements - 1/2 cup Tamari, 1/4 cup Balsamic Vinegar, 1 1/3 tbsps Chili Powder, 2 tsps Smoked Paprika, 1 tsp Sea Salt (divided), 1 1/2 lbs Tempeh, 3/4 cup Lemon Juice, 1/2 cup Water, 1/2 cup Tahini, 1/2 tsp Garlic Powder, 12 cups Kale (504 grams), 1/4 cup Hemp Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Men's Crispy Peanut Tofu with Cauliflower Rice

1 SERVING 40 MINUTES



INGREDIENTS

7 ozs Extra Firm Tofu
3/4 tsp Sesame Oil
2 1/4 tsps Tamari
1 1/8 tsps Coconut Sugar
2 tbsps Peanut Butter (no Added Sugar Or Oil) (32 grams)
1 1/2 cups Frozen Cauliflower Rice
1 1/2 tsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	438	Cholesterol	0mg
Fat	30g	Sodium	798mg
Carbs	20g	Vitamin C	2mg
Fiber	7g	Vitamin D	0IU
Sugar	11g	Magnesium	129mg
Protein	31g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Drain tofu. Slice the lime into wedges.
- 02 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
- 03 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 04 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 05 Plate the cauliflower rice and top with tofu and a lime wedge. Enjoy!
- 06 Note: For four servings follow these measurements - 1 3/4 lbs Extra Firm Tofu, 1 tbsp Sesame Oil, 3 tbsps Tamari, 1 1/2 tsps Coconut Sugar, 2 2/3 tbsps Peanut Butter (no added sugar or oil), 6 cups Frozen Cauliflower Rice, 2 tbsps Lime Juice
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



FASTER Way Vegan Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
2 tbsps Peanut Butter (no Added Sugar Or Oil) (32 grams)
1/2 Banana (50 grams peeled, frozen)
1 cup Unsweetened Almond Milk (or more if needed)

DIRECTIONS

01 Add all ingredients to blender and mix. Add more liquid if needed. Add ice to reach desired consistency.

NUTRITION

AMOUNT PER SERVING

Calories	363	Cholesterol	0mg
Fat	21g	Sodium	332mg
Carbs	24g	Vitamin C	5mg
Fiber	4g	Vitamin D	10IU
Sugar	11g	Magnesium	86mg
Protein	24g	Zinc	1mg



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 Chia Oats with Berries

1 SERVING 25 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Rolled Oats (40 grams)
1 tbsp Chia Seeds
1 tbsp Blueberries (12 grams)
1/4 cup Strawberries (44 grams)
1/4 Banana (25 grams peeled)
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

DIRECTIONS

- 01 Prep note: Chop the strawberries. Slice the banana.
- 02 In a small saucepan, bring the water to a boil and add in the oats and chia seeds. Cook for 10 to 15 minutes or until oats are cooked through. Add protein powder and mix well.
- 03 Place oatmeal into a bowl, top with fruit & 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.

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	9g	Sodium	173mg
Carbs	45g	Vitamin C	25mg
Fiber	9g	Vitamin D	0IU
Sugar	7g	Magnesium	109mg
Protein	23g	Zinc	2mg



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



High Protein Tofu Veggie Wrap

1 SERVING 25 MINUTES



INGREDIENTS

6 1/2 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	345	Cholesterol	0mg
Fat	13g	Sodium	560mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	109mg
Protein	24g	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!



Fresh Strawberries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Strawberries (132 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

DIRECTIONS

- 01 Wash strawberries under cold water and remove the stems. Dry well. Dip in almond butter and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	133	Cholesterol	0mg
Fat	9g	Sodium	2mg
Carbs	11g	Vitamin C	64mg
Fiber	4g	Vitamin D	0IU
Sugar	6g	Magnesium	59mg
Protein	4g	Zinc	1mg



Middle Eastern Lentils & Rice with Crispy Onions

1 SERVING 35 MINUTES



INGREDIENTS

2 tbsps Dry Lentils (green, 25 grams)
1/2 cup Water
1/8 tsp Sea Salt
1/4 cup Jasmine Rice (dry)
1/8 tsp Ground Cumin
1 1/2 tps Avocado Oil
1/4 Yellow Onion (37 grams)
1 tbsp Parsley

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	7g	Sodium	302mg
Carbs	56g	Vitamin C	6mg
Fiber	4g	Vitamin D	0IU
Sugar	3g	Magnesium	17mg
Protein	9g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Peel and thinly slice yellow onion, remove parsley stems and finely chop. Rinse lentils.
- 02 Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
- 03 Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
- 04 Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
- 05 Place the lentils and rice into a bowl. Top with the crispy onions and parsley. Enjoy!
- 06 Note: For four servings follow these measurements - 1/2 cup Dry Lentils (green, 130 grams), 1 3/4 cups Water, 1/2 tsp Sea Salt, 1 cup Jasmine Rice (dry, uncooked), 3/4 tsp Ground Cumin, 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 1/4 cup Parsley
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



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 Twice: Double this recipe. Use half on Wednesday, half on Thursday.



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



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



Raspberries

1 SERVING 3 MINUTES



INGREDIENTS

1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Wash berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	32	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	7g	Vitamin C	16mg
Fiber	4g	Vitamin D	0IU
Sugar	3g	Magnesium	14mg
Protein	1g	Zinc	0mg



Vegan Stuffed Portobello Pizzas

1 SERVING 30 MINUTES



INGREDIENTS

6 ozs Portobello Mushroom Caps
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Oregano
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
3/4 cup Crushed Tomatoes
1/4 cup Red Onion
1/4 cup Mushrooms
1/4 cup Cherry Tomatoes
1/4 Green Bell Pepper
1/2 tsp Red Pepper Flakes (optional)
1/2 cup Textured Vegetable Protein (tvp) (dry)
2 ozs Vegan Cream Cheese

NUTRITION

AMOUNT PER SERVING

Calories	490	Cholesterol	0mg
Fat	22g	Sodium	741mg
Carbs	47g	Vitamin C	52mg
Fiber	14g	Vitamin D	2IU
Sugar	20g	Magnesium	151mg
Protein	35g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Remove the stems from the mushroom caps and wipe clean. Finely dice the red onion. Cut the cherry tomatoes in half. Dice the peppers. You can substitute for approx 1 cup tofu for the TVP based on your preferences.
- 02 Preheat oven to 400°F (204°C).
- 03 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 04 Meanwhile, prepare your veggies and TVP according to the directions on the package.
- 05 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies, TVP and dollop with dairy free cream cheese alternative. Place back into the oven and bake for 15 minutes.
- 06 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!
- 07 Note: For four servings follow these measurements - 1 1/2 lbs Portobello Mushroom Caps (wiped clean and stems removed), 2 tbsps Extra Virgin Olive Oil, 2 tsps Oregano, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 3 cups Crushed Tomatoes, 1 cup Red Onion, 1 cup Mushrooms, 1 cup Cherry Tomatoes, 1 Green Bell Pepper, 2 tsps Red Pepper Flakes (optional), 2 cups Textured Vegetable Protein (tvp) (dry), 8 ozs Vegan Cream Cheese
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Steamed Broccolini

1 SERVING 10 MINUTES



INGREDIENTS

- 1/2 bunch Broccolini
- 1/4 cup Water
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	55	Cholesterol	0mg
Fat	1g	Sodium	197mg
Carbs	7g	Vitamin C	81mg
Fiber	6g	Vitamin D	0IU
Sugar	1g	Magnesium	60mg
Protein	8g	Zinc	1mg

DIRECTIONS

- 01 Trim and slice steams of broccolini.
- 02 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 03 Remove the broccolini from the pan, plate and enjoy! Add crushed red pepper for a kick of flavor or a fresh squeeze of lemon juice.
- 04 Note: For one serving follow these measurements - 1/2 bunch Broccolini, 1/4 cup Water, Sea Salt & Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



FASTer Way Vegan Chocolate Cherry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Cherries (140 grams)
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	216	Cholesterol	0mg
Fat	6g	Sodium	351mg
Carbs	33g	Vitamin C	7mg
Fiber	7g	Vitamin D	10IU
Sugar	15g	Magnesium	70mg
Protein	20g	Zinc	1mg



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



Mango & Chickpea Quinoa Salad

1 SERVING 15 MINUTES



INGREDIENTS

- 1 1/3 tbsps Quinoa (uncooked, 14 grams)
- 2 2/3 tbsps Water
- 1 tbsp Cilantro (chopped)
- 2 tbsps Canned Chickpeas (41 grams)
- 6 ozs Extra Firm Tofu
- 1/8 tsp Sea Salt
- 1 1/2 tsps Lime Juice
- 1/4 Avocado (38 grams)
- 1/4 Mango (39 grams)

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	0mg
Fat	18g	Sodium	310mg
Carbs	34g	Vitamin C	38mg
Fiber	9g	Vitamin D	0IU
Sugar	14g	Magnesium	122mg
Protein	23g	Zinc	3mg

DIRECTIONS

- 01** Prep Note: Chop the cilantro. Pat dry the tofu and cube it. Slice the avocado. Slice the mango.
- 02** Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 03** Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Enjoy!
- 04** For 4 servings, use these measurements: 1/3 cup uncooked quinoa (56 grams), 2/3 cup water, 1/4 cup cilantro, 1/2 cup canned chickpeas (164 grams), 1 1/2 lbs extra firm tofu, 1/2 tsp sea salt, 2 tbsps lime juice, 1 avocado (152 grams), 1 medium mango (156 grams).
- 05** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



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 tpsps Maple Syrup



Tempeh Bacon

1 SERVING 40 MINUTES



INGREDIENTS

3 ozs Tempeh (thinly sliced)
1 1/3 tbsps Tamari
2 tsps Maple Syrup
1 tsp Avocado Oil
1/8 tsp Paprika

NUTRITION

AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	14g	Sodium	1350mg
Carbs	17g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	9g	Magnesium	82mg
Protein	20g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 02 In a small bowl, whisk together the tamari, maple syrup, oil, and paprika. Pour the marinade over the tempeh and let it sit for five minutes.
- 03 Spread the tempeh onto the baking sheet and bake for 15 minutes. Flip the tempeh over and brush some of the remaining marinade over each piece. Bake for another 10 to 15 minutes or until crispy.
- 04 Remove from oven, let cool and enjoy!



Sheet Pan Balsamic Tofu & Broccoli

1 SERVING 30 MINUTES



INGREDIENTS

8 ozs Extra Firm Tofu
1 tbsp Tamari (divided)
1 1/2 tps Extra Virgin Olive Oil (divided)
2 cups Broccoli (140 grams)
1 cup Radishes (116 grams)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
2 2/3 tbsps Balsamic Vinegar
1 1/2 tps Maple Syrup
1/2 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	403	Cholesterol	0mg
Fat	20g	Sodium	1205m...
Carbs	34g	Vitamin C	180mg
Fiber	9g	Vitamin D	0IU
Sugar	20g	Magnesium	144mg
Protein	31g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Press tofu and slice into triangles. Chop broccoli into florets. Cut radishes in half.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 03 In a large bowl, toss the tofu with half the tamari, and 1/3 of the oil. Place on the baking sheet, spacing out the tofu from one another.
- 04 In the same bowl, toss the broccoli and radishes with the remaining oil, salt, and pepper. Transfer to the baking sheet alongside the tofu, leaving enough space between everything. Line another baking sheet if needed. Bake for 20 minutes, flipping halfway through.
- 05 Meanwhile, in a bowl or jar, mix together the balsamic vinegar, maple syrup, Italian seasoning, salt, pepper, and remaining tamari.
- 06 Remove the baking sheet(s) from the oven and drizzle the balsamic mixture over everything. Place back in the oven for five minutes. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 2 lbs Extra Firm Tofu, 1/4 cup Tamari (divided), 2 tbsps Extra Virgin Olive Oil (divided), 8 cups Broccoli (560 grams), 4 cups Radishes (464 grams), 1/16 tsp Sea Salt (to taste), 1/16 tsp Black Pepper (to taste), 2/3 cup Balsamic Vinegar, 2 tbsps Maple Syrup, 2 tps Italian Seasoning
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half Saturday, half Sunday.



Steamed White Rice (Larger Serving)

1 SERVING 20 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Jasmine Rice (dry, rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	320	Cholesterol	0mg
Fat	0g	Sodium	5mg
Carbs	76g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	0g	Magnesium	5mg
Protein	6g	Zinc	0mg

DIRECTIONS

- 01 Bring water to a boil in a medium saucepan.
- 02 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 03 Enjoy!



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



Coconut Yogurt & Strawberries

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Milk
Yogurt
1 tsp Cinnamon
1/4 cup Strawberries (chopped)
1/2 cup Granola (gluten-free)
1 scoop Faster Way Vanilla Protein
Powder
1/2 tsp Vanilla Extract

DIRECTIONS

01 Place the coconut yogurt in a bowl, mix with protein powder & vanilla. Top with cinnamon, strawberries and granola. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	467	Cholesterol	3mg
Fat	19g	Sodium	176mg
Carbs	45g	Vitamin C	22mg
Fiber	9g	Vitamin D	0IU
Sugar	15g	Magnesium	109mg
Protein	29g	Zinc	3mg



Steamed White Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water

1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)



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)



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

