

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**VEGAN MEAL GUIDE**  
WEEK SIX

# 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 express written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only. Please note that this information has not been customized for you and 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. This information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, please consult with 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.

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



**MEAL TWO**  
Strawberry Quinoa Arugula Salad with Tofu, Hemp Seeds



**MEAL THREE**  
Tempeh Buddha Bowl



**SNACK**  
FASTer Way Vegan Chocolate Avocado Smoothie



**SNACK 2**  
Edamame, Almonds

## TUE- LOW CARB



**MEAL ONE**  
Vegan Grain-Free Coconut Almond Porridge



**MEAL TWO**  
Strawberry Quinoa Arugula Salad with Tofu, Hemp Seeds



**MEAL THREE**  
Men's One Pan Tempeh & Veggies



**SNACK**  
FASTer Way Vegan Blueberry Smoothie with Chia Seeds



**SNACK 2**  
Edamame, Almond Snack

## WED-REG MACRO



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats



**MEAL TWO**  
Men's One Pan Tempeh & Veggies, Strawberries



**MEAL THREE**  
Sweet Potato & Black Bean Salad, Men's Crispy Air Fryer Tofu



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



**SNACK 2**  
Nut Butter Stuffed Dates

## THU-REG MACRO



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats



**MEAL TWO**  
Sweet Potato & Black Bean Salad, Men's Crispy Air Fryer Tofu



**MEAL THREE**  
Sheet Pan Balsamic Tofu & Broccoli, Roasted Potatoes



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



**SNACK 2**  
Edamame, Mixed Berries

## FRI - LOW MACRO



**MEAL ONE**  
Tofu Rancheros



**MEAL TWO**  
Sheet Pan Balsamic Tofu & Broccoli, Roasted Potatoes



**MEAL THREE**  
Vegan TVP Tacos



**SNACK**  
FASTer Way Vegan Strawberry Banana Smoothie



**SNACK 2**  
Edamame

## SAT-REG MACRO



**MEAL ONE**  
Vegan Blueberry Vanilla Protein Baked Oatmeal, FASTer Way Vanilla Protein...



**MEAL TWO**  
Vegan TVP Tacos, Banana



**MEAL THREE**  
Roasted Veggie Pesto Pasta, Men's Herb & Garlic Tempeh



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



**SNACK 2**  
Edamame, Mixed Berries with Almond Butter

## FRI - LOW MACRO



**MEAL ONE**  
Tofu Rancheros



**MEAL TWO**  
Roasted Veggie Pesto Pasta, Men's Herb & Garlic Tempeh



**MEAL THREE**  
White Bean, Spinach & Tomato Salad



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



### MON-LOW CARB

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

**Calories** 2505            Cholesterol 0mg  
**Fat** 153g                Sodium 1644mg  
**Carbs** 136g              Vitamin C 66mg  
**Fiber** 47g                Vitamin D 177IU  
**Sugar** 21g                Magnesium 992mg  
**Protein** 146g             Zinc 15mg

### TUE- LOW CARB

**FAT 51%**    **CARBS 24%**    **PROTEIN 25%**

**Calories** 2414            Cholesterol 0mg  
**Fat** 138g                Sodium 1697mg  
**Carbs** 143g              Vitamin C 193mg  
**Fiber** 43g                Vitamin D 76IU  
**Sugar** 29g                Magnesium 884mg  
**Protein** 150g             Zinc 14mg

### WED-REG MACRO

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

**Calories** 2405            Cholesterol 0mg  
**Fat** 85g                 Sodium 2169mg  
**Carbs** 264g              Vitamin C 288mg  
**Fiber** 54g                Vitamin D 79IU  
**Sugar** 101g              Magnesium 654mg  
**Protein** 146g             Zinc 12mg

### THU-REG MACRO

**FAT 30%**    **CARBS 45%**    **PROTEIN 25%**

**Calories** 2354            Cholesterol 0mg  
**Fat** 78g                 Sodium 2328mg  
**Carbs** 267g              Vitamin C 399mg  
**Fiber** 66g                Vitamin D 79IU  
**Sugar** 73g                Magnesium 664mg  
**Protein** 146g             Zinc 15mg

### FRI - LOW MACRO

**FAT 28%**    **CARBS 46%**    **PROTEIN 26%**

**Calories** 1797            Cholesterol 0mg  
**Fat** 57g                 Sodium 4271mg  
**Carbs** 205g              Vitamin C 489mg  
**Fiber** 52g                Vitamin D 101IU  
**Sugar** 65g                Magnesium 561mg  
**Protein** 116g             Zinc 11mg

### SAT-REG MACRO

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

**Calories** 2381            Cholesterol 0mg  
**Fat** 81g                 Sodium 1939mg  
**Carbs** 275g              Vitamin C 135mg  
**Fiber** 61g                Vitamin D 236IU  
**Sugar** 87g                Magnesium 629mg  
**Protein** 138g             Zinc 9mg

### FRI - LOW MACRO

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

**Calories** 1854            Cholesterol 0mg  
**Fat** 62g                 Sodium 3683mg  
**Carbs** 214g              Vitamin C 225mg  
**Fiber** 56g                Vitamin D 101IU  
**Sugar** 59g                Magnesium 545mg  
**Protein** 110g             Zinc 9mg



## FRUITS

- 2 Apple
- 2/3 Avocado
- 6 Banana
- 1 cup Blackberries
- 2/3 cup Blueberries
- 2 1/16 tbsps Lemon Juice
- 2 1/4 cups Raspberries
- 2 1/2 cups Strawberries

## SEEDS, NUTS & SPICES

- 1/4 cup Almond Butter (no Added Sugar Or Oil)
- 1/3 cup Almonds
- 1/4 tsp Black Pepper
- 1 1/3 tbsps Chia Seeds
- 1/4 tsp Garlic Powder
- 1 3/4 tbsps Ground Cinnamon
- 1/2 tsp Ground Cumin
- 1/4 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 2 1/3 tsps Italian Seasoning
- 1 tsp Oregano
- 1/3 tsp Paprika
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 1 1/8 tbsps Sea Salt
- 3 tbsps Sunflower Seeds
- 1 1/2 tsps Taco Seasoning
- 2 tsps Turmeric

## FROZEN

- 2 cups Frozen Cauliflower
- 1 1/3 cups Frozen Cauliflower Rice
- 6 cups Frozen Edamame (shelled)
- 1 cup Frozen Strawberries

## VEGETABLES

- 5 1/16 cups Arugula
- 6 cups Broccoli
- 2/3 Carrot
- 2/3 cup Cilantro
- 1/4 Eggplant
- 6 Garlic Clove
- 2 Green Bell Pepper
- 2/3 cup Green Cabbage
- 2 Jalapeno Pepper
- 3 1/16 cups Mini Potatoes
- 1/2 cup Parsley
- 2 cups Radishes
- 1/2 Red Bell Pepper
- 4 cups Romaine
- 2 tbsps Shallot
- 3 cups Spinach
- 1 Sweet Potato
- 2 1/2 Tomato
- 1 Yellow Onion
- 1/4 Zucchini

## BOXED & CANNED

- 1/2 cup Brown Rice Penne
- 1 cup Canned Black Beans
- 7 fl ozs Canned Coconut Milk (full Fat)
- 1 cup Canned White Navy Beans
- 2/3 cup Mixed Beans
- 3/4 cup Quinoa
- 1/3 cup Vegetable Broth

## BREAD, FISH, MEAT & CHEESE

- 4 Corn Tortillas
- 2 2/3 lbs Extra Firm Tofu
- 1 2/3 lbs Tempeh
- 2/3 cup Textured Vegetable Protein
- 10 ozs Tofu

## CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 3/4 cup Balsamic Vinegar
- 1/4 tsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 3 2/3 tbsps Maple Syrup
- 1 3/4 tbsps Pesto
- 3 tbsps Tahini
- 3 1/3 tbsps Tamari

## COLD

- 1/4 cup Guacamole
- 8 1/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
- 2 scoops Plant Based Protein Powder (15 Grams Protein)
- 12 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)



## BAKING

- 1/2 cup Almond Flour
- 2 tsps Arrowroot Powder
- 2 tbsps Nutritional Yeast
- 3 Pitted Medjool Date
- 2 1/4 cups Rolled Oats
- 1 tbsp Unsweetened Applesauce
- 1/2 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract



# Vegan Grain-Free Coconut Almond Porridge

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/4 cup Almond Flour  
1/4 cup Unsweetened Shredded Coconut  
1 tbsp Ground Flax Seed  
1/2 tsp Ground Cinnamon  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Pour into a bowl and enjoy!
- 03 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half Monday, half on Tuesday.

## NUTRITION

### AMOUNT PER SERVING

Calories	443	Cholesterol	0mg
Fat	33g	Sodium	292mg
Carbs	17g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	2g	Magnesium	93mg
Protein	25g	Zinc	0mg



# Strawberry Quinoa Arugula Salad with Tofu

1 SERVING 40 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 Prep note: Chop the strawberries.
- 02 Cook the quinoa according to package directions. Let cool.
- 03 Cook or prepare tofu according to package directions (or to liking).
- 04 Drizzle lemon juice over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds, strawberries and tofu. Transfer to a plate and serve immediately. Enjoy!
- 05 Note: For four servings follow these measurements - 1 1/2 cups Quinoa (256 grams, dry), 1 1/2 tsps Lemon Juice, 1/8 tsp Sea Salt, 6 cups Arugula (180 grams), 1 1/4 lbs Tofu, 3 cups Water, 1/4 cup Sunflower Seeds, 1 cup Strawberries (176 grams)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half Monday, half on Tuesday.



# 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



# Tempeh Buddha Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

5 ozs Tempeh  
2 tsps Tamari  
1/16 tsp Paprika  
1 tsp Avocado Oil  
1 1/3 cups Frozen Cauliflower Rice (142 grams)  
1 tbsp Tahini  
1 tsp Maple Syrup  
2 tsps Lemon Juice  
1 tbsp Water  
1/16 tsp Sea Salt  
2 cups Arugula (40 grams)  
1/3 Avocado (50 grams)  
1 tbsp Sunflower Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	42g	Sodium	892mg
Carbs	34g	Vitamin C	17mg
Fiber	10g	Vitamin D	0IU
Sugar	9g	Magnesium	185mg
Protein	39g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Slice the tempeh into strips. Slice the avocado.
- 02 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 03 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 04 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 05 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!
- 06 Note: For four servings follow these measurements - 1 1/4 lbs Tempeh, 2 2/3 tbsps Tamari, 1/4 tsp Paprika, 1 1/3 tbsps Avocado Oil, 5 1/3 cups Frozen Cauliflower Rice (568 grams), 1/4 cup Tahini, 1 1/3 tbsps Maple Syrup, 2 2/3 tbsps Lemon Juice, 1/4 cup Water, 1/4 tsp Sea Salt, 8 cups Arugula (120 grams), 1 1/3 Avocado (200 grams), 1/4 cup Sunflower Seeds



# 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	10IU
Sugar	1g	Magnesium	100mg
Protein	21g	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



# 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 One Pan Tempeh & Veggies

1 SERVING 50 MINUTES



## INGREDIENTS

2 tbsps Balsamic Vinegar  
1 tbsp Dijon Mustard  
1 tbsp Vegetable Broth  
1 Garlic Clove  
1/2 tsp Oregano  
1/3 tsp Sea Salt  
6 ozs Tempeh  
1 cup Broccoli (70 grams)  
1/2 cup Frozen Edamame (shelled) (44 grams)  
1/2 cup Frozen Cauliflower (90 grams)  
1/4 Red Bell Pepper (30 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	526	Cholesterol	0mg
Fat	23g	Sodium	1068m...
Carbs	38g	Vitamin C	153mg
Fiber	10g	Vitamin D	0IU
Sugar	10g	Magnesium	224mg
Protein	48g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into thin slices. Cut the broccoli into florets. Edamame should be shelled and thawed. Chop the red bell pepper.
- 02 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 03 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 04 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 05 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 06 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 1/2 cup Balsamic Vinegar, 1/4 cup Dijon Mustard, 1/4 cup Vegetable Broth, 4 Garlic Clove, 2 tsps Oregano, 1 1/3 tsps Sea Salt, 1 1/2 lbs Tempeh, 4 cups Broccoli (280 grams), 2 cup Frozen Edamame (176 grams), 2 cups Frozen Cauliflower (360 grams), 1 Red Bell Pepper (120 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Wednesday.



# FASTER Way Vegan Blueberry Smoothie with Chia Seeds

1 SERVING 5 MINUTES



## INGREDIENTS

7 fl ozs Canned Coconut Milk (full Fat)  
1/4 cup Blueberries (37 grams)  
1/4 tsp Vanilla Extract  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1 tbsp Chia Seeds

## DIRECTIONS

- 01 Add the blueberries, coconut milk, chia seeds and vanilla to a high-speed blender.
- 02 Blend on high until all the ingredients are completely mixed and the smoothie has turned a light purple.

## NUTRITION

### AMOUNT PER SERVING

Calories	533	Cholesterol	0mg
Fat	42g	Sodium	219mg
Carbs	18g	Vitamin C	4mg
Fiber	5g	Vitamin D	0IU
Sugar	6g	Magnesium	2mg
Protein	20g	Zinc	0mg



# Almond Snack

1 SERVING 1 MINUTE



## INGREDIENTS

2 tbsps Almonds

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	103	Cholesterol	0mg
Fat	9g	Sodium	0mg
Carbs	4g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	48mg
Protein	4g	Zinc	1mg



# Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams, dry)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp 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



# 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



# Sweet Potato & Black Bean Salad

1 SERVING 25 MINUTES



## INGREDIENTS

1/2 Sweet Potato (66 grams)  
3/4 tsp Extra Virgin Olive Oil  
1/4 tsp Ground Cumin  
1/8 tsp Ground Cinnamon  
1/8 tsp Paprika  
1 tbsp Tahini  
3/4 tsp Lemon Juice  
1/2 Garlic Clove  
1 1/2 tps Unsweetened Almond Milk  
1 1/2 cup Canned Black Beans (95 grams)  
1/4 cup Parsley  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	12g	Sodium	106mg
Carbs	39g	Vitamin C	24mg
Fiber	12g	Vitamin D	3IU
Sugar	3g	Magnesium	102mg
Protein	12g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Dice sweet potato into 1/2 inch cubes. Mince the garlic. Drain and rinse the black beans. Chop the parsley.
- 02 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 03 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 04 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 05 In the mixing bowl, combine black beans, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.
- 06 Note: For four servings follow these measurements - 2 Sweet Potato (266 grams), 1 tbsp Extra Virgin Olive Oil, 1 tsp Ground Cumin, 1/2 tsp Ground Cinnamon, 1/2 tsp Paprika, 1/4 cup Tahini, 1 tbsp Lemon Juice, 2 Garlic Cloves, 2 tps Unsweetened Almond Milk, 2 cup Canned Black Beans (380 grams), 1 cup Parsley, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 07

TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Men's Crispy Air Fryer Tofu

1 SERVING 20 MINUTES



## INGREDIENTS

6 ozs Extra Firm Tofu  
1 tsp Avocado Oil  
1 tsp Tamari  
1 tsp Arrowroot Powder  
1/8 tsp Garlic Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	0mg
Fat	13g	Sodium	342mg
Carbs	5g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	62mg
Protein	18g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Press and cubed the tofu.
- 02 Preheat the air fryer to 400°F (205°C).
- 03 In a medium-sized bowl, add the tofu, avocado oil, tamari, arrowroot powder, and garlic powder and gently toss to combine.
- 04 Spread the tofu in an even layer in the air fryer and bake for 12 to 14 minutes, flipping halfway through. Serve and enjoy!
- 05 Note: For four servings follow these measurements - 1 1/2 lb Extra Firm Tofu, 1 1/3 tbsp Avocado Oil, 1 1/3 tbsp Tamari, 1 1/3 tbsp Arrowroot Powder, 1/2 tsp Garlic Powder
- 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



# 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



# 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 Thursday, half Friday.



# Roasted Potatoes

1 SERVING 30 MINUTES



## INGREDIENTS

1 1/2 cups Mini Potatoes (220 grams)  
1 tsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	213	Cholesterol	0mg
Fat	5g	Sodium	14mg
Carbs	39g	Vitamin C	44mg
Fiber	5g	Vitamin D	0IU
Sugar	2g	Magnesium	52mg
Protein	5g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Cut potatoes in half.
- 02 Preheat the oven to 400°F (204°C) and line your baking sheet(s) with parchment paper.
- 03 Place the potatoes on a baking sheet. Toss with oil and salt until evenly coated. Place the potatoes in the oven for 15 minutes. Stir and continue baking for 10 minutes.
- 04 Once the potatoes are fork tender, remove from the oven. Add as a side dish and enjoy!
- 05 Note: For four servings follow these measurements - 6 cups Mini Potatoes (882 grams), 1 1/3 tbsps Extra Virgin Olive Oil
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



# 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



# 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 Sunday.



# Vegan TVP Tacos

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Textured Vegetable Protein  
1/2 tsp Extra Virgin Olive Oil  
3/4 tsp Taco Seasoning  
2 tbsps Guacamole  
2 Corn Tortillas  
1/3 cup Green Cabbage (25 grams)  
1 tbsp Cilantro  
1 tsp Lemon Juice (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	296	Cholesterol	0mg
Fat	8g	Sodium	245mg
Carbs	42g	Vitamin C	16mg
Fiber	9g	Vitamin D	0IU
Sugar	5g	Magnesium	78mg
Protein	15g	Zinc	1mg

## DIRECTIONS

- 01** Prep Note: Rehydrate the textured vegetable protein by placing it in a bowl and covering it with boiling water. Cover the bowl and let it sit for 10 minutes. Finely slice green cabbage.
- 02** In a pan over medium heat add the oil. Add the textured vegetable protein and taco seasoning and cook for 12 to 15 minutes.
- 03** Spread the guacamole over the tortillas. Top with texture vegetable protein, cabbage, and cilantro. Squeeze some lemon juice over the top if desired. Enjoy!
- 04** 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 Blueberry Vanilla Protein Baked Oatmeal

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 tsp Coconut Oil  
1/3 cup Rolled Oats (27 grams)  
1/3 cup Unsweetened Almond Milk  
1 tbsp Unsweetened Applesauce  
1 tsp Maple Syrup  
1/4 tsp Ground Cinnamon  
1 tsp Chia Seeds  
1/4 tsp Vanilla Extract  
1/3 cup Blueberries (63 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease the ramekin with the oil.
- 02 Add all remaining ingredients to a mixing bowl and stir until thoroughly combined.
- 03 Pour mixture into ramekins and bake for 30 minutes or until a toothpick comes out clean. Enjoy!
- 04 Note: To make a full batch (4 servings) follow these measurements - 1 tsp Coconut Oil, 1 1/3 cups Rolled Oats, 1 1/3 cups Unsweetened Almond Milk, 1/4 cup Unsweetened Applesauce, 1 1/3 tbsps Maple Syrup, 1 tsp Ground Cinnamon, 1 1/3 tbsps Chia Seeds, 1 tsp Vanilla Extract, 1 1/3 cups Blueberries (208 grams), 4 scoops Vanilla Plant Based Protein Powder(15 grams protein)

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	7g	Sodium	223mg
Carbs	36g	Vitamin C	5mg
Fiber	6g	Vitamin D	34IU
Sugar	11g	Magnesium	48mg
Protein	20g	Zinc	1mg



# FASTer Way Vanilla Plant Based Protein Smoothie

1 SERVING 5 MINUTES



### INGREDIENTS

- 1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
- 1 cup Unsweetened Almond Milk

### DIRECTIONS

- 01 Enjoy this drink hot, cold, blended, or shaken!

### NUTRITION

#### AMOUNT PER SERVING

Calories	119	Cholesterol	0mg
Fat	5g	Sodium	326mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	101IU
Sugar	0g	Magnesium	17mg
Protein	16g	Zinc	0mg



# 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



# Roasted Veggie Pesto Pasta

1 SERVING 30 MINUTES



## INGREDIENTS

- 1/2 cup Frozen Cauliflower
- 1/8 Eggplant (69 grams)
- 1/3 Carrot (20 grams)
- 1/8 Zucchini (24 grams)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 cup Brown Rice Penne (dry)
- 1/3 cup Mixed Beans
- 2 2/3 tsps Pesto (dairy free)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Cholesterol	0mg
Fat	14g	Sodium	266mg
Carbs	47g	Vitamin C	36mg
Fiber	11g	Vitamin D	0IU
Sugar	6g	Magnesium	56mg
Protein	11g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Chop the cauliflower into florets. Chop the eggplant, carrot and zucchini. Rinse the mixed beans.
- 02 Preheat the oven to 375°F (190°C).
- 03 Add the cauliflower, eggplant, carrot, and zucchini to a large baking sheet and toss with oil until evenly coated. Spread everything out evenly and roast for 20 minutes. Remove from oven to stir, then cook for another 10 minutes, or until tender and the edges are browned.
- 04 Meanwhile, cook the pasta according to package directions. Drain and set aside.
- 05 In a large serving bowl, combine the pasta, roasted vegetables, mixed beans, and pesto. Season with salt and pepper before serving. Enjoy!
- 06 Note: For four servings follow these measurements - 2 cups Cauliflower (132 grams), 1/2 Eggplant (275 grams), 1 1/3 Carrot (81 grams), 1/2 Zucchini (98 grams), 2 tbsps Extra Virgin Olive Oil, 1 cup Brown Rice Penne (dry), 1 1/3 cup Mixed Beans, 2/3 cup Pesto (dairy free), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# 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 Saturday, half on Sunday.



# 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



# 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



# White Bean, Spinach & Tomato Salad

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 1/2 tps Extra Virgin Olive Oil
- 2 tbsps Shallot
- 1 Garlic Clove
- 1 cup Canned White Navy Beans
- 2 cups Spinach (62 grams)
- 1/2 Tomato (62 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	8g	Sodium	221mg
Carbs	56g	Vitamin C	30mg
Fiber	22g	Vitamin D	0IU
Sugar	3g	Magnesium	154mg
Protein	18g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Dice the shallot. Mince the garlic. Drain and rinse the beans. Chop the spinach. Dice the tomato.
- 02 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 03 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!
- 04 Note: For four servings follow these measurements - 2 tbsps Extra Virgin Olive Oil, 1/2 cup Shallot, 4 Garlic Cloves, 4 cups Canned White Navy Beans, 8 cups Spinach (248 grams), 2 Tomato (246 grams), 1/8 tsp Sea Salt (to taste), 1/16 tsp Black Pepper (to taste)

