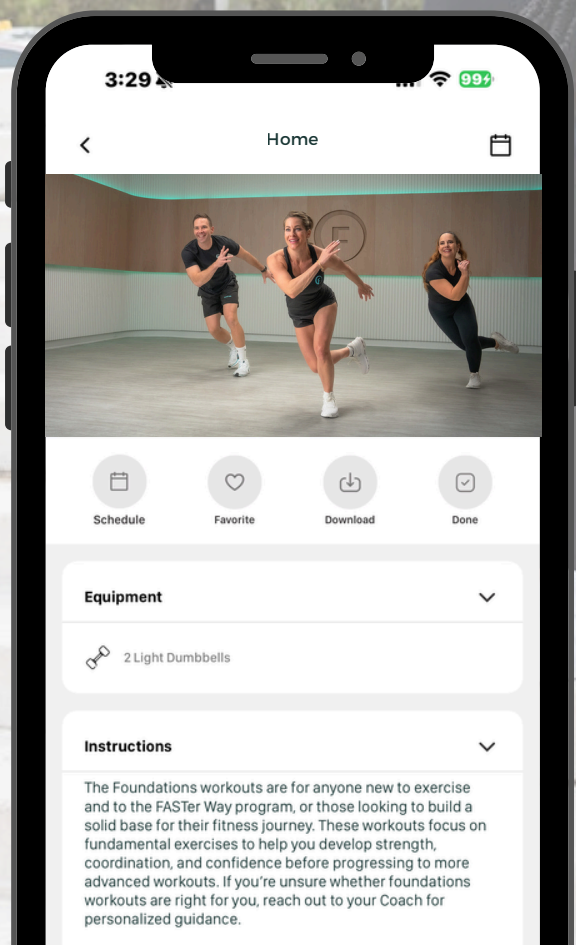


FASTER WAY

T O F A T L O S S [®]

NEW CLIENT PROGRAM GUIDE





FASTER WAY

T O F A T L O S S[®]

Hello friend!

Welcome to the FASTER Way to Fat Loss!

You're officially part of the FASTER Way family — and that's worth celebrating. 🎉 You've just made an incredible choice for yourself. It's a commitment to your future health, strength, and confidence. Over the next 6 weeks, you'll follow a proven system, connect with a supportive community, and take the exact steps that lead to real, lasting results.

Inside this Program Guide, you'll find everything you need to succeed — including the FASTER Way fundamentals, five science-backed nutrition and fitness strategies that make the FASTER Way so effective. You'll also find tips to help you thrive and meal plans to kick off your journey.

During the 6-week program, you will also receive:

- Access to the FASTER Way app to keep you accountable and motivated
- Daily workouts led by our incredible team of Pro Trainers
- Weekly meal guides with healthy (and delicious!) recipes from our Registered Dietitians
- Support, tools, and encouragement every step of the way so you can reset your habits and feel your best

Through the FASTER Way, you'll experience more energy, better strength, and noticeable changes in how you look and feel. And you won't do it alone. You'll have a community cheering you on and helping you stay consistent. That's the FASTER Way difference.

We can't wait to see your hard work pay off, watch your progress week by week, and celebrate every win along the way!

Amanda Tress
Founder and CEO

YOUR FASTER WAY PREP CHECKLIST



To set yourself up for success, complete these steps **before midnight on Wednesday** of Prep Week. Each one will help you start strong and stay consistent once we begin.

1. DOWNLOAD THE FASTER WAY APP

This is your hub for workouts, meal guides, and habit tracking.

2. TAKE YOUR BEFORE PHOTOS + MEASUREMENTS (AND THROW AWAY THE SCALE)

This is your official starting line. Capture full-length, well-lit photos and/or videos from the front, side, and back. Then, log measurements for your waist, hips, bust, arms, butt, thigh, and calf. You'll be glad you did—nothing shows progress more clearly than comparing your before/after photos. (The number on the scale only tells part of the story.)

3. PREVIEW THE NEW CLIENT PROGRAM GUIDE

No need to memorize—just glance through it to get familiar. We'll revisit this guide together during the New Client Program. This guide and all other FASTER program resources can be found on the clipboard icon in the app.

4. CHECK OUT THE WEEKLY MEAL PLAN + GROCERY SHOP

Having healthy food on hand makes sticking to the plan much easier. Take a few minutes to stock your kitchen, so you're ready to hit the ground running. You can find the meal plan in the New Client Guide.

5. (OPTIONAL BUT POWERFUL): BRING A FRIEND

Invite a friend or family member to join you. Accountability and encouragement multiply your results.

**Once Week 1 begins, don't worry about mastering everything.
Just focus on the "3 Ws"—3 simple things each day.
And the best part? You'll rack up stars
in the app just for completing these items.**



WORKOUT

Do the workout on the today tab (home icon) in your app.
Be sure to click "done" to earn your star.



WATER

Drink half your body weight in ounces
of water and track via the Water Tracker.



WHOLE FOODS

Follow the FASTer Way New Client Program and focus on
eating whole foods. Log at least 3 items to earn a star.

That's it. Small wins stack up fast and you'll be amazed
at how much better you feel when you keep it simple.

You've got this—and we'll be with you every step of the way.



Program Communication and Delivery

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



EDUCATION

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

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



CONNECTION

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

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

CLINICALLY
PROVEN



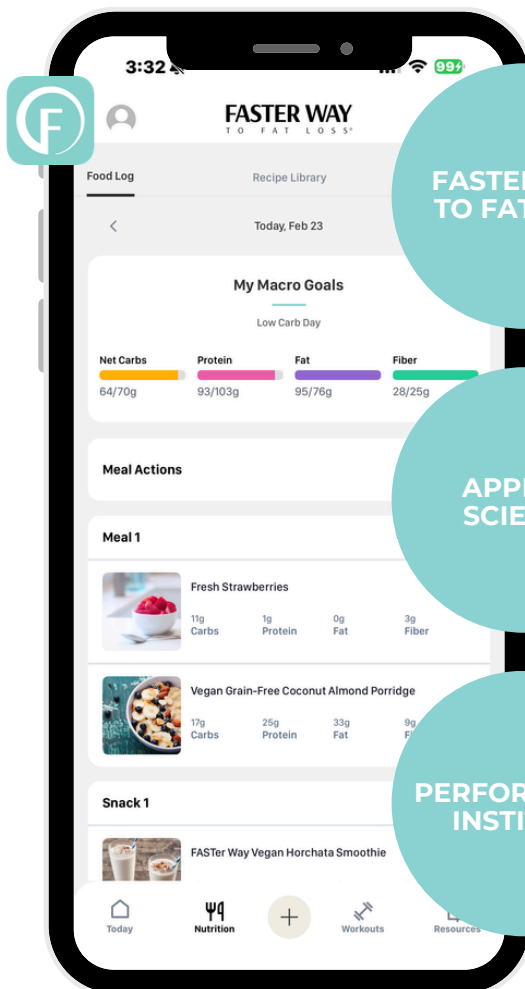
Unlock Real Results With Clinical Proof!

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

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials. This means that our program is clinically proven to help you burn fat and build muscle.

Our commitment to your success goes beyond words — it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations.

So, get ready to experience the difference that clinical proof can make on your fitness journey!



FASTER WAY
TO FAT LOSS

APPLIED
SCIENCE

PERFORMANCE
INSTITUTE



SCIENTIFICALLY
PROVEN THIS
APP WORKS!

ASPI
LABS

EARN STARS IN THE APP!

Every day in our program, you have the fantastic opportunity to earn stars in the app and keep your motivation sky-high. Here's how you can collect them:

- **Workout Wonder:** Complete a workout and earn a shining star.
- **Fasting Tracker:** Use the fasting timer daily to snag a star.
- **Hydration Hero:** Log at least 55 oz of water and add another star to your collection.
- **Nutrition Navigator:** Log 3 or more meals in your food log to earn a star. (Our AI Nutrition feature makes it super easy.)
- **Walking Warrior:** Log a 20-minute or longer walk and a star is yours.

Start accumulating these stars as a fun way to stay consistent, accountable, and motivated throughout your FASTER Way journey. Watch your progress grow with each star you earn!

Track Your Meals With Ease Using AI Nutrition



AI MEAL TRACKING

Hitting your macro goals is a key part of your success in the FASTER Way. That's why we offer AI Nutrition, an advanced app feature that makes food tracking simple, fast, and stress-free. In addition to logging meals manually, you can:

- Snap a photo of your meal, and AI will identify the foods and estimate your macros.
- Speak into your phone to instantly log your foods and serving sizes.

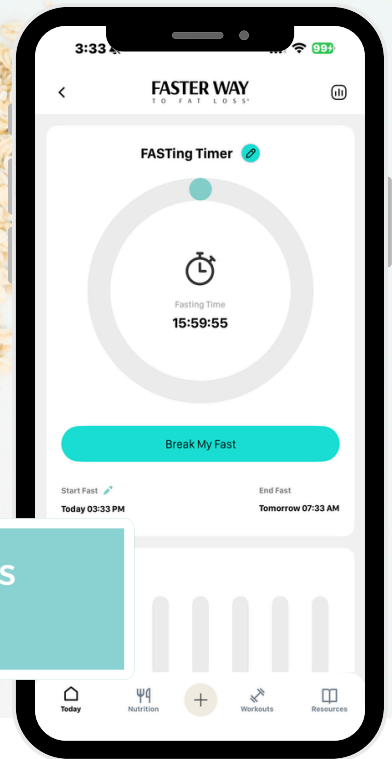
To get started, tap “Add Food” in the app, select Photo Logging or Voice Logging, review the results, and confirm. (Pro tip: For the most accurate tracking of meals with multiple ingredients — like smoothies — take a photo of each item before blending.)

It's a quick and effortless way to stay on track with your nutrition, so you can focus on feeling amazing, hitting your goals, and thriving every day.

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

FASTER Way to Fat Loss Fundamental #1: Intermittent Fasting

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



What Is Intermittent Fasting?

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

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



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

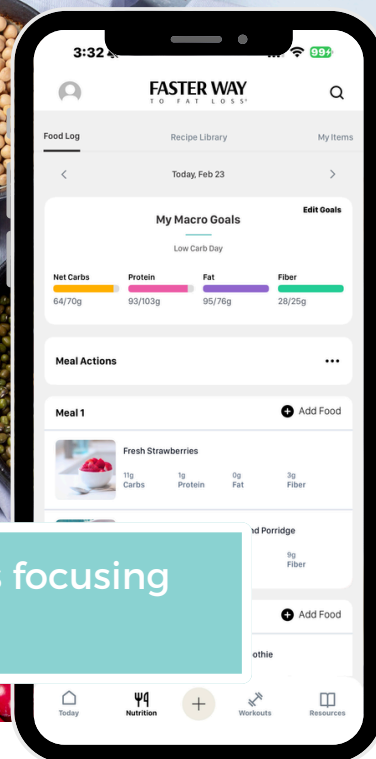
How to Get Started

Choose one day this week to try intermittent fasting. Intermittent fasting is NOT rigid — it adapts to YOUR body, YOUR schedule, and YOUR preference. You have options! For instance, you can skip breakfast and don't eat anything until around lunchtime, OR eat an earlier dinner and stop eating by 6 p.m. Choose the option that works best with your schedule and workout timing. When you break your fast, be sure to eat a balanced meal full of whole foods. And remember — as you're getting started with fasting, each day is an opportunity to try again. You'll keep progressing until you've reached your recommended fasting window!

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

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

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



What Are Whole Foods?

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

Why Whole Foods Matter

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

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

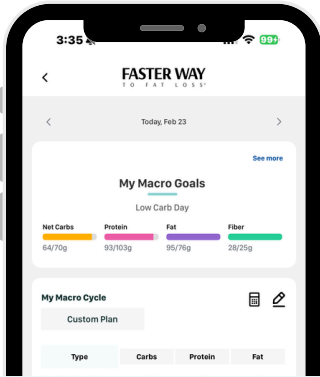


In the FASTer Way to Fat Loss app, you will utilize the meal guide on a daily basis!

FASTER Way to Fat Loss Fundamental #3: Macronutrients



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



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



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

So, What Are Macros?

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

How Do Macros Work?

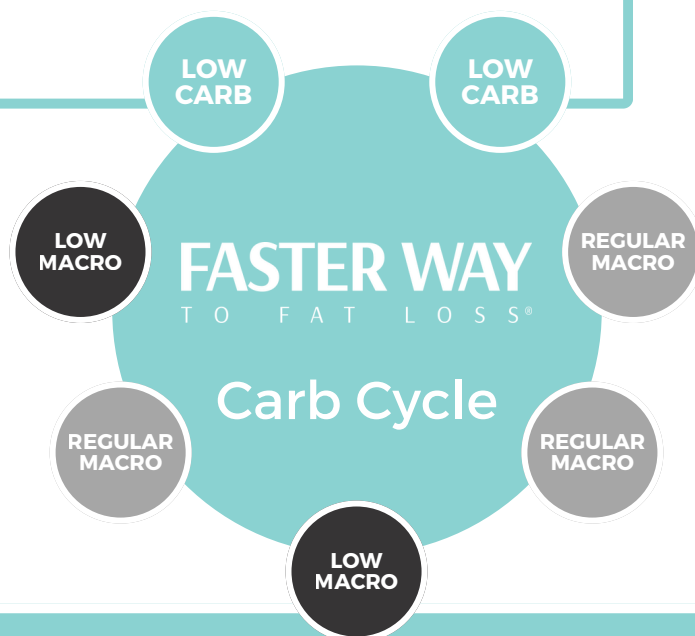
The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

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

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

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

FASTER Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTER Way to Fat Loss, we leverage a strategy called carb cycling.

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

Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is stored as glycogen in your muscles — your body's quick energy source. When glycogen runs out, your body has to find fuel elsewhere, and that's when it taps into stored fat.

With the FASTER Way, we don't just stay low carb all the time. Instead, we strategically alternate between days with higher carbs and days with lower carbs and/or lower macros to create the ideal balance of fat burning and muscle building. This variety helps you:

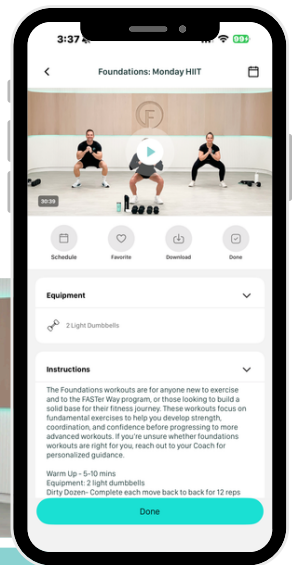
- Train your body to efficiently use fat for fuel
- Refill glycogen to power workouts and protect lean muscle
- Support hormone health and keep your metabolism strong

The result? Real body composition changes — losing fat, gaining strength — and setting yourself up for energy, health, and longevity.



In the FASTER Way to Fat Loss app, your specific macro targets will be calculated for you!

FASTer Way to Fat Loss Fundamental #5: Strategic Workouts



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

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

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

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

Foundations Workouts

If you're a beginner, returning from injury, or even easing back into exercise postpartum or otherwise, don't miss our Foundations workouts. These workouts will equip you with the skills and confidence needed for long-term fitness success. They're designed with comprehensive cues, modifications, and a manageable pace perfect for beginners or for a reminder on form. Find them in your daily workout carousel.

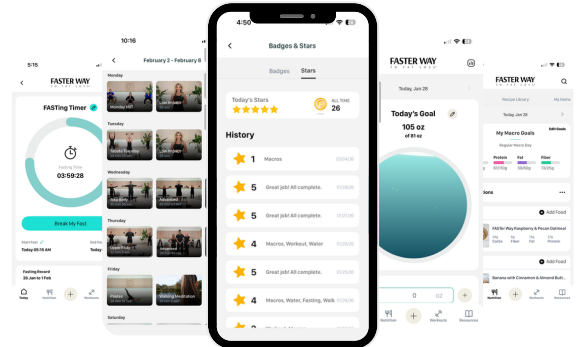


In the FASTer Way to Fat Loss app, you can easily and conveniently access the daily workouts!

TIPS TO THRIVE THROUGH YOUR PROGRAM

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

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



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



Take your measurements and before photos (bust, biceps, butt, waist, hips, thighs, calves) so you can chart your results later.



Weigh yourself today, then ditch the scale! Bury the scale in your closet, and don't step on it again until after 6 weeks. You are not permitted to step on the scale during the 6-week program. Non compliance could cause removal from the program. The scale shows weight loss, not FAT loss. We focus on the latter. The scale also can't measure overall health and fitness, and it definitely can't measure the gains in energy and confidence we KNOW you will enjoy!



Check in daily with your FASTER Way Certified Coach. Tell them how your workouts are going. Interact with our community forum on Facebook. There's additional accountability there, constant reminders that you are NOT alone, and whatever your goal is — you've got this! We require that you check in. We are passionate about your success and it's important to us that we hear from you on a consistent basis.



Trust the process. At the FASTER Way, we value progress over perfection. We have helped over 565,000 clients burn fat, gain confidence, and feel more energized. If you follow the meal plan, do the workouts, fast intermittently — in short, if you follow the FASTER Way — you WILL enjoy these same benefits and live your best, healthiest life!

NEW CLIENT FAQs

Q What equipment do I need for the workouts?

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

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

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

Q When/how do I get my macros?

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

Q What foods aren't allowed?

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

Q What can I have during a fast?

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

NEW CLIENT FAQs

Q Is the meal guide specific to my macro goals?

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

Q When do I eat my first meal?

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

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

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

Q What counts towards my water goal?

A When we talk about water intake, we mean water as your primary source of hydration. Plain water is the foundation, but water with our recommended supplements like BCAAs, collagen, or creatine absolutely counts toward your daily goal and provides additional benefits. And of course, our Hydration electrolytes take regular H₂O and transform it into a total body wellness drink! Use the Water Tracker in the app to meet your daily water goal with ease and make proper hydration a habit.

Q Can I have alcohol?

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

Q How do I know whether the Foundations workout is right for me?

A The Foundations track is ideal if you're new to exercise or returning after time away. We introduce essential movements in a safe, supportive format, and then build on that base with progressive challenges to prepare you for the regular FASTER Way workouts. If the Standard Workouts feel too advanced right now, Foundations Workouts are your strategic first step. Not sure where to begin? Your FASTER Way Coach will help you identify the right starting point and guide you through each phase of your progression.

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK ONE

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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 Coconut Chia Pudding with Berries

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

MEAL THREE
One Pan Tempeh & Eggplant Stir Fry

SNACK
Edamame Snack

TUE - LOW CARB



MEAL ONE
Vegan Coconut Chia Pudding with Berries

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

MEAL THREE
One Pan Tempeh & Eggplant Stir Fry

SNACK
Edamame Snack

WED - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

MEAL TWO
Grilled Taco Seasoned Tempeh & Veggie Skewers, Cilantro Lime Rice

MEAL THREE
Tofu & Lentil Stir Fry with Veggies

SNACK
Edamame Snack, Blackberries

THU - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

MEAL TWO
Grilled Taco Seasoned Tempeh & Veggie Skewers, Cilantro Lime Rice

MEAL THREE
Tofu & Lentil Stir Fry with Veggies

FRI - LOW MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

MEAL TWO
Grilled Taco Seasoned Tempeh & Veggie Skewers, Blackberries

MEAL THREE
Roasted Veggie Pasta

SAT - REG MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes

MEAL TWO
High Protein Tofu Veggie Wrap, Strawberries

MEAL THREE
Tempeh, Quinoa & Broccoli, Edamame Snack

SNACK
FASTER Way Vegan Almond Butter Smoothie

SUN - LOW MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes

MEAL TWO
High Protein Tofu Veggie Wrap

MEAL THREE
Southwest Sheet Pan Dinner



MON - LOW CARB

FAT 48% **CARBS 28%** **PROTEIN 24%**

Calories 1619 Cholesterol 0mg
Fat 87g Sodium 1988mg
Carbs 114g Vitamin C 105mg
Fiber 40g Vitamin D 0IU
Sugar 34g Magnesium 373mg
Protein 95g Zinc 7mg

TUE - LOW CARB

FAT 48% **CARBS 28%** **PROTEIN 24%**

Calories 1619 Cholesterol 0mg
Fat 87g Sodium 1988mg
Carbs 114g Vitamin C 105mg
Fiber 40g Vitamin D 0IU
Sugar 34g Magnesium 373mg
Protein 95g Zinc 7mg

WED - REG MACRO

FAT 32% **CARBS 43%** **PROTEIN 25%**

Calories 1601 Cholesterol 0mg
Fat 57g Sodium 2805mg
Carbs 173g Vitamin C 210mg
Fiber 47g Vitamin D 76IU
Sugar 28g Magnesium 441mg
Protein 99g Zinc 9mg

THU - REG MACRO

FAT 32% **CARBS 43%** **PROTEIN 25%**

Calories 1601 Cholesterol 0mg
Fat 57g Sodium 2805mg
Carbs 173g Vitamin C 210mg
Fiber 47g Vitamin D 76IU
Sugar 28g Magnesium 441mg
Protein 99g Zinc 9mg

FRI - LOW MACRO

FAT 32% **CARBS 43%** **PROTEIN 25%**

Calories 1202 Cholesterol 0mg
Fat 42g Sodium 1829mg
Carbs 131g Vitamin C 218mg
Fiber 37g Vitamin D 76IU
Sugar 34g Magnesium 277mg
Protein 75g Zinc 5mg

SAT - REG MACRO

FAT 30% **CARBS 44%** **PROTEIN 26%**

Calories 1644 Cholesterol 0mg
Fat 51g Sodium 1562mg
Carbs 166g Vitamin C 223mg
Fiber 31g Vitamin D 104IU
Sugar 53g Magnesium 469mg
Protein 100g Zinc 8mg

SUN - LOW MACRO

FAT 35% **CARBS 43%** **PROTEIN 22%**

Calories 1248 Cholesterol 0mg
Fat 48g Sodium 1073mg
Carbs 135g Vitamin C 153mg
Fiber 30g Vitamin D 3IU
Sugar 40g Magnesium 303mg
Protein 69g Zinc 6mg



FRUITS

- 1 1/2 Banana
- 3 1/16 cups Blackberries
- 1 cup Blueberries
- 3/4 tsp Lemon Juice
- 2 1/2 tbsps Lime Juice
- 2 cups Raspberries
- 1 1/2 cups Strawberries

SEEDS, NUTS & SPICES

- 1 tbsp Almond Butter (no Added Sugar Or Oil)
- 1/3 tsp Black Pepper
- 1/4 cup Chia Seeds
- 2 tsps Chili Powder
- 1/8 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- 2 3/4 tsps Ground Cinnamon
- 1/2 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 tbsp Sesame Seeds
- 1 tbsp Taco Seasoning

FROZEN

- 2 Brown Rice Tortilla
- 1/3 cup Frozen Corn
- 2 cups Frozen Edamame (shelled)
- 1 cup Frozen Peas
- 2 cups Frozen Vegetable Mix

VEGETABLES

- 1 cup Broccoli
- 1 Carrot
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1/2 Cucumber
- 1 1/4 Eggplant
- 1 1/2 tsps Fresh Ginger
- 2 tsps Fresh Thyme
- 4 3/4 Garlic Clove
- 3 stalks Green Onion
- 4 cups Kale
- 1 cup Purple Cabbage
- 1 cup Radishes
- 1 1/2 Red Bell Pepper
- 1 cup Red Onion
- 2 cups Spinach
- 1/3 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1 3/4 Zucchini

BOXED & CANNED

- 1/2 cup Canned Black Beans
- 2/3 cup Canned Coconut Milk
- 2 1/2 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 2 1/2 cups Lentils
- 1/4 cup Quinoa
- 1/4 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 13 ozs Extra Firm Tofu
- 13 ozs Firm Tofu
- 2 lbs Tempeh

CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Maple Syrup
- 3/4 tsp Red Wine Vinegar
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tbsps Tahini
- 1/2 cup Tamari

COLD

- 3 1/3 cups Unsweetened Almond Milk

OTHER

- 6 Barbecue Skewers
- 8 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)

BAKING

- 1 1/4 cups Rolled Oats
- 1 tsp Vanilla Extract



Vegan Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Kale Blueberry Salad with Lemon Tahini Dressing

1 SERVING 15 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Herb & Garlic Tempeh

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into thin pieces.
- 02 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 03 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 04 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed before serving. Enjoy!
- 05 Note: For four servings follow these measurements - 1/3 cup Vegetable Broth, 1/3 cup Balsamic Vinegar, 1 1/3 tbsps Italian Seasoning, 2/3 tsp Sea Salt, 2 2/3 Garlic Clove, 12 ozs Tempeh
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



One Pan Tempeh & Eggplant Stir Fry

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	497	Cholesterol	0mg
Fat	34g	Sodium	1171mg
Carbs	28g	Vitamin C	8mg
Fiber	9g	Vitamin D	0IU
Sugar	10g	Magnesium	146mg
Protein	29g	Zinc	2mg

DIRECTIONS

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



Edamame Snack

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (shelled) (80 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	94	Cholesterol	0mg
Fat	4g	Sodium	5mg
Carbs	7g	Vitamin C	5mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	50mg
Protein	9g	Zinc	1mg



Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

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

DIRECTIONS

- 01 Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Top with raspberries & enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Tuesday, 1/3 on Wednesday, 1/3 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



Grilled Taco Seasoned Tempeh & Veggie Skewers

1 SERVING 35 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Cilantro Lime Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (dry)
1 tbsp Cilantro
1 tbsp Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	39g	Vitamin C	5mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	1mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Chop the cilantro.
- 02 Cook the rice according to the package directions. Note: 1/4 cup dry rice is equal to about 3/4 cup cooked rice.
- 03 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- 04 Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), 1/4 cup Cilantro, 4 tbsp Lime Juice
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	0mg
Fat	16g	Sodium	1227mg
Carbs	58g	Vitamin C	10mg
Fiber	22g	Vitamin D	0IU
Sugar	10g	Magnesium	159mg
Protein	33g	Zinc	4mg

DIRECTIONS

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



Blackberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blackberries

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	14g	Vitamin C	30mg
Fiber	8g	Vitamin D	0IU
Sugar	7g	Magnesium	29mg
Protein	2g	Zinc	1mg



Roasted Veggie Pasta

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Vegan Blueberry Banana Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
2 tbsps Ground Flax Seed
2 tbsps Water
1/2 Banana (50 grams peeled)
1 1/2 tbsps Unsweetened Almond Milk
2 tbsps Rolled Oats
1 tsp Ground Cinnamon
1/4 cup Blueberries (39 grams)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	331	Cholesterol	0mg
Fat	8g	Sodium	175mg
Carbs	47g	Vitamin C	9mg
Fiber	8g	Vitamin D	3IU
Sugar	23g	Magnesium	39mg
Protein	20g	Zinc	1mg

DIRECTIONS

- 01 In a mixing bowl or blender, mix ground flaxseed & 2 tbsp. water. Let sit for 2 minutes. Add protein powder, mashed banana, almond milk, cinnamon and dry oats.
- 02 Stir blueberries into mixture.
- 03 Over medium low heat, spray non stick avocado oil into a medium frying pan. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.
- 05 Note: For four servings follow these measurements - 4 scoops Plant Based Protein Powder, 1/2 cup Ground Flax Seed, 1/2 cup Water, 2 Banana (50 grams without peel), 2 tbsps Unsweetened Almond Milk, 1/2 cup Rolled Oats, 1 1/3 tbsps Cinnamon, 1 cup Blueberries (156 grams), 1/4 cup Maple Syrup
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



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)

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!

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



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



Tempeh, Quinoa & Broccoli

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into pieces. Cut the broccoli into florets.
- 02 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 03 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 04 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 05 Meanwhile, cook the quinoa according to the package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 06 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Plate as desired and enjoy!
- 07 Note: For four servings follow these measurements - 1/3 cup Vegetable Broth, 1/3 cup Balsamic Vinegar, 1 1/3 tpsps Italian Seasoning, 2/3 tsp Sea Salt, 2 2/3 Garlic Clove, 12 ozs Tempeh, 1 cup Quinoa (43 grams, dry), 4 cups Broccoli (70 grams)



FASTER Way Vegan Almond Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
- 1/2 Banana (50 grams peeled, frozen)

DIRECTIONS

- 01 Add all ingredients to blender until mixed. Add ice to reach desired consistency and enjoy!

NUTRITION

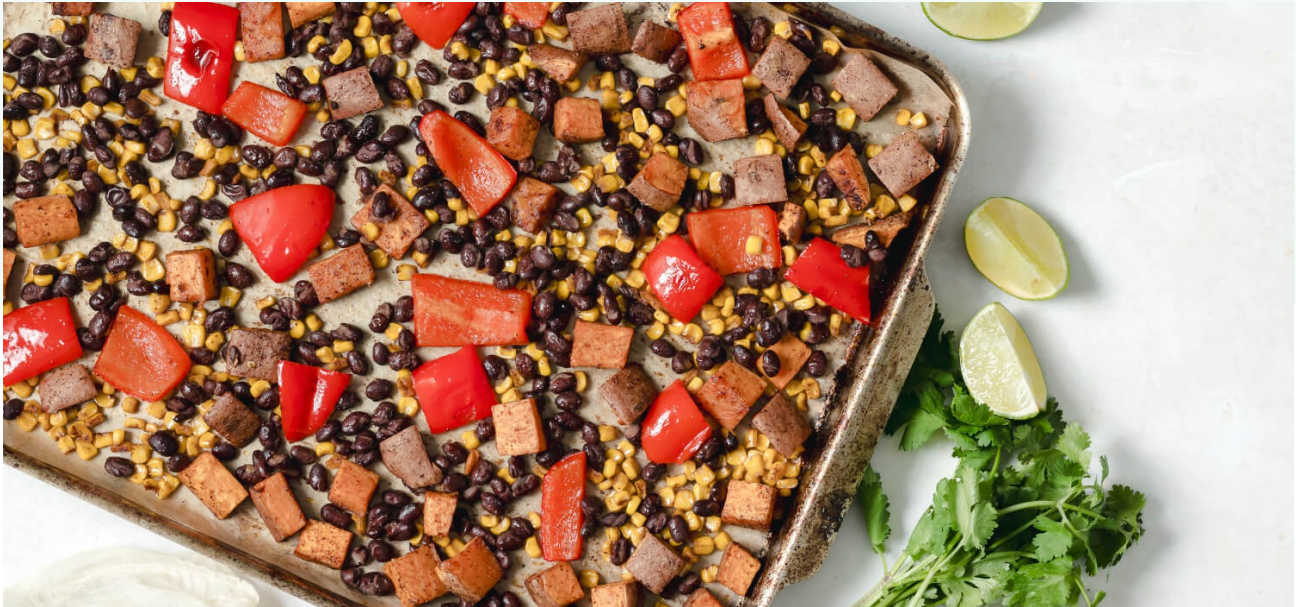
AMOUNT PER SERVING

Calories	270	Cholesterol	0mg
Fat	14g	Sodium	328mg
Carbs	19g	Vitamin C	5mg
Fiber	4g	Vitamin D	10IU
Sugar	8g	Magnesium	77mg
Protein	20g	Zinc	1mg



Southwest Sheet Pan Dinner

1 SERVING 45 MINUTES



INGREDIENTS

1/3 Sweet Potato (44 grams)
1 1/3 tbsps Extra Virgin Olive Oil (divided)
2 tps Chili Powder (divided)
1/8 tsp Chipotle Powder (divided)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
2/3 Red Bell Pepper (80 grams)
1/3 cup Frozen Corn
1/2 cup Canned Black Beans
1 1/2 tps Lime Juice
2 2/3 tps Cilantro
5 ozs Firm Tofu

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	0mg
Fat	27g	Sodium	338mg
Carbs	50g	Vitamin C	107mg
Fiber	15g	Vitamin D	0IU
Sugar	9g	Magnesium	155mg
Protein	25g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Cube the sweet potato. Chop the bell pepper. Drain and rinse the beans. Chop the cilantro. Cube the tofu.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 In a bowl, add the sweet potato, half of the oil, half of the chili powder, half of the chipotle powder, salt, and pepper. Toss to combine.
- 04 Add the sweet potato to the baking sheet and spread out into an even layer. Place in the oven and cook for 10 minutes.
- 05 In the same bowl, add the bell peppers, corn, remaining oil, remaining chili powder, remaining chipotle powder, salt and pepper. Toss to combine.
- 06 Remove the sweet potato from the oven and toss them around before adding the bell peppers and corn. Spread out into an even layer. Place back in the oven and cook for another 10 to 15 minutes.
- 07 Lastly, remove the baking sheet from the oven and add the black beans. Place back in the oven for another five to ten minutes or until the vegetables are fork tender and slightly browned.
- 08 Add to a bowl and top with lime juice and cilantro. Enjoy!
- 09 Note: For four servings follow these measurements - 1 1/3 Sweet Potato (177 grams), 1/3 cup Extra Virgin Olive Oil (divided), 2 2/3 tps Chili Powder (divided), 1/2 tsp Chipotle Powder (divided), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 2/3 Red Bell Pepper (320 grams), 1 1/3 cups Frozen Corn, 2 cups Canned Black Beans, 2 tps Lime Juice, 2/3 cup Cilantro, 1 1/4 lbs Firm Tofu



FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK TWO

MON - LOW CARB



MEAL ONE
Vegan Raspberry Pecan Warm Chia Pudding



MEAL TWO
Tofu & Broccoli Salad with Peanut Sauce



MEAL THREE
Artichoke & Chickpea Salad with Tofu



SNACK
FASTer Way Vegan Chocolate Avocado Smoothie

TUE - LOW CARB



MEAL ONE
Vegan Raspberry Pecan Warm Chia Pudding



MEAL TWO
Tofu & Broccoli Salad with Peanut Sauce



MEAL THREE
Artichoke & Chickpea Salad with Tofu



SNACK
FASTer Way Vegan Chocolate Avocado Smoothie

WED - REG MACRO



MEAL ONE
Vegan Cookie Dough Overnight Oats



MEAL TWO
Rainbow Tempeh Bowls, Blueberries



MEAL THREE
Tempeh Taco Bowl



SNACK
Edamame

THU - REG MACRO



MEAL ONE
Vegan Cookie Dough Overnight Oats



MEAL TWO
Rainbow Tempeh Bowls, Blueberries



MEAL THREE
Tempeh Taco Bowl



SNACK
Edamame

FRI - LOW MACRO



MEAL ONE
Vegan Cookie Dough Overnight Oats



MEAL TWO
Rainbow Tempeh Bowls, Raspberries



MEAL THREE
Tofu & Cauliflower Crumble with Spinach

SAT - REG MACRO



MEAL ONE
Vegan Apple Pie Protein Pancakes



MEAL TWO
Tofu & Cauliflower Crumble with Spinach, Edamame



MEAL THREE
One Pan Spaghetti Squash Ratatouille



SNACK
FASTer Way Vegan Masala Chai Smoothie, Banana

SUN - LOW MACRO



MEAL ONE
Tofu Breakfast Bowl, Mixed Berries with Almond Butter



MEAL TWO
One Pan Spaghetti Squash Ratatouille



MEAL THREE
Swiss Chard, Lentil & Rice Bowl



SNACK
Edamame



MON - LOW CARB

FAT 54% CARBS 21% PROTEIN 25%

Calories 1596
Fat 96g
Carbs 85g
Fiber 42g
Sugar 17g
Protein 98g

Cholesterol 0mg
Sodium 1495mg
Vitamin C 148mg
Vitamin D 177IU
Magnesium 409mg
Zinc 8mg

TUE - LOW CARB

FAT 54% CARBS 21% PROTEIN 25%

Calories 1596
Fat 96g
Carbs 85g
Fiber 42g
Sugar 17g
Protein 98g

Cholesterol 0mg
Sodium 1495mg
Vitamin C 148mg
Vitamin D 177IU
Magnesium 409mg
Zinc 8mg

WED - REG MACRO

FAT 31% CARBS 45% PROTEIN 24%

Calories 1616
Fat 56g
Carbs 182g
Fiber 33g
Sugar 39g
Protein 96g

Cholesterol 0mg
Sodium 1180mg
Vitamin C 181mg
Vitamin D 76IU
Magnesium 564mg
Zinc 10mg

THU - REG MACRO

FAT 31% CARBS 45% PROTEIN 24%

Calories 1616
Fat 56g
Carbs 182g
Fiber 33g
Sugar 39g
Protein 96g

Cholesterol 0mg
Sodium 1180mg
Vitamin C 181mg
Vitamin D 76IU
Magnesium 564mg
Zinc 10mg

FRI - LOW MACRO

FAT 34% CARBS 41% PROTEIN 25%

Calories 1226
Fat 46g
Carbs 127g
Fiber 25g
Sugar 30g
Protein 76g

Cholesterol 0mg
Sodium 1343mg
Vitamin C 163mg
Vitamin D 76IU
Magnesium 401mg
Zinc 8mg

SAT - REG MACRO

FAT 27% CARBS 46% PROTEIN 27%

Calories 1646
Fat 50g
Carbs 190g
Fiber 45g
Sugar 73g
Protein 109g

Cholesterol 0mg
Sodium 1587mg
Vitamin C 173mg
Vitamin D 15IU
Magnesium 484mg
Zinc 8mg

SUN - LOW MACRO

FAT 33% CARBS 43% PROTEIN 24%

Calories 1271
Fat 47g
Carbs 136g
Fiber 53g
Sugar 34g
Protein 76g

Cholesterol 0mg
Sodium 1311mg
Vitamin C 277mg
Vitamin D 0IU
Magnesium 537mg
Zinc 10mg



FRUITS

- 1/2 Avocado
- 2 1/2 Banana
- 1/2 cup Blackberries
- 2 cups Blueberries
- 2 1/2 tbsps Lime Juice
- 2 1/4 cups Raspberries

SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Fennel Seed
- 1/2 tsp Garlic Powder
- 2 tpsps Ground Cinnamon
- 1 1/4 tpsps Ground Cumin
- 1 tsp Herbes De Provence
- 1/2 tsp Masala Chai Spice
- 1/3 tsp Nutmeg
- 1/2 tsp Oregano
- 1/4 tsp Paprika
- 2 1/3 tpsps Peanut Butter (no Added Sugar Or Oil)
- 2 tpsps Peanuts
- 2 tpsps Pecans
- 1 tsp Sea Salt
- 1 tsp Sesame Seeds
- 1 tsp Smoked Paprika
- 1/2 tsp Turmeric

FROZEN

- 1 cup Frozen Cauliflower Rice
- 6 cups Frozen Edamame (shelled)

VEGETABLES

- 5 1/2 cups Broccoli
- 3 Carrot
- 1/3 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Eggplant
- 1 tsp Fresh Thyme
- 2 1/4 Garlic Clove
- 1/2 Green Bell Pepper
- 1 1/2 Jalapeno Pepper
- 1/2 Orange Bell Pepper
- 2 2/3 tpsps Parsley
- 2 2/3 tpsps Radishes
- 1 Red Bell Pepper
- 2 2/3 tpsps Red Onion
- 1 1/2 cups Romaine
- 1/2 Spaghetti Squash
- 4 cups Spinach
- 2 cups Swiss Chard
- 2 Tomato
- 3/4 Yellow Onion

BOXED & CANNED

- 1 cup Brown Rice
- 1 cup Canned Chickpeas
- 1 1/2 cups Canned Diced Tomatoes
- 1/2 cup Lentils
- 1/2 cup Quinoa

BAKING

- 1 1/2 tpsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 3/4 tsp Nutritional Yeast
- 1/3 cup Oat Flour
- 1 1/2 cups Rolled Oats
- 3 tpsps Unsweetened Applesauce
- 1 tbsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Firm Tofu
- 1 lb Firm Tofu
- 1 1/16 lbs Tempeh
- 12 ozs Tofu

CONDIMENTS & OILS

- 3/4 tsp Apple Cider Vinegar
- 1 1/8 tpsps Avocado Oil
- 1/3 cup Canned Artichoke Hearts
- 3/4 tsp Coconut Oil
- 2 3/4 tpsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1 tbsp Rice Vinegar
- 1 1/3 tpsps Sesame Oil
- 3 1/4 tpsps Tamari
- 1 1/3 tpsps White Wine Vinegar

COLD

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

OTHER

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



Vegan Raspberry Pecan Warm Chia Pudding

1 SERVING 10 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Tofu & Broccoli Salad with Peanut Sauce

1 SERVING 50 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Artichoke & Chickpea Salad with Tofu

1 SERVING 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

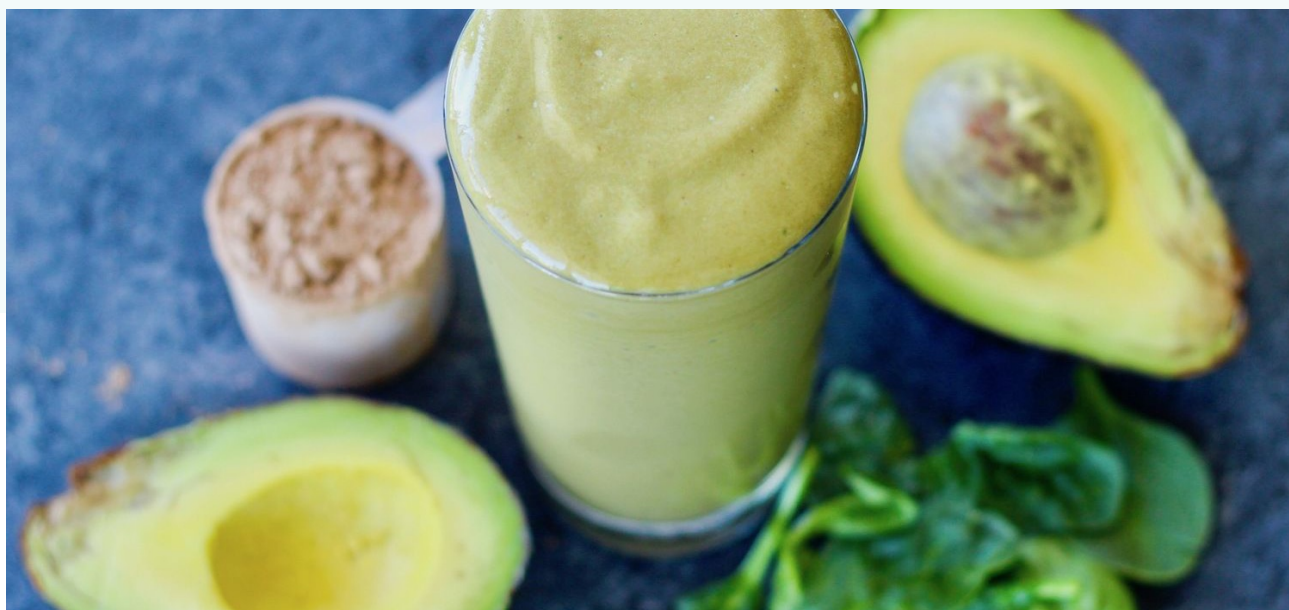
DIRECTIONS

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



FASTER Way Vegan Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Vegan Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

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

DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

NUTRITION

AMOUNT PER SERVING

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



Rainbow Tempeh Bowls

1 SERVING 40 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Blueberries (190 grams)

DIRECTIONS

01 Wash the berries and enjoy!

NUTRITION

AMOUNT PER SERVING

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



Tempeh Taco Bowl

1 SERVING 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	21g	Sodium	376mg
Carbs	39g	Vitamin C	20mg
Fiber	5g	Vitamin D	0IU
Sugar	1g	Magnesium	182mg
Protein	28g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Remove the seeds from jalapeno pepper and finely chop. Crumble the tempeh. Dice tomato and chop the romaine leaves.
- 02 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 03 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 04 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 05 To serve, plate the lettuce, quinoa, and tempeh and drizzle with the remaining lime juice. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 cups Water 2 tbsps Avocado Oil, 14 1/8 ozs Tempeh (crumbled), 2 tbsps Chili Powder, 2 tbsps Cumin, 1 tsp Oregano, 1/2 tsp Sea Salt, 2 Jalapeno Peppers, 2 Tomatoes (246 grams), 2 tbsps Lime Juice (divided), 2 cups Romaine
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday. half on Thursday.



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



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



Tofu & Cauliflower Crumble with Spinach

1 SERVING 20 MINUTES



INGREDIENTS

- 8 ozs Firm Tofu
- 1/4 tsp Fennel Seed
- 1/2 tsp Fresh Thyme
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 cup Spinach
- 1/2 cup Frozen Cauliflower Rice
- 1 1/2 tsps Tamari
- 1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	296	Cholesterol	0mg
Fat	19g	Sodium	548mg
Carbs	12g	Vitamin C	9mg
Fiber	5g	Vitamin D	0IU
Sugar	7g	Magnesium	113mg
Protein	26g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Press the tofu. Thaw the cauliflower rice.
- 02 In a food processor, add the tofu, fennel seeds, thyme, paprika, and garlic powder. Pulse for 10 to 15 seconds to create a chunky crumble.
- 03 Heat a large pan over medium-high heat. Add the oil, then the crumbled tofu. Cook undisturbed until brown on the underside for three minutes, then stir and cook for two more minutes.
- 04 Add the spinach and cauliflower rice and cook for one to two minutes, until the spinach is wilted. Turn off the heat, add the tamari and maple syrup, and mix well. Add to bowl or plate and enjoy!
- 05 Note: For four servings follow these measurements - 2 lbs Firm Tofu, 1 tsp Fennel Seed, 2 tsps Fresh Thyme, 2 tsps Smoked Paprika, 1 tsp Garlic Powder, 2 tsps Extra Virgin Olive Oil, 4 cups Spinach, 2 cups Frozen Cauliflower Rice, 2 tsps Tamari, 1 1/3 tsps Maple Syrup
- 06 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



One Pan Spaghetti Squash Ratatouille

1 SERVING 1 HOUR



INGREDIENTS

1/4 Spaghetti Squash (155 grams)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
1/4 Eggplant (140 grams)
1/4 Orange Bell Pepper (30 grams)
1/4 Yellow Onion (37 grams)
1/2 tsp Herbes De Provence
3/4 cup Canned Diced Tomatoes
1 Garlic Clove
1 cup Frozen Edamame (shelled) (170 grams)

NUTRITION

AMOUNT PER SERVING

Calories	332	Cholesterol	0mg
Fat	9g	Sodium	196mg
Carbs	46g	Vitamin C	129mg
Fiber	17g	Vitamin D	0IU
Sugar	15g	Magnesium	160mg
Protein	23g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Cut the spaghetti squash in half and remove seeds. Cut each half in half again. The remaining halves can either be cooked and saved for later or placed in freezer safe bag and frozen for later use. Coarsely chop the eggplant, orange bell pepper and onion. Mince the garlic.
- 02 Preheat the oven to 400°F (205°C). Line rimmed baking sheets with parchment paper.
- 03 Season the flesh of the squash with salt and pepper and arrange cut side down on the prepared baking sheet. Cook in the oven for 20 minutes.
- 04 Arrange the eggplant, bell peppers, edamame and onions around the partially cooked squash. Season with herbes de provence. Continue cooking for 20 minutes.
- 05 Add the tomatoes and garlic. Continue cooking for 10 minutes.
- 06 Using a fork, scrape the squash into a serving platter. Spoon the roasted veggies on top and enjoy!
- 07 Note: For four servings follow these measurements - 1 Spaghetti Squash (620 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 Eggplant (560 grams), 1 Orange Bell Pepper (120 grams), 1 Yellow Onion (148 grams), 2 tsps Herbes De Provence, 3 cups Canned Diced Tomatoes, 4 Garlic Clove, 4 cups Frozen Edamame (shelled, 680 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



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



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



Tofu Breakfast Bowl

1 SERVING 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



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



Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



FASTER WAY

T O F A T L O S S[®]

We trust you enjoyed this New Client Program Guide

We know this guide contains a lot of information. If you feel overwhelmed or anxious, don't worry! That's perfectly normal when starting something new. If you have any questions or concerns, feel free to reach out to your coach. We will be here for you every step of the way, and we will guide you through the program and set you up to succeed for the next six weeks and beyond!

It is truly our honor and privilege to work with you. Thank you for investing in yourself, for taking the initiative in your health and fitness journey, and for being a part of our FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

But most of all, we can't wait to watch you THRIVE!

LET'S DO THIS!!

Amanda Tress
Founder and CEO

