

FASTER WAY

T O F A T L O S S [®]



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 |
|--|---|--|
| 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 Grain-Free Coconut Almond Porridge



MEAL TWO
Strawberry Quinoa Arugula Salad with Tofu



MEAL THREE
Tempeh Buddha Bowl

TUE- LOW CARB



MEAL ONE
Vegan Grain-Free Coconut Almond Porridge



MEAL TWO
Strawberry Quinoa Arugula Salad with Tofu



MEAL THREE
One Pan Tempeh & Veggies



SNACK
FASTer Way Vegan Blueberry Smoothie

WED-REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
One Pan Tempeh & Veggies, Apple



MEAL THREE
Sweet Potato & Black Bean Salad, Steamed Broccolini



SNACK
Edamame, Blueberries & Almonds

THU-REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
Sweet Potato & Black Bean Salad, Steamed Broccolini



MEAL THREE
Sheet Pan Balsamic Tofu & Broccoli, Roasted Potatoes



SNACK
Edamame, Blueberries

FRI - LOW MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
Sheet Pan Balsamic Tofu & Broccoli, Roasted Potatoes



MEAL THREE
Vegan TVP Tacos

SAT-REG MACRO



MEAL ONE
Vegan Blueberry Vanilla Protein Baked Oatmeal, Sliced Almonds



MEAL TWO
Vegan TVP Tacos, Edamame Snack



MEAL THREE
Roasted Veggie Pesto Pasta, Herb & Garlic Tempeh



SNACK
FASTer Way Vegan Banana & Cherry Protein Smoothie

FRI - LOW MACRO



MEAL ONE
Tofu Rancheros



MEAL TWO
Roasted Veggie Pesto Pasta, Herb & Garlic Tempeh



MEAL THREE
White Bean, Spinach & Tomato Salad



MON-LOW CARB

FAT 52% CARBS 25% PROTEIN 23%

Calories1579
Fat 91g
Carbs 100g
Fiber 27g
Sugar 15g
Protein 90g

Cholesterol 0mg
Sodium 1279mg
Vitamin C 44mg
Vitamin D 76IU
Magnesium 486mg
Zinc 8mg

TUE- LOW CARB

FAT 50% CARBS 26% PROTEIN 24%

Calories1703
Fat 95g
Carbs 109g
Fiber 26g
Sugar 21g
Protein 103g

Cholesterol 0mg
Sodium 1655mg
Vitamin C 182mg
Vitamin D 76IU
Magnesium 468mg
Zinc 7mg

WED-REG MACRO

FAT 31% CARBS 44% PROTEIN 25%

Calories1574
Fat 54g
Carbs 172g
Fiber 53g
Sugar 54g
Protein 100g

Cholesterol 0mg
Sodium 1666mg
Vitamin C 303mg
Vitamin D 79IU
Magnesium 556mg
Zinc 10mg

THU-REG MACRO

FAT 30% CARBS 46% PROTEIN 24%

Calories1614
Fat 54g
Carbs 185g
Fiber 53g
Sugar 47g
Protein 97g

Cholesterol 0mg
Sodium 1820mg
Vitamin C 368mg
Vitamin D 79IU
Magnesium 530mg
Zinc 11mg

FRI - LOW MACRO

FAT 30% CARBS 47% PROTEIN 23%

Calories1245
Fat 41g
Carbs 146g
Fiber 32g
Sugar 30g
Protein 73g

Cholesterol 0mg
Sodium 1752mg
Vitamin C 256mg
Vitamin D 76IU
Magnesium 338mg
Zinc 7mg

SAT-REG MACRO

FAT 31% CARBS 45% PROTEIN 24%

Calories1582
Fat 54g
Carbs 180g
Fiber 36g
Sugar 46g
Protein 94g

Cholesterol 0mg
Sodium 1371mg
Vitamin C 74mg
Vitamin D 34IU
Magnesium 344mg
Zinc 5mg

FRI - LOW MACRO

FAT 30% CARBS 45% PROTEIN 25%

Calories1242
Fat 42g
Carbs 140g
Fiber 45g
Sugar 22g
Protein 76g

Cholesterol 0mg
Sodium 3415mg
Vitamin C 206mg
Vitamin D 0IU
Magnesium 397mg
Zinc 7mg



FRUITS

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

SEEDS, NUTS & SPICES

- 2 tbsps Almonds
- 1/3 tsp Black Pepper
- 1 tsp Chia Seeds
- 2 1/4 tps Ground Cinnamon
- 1/2 tsp Ground Cumin
- 1/3 cup Ground Flax Seed
- 1 2/3 tps Italian Seasoning
- 1 tsp Oregano
- 1/3 tsp Paprika
- 2 1/2 tps Sea Salt
- 2 tbsps Sliced Almonds
- 3 tbsps Sunflower Seeds
- 1 1/2 tps Taco Seasoning
- 1 tsp Turmeric

FROZEN

- 2 cups Frozen Cauliflower
- 1 1/3 cups Frozen Cauliflower Rice
- 1/4 cup Frozen Cherries
- 3 1/16 cups Frozen Edamame (shelled)

VEGETABLES

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

BOXED & CANNED

- 1/2 cup Brown Rice Penne
- 1 cup Canned Black Beans
- 2/3 cup Canned Coconut Milk
- 1 cup Canned White Navy Beans
- 2/3 cup Mixed Beans
- 2/3 cup Quinoa
- 1/3 cup Vegetable Broth

BAKING

- 1/2 cup Almond Flour
- 1 tbsp Nutritional Yeast
- 1 1/3 cups Rolled Oats
- 1 tbsp Unsweetened Applesauce
- 1/2 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

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

COLD

- 1/4 cup Guacamole
- 4 1/8 cups Unsweetened Almond Milk

OTHER

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



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
1 tbsp Sunflower Seeds
3/4 cup Water
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 tps 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.



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



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
4 1/2 ozs Tempeh
1 cup Broccoli (70 grams)
1/4 cup Frozen Edamame (shelled) (22 grams)
1/2 cup Frozen Cauliflower (90 grams)
1/4 Red Bell Pepper (30 grams)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 397 | Cholesterol | 0mg |
| Fat | 16g | Sodium | 1062m... |
| Carbs | 31g | Vitamin C | 151mg |
| Fiber | 8g | Vitamin D | 0IU |
| Sugar | 9g | Magnesium | 165mg |
| Protein | 35g | Zinc | 3mg |

DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into thin slices. Cut the broccoli into florets. Thaw the edamame. 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 1/8 lbs Tempeh, 4 cups Broccoli (280 grams), 1 cup Frozen Edamame (88 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

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



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 Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, and 1/3 on Friday.

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 |



Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple (105 grams)

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

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



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
1/2 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.



Steamed Broccolini

1 SERVING 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Blueberries & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Almonds (16 grams)
1 cup Blueberries (190 grams)

DIRECTIONS

01 Serve the almonds with the blueberries and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 188 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 2mg |
| Carbs | 25g | Vitamin C | 14mg |
| Fiber | 6g | Vitamin D | 0IU |
| Sugar | 16g | Magnesium | 57mg |
| Protein | 5g | 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 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 |



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.



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 |



Sliced Almonds

1 SERVING 1 MINUTE



INGREDIENTS

2 tbsps Sliced Almonds (8.7 grams)

DIRECTIONS

01 Add on top of your dish and enjoy!

NUTRITION

AMOUNT PER SERVING

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



Edamame 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 |



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.



Herb & Garlic Tempeh

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



FASTER Way Vegan Banana & Cherry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
1/2 Banana (50 grams peeled, frozen)
1/4 cup Frozen Cherries (35 grams)
1 cup Water

DIRECTIONS

01 Add all ingredients to a blender; blend until smooth and enjoy.

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 213 | Cholesterol | 0mg |
| Fat | 3g | Sodium | 171mg |
| Carbs | 33g | Vitamin C | 11mg |
| Fiber | 4g | Vitamin D | 0IU |
| Sugar | 18g | Magnesium | 40mg |
| Protein | 17g | Zinc | 0mg |



Tofu Rancheros

1 SERVING 30 MINUTES



INGREDIENTS

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

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!

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 |



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)

