

5-DAY

SMOOTHIE DETOX



FASTER WAY
TO FAT LOSS®

FASTER WAY

T O F A T L O S S ®

Welcome to the FASTER Way!

Ready, set...detox!

You've taken an amazing first step by signing up for the FASTER Way 5-Day Smoothie Detox. Over 5 transformative days, you'll be giving your body a revitalizing vacation from processed foods, toxins, and inflammation triggers.

Our team of registered dietitians and nutrition experts meticulously engineered this program to help you lean out, conquer cravings, and become the most energized, vibrant version of yourself just in time for Memorial Day weekend!

This science-backed guide will provide you with everything you need to thrive and maximize your results. Get ready to flood your body with vitamins, minerals, and nutrients for total-body cleansing and a fat loss jumpstart.

Let's begin!

Amanda Tress

Founder and CEO
FASTER Way to Fat Loss®





What is a **Detox**, Anyway?

A detox is a focused period of time where you minimize your intake of processed foods, chemicals, and toxins while nourishing your body with nutrient-dense whole foods. Through this process, you'll be supporting pathways like your liver, kidneys, digestive system, lymphatic system, and even skin in releasing stored fat and expelling toxins!

Why You **Need a Detox** Now More Than Ever.

The 5-Day Smoothie Detox is the total-body reset you need to get lean fast!

Our toxic modern world overwhelms our bodies with inflammation triggers and compounds that get stored in fat cells. This buildup can wreak havoc on metabolism, hormones, and energy levels - leading to stubborn weight gain and that perpetual "blah" feeling.

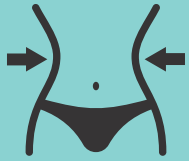
By flooding your cells with fiber, antioxidants, and cleansing nutrients, you'll help mobilize stored toxins and burn stubborn fat. Optimizing fat-burning hormones like adiponectin while preserving metabolism-boosting lean muscle mass is the one-two punch for rapid fat loss.

With strategic intermittent fasting, smart exercise, and our potent superfood ingredients, you'll give your digestion, immunity, and cellular energy production pathways a powerful boost. You'll not only shed excess weight but reclaim your energy and confidence just in time for summer!

This focused cleanse allows your detox organs to hit the reset button so you can emerge leaner, lighter, and full of vitality. It's the kickstart your body needs to finally work for you, not against you.



5-Day Smoothie Detox



BENEFITS OF DETOXING

Let's explore the benefits of detoxing!

We know you want a trim tummy so you can step out in your bathing suit with confidence (and we're here for it), but let's explore the multi-faceted advantages of detoxing.

- Revved metabolism and accelerated fat loss
- Flatter tummy and decreased bloating
- Glowing, radiant skin and diminished blemishes
- Boosted energy levels to conquer your day
- Improved digestion and regularity
- Reduced cravings and balanced blood sugar
- Increased mental focus and clarity





5-Day Smoothie Detox

Follow These 5 Steps For 5 Days To Achieve Optimal Cleansing and Lean Results!

1. Follow the Meal Guide

Our dietitian-designed meal guide supports detoxification while keeping you satisfied. The superfood smoothie recipes and complementary meals will flood your body with antioxidants and fiber to promote healthy digestion. Easily plug them into the app to stay on track!

2. Try Intermittent Fasting

Intermittent fasting amplifies the cleansing process by giving your digestive system periodic rests. This allows your body to expend energy on detoxification rather than digestion for accelerated fat burning and cellular renewal. Use the Fasting Timer in the app!

3. Add the Workouts for Accelerated Results

Our targeted workout plan combines fat-burning intervals with strength training to sculpt lean muscle while boosting metabolism. Follow along in the app for maximum detox benefits!

4. Join the Trainings

Empower yourself with the "why" behind our approach through our trainings (May 20 and 21 at 12pm ET) and check-ins. Learn detox strategies, tips for success, and the science of how this program recalibrates your body.

5. Engage with the Community

You're not alone! Join our private community group to share insights, get support and accountability from others following the program. A little motivation goes a long way!





5-Day Smoothie Detox

The FASTER Way 5-Day Smoothie Detox Protocol

You can trust that our expertly crafted 5-Day Smoothie Detox gives your body everything it needs to feel and look its absolute best. Unlike deprivation detoxes, our program emphasizes wholesome protein, strategic exercise, and scientifically-backed whole food nutrition to promote optimal fat-burning and toxin release. This balanced approach allows you to reset while nourishing your cells - no starvation required! It's the ultimate way to revitalize and reset your metabolism from the inside out, ensuring you step into Memorial Day weekend feeling and looking your very best.

Here's the foundation of our system:

Day 1: Drink 2 nutrient-packed smoothies today, plus 1 nutrient-dense meal

Days 2-5: Drink 2 nutrient-packed smoothies plus 2 nutrient-packed meals

- Each smoothie contains a balance of healthy fats, fiber, detoxifying ingredients, and protein if you choose to add

Follow our Intermittent Fasting protocol

- Your meals each day will contain a lean protein source, healthy fats, and fibrous vegetables.
- Stay hydrated by drinking plenty of water and decaffeinated herbal teas as desired.
- FASTER Way Protein can be added to smoothies for even more benefits.





INTERMITTENT FASTING

What is Intermittent Fasting?

Intermittent fasting is a powerful tool because it aids in burning fat and balancing hormones, such as insulin, which directly influences your ability to burn fat and lose weight.

Intermittent Fasting, or IF, isn't a new concept (it's actually been around for thousands of years). Intermittent Fasting is one of the cornerstones of our program because it's 1) simple to do 2) completely free 3) is one of the most effective ways to lose fat and improve overall health.

The key is to implement the right IF protocol for you under the guidance of a professional to ensure you're fasting safely and effectively - hooray, that's what you're doing by participating in this program!

Overall IF Health Benefits

Expect benefits like increased cellular repair, improved brain health, lowered inflammation and oxidative stress, decreased risk of diseases like cancer and Alzheimer's, and reduced insulin resistance.

How does Intermittent Fasting help me drop belly fat?

Intermittent Fasting allows your body to engage in a period of digestive rest (aka a break from eating and digesting food). During this crucial period, your body is working hard to heal, repair, and restore balance, which results in natural fat loss and improved overall health.

So, Intermittent Fasting is a way for me to eat less every day?

Intermittent Fasting is not a calorie cutting tool. We customize nutrition to ensure you're eating enough each day. The body NEEDS fuel, and under eating is an easy way to undermine your internal systems and metabolic processes.

Under-eating can damage your metabolism and prevent you from seeing the results you want. Our meal guides provide nourishing foods to fuel you at full throttle by providing you with the proper foods - within the right feeding window!



5-Day Smoothie Detox

Intermittent Fasting Guidelines

Aim for a 16-hour fast every day. Most of that time is spent sleeping! Example: You can break your fast at 11am and eat your last meal at 7pm. Then, eat at 11am again the next day!

It's okay if you don't start with a 16-hour fast immediately. Gradually extend the time before your first meal each morning by thirty minutes to an hour.

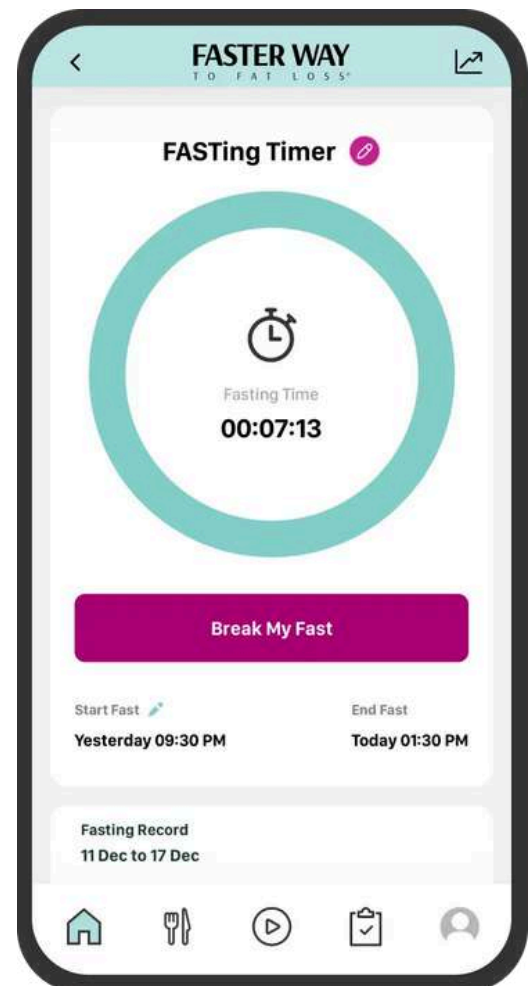
PRO TIP - Use the Fasting Timer in our clinically proven app to monitor your fast!

What can I have during my fast?

Black coffee, tea, and water are all fair game during your fasting window. A splash of non-dairy creamer is fine - keep your TOTAL calories under 50!



APP FASTing Timer





5-Day Smoothie Detox

Top Tips to Thrive

1. Prep smoothies in advance (freezer safe glass or plastic containers for the win!).
2. Stick to our programmed workouts for best results.
3. Drink detox-friendly beverages like lemon water or green tea as desired.
4. Get plenty of rest to maximize your body's cleansing ability.
5. Listen to your body's cues and adjust the meal guide as needed.

Smoothie Ingredient Superstars

This 5-day program features a powerful array of delicious foods and nutrients that directly support and enhance your body's detox and fat loss capabilities! Here are some of the cleansing superstar ingredients:

Betaine-Rich:

Spinach, and quinoa stimulate liver detoxification pathways with their concentration of betaine.

Liver Assist:

Mixed greens and kale aid the liver in breaking down excess hormones and toxins.

Natural Detoxifiers:

Broccoli and avocado are rich in antioxidants that bind to toxins for removal.

Digestive Enzymes:

Ginger, lemon, pineapple, mango and avocado contain enzymes that enhance nutrient absorption and waste elimination.

Hydrating Foods:

Coconut water, cucumber, and leafy greens provide fluids and electrolyte minerals to flush out toxins.

Hormone Balancers:

Cruciferous veggies like broccoli help metabolize excess estrogen.

CLINICALLY PROVEN FAT LOSS

When you join a New Client round of the FASTER Way, you'll get:

- A personalized intermittent fasting and nutrition plan to maximize fat-burning.
- Weekly workouts that boost metabolism and maintain muscle mass.
- Guilt-free, tasty meal guide recipes and guides to stay on track.
- Expert coaching and access to our private community for motivation and accountability.
- The FASTER Way app with additional resources, tools and tracking.

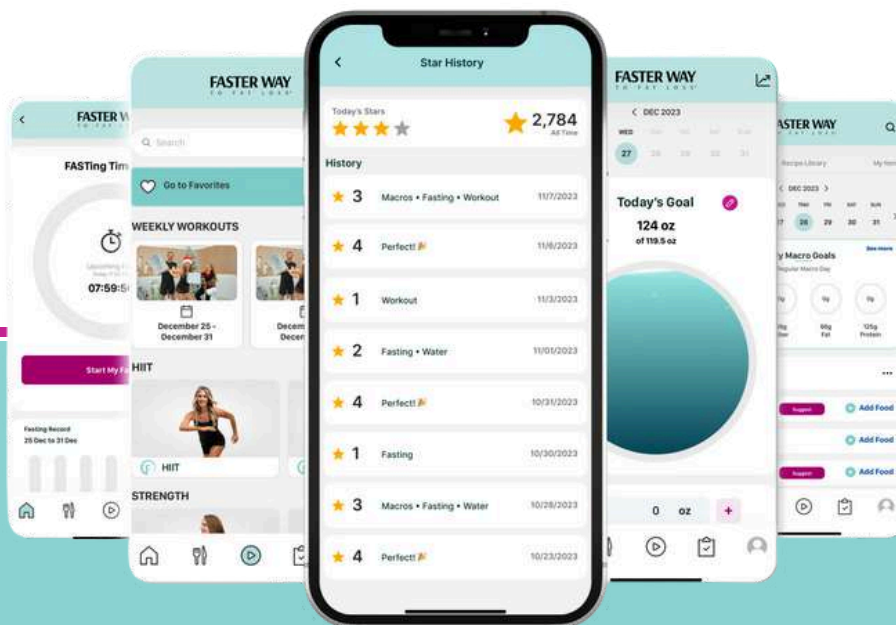
Our program is backed by science and combines intermittent fasting, strategic exercise, and healthy eating for safe, sustainable fast loss.

Hundreds of thousands have lost 10 pounds or more in just 6 weeks.

If you're ready to take your health and fat loss to the next level, the next FASTER Way round is for you!

We can't wait to build a fit, lean body the FASTER Way with you!

 JOIN NOW



FASTER WAY

T O F A T L O S S [®]



MEAL GUIDE

5-Day Smoothie Detox



FRUIT

- 3 Avocados
- 1 ½ Bananas
- 8 ¼ Lemons
- ¼ cup Pineapple
- ¼ cup Seedless Grapes

SEEDS, NUTS & SPICES

- 1/3 cup Almonds Butter (no added sugar or oil)
- ½ tsp Black Pepper
- ½ tsp Cayenne Pepper
- ¾ tsp Curry Powder
- 1/3 cup Ground Flaxseed
- 1/3 cup Macadamia Nuts
- 1 tsp Onion Powder
- 2 tbsp Pecans
- ½ tsp Poppy Seeds
- ½ tsp Sea Salt

FROZEN

- 2 cups Frozen Blueberries
- ½ cup Frozen Edamame
- 1 cup Frozen Mango
- 5 cups Frozen Pineapple
- 3 cups Frozen Raspberries
- 1 ½ cups Frozen Strawberries

VEGETABLES

- ½ cup Baby Carrots
- ½ cup Bean Sprouts
- 3 ½ cups Broccoli
- ¼ Carrot
- 1 ¾ stalks Celery
- 5 cups Cilantro
- 4 cups Coleslaw Mix
- 5 Cucumbers
- 1/3 cup Fresh Ginger
- 3 ½ Garlic Cloves
- 2 cups Green Beans
- 4 stalks Green Onion
- 8 cups Kale
- 2 cups Mixed Greens
- ¼ Red Bell Pepper
- 2 stalks Scallion
- 5 cups Spinach
- 2/3 Yellow Onion
- ¼ Zucchini

BOXED AND CANNED

- 2 tbsp Chicken Broth
- 10 Green Tea Bags
- ¼ cup Quinoa

BAKING

- 2 tbsp Coconut Sugar
- ½ tsp Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/16 lb Chicken Breast (boneless, skinless)
- 1 1/8 lb Lean Ground Turkey (93/7)
- 4 oz Rotisserie Chicken Breast
- 10 oz Salmon Fillet

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 3 ¼ tbsp Coconut Oil
- 1tbsp Dijon Mustard
- ¾ tsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise (made with Avocado or Olive Oil)
- 1 tbsp Rice Vinegar
- ½ cup Tamari (or Coconut Aminos)

COLD

- 1 ½ pints Coconut Water

OTHER

- 2 tbsp Bourbon (or Apple Cider Vinegar)
- 10 scoops FASTER Way Vanilla Protein Powder



DAY 01

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Raspberry Almond Butter Detox Smoothie
Meal 2	FASTer Way Green Tropical Ginger Detox Smoothie
Snack	Macadamia Nuts
Meal 3	Salmon with Green Beans

DAY 02

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Raspberry Almond Butter Detox Smoothie
Meal 2	Sonoma Chicken Salad
Snack	FASTer Way Green Tropical Ginger Detox Smoothie
Meal 3	Salmon with Green Beans

DAY 03

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Spicy Blueberry Mango Detox Smoothie
Meal 2	Egg Roll in a Bowl
Snack	FASTer Way Green Tropical Ginger Detox Smoothie
Meal 3	Bourbon Chicken

DAY 04

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Spicy Blueberry Mango Detox Smoothie
Meal 2	Bourbon Chicken
Snack	FASTer Way Green Tropical Ginger Detox Smoothie
Meal 3	Turkey Pineapple Quinoa Bowl

DAY 05

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Raspberry Almond Butter Detox Smoothie
Meal 2	Egg Roll in a Bowl
Snack	FASTer Way Green Tropical Ginger Detox Smoothie
Meal 3	Ginger Chicken Stir Fry

Green Tea + Lemon



1 SERVING



5 MINUTES

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

INGREDIENTS

- 1 cup Green Tea
- ¼ Lemon



INSTRUCTIONS

- Place green tea bag in one cup of hot water. Let steep for 2-3 minutes. Add juice of lemon and enjoy!

FASTer Way Raspberry Almond Butter Detox Smoothie



1 SERVING



5 MINUTES

Calories - 495 **Fat** - 22g **Carbs** - 51g **Fiber** - 15g **Sugar** - 23g **Protein** - 31g
Cholesterol - 3mg **Sodium** - 151mg **Vitamin C** - 81mg **Vitamin D** - 0IU
Magnesium - 155mg **Zinc** - 2mg

INGREDIENTS

- 1 cup Water
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Raspberries (140 grams)
- 1/2 cup Frozen Strawberries (70 grams)
- ½ Banana (50 grams peeled, frozen)
- 1 generous handful Spinach
- 2 tbsps Almond Butter (no added sugar or oil)
- 1/3 Lemon (juiced)
- 1 scoop FASTer Way Vanilla Protein Powder



INSTRUCTIONS

- Juice the lemon. Blend all ingredients. Add ice to reach desired thickness. Enjoy!
- Note: 1/3 lemon yields about 3/4-1 tbsp of juice.

FASTer Way Green Tropical Ginger Detox Smoothie



1 SERVING



4 MINUTES

Calories - 407 **Fat** - 17g **Carbs** - 48g **Fiber** - 12g **Sugar** - 24g **Protein** - 27g
Cholesterol - 3mg **Sodium** - 172mg **Vitamin C** - 140mg **Vitamin D** - 1IU
Magnesium - 107mg **Zinc** - 2mg

INGREDIENTS

- 1 cup Green Tea (chilled)
- 1 cup Cilantro (loosely packed)
- 1 cup Kale (loosely packed)
- 1 Cucumber (300 grams)
- 1 cup Frozen Pineapple (140 grams)
- 1 Lemon (juiced)
- ½ Avocado (75 grams, frozen)
- 1 tbsp Fresh Ginger
- 1 scoop FASTer Way Vanilla Protein Powder
- 1 cup of Ice Cubes



INSTRUCTIONS

- Prep note: Cut avocado into cubes and freeze overnight. You can also substitute with 1/2 cup store bought frozen avocado chunks. Brew and chill the green tea. Remove kale from stems and chop. Juice the lemon. Grate the ginger.
- Note: One lemon yields about 2-3 tbsp of juice.
- Place all ingredients in a blender and blend!
- Note: If struggling to blend the cilantro, try adding 1/4 cup green tea with the cilantro and blending on high speed first before adding the remaining ingredients.
- Blend until smooth. Add chilled tea or ice as needed to reach desired consistency. Enjoy immediately.

Salmon with Green Beans



1 SERVING



15 MINUTES

Calories - 354 **Fat** - 23g **Carbs** - 7g **Fiber** - 3g **Sugar** - 3g **Protein** - 30g
Cholesterol - 78mg **Sodium** - 216mg **Vitamin C** - 12mg **Vitamin D** - 0IU
Magnesium - 66mg **Zinc** - 1mg

INGREDIENTS

- 5 oz Salmon Fillet
- 1 cup Green Beans
- 1 tbsp Coconut Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Add oil to a pan on the stove. Cook the salmon for 5 minutes on each side. Serve with side of steamed green beans.
- Note: For four servings follow these measurements - 1 1/4 lbs Salmon Fillet, 4 cups Green Beans, 1/4 cup Coconut Oil, 1/4 tsp Sea Salt, 1/4 tsp Black Pepper
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

Macadamia Nuts



1 SERVING



2 MINUTES

Calories - 321 Fat - 34g Carbs - 6g Fiber - 4g Sugar - 2g Protein - 4g
Cholesterol - 0mg Sodium - 2mg Vitamin C - 1mg Vitamin D - 0IU
Magnesium - 58mg Zinc - 1mg

INGREDIENTS

- 1/3 cup Macadamia Nuts (42 grams)



INSTRUCTIONS

- Portion into a cup and enjoy!

Sonoma Chicken Salad



1 SERVING



20 MINUTES

Calories - 486 **Fat** - 35g **Carbs** - 14g **Fiber** - 4g **Sugar** - 8g **Protein** 28g
Cholesterol 119mg **Sodium** 1116mg **Vitamin C** 10mg **Vitamin D** 1IU
Magnesium 30mg **Zinc** 1mg

INGREDIENTS

- 4 ozs Rotisserie Chicken Breast
- 1 stalk Celery
- 1/4 cup Seedless Grapes
- 2 tbsps Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made with Avocado or Olive Oil)
- 1 tsp Onion Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Poppy Seeds
- 1/2 tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups Mixed Greens



INSTRUCTIONS

- Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- In a medium bowl, whisk together Dijon mustard, mayonnaise, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- Note: For four servings follow these measurements - 1 lb Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Mayonnaise (made with Avocado or Olive Oil), 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tpsps Poppy Seeds, 2 tpsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens

FASTer Way Spicy Blueberry Mango Detox Smoothie



1 SERVING



5 MINUTES

Calories - 449 **Fat** - 13g **Carbs** - 68g **Fiber** - 12g **Sugar** - 49g **Protein** - 26g
Cholesterol - 3mg **Sodium** - 252mg **Vitamin C** - 75mg **Vitamin D** - 0IU
Magnesium - 58mg **Zinc** - 1mg

INGREDIENTS

- 12 fl ozs Coconut Water
- 1 cup Frozen Blueberries (140 grams)
- 1/2 cup Frozen Mango (70 grams)
- 1 cup Kale (loosely packed)
- 1/4 Avocado (37 grams, frozen)
- 1/2 Lemon (juiced)
- 1 tbsp Ground Flax Seed
- 1/4 tsp Cayenne Pepper
- 1 scoop FASTer Way Vanilla Protein Powder



INSTRUCTIONS

- Prep note: Cut the avocado into cubes and freeze overnight. You can also substitute with 1/3 cup store bought frozen avocado chunks. Juice the lemon.
- Note: 1/2 lemon yields about 1-1.5 btsp of juice.
- Combine all ingredients into a blender and blend until smooth. Add ice as needed to reach desired consistency. Enjoy!

Egg Roll in a Bowl



1 SERVING



30 MINUTES

Calories - 525 Fat - 26g Carbs- 28g Fiber - 10g Sugar - 13g Protein - 50g
Cholesterol - 146mg Sodium - 2382mg Vitamin C - 82mg Vitamin D - 28IU
Magnesium - 86mg Zinc - 6mg

INGREDIENTS

- 1 1/2 tsps Avocado Oil
- 1/4 Yellow Onion (37 grams)
- 2 stalks Green Onion
- 1 Garlic Clove
- 1 tsp Fresh Ginger
- 7 ozs Lean Ground Turkey (93/7)
- 2 cups Coleslaw Mix
- 1/4 cup Bean Sprouts
- 2 tbsps Tamari (or Coconut Aminos)
- 1/4 cup Baby Carrots
- 1/4 cup Frozen Edamame (44 grams, shelled)



INSTRUCTIONS

- Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Grate the carrots. Thaw the edamame.
- Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- Note: For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tbsp Fresh Ginger, 1 3/4 lbs Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari (or coconut aminos), 1 cup Baby Carrots, 1 cup Frozen Edamame (shelled, thawed)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Friday.

Bourbon Chicken



1 SERVING



40 MINUTES

Calories - 419 Fat - 12g Carbs - 20g Fiber - 4g Sugar - 12g Protein - 48g
Cholesterol - 124mg Sodium - 1367mg Vitamin C - 131mg Vitamin D - 2IU
Magnesium - 84mg Zinc - 2mg

INGREDIENTS

- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 tbsp Coconut Sugar
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Fresh Ginger
- 1/2 Garlic Clove
- 1 1/2 cups Broccoli
- 6 ozs Chicken Breast (boneless, Skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Scallion
- 1 1/2 tsps Coconut Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite-size pieces. Cut the broccoli into florets. Slice the scallion.
- Mix together tamari (or coconut aminos), bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise, the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- Top with sliced scallions.
- Note: For four servings follow these measurements - 1/4 cup Tamari (or Coconut Aminos), 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tsps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

Turkey Pineapple Quinoa Bowl



1 SERVING



30 MINUTES

Calories - 404 **Fat** - 16g **Carbs** - 38g **Fiber** - 6g **Sugar** - 6g **Protein** - 29g
Cholesterol - 84mg **Sodium** - 508mg **Vitamin C** - 34mg **Vitamin D** - 16IU
Magnesium - 143mg **Zinc** - 5mg

INGREDIENTS

- 1/4 cup Quinoa (dry)
- 1/4 cup Water
- 3/4 tsp Extra Virgin Olive Oil
- 4 ozs Lean Ground Turkey (93/7)
- 3/4 tsp Curry Powder
- 1/16 tsp Cayenne Pepper
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 3/4 tsp Fresh Ginger
- 1/4 cup Pineapple (42 grams)
- 1/4 Carrot (15 grams)
- 1/4 Zucchini (49 grams)
- 3/4 tsp Tamari (or Coconut Aminos)
- 1/2 cup Spinach (15 grams)



INSTRUCTIONS

- Prep note: Core and slice the pineapple into chunks. Grate the carrot and zucchini.
- Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: If using pre-cooked quinoa, 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- When turkey is cooked, stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- Serve in a bowl. Enjoy!
- Note: For four servings follow these measurements - 1 cup Quinoa (dry), 1 cup Water, 1 tbsp Extra Virgin Olive Oil, 1 lb Extra Lean Ground Turkey (93/7), 1 tbsp Curry Powder, 1/8 tsp Cayenne Pepper, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 tbsp Fresh Ginger, 1 cup Pineapple (168 grams), 1 Carrot (61 grams), 1 Zucchini (196 grams), 1 tbsp Tamari (or Coconut Aminos), 2 cups Spinach (62 grams)

Ginger Chicken Stir Fry



1 SERVING



30 MINUTES

Calories - 259 **Fat** - 8g **Carbs** - 10g **Fiber** - 4g **Sugar** - 4g **Protein** - 37g
Cholesterol - 103mg **Sodium** - 1604mg **Vitamin C** - 100mg **Vitamin D** - 1IU
Magnesium - 74mg **Zinc** - 1mg

INGREDIENTS

- 1 1/3 tbsps Tamari (or Coconut Aminos)
- 1/2 Garlic Clove
- 3/4 tsp Fresh Ginger
- 3/4 tsp Coconut Oil
- 5 ozs Chicken Breast (boneless, skinless)
- 1/8 Yellow Onion (18 grams)
- 3/4 stalk Celery
- 1/4 Red Bell Pepper (30 grams)
- 1/2 cup Broccoli (35 grams)
- 1 cup Kale (67 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)



INSTRUCTIONS

- Prep note: Mince the garlic. Peel and grate the ginger. Slice the chicken into cubes. Dice the onion. Slice the celery. Dice the red bell pepper. Chop the broccoli into florets. Chop the kale.
- Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- Add coconut oil to a large frying pan and place over medium heat. Add chicken, yellow onion, salt and pepper. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!
- Note: For four servings follow these measurements - 1/3 cup Tamari (or Coconut Aminos), 2 Garlic Cloves, 1 tbsp Fresh Ginger, 1 tbsp Coconut Oil, 1 1/4 lbs Chicken Breast, 1/2 Yellow Onion (74 grams), 3 stalk Celery, 1 Red Bell Pepper (120 grams), 2 cup Broccoli (140 grams), 4 cup Kale (268 grams), 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 [®]



VEGAN MEAL GUIDE
5-Day Smoothie Detox



VEGAN SHOPPING LIST

FRUIT

- 3 ¼ Avocados
- 1 ½ Bananas
- 8 ¼ Lemons

SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no added sugar or oil)
- ¼ Almonds
- 1/16 tsp Black Pepper
- ½ tsp Cayenne Pepper
- 1/3 cup Ground Flaxseed
- ¾ tsp Italian Seasoning
- 1 tsp Oregano
- 1/16 tsp Paprika
- 2 tbsps Peanut Butter (no added sugar or oil)
- 2 tbsps Raw Peanuts
- 1 tsp Sea Salt
- 1 1/2 tsps Sunflower Seeds

FROZEN

- 2 cups Frozen Blueberries
- ½ cup Frozen Cauliflower
- 1 1/3 cups Frozen Cauliflower Rice
- 1/2 cup Frozen Edamame
- 1 cup Frozen Mango
- 5 cups Frozen Pineapple
- 3 cups Frozen Raspberries
- 1 1/2 cups Frozen Strawberries

VEGETABLES

- 2 cups Arugula
- 8 1/2 cups Broccoli
- 1/2 cup Cherry Tomatoes
- 5 cups Cilantro
- 5 1/4 Cucumber
- 1/3 cup Fresh Ginger
- 2 2/3 Garlic Clove
- 7 cups Kale
- 1/4 cup Parsley
- 1 1/8 cups Radishes
- ¾ Red Bell Pepper
- 3 generous handfuls Spinach

BOXED AND CANNED

- 10 Green Tea Bags
- 1/2 cup Quinoa
- 3 1/3 tbsps Vegetable Broth

BAKING

- 1 1/2 tsps Arrowroot Powder

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Extra Firm Tofu
- 15 ozs Tempeh
- 12 ozs Tofu

CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 1/2 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 1 3/4 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Maple Syrup
- 1 tbsp Rice Vinegar
- 2 1/4 tsps Sesame Oil
- 1 tbsp Tahini
- 2 2/3 tbsps Tamari (or Coconut Aminos)

COLD

- 1 ½ pints Coconut Water

OTHER

- 10 scoops FASTER Way Vanilla Plant Based Protein Powder



DAY 01

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Vegan Raspberry Almond Butter Detox Smoothie
Meal 2	FASTer Way Vegan Green Tropical Ginger Detox Smoothie
Snack	Almonds
Meal 3	One Pan Tempeh & Veggies

DAY 02

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Vegan Raspberry Almond Butter Detox Smoothie
Meal 2	Tofu & Broccoli Salad with Peanut Sauce
Snack	FASTer Way Vegan Green Tropical Ginger Detox Smoothie
Meal 3	Tempeh Cauliflower Bowl

DAY 03

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Vegan Spicy Blueberry Mango Detox Smoothie
Meal 2	Chopped Veggie Salad with Tofu
Snack	FASTer Way Vegan Green Tropical Ginger Detox Smoothie
Meal 3	Tempeh, Quinoa & Broccoli

DAY 04

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Vegan Spicy Blueberry Mango Detox Smoothie
Meal 2	Chopped Veggie Salad with Tofu
Snack	FASTer Way Vegan Green Tropical Ginger Detox Smoothie
Meal 3	Sheet Pan Balsamic Tofu & Broccoli, Quinoa

DAY 05

Morning Tea	Green Tea + Lemon
Meal 1	FASTer Way Vegan Raspberry Almond Butter Detox Smoothie
Meal 2	Tofu & Broccoli Salad with Peanut Sauce
Snack	FASTer Way Vegan Green Tropical Ginger Detox Smoothie
Meal 3	One Pan Tempeh & Veggies

Green Tea + Lemon



1 SERVING



5 MINUTES

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

INGREDIENTS

- 1 cup Green Tea
- ¼ Lemon



INSTRUCTIONS

- Place green tea bag in one cup of hot water. Let steep for 2-3 minutes. Add juice of lemon and enjoy!

FASTer Way Vegan Raspberry Almond Butter Detox Smoothie



1 SERVING



5 MINUTES

Calories - 495 **Fat** - 23g **Carbs** - 52g **Fiber** - 15g **Sugar** - 23g **Protein** - 26g
Cholesterol - 0mg **Sodium** - 181mg **Vitamin C** - 81mg **Vitamin D** - 0IU
Magnesium - 155mg **Zinc** - 2mg

INGREDIENTS

- 1 cup Water
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Raspberries (140 grams)
- 1/2 cup Frozen Strawberries (70 grams)
- ½ Banana (50 grams peeled, frozen)
- 1 generous handful Spinach
- 2 tbsps Almond Butter (no added sugar or oil)
- 1/3 Lemon (juiced)
- 1 scoop FASTer Way Vanilla Plant Based Protein Powder



INSTRUCTIONS

- Juice the lemon. Blend all ingredients. Add ice to reach desired thickness. Enjoy!
- Note: 1/3 lemon yields about 3/4-1 tbsp of juice.

FASTer Way Vegan Green Tropical Ginger Detox Smoothie



1 SERVING



4 MINUTES

Calories - 407 **Fat** - 18g **Carbs** - 49g **Fiber** - 12g **Sugar** - 24g **Protein** - 22g
Cholesterol - 0mg **Sodium** - 202mg **Vitamin C** - 140mg **Vitamin D** - 0IU
Magnesium - 107mg **Zinc** - 2mg

INGREDIENTS

- 1 cup Green Tea (chilled)
- 1 cup Cilantro (loosely packed)
- 1 cup Kale (loosely packed)
- 1 Cucumber (300 grams)
- 1 cup Frozen Pineapple (140 grams)
- 1 Lemon (juiced)
- ½ Avocado (75 grams, frozen)
- 1 tbsp Fresh Ginger
- 1 scoop FASTer Way Vanilla Protein Powder
- 1 cup of Ice Cubes



INSTRUCTIONS

- Prep note: Cut avocado into cubes and freeze overnight. You can also substitute with 1/2 cup store bought frozen avocado chunks. Brew and chill the green tea. Remove kale from stems and chop. Juice the lemon. Grate the ginger.
- Note: One lemon yields about 2-3 tbsp of juice.
- Place all ingredients in a blender and blend!
- Note: If struggling to blend the cilantro, try adding 1/4 cup green tea with the cilantro and blending on high speed first before adding the remaining ingredients.
- Blend until smooth. Add chilled tea or ice as needed to reach desired consistency. Enjoy immediately.



One Pan Tempeh & Veggies



1 SERVING



50 MINUTES

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

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 (22 grams)
- 1/2 cup Frozen Cauliflower (90 grams)
- 1/4 Red Bell Pepper (30 grams)



INSTRUCTIONS

- Prep note: Mince the garlic. Cut the tempeh into thin slices. Cut the broccoli into florets. Edamame should be shelled and thawed. Chop the red bell pepper.
- 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.
- Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 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!
- 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)



Almonds



1 SERVING



1 MINUTE

Calories - 207 **Fat** - 18g **Carbs** - 8g **Fiber** - 4g **Sugar** - 2g **Protein** - 8g
Cholesterol - 0mg **Sodium** - 0mg **Vitamin C** - 0mg **Vitamin D** - 0IU
Magnesium - 97mg **Zinc** - 1mg

INGREDIENTS

- 1/4 cup Almonds (37 grams)



INSTRUCTIONS

- Enjoy!

Tofu & Broccoli Salad with Peanut Sauce



1 SERVING



50 MINUTES

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

INGREDIENTS

- 5 1/2 ozs Extra Firm Tofu
- 1 1/2 tsps Tamari (or Coconut Aminos, 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 Raw Peanuts (8 grams)



INSTRUCTIONS

- Prep note: Press and cube the tofu. Chop the broccoli into tiny florets. Thinly slice the radishes. Roughly chop the peanuts.
- Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- Add the tofu to a large baking dish along with half of each the tamari (or coconut aminos), the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- Meanwhile, add the peanut butter and water to a bowl along with the remaining coconut aminos, rice vinegar, and sesame oil. Mix well until combined.
- 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!
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Tuesday, half on Friday.

Tempeh Cauliflower Bowl



1 SERVING



30 MINUTES

Calories - 474 **Fat** - 31g **Carbs** - 28g **Fiber** - 9g **Sugar** - 9g **Protein** - 27g
Cholesterol - 0mg **Sodium** - 892mg **Vitamin C** - 72mg **Vitamin D** - 0IU
Magnesium - 129mg **Zinc** - 3mg

INGREDIENTS

- 3 ozs Tempeh
- 2 tsps Tamari (or Coconut Aminos)
- 1/16 tsp Paprika
- 1 tsp Avocado Oil
- 1 1/3 cups Frozen Cauliflower Rice
- 1 tbsp Tahini
- 1 tsp Maple Syrup
- 1/4 Lemon
- 1 tbsp Water
- 1/16 tsp Sea Salt
- 2 cups Arugula
- 1/4 Avocado (37 grams)
- 1 1/2 tsps Sunflower Seeds



INSTRUCTIONS

- Prep note: Slice the tempeh into strips. Slice the avocado.
- 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.
- Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- In a small bowl, whisk together the tahini, maple syrup, juice of the lemon, water and sea salt.
- Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!
- Note: For four servings follow these measurements - 12 ozs Tempeh, 2 2/3 tsps Tamari (or Coconut Aminos), 1/4 tsp Paprika, 1 1/3 tsps Avocado Oil, 5 1/3 cups Frozen Cauliflower Rice, 1/4 cup Tahini, 1 1/3 tsps Maple Syrup, 1 Lemon, 1/4 cup Water, 1/4 tsp Sea Salt, 8 cups Arugula, 1 Avocado (150 grams), 2 tsps Sunflower Seeds

FASTer Way Vegan Spicy Blueberry Mango Detox Smoothie



1 SERVING



5 MINUTES

Calories - 449 **Fat** - 14g **Carbs** - 69g **Fiber** - 12g **Sugar** - 49g **Protein** - 21g
Cholesterol - 0mg **Sodium** - 282mg **Vitamin C** - 75mg **Vitamin D** - 0IU
Magnesium - 58mg **Zinc** - 1mg

INGREDIENTS

- 12 fl ozs Coconut Water
- 1 cup Frozen Blueberries (140 grams)
- 1/2 cup Frozen Mango (70 grams)
- 1 cup Kale (loosely packed)
- 1/4 Avocado (37 grams, frozen)
- 1/2 Lemon (juiced)
- 1 tbsp Ground Flax Seed
- 1/4 tsp Cayenne Pepper
- 1 scoop FASTer Way Vanilla Protein Powder



INSTRUCTIONS

- Prep note: Cut the avocado into cubes and freeze overnight. You can also substitute with 1/3 cup store bought frozen avocado chunks. Juice the lemon.
- Note: 1/2 lemon yields about 1-1.5 btsp of juice.
- Combine all ingredients into a blender and blend until smooth. Add ice as needed to reach desired consistency. Enjoy!

Chopped Veggie Salad with Tofu



1 SERVING



15 MINUTES

Calories - 259 **Fat** - 18g **Carbs** - 11g **Fiber** - 4g **Sugar** - 6g **Protein** - 19g
Cholesterol - 0mg **Sodium** - 69mg **Vitamin C** - 76mg **Vitamin D** - 0IU
Magnesium - 85mg **Zinc** - 2mg

INGREDIENTS

- 1/2 cup Broccoli (35 grams)
- 1/4 cup Cherry Tomatoes (37 grams)
- 1/8 Red Bell Pepper (60 grams)
- 1/8 Cucumber (150 grams)
- 2 tsps Extra Virgin Olive Oil
- 2 tsps Balsamic Vinegar
- 2 tbsps Parsley
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 6 ozs Tofu



INSTRUCTIONS

- Prep note: Chop the broccoli, cherry tomatoes, red bell pepper, cucumber and parsley.
- Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Top with Tofu (prepared to liking). Season liberally with sea salt and black pepper to taste. Enjoy!
- TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

Tempeh, Quinoa & Broccoli



1 SERVING



55 MINUTES

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

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)



INSTRUCTIONS

- Prep note: Mince the garlic. Cut the tempeh into pieces. Cut the broccoli into florets.
- 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.
- Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 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.
- Meanwhile, cook the quinoa according to the package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 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!
- Note: For four servings follow these measurements - 1/3 cup Vegetable Broth, 1/3 cup Balsamic Vinegar, 1 1/3 tps 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)

Sheet Pan Balsamic Tofu & Broccoli



1 SERVING



30 MINUTES

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

INGREDIENTS

- 8 ozs Extra Firm Tofu
- 1 tbsp Tamari (or Coconut Aminos, divided)
- 1 1/2 tsps 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 tsps Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- 1/2 tsp Italian Seasoning



INSTRUCTIONS

- Prep note: Press tofu and slice into triangles. Chop broccoli into florets. Cut radishes in half.
- Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 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.
- 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.
- Meanwhile, in a bowl or jar, mix together the balsamic vinegar, maple syrup, Italian seasoning, salt, pepper, and remaining tamari.
- 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!
- Note: For four servings follow these measurements - 2 lbs Extra Firm Tofu, 1/4 cup Tamari (or Coconut Aminos, divided), 2 tsps 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 tsps Maple Syrup, 2 tsps Italian Seasoning



Quinoa



1 SERVING



15 MINUTES

Calories - 156 Fat - 3g Carbs - 27g Fiber - 3g Sugar - 0g Protein - 6g
Cholesterol - 0mg Sodium - 4mg Vitamin C - 0mg Vitamin D - 0IU
Magnesium - 86mg Zinc - 1mg

INGREDIENTS

- ¼ cup Quinoa (dry)
- 1/2 cup Water



INSTRUCTIONS

- Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Note: 1/4 cup dry quinoa is about 3/4 cup of cooked quinoa if using pre-cooked quinoa.
- Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 cups Water