

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**VEGAN MEAL GUIDE**  
WEEK FIVE

# DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without express written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only. Please note that this information has not been customized for you and modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results. This information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, please consult with a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.

# MEAL PREP AND SERVING SIZES

This meal guide is designed to make healthy eating effortless and sustainable. Weekday meals repeat so you can eliminate decision fatigue, save time, and reduce food waste. Weekend meals offer greater flexibility and variety, often using ingredients you can prepare in advance.

Here are some ways to help simplify meal prep:

## COOK ONCE, EAT TWICE

Double recipes so you can enjoy them on two different days. (To help make it easy, we've included a "Cook Once, Eat Twice" note in the directions where applicable.)

- Portion immediately after cooking.
- Refrigerate within 90 minutes of cooling.
- Store in airtight container for up to 4 days.
- Reheat in the oven or microwave until hot throughout (165°F internal temperature).

## PREP SMART

- **Batch-cook proteins**
  - Batch-cook and/or season plant-based proteins (such as lentils, beans, tofu, tempeh) to use throughout the week.
- **Use smart shortcuts**
  - To save time, buy pre-cooked or canned beans and lentils.
  - Use frozen veggies to skip washing and trimming.
  - Grab microwavable packets instead of cooking from scratch (rice, quinoa, grain blends, beans).
- **Assemble, portion, and mix in advance**
  - Prepare overnight oats, chia puddings, and smoothie packs for the week.
  - Divide fruit into containers for snacks and smoothies.
  - For easy snacking, pre-portion nuts and portion hummus or dips with cut vegetables.
  - Pre-mix dressings, sauces, or marinades to save time later.
- **Keep storage easy**
  - Store cooked grains, beans, and proteins in airtight containers for up to 4 days.
  - Freeze extra portions if you won't use them right away.

## SERVING SIZES

All meal guide recipes are for a single serving. When applicable, instructions may include ingredients for 4 servings or a full batch. (REMEMBER: Since the recipes are calculated for 1 serving, that means your grocery list only includes ingredients for 1 serving.)

# HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

To help you stay on track, you can make small tweaks to your ingredient amounts, like increasing protein, dialing back fats, or swapping in a different carb source. The tips below let you fine-tune your meals using whole foods—without needing to start from scratch or monitor every bite.

- **If you need more protein:**
  - Add ½–1 cup cooked lentils, black beans, chickpeas, or edamame to bowls or salads
  - Mix a scoop of plant-based protein powder into smoothies, chia pudding, or oats
  - Stir silken tofu or blended white beans into sauces, soups, or even cooked oatmeal
  - Top meals with hemp seeds, nutritional yeast, or roasted soy nuts
- **If you need more carbs:**
  - Add ½–1 cup cooked rice, quinoa, potatoes, or oats to meals
  - Include fruit like bananas, apples, berries, or dates with a meal or snack
  - Add starchy veggies like corn, butternut squash, or peas to salads and soups
- **If you need more fat:**
  - Drizzle 1 tbsp olive oil, avocado oil, or tahini on meals
  - Enjoy 1–2 tbsp almond butter, sunflower seed butter, or peanut butter with snacks or smoothies
  - Top meals with chopped nuts or seeds (chia, hemp, pumpkin, sunflower, etc.)
  - Add avocado slices to bowls or toast
- **If you're going over on macros:**
  - Slightly reduce portions—like ½ cup instead of 1 cup of rice or beans
  - Use higher-protein, lower-fat plant options, such as lentils rather than nuts
  - Skip extras like added oil, coconut milk, or avocado when they aren't essential to the meal

These little shifts can make a big difference over the course of the week—helping you stay consistent and confident. And if you ever want to switch up an ingredient, be sure to check out our Whole Food Swap Guide on the next page.

# WHOLE FOOD SWAP GUIDE

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

## MON - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding



**MEAL TWO**  
Kale & Tempeh Salad, Mixed Berries



**MEAL THREE**  
Crispy Peanut Tofu with Cauliflower Rice

## TUE - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding



**MEAL TWO**  
Kale & Tempeh Salad, Mixed Berries



**MEAL THREE**  
Crispy Peanut Tofu with Cauliflower Rice

## WED - REG MACRO



**MEAL ONE**  
Vegan Chia Oats with Berries



**MEAL TWO**  
Tofu Veggie Wrap, Fresh Strawberries with Almond Butter



**MEAL THREE**  
Middle Eastern Lentils & Rice with Crispy Onions, Tempeh



**SNACK**  
Edamame

## THU - REG MACRO



**MEAL ONE**  
Vegan Chia Oats with Berries



**MEAL TWO**  
Middle Eastern Lentils & Rice with Crispy Onions, Tempeh



**MEAL THREE**  
Vegan Stuffed Portobello Pizzas



**SNACK**  
Strawberries with Edamame

## FRI - LOW MACRO



**MEAL ONE**  
Vegan Chia Oats with Berries



**MEAL TWO**  
Vegan Stuffed Portobello Pizzas



**MEAL THREE**  
Mango & Chickpea Quinoa Salad

## SAT - REG MACRO



**MEAL ONE**  
Vegan Apple Pie Protein Pancakes



**MEAL TWO**  
Mango & Chickpea Quinoa Salad, Blackberries



**MEAL THREE**  
Sheet Pan Balsamic Tofu & Broccoli



**SNACK**  
FASTER Way Vegan Masala Chai Smoothie

## SUN - LOW MACRO



**MEAL ONE**  
Vegan Coconut Yogurt & Strawberries



**MEAL TWO**  
Sheet Pan Balsamic Tofu & Broccoli



**MEAL THREE**  
Roasted Red Pepper & Tomato Pasta



### MON - LOW CARB

**FAT 51%**    **CARBS 26%**    **PROTEIN 23%**

**Calories** 1612                      Cholesterol 0mg  
**Fat** 92g                                Sodium 3854mg  
**Carbs** 103g                            Vitamin C 211mg  
**Fiber** 44g                             Vitamin D 76IU  
**Sugar** 33g                            Magnesium 471mg  
**Protein** 93g                            Zinc 8mg

### TUE - LOW CARB

**FAT 51%**    **CARBS 26%**    **PROTEIN 23%**

**Calories** 1612                      Cholesterol 0mg  
**Fat** 92g                                Sodium 3854mg  
**Carbs** 103g                            Vitamin C 211mg  
**Fiber** 44g                             Vitamin D 76IU  
**Sugar** 33g                            Magnesium 471mg  
**Protein** 93g                            Zinc 8mg

### WED - REG MACRO

**FAT 31%**    **CARBS 44%**    **PROTEIN 25%**

**Calories** 1575                      Cholesterol 0mg  
**Fat** 55g                                Sodium 1055mg  
**Carbs** 173g                            Vitamin C 141mg  
**Fiber** 32g                             Vitamin D 0IU  
**Sugar** 27g                            Magnesium 470mg  
**Protein** 97g                            Zinc 9mg

### THU - REG MACRO

**FAT 31%**    **CARBS 44%**    **PROTEIN 25%**

**Calories** 1669                      Cholesterol 0mg  
**Fat** 57g                                Sodium 1235mg  
**Carbs** 184g                            Vitamin C 217mg  
**Fiber** 37g                             Vitamin D 2IU  
**Sugar** 43g                            Magnesium 471mg  
**Protein** 105g                           Zinc 8mg

### FRI - LOW MACRO

**FAT 35%**    **CARBS 40%**    **PROTEIN 25%**

**Calories** 1273                      Cholesterol 0mg  
**Fat** 49g                                Sodium 1224mg  
**Carbs** 127g                            Vitamin C 116mg  
**Fiber** 32g                             Vitamin D 2IU  
**Sugar** 41g                            Magnesium 382mg  
**Protein** 81g                            Zinc 7mg

### SAT - REG MACRO

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

**Calories** 1561                      Cholesterol 0mg  
**Fat** 53g                                Sodium 2349mg  
**Carbs** 174g                            Vitamin C 265mg  
**Fiber** 38g                             Vitamin D 15IU  
**Sugar** 75g                            Magnesium 375mg  
**Protein** 97g                            Zinc 8mg

### SUN - LOW MACRO

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

**Calories** 1286                      Cholesterol 0mg  
**Fat** 46g                                Sodium 1873mg  
**Carbs** 139g                            Vitamin C 316mg  
**Fiber** 33g                             Vitamin D 0IU  
**Sugar** 45g                            Magnesium 280mg  
**Protein** 79g                            Zinc 8mg



## FRUITS

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

## SEEDS, NUTS & SPICES

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

## FROZEN

- 1 Brown Rice Tortilla
- 3 1/16 cups Frozen Cauliflower Rice
- 1 3/4 cups Frozen Edamame (shelled)

## VEGETABLES

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

## BOXED & CANNED

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

## BAKING

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

## BREAD, FISH, MEAT & CHEESE

- 2 2/3 lbs Extra Firm Tofu
- 1 lb Tempeh
- 1 cup Textured Vegetable Protein (tvp)

## CONDIMENTS & OILS

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

## COLD

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

## OTHER

- 1 scoop Plant Based Protein Powder (15 Grams Protein)
- 7 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



# Kale & Tempeh Salad

1 SERVING 25 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	531	Cholesterol	0mg
Fat	35g	Sodium	2763m..
Carbs	29g	Vitamin C	77mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	237mg
Protein	38g	Zinc	4mg

## DIRECTIONS

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



# Mixed Berries

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Blackberries (72 grams)  
1 cup Strawberries (176 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Wash berries and serve as a side dish.

## NUTRITION

### AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



# Crispy Peanut Tofu with Cauliflower Rice

1 SERVING 40 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Cholesterol	0mg
Fat	27g	Sodium	796mg
Carbs	20g	Vitamin C	2mg
Fiber	6g	Vitamin D	0IU
Sugar	11g	Magnesium	109mg
Protein	26g	Zinc	2mg

## DIRECTIONS

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



# Vegan Chia Oats with Berries

1 SERVING 25 MINUTES



## INGREDIENTS

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

## DIRECTIONS

- 01 Prep note: Chop the strawberries. Slice the banana.
- 02 In a small saucepan, bring the water to a boil and add in the oats and chia seeds. Cook for 10 to 15 minutes or until oats are cooked through. Add protein powder and mix well.
- 03 Place oatmeal into a bowl, top with fruit & enjoy!
- 04 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

## NUTRITION

### AMOUNT PER SERVING

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



# Tofu Veggie Wrap

1 SERVING 25 MINUTES



## INGREDIENTS

- 5 ozs Extra Firm Tofu
- 1 tsp Tamari
- 1 Brown Rice Tortilla
- 1 cup Spinach (31 grams)
- 1/4 Cucumber (75 grams)
- 1/4 Carrot (15 grams)
- 1/2 cup Purple Cabbage (115 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	10g	Sodium	559mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	94mg
Protein	20g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Press and slice the tofu. Julienne the cucumber and carrot. Chop the purple cabbage.
- 02 Marinate the tofu slices in tamari for 15 minutes.
- 03 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 04 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!



# Fresh Strawberries with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Middle Eastern Lentils & Rice with Crispy Onions

1 SERVING 35 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# Tempeh

1 SERVING 1 MINUTE



## INGREDIENTS

4 ozs Tempeh

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Cholesterol	0mg
Fat	12g	Sodium	10mg
Carbs	9g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	92mg
Protein	23g	Zinc	1mg

## DIRECTIONS

- 01 Add to your favorite recipe!
- 02 Note: For four servings use 1 lb of tempeh.



# 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



# Vegan Stuffed Portobello Pizzas

1 SERVING 30 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# Strawberries with Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

3/4 cup Frozen Edamame (shelled) (116 grams)

1 1/2 cups Strawberries (264 grams)

## DIRECTIONS

01 Thaw the edamame. Season with salt to taste. Wash berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	210	Cholesterol	0mg
Fat	7g	Sodium	9mg
Carbs	27g	Vitamin C	134mg
Fiber	10g	Vitamin D	0IU
Sugar	13g	Magnesium	102mg
Protein	15g	Zinc	2mg



# Mango & Chickpea Quinoa Salad

1 SERVING 15 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# Vegan Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Oat Flour  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1/3 tsp Ground Cinnamon  
1/2 tsp Baking Powder  
3 tbsps Unsweetened Applesauce  
1/4 cup Unsweetened Almond Milk  
2 tps Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	6g	Sodium	452mg
Carbs	44g	Vitamin C	0mg
Fiber	5g	Vitamin D	25IU
Sugar	12g	Magnesium	10mg
Protein	22g	Zinc	0mg

## DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: Feel free to top with maple syrup or peanut butter drizzle as your macros allow.
- 04 Note: For four servings follow these measurements - 1 1/3 cups Oat Flour, 4 scoops Vanilla Plant Based Protein Powder (15g Protein), 1 1/3 tpsps Cinnamon, 2 tpsps Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tpsps Maple Syrup



# 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



# Sheet Pan Balsamic Tofu & Broccoli

1 SERVING 30 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# 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



# Vegan Coconut Yogurt & Strawberries

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Unsweetened Coconut Milk  
Yogurt  
1 tsp Ground Cinnamon  
1/4 cup Strawberries (44 grams)  
1/2 cup Granola (gluten-free)  
1 scoop Vanilla Plant Based Protein  
Powder (15 Grams Protein)  
1/2 tsp Vanilla Extract

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	467	Cholesterol	0mg
Fat	20g	Sodium	206mg
Carbs	46g	Vitamin C	22mg
Fiber	9g	Vitamin D	0IU
Sugar	15g	Magnesium	109mg
Protein	24g	Zinc	3mg



# Roasted Red Pepper & Tomato Pasta

1 SERVING 40 MINUTES



## INGREDIENTS

- 1/2 Red Bell Pepper (59 grams)
- 1 1/2 Tomato (184 grams)
- 1 1/2 Garlic Clove
- 1 1/2 tsps Water
- 3 ozs Chickpea Pasta
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Parsley
- 1/8 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	0mg
Fat	6g	Sodium	462mg
Carbs	59g	Vitamin C	114mg
Fiber	15g	Vitamin D	0IU
Sugar	10g	Magnesium	27mg
Protein	24g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Cook the pasta according to package directions. Prepare a rimmed baking sheet with parchment paper (optional). Chop the red bell pepper.
- 02 Preheat the oven to 400°F (205°C).
- 03 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (238 grams), 6 Tomato (738 grams), 6 Garlic Cloves, 2 tbsps Water, Sea Salt & Black Pepper (to taste), 12 ozs Chickpea Pasta, 1 tsp Red Pepper Flakes, 1/2 cup Parsley, 1/8 tsp Sea Salt (to taste), 1/8 tsp Black Pepper (to taste)

