

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK ONE

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MEAL PREP AND SERVING SIZES

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

Here are some ways to help simplify meal prep:

COOK ONCE, EAT TWICE

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

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

PREP SMART

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

SERVING SIZES

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

HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

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

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

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

WHOLE FOOD SWAP GUIDE

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

MON - LOW CARB



MEAL ONE
Vegan Coconut Chia Pudding with Berries



MEAL TWO
Men's Kale & Tempeh Salad



MEAL THREE
Men's One Pan Tempeh & Eggplant Stir Fry



SNACK
Edamame, Almonds



SNACK 2
FASTer Way Vegan Chocolate Avocado Smoothie

TUE - LOW CARB



MEAL ONE
Vegan Coconut Chia Pudding with Berries



MEAL TWO
Men's Kale & Tempeh Salad



MEAL THREE
Men's One Pan Tempeh & Eggplant Stir Fry



SNACK
Edamame, Almonds



SNACK 2
FASTer Way Vegan Chocolate Avocado Smoothie

WED - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
High Protein Grilled Taco Seasoned Tempeh & Veggie Skewers, Cilantro...



MEAL THREE
Tofu & Lentil Stir Fry with Veggies



SNACK
Edamame, Apple



SNACK 2
FASTer Way Vegan Cinnamon Roll Smoothie

THU - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
High Protein Grilled Taco Seasoned Tempeh & Veggie Skewers, Cilantro...



MEAL THREE
Tofu & Lentil Stir Fry with Veggies



SNACK
Edamame, Apple



SNACK 2
FASTer Way Vegan Cinnamon Roll Smoothie

FRI - LOW MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats



MEAL TWO
High Protein Grilled Taco Seasoned Tempeh & Veggie Skewers, Cilantro...



MEAL THREE
Roasted Veggie Pasta



SNACK
FASTer Way Vegan Almond Butter Smoothie, Mixed Berries

SAT - REG MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes



MEAL TWO
High Protein Tofu Veggie Wrap, Mixed Berries with Almond Butter



MEAL THREE
Men's Tempeh, Quinoa & Broccoli, Steamed Green Beans



SNACK
Edamame, Dates



SNACK 2
FASTer Way Vegan Peanut Butter Smoothie, Plant Based Protein Powder

SUN - LOW MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes



MEAL TWO
High Protein Tofu Veggie Wrap, Mixed Berries



MEAL THREE
Men's Southwest Sheet Pan Dinner



SNACK
FASTer Way Vegan Mocha Smoothie, Edamame



FRUITS

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

SEEDS, NUTS & SPICES

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

FROZEN

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

VEGETABLES

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

BOXED & CANNED

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

BAKING

- 1 tbsp Cocoa Powder
- 3 Pitted Medjool Date
- 2 1/4 cups Rolled Oats
- 1 tbsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 13 ozs Extra Firm Tofu
- 14 1/2 ozs Firm Tofu
- 3 1/8 lbs Tempeh

CONDIMENTS & OILS

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

COLD

- 7 1/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk Yogurt

OTHER

- 6 Barbecue Skewers
- 3 scoops Chocolate Plant Based Protein Powder (15 Grams Protein)
- 1 scoop Plant Based Protein Powder (15 Grams Protein)
- 11 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)



Vegan Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Men's 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)
6 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	640	Cholesterol	0mg
Fat	41g	Sodium	2768m..
Carbs	33g	Vitamin C	77mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	283mg
Protein	49g	Zinc	5mg

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 1/2 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.



Men's One Pan Tempeh & Eggplant Stir Fry

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	593	Cholesterol	0mg
Fat	39g	Sodium	1176mg
Carbs	32g	Vitamin C	8mg
Fiber	9g	Vitamin D	0IU
Sugar	10g	Magnesium	186mg
Protein	39g	Zinc	3mg

DIRECTIONS

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



Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Edamame (shelled) (170 grams)

DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	14g	Vitamin C	9mg
Fiber	8g	Vitamin D	0IU
Sugar	3g	Magnesium	99mg
Protein	18g	Zinc	2mg



Almonds

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Almonds (37 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

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



FASTER Way Vegan Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

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

DIRECTIONS

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



High Protein Grilled Taco Seasoned Tempeh & Veggie Skewers

1 SERVING 35 MINUTES



INGREDIENTS

- 6 2/3 ozs Tempeh
- 1/2 Zucchini (98 grams)
- 1/4 Red Bell Pepper (30 grams)
- 1/4 Yellow Bell Pepper (30 grams)
- 1/4 cup Red Onion (37 grams)
- 1 tbsp Avocado Oil
- 1 tbsp Tamari
- 1 tsp Taco Seasoning
- 2 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	560	Cholesterol	0mg
Fat	35g	Sodium	1289mg
Carbs	29g	Vitamin C	144mg
Fiber	3g	Vitamin D	0IU
Sugar	6g	Magnesium	191mg
Protein	43g	Zinc	3mg

DIRECTIONS

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



Cilantro Lime Rice

1 SERVING 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



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



FASTER Way Vegan Cinnamon Roll Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Rolled Oats (40 grams)
1/2 tsp Vanilla Extract
1 tsp Ground Cinnamon
1/2 cup Unsweetened Coconut Milk
Yogurt
1 Banana (100 grams peeled, frozen)
1 tbsp Maple Syrup
1 scoop Vanilla Plant Based Protein
Powder (15 Grams Protein)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	0mg
Fat	9g	Sodium	196mg
Carbs	78g	Vitamin C	10mg
Fiber	10g	Vitamin D	0IU
Sugar	28g	Magnesium	94mg
Protein	22g	Zinc	2mg



Roasted Veggie Pasta

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



FASTER Way Vegan Almond Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



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



Vegan Blueberry Banana Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



High Protein Tofu Veggie Wrap

1 SERVING 25 MINUTES



INGREDIENTS

6 1/2 ozs Extra Firm Tofu
1 tsp Tamari
1 Brown Rice Tortilla
1 cup Spinach (31 grams)
1/4 Cucumber (75 grams)
1/4 Carrot (15 grams)
1/2 cup Purple Cabbage (115 grams)

NUTRITION

AMOUNT PER SERVING

Calories	345	Cholesterol	0mg
Fat	13g	Sodium	560mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	109mg
Protein	24g	Zinc	2mg

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!



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



Men's Tempeh, Quinoa & Broccoli

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	537	Cholesterol	0mg
Fat	21g	Sodium	402mg
Carbs	51g	Vitamin C	82mg
Fiber	5g	Vitamin D	0IU
Sugar	5g	Magnesium	244mg
Protein	43g	Zinc	4mg

DIRECTIONS

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



Steamed Green Beans

1 SERVING 10 MINUTES



INGREDIENTS

- 1 1/2 cups Green Beans (fresh or frozen)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	47	Cholesterol	0mg
Fat	0g	Sodium	157mg
Carbs	11g	Vitamin C	18mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Magnesium	38mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Trim the ends of the green beans.
- 02 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 03 Remove green beans with a slotted spoon and serve. Top with sea salt and black pepper to taste.
- 04 Note: For four servings follow these measurements - 6 cups Green Beans, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



Dates

1 SERVING 1 MINUTE



INGREDIENTS

3 Pitted Medjool Date (72 grams total)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	54g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	48g	Magnesium	0mg
Protein	1g	Zinc	0mg



FASTER Way Vegan Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
2 tbsps Peanut Butter (no Added Sugar Or Oil) (32 grams)
1/2 Banana (50 grams peeled, frozen)
1 cup Unsweetened Almond Milk (or more if needed)

DIRECTIONS

01 Add all ingredients to blender and mix. Add more liquid if needed. Add ice to reach desired consistency.

NUTRITION

AMOUNT PER SERVING

Calories	363	Cholesterol	0mg
Fat	21g	Sodium	332mg
Carbs	24g	Vitamin C	5mg
Fiber	4g	Vitamin D	10IU
Sugar	11g	Magnesium	86mg
Protein	24g	Zinc	1mg



Plant Based Protein Powder

1 SERVING 1 MINUTE



INGREDIENTS

1 scoop Plant Based Protein Powder (15 Grams Protein)

DIRECTIONS

01 Add to your smoothie for some additional protein!

NUTRITION

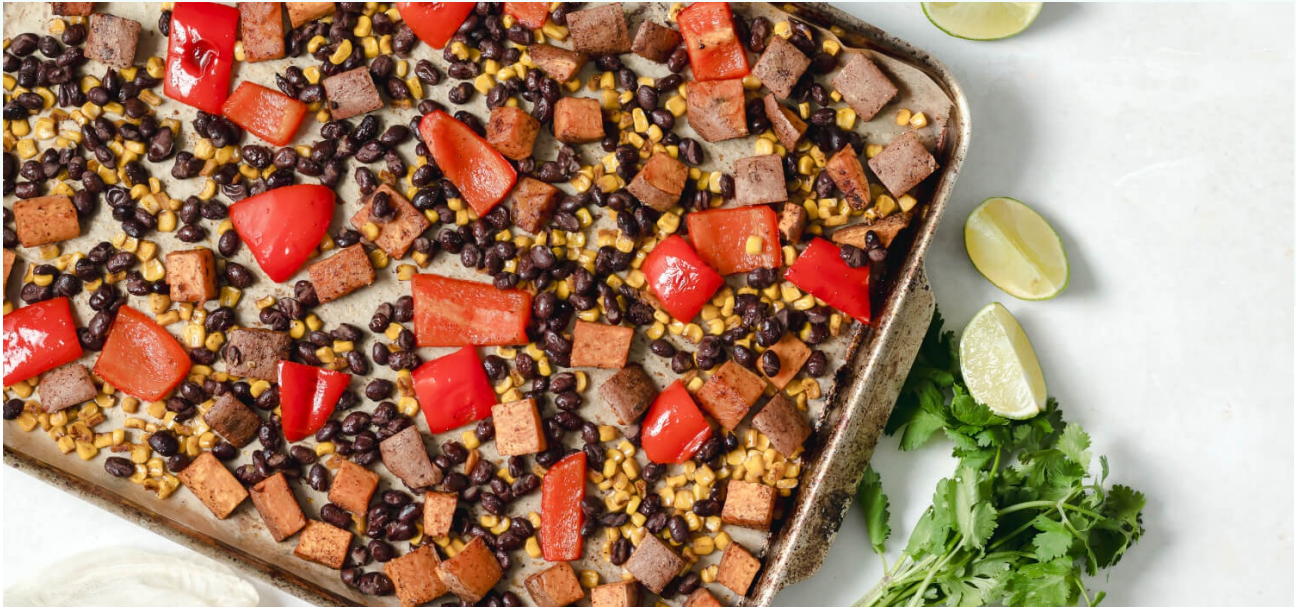
AMOUNT PER SERVING

Calories	90	Cholesterol	0mg
Fat	2g	Sodium	165mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	15g	Zinc	0mg



Men's Southwest Sheet Pan Dinner

1 SERVING 45 MINUTES



INGREDIENTS

1/3 Sweet Potato (44 grams)
1 1/3 tbsps Extra Virgin Olive Oil (divided)
2 tps Chili Powder (divided)
1/8 tsp Chipotle Powder (divided)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
2 2/3 Red Bell Pepper (80 grams)
1/3 cup Frozen Corn
1/2 cup Canned Black Beans
1 1/2 tps Lime Juice
2 2/3 tps Cilantro
6 1/2 ozs Firm Tofu

NUTRITION

AMOUNT PER SERVING

Calories	546	Cholesterol	0mg
Fat	30g	Sodium	340mg
Carbs	50g	Vitamin C	107mg
Fiber	16g	Vitamin D	0IU
Sugar	9g	Magnesium	170mg
Protein	30g	Zinc	4mg

DIRECTIONS

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



FASTer Way Vegan Mocha Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Coffee (brewed and chilled)
1 Banana (100 grams peeled, frozen)
1 tbsp Cocoa Powder
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
1 tsp Vanilla Extract

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	0mg
Fat	6g	Sodium	330mg
Carbs	34g	Vitamin C	10mg
Fiber	6g	Vitamin D	10IU
Sugar	15g	Magnesium	78mg
Protein	18g	Zinc	1mg

