

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
VEGAN MEAL GUIDE
WEEK ONE

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MEAL PREP AND SERVING SIZES

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

Here are some ways to help simplify meal prep:

COOK ONCE, EAT TWICE

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

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

PREP SMART

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

SERVING SIZES

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

HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

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

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

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

WHOLE FOOD SWAP GUIDE

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

MON - LOW CARB



MEAL ONE
Vegan Coconut Chia Pudding with Berries

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

MEAL THREE
One Pan Tempeh & Eggplant Stir Fry

SNACK
Edamame Snack

TUE - LOW CARB



MEAL ONE
Vegan Coconut Chia Pudding with Berries

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

MEAL THREE
One Pan Tempeh & Eggplant Stir Fry

SNACK
Edamame Snack

WED - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

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

MEAL THREE
Tofu & Lentil Stir Fry with Veggies

SNACK
Edamame Snack, Blackberries

THU - REG MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

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

MEAL THREE
Tofu & Lentil Stir Fry with Veggies

FRI - LOW MACRO



MEAL ONE
Vegan Raspberry Protein Overnight Oats

MEAL TWO
Grilled Taco Seasoned Tempeh & Veggie Skewers, Blackberries

MEAL THREE
Roasted Veggie Pasta

SAT - REG MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes

MEAL TWO
High Protein Tofu Veggie Wrap, Strawberries

MEAL THREE
Tempeh, Quinoa & Broccoli, Edamame Snack

SNACK
FASTER Way Vegan Almond Butter Smoothie

SUN - LOW MACRO



MEAL ONE
Vegan Blueberry Banana Protein Pancakes

MEAL TWO
High Protein Tofu Veggie Wrap

MEAL THREE
Southwest Sheet Pan Dinner



FRUITS

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

SEEDS, NUTS & SPICES

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

FROZEN

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

VEGETABLES

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

BOXED & CANNED

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

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

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

COLD

- 3 1/3 cups Unsweetened Almond Milk

OTHER

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

BAKING

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



Vegan Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Kale Blueberry Salad with Lemon Tahini Dressing

1 SERVING 15 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Herb & Garlic Tempeh

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



One Pan Tempeh & Eggplant Stir Fry

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Edamame Snack

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (shelled) (80 grams)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	4g	Sodium	5mg
Carbs	7g	Vitamin C	5mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	50mg
Protein	9g	Zinc	1mg



Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	282	Cholesterol	0mg
Fat	8g	Sodium	288mg
Carbs	31g	Vitamin C	16mg
Fiber	9g	Vitamin D	76IU
Sugar	3g	Magnesium	64mg
Protein	22g	Zinc	1mg



Grilled Taco Seasoned Tempeh & Veggie Skewers

1 SERVING 35 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Cilantro Lime Rice

1 SERVING 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Blackberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blackberries

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

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



Roasted Veggie Pasta

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Vegan Blueberry Banana Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
2 tbsps Ground Flax Seed
2 tbsps Water
1/2 Banana (50 grams peeled)
1 1/2 tsps 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!



Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries (176 grams)

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin C	85mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Magnesium	19mg
Protein	1g	Zinc	0mg



Tempeh, Quinoa & Broccoli

1 SERVING 55 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



FASTER Way Vegan Almond Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

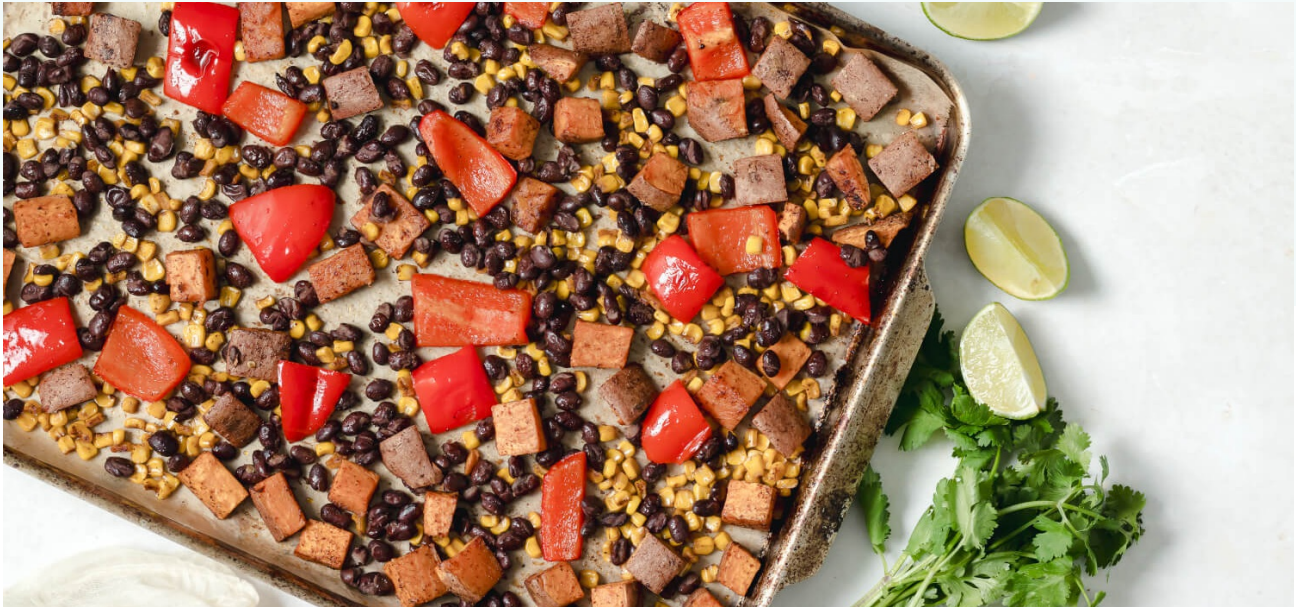
AMOUNT PER SERVING

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



Southwest Sheet Pan Dinner

1 SERVING 45 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

