

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**VEGAN MEAL GUIDE**  
WEEK THREE

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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
<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 Almond Butter & Jam Chia Pudding



**MEAL TWO**  
Vegan Egg Roll in a Bowl



**MEAL THREE**  
Shirataki Noodle Tofu Stir Fry



**SNACK**  
Edamame Snack

## TUE - LOW CARB



**MEAL ONE**  
Vegan Almond Butter & Jam Chia Pudding



**MEAL TWO**  
Vegan Egg Roll in a Bowl



**MEAL THREE**  
Shirataki Noodle Tofu Stir Fry



**SNACK**  
Edamame Snack

## WED - REG MACRO



**MEAL ONE**  
Vegan Cinnamon & Banana Protein Oatmeal



**MEAL TWO**  
Edamame & Quinoa Salad with Maple Sesame Dressing



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



**SNACK**  
Vegan Coconut Yogurt with Strawberries, Sliced Almonds

## THU - REG MACRO



**MEAL ONE**  
Vegan Cinnamon & Banana Protein Oatmeal



**MEAL TWO**  
Edamame & Quinoa Salad with Maple Sesame Dressing



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



**SNACK**  
Vegan Coconut Yogurt with Strawberries, Sliced Almonds

## FRI - LOW MACRO



**MEAL ONE**  
Vegan Cinnamon & Banana Protein Oatmeal



**MEAL TWO**  
Edamame & Quinoa Salad with Maple Sesame Dressing



**MEAL THREE**  
Tofu Rancheros

## SAT - REG MACRO



**MEAL ONE**  
Vegan Vanilla Protein Pancakes, Almond Butter



**MEAL TWO**  
Tofu Rancheros



**MEAL THREE**  
Tempeh, Quinoa & Broccoli



**SNACK**  
FASTER Way Vegan Cinnamon Roll Smoothie

## SUN - LOW MACRO



**MEAL ONE**  
Vegan Vanilla Protein Pancakes, Almond Butter



**MEAL TWO**  
Tempeh, Quinoa & Broccoli



**MEAL THREE**  
One Pot Spinach & Artichoke Pasta, Green Beans & Peas



### MON - LOW CARB

FAT 49% CARBS 27% PROTEIN 24%

Calories 1625  
Fat 89g  
Carbs 110g  
Fiber 51g  
Sugar 32g  
Protein 96g

Cholesterol 0mg  
Sodium 1358mg  
Vitamin C 242mg  
Vitamin D 101IU  
Magnesium 493mg  
Zinc 8mg

### TUE - LOW CARB

FAT 49% CARBS 27% PROTEIN 24%

Calories 1625  
Fat 89g  
Carbs 110g  
Fiber 51g  
Sugar 32g  
Protein 96g

Cholesterol 0mg  
Sodium 1358mg  
Vitamin C 242mg  
Vitamin D 101IU  
Magnesium 493mg  
Zinc 8mg

### WED - REG MACRO

FAT 29% CARBS 47% PROTEIN 24%

Calories 1607  
Fat 51g  
Carbs 190g  
Fiber 43g  
Sugar 40g  
Protein 97g

Cholesterol 0mg  
Sodium 1727mg  
Vitamin C 160mg  
Vitamin D 101IU  
Magnesium 416mg  
Zinc 8mg

### THU - REG MACRO

FAT 29% CARBS 47% PROTEIN 24%

Calories 1607  
Fat 51g  
Carbs 190g  
Fiber 43g  
Sugar 40g  
Protein 97g

Cholesterol 0mg  
Sodium 1727mg  
Vitamin C 160mg  
Vitamin D 101IU  
Magnesium 416mg  
Zinc 8mg

### FRI - LOW MACRO

FAT 30% CARBS 44% PROTEIN 26%

Calories 1249  
Fat 41g  
Carbs 138g  
Fiber 33g  
Sugar 37g  
Protein 82g

Cholesterol 0mg  
Sodium 3836mg  
Vitamin C 164mg  
Vitamin D 101IU  
Magnesium 497mg  
Zinc 10mg

### SAT - REG MACRO

FAT 31% CARBS 43% PROTEIN 26%

Calories 1636  
Fat 56g  
Carbs 178g  
Fiber 32g  
Sugar 59g  
Protein 105g

Cholesterol 0mg  
Sodium 3159mg  
Vitamin C 241mg  
Vitamin D 0IU  
Magnesium 461mg  
Zinc 9mg

### SUN - LOW MACRO

FAT 32% CARBS 43% PROTEIN 25%

Calories 1260  
Fat 44g  
Carbs 136g  
Fiber 32g  
Sugar 37g  
Protein 80g

Cholesterol 0mg  
Sodium 1738mg  
Vitamin C 126mg  
Vitamin D 0IU  
Magnesium 340mg  
Zinc 6mg



## FRUITS

- 6 Banana
- 2 cups Raspberries
- 1/2 cup Strawberries

## SEEDS, NUTS & SPICES

- 1/4 cup Almond Butter (no Added Sugar Or Oil)
- 1/8 tsp Black Pepper
- 1 1/2 tsps Cashew Butter (no Added Sugar Or Oil)
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1 3/4 tbsps Ground Cinnamon
- 3 tbsps Hemp Seeds
- 2/3 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds
- 1/2 cup Sunflower Seeds
- 2 tsps Turmeric

## FROZEN

- 4 cups Frozen Edamame (shelled)
- 1 cup Frozen Green Beans
- 1/2 cup Frozen Peas

## VEGETABLES

- 2 cups Bean Sprouts
- 4 cups Broccoli
- 1 1/2 stalks Celery
- 1 1/4 cups Cilantro
- 6 cups Coleslaw Mix
- 3/4 Cucumber
- 2 tbsps Fresh Ginger
- 3 Garlic
- 5 1/3 Garlic Clove
- 2 Green Bell Pepper
- 9 stalks Green Onion
- 2 Jalapeno Pepper
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 4 cups Romaine
- 1 cup Snap Peas
- 1 cup Spinach
- 5 Tomato
- 2 1/2 Yellow Onion

## BOXED & CANNED

- 8 ozs Chickpea Pasta
- 1 1/4 cups Quinoa
- 8 ozs Shirataki Noodles
- 2 2/3 tbsps Vegetable Broth
- 1 cup Vegetable Broth, Low Sodium

## BAKING

- 2 1/3 tbsps Nutritional Yeast
- 2 cups Rolled Oats
- 2 1/2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Extra Firm Tofu
- 2 cups Silken Tofu
- 6 ozs Tempeh
- 14 ozs Tofu

## CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1/2 cup Canned Artichoke Hearts
- 1 tbsp Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 1/2 tbsps Maple Syrup
- 1/4 cup Rice Vinegar
- 2 1/2 tbsps Sesame Oil
- 3 2/3 tbsps Tamari

## COLD

- 5 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Milk Yogurt

## OTHER

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



# Vegan Almond Butter & Jam Chia Pudding

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 cup Chia Seeds  
1 cup Unsweetened Almond Milk  
1 cup Raspberries (120 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## NUTRITION

### AMOUNT PER SERVING

Calories	521	Cholesterol	0mg
Fat	30g	Sodium	328mg
Carbs	41g	Vitamin C	32mg
Fiber	23g	Vitamin D	101IU
Sugar	6g	Magnesium	229mg
Protein	29g	Zinc	1mg

## DIRECTIONS

- 01 In a medium bowl, combine the chia seeds with the almond milk and protein powder and whisk well, making sure all the seeds are incorporated. If needed, add more milk for desired consistency. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash the raspberries until they resemble jam.
- 03 Pour the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Vegan Egg Roll in a Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 1/2 tps Avocado Oil
- 1/4 Yellow Onion (37 grams)
- 3 stalks Green Onion
- 1 Garlic Clove
- 1 tbsp Fresh Ginger
- 7 ozs Tofu
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 1 tsp Tamari
- 1/4 cup Sunflower Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	568	Cholesterol	0mg
Fat	35g	Sodium	982mg
Carbs	43g	Vitamin C	117mg
Fiber	17g	Vitamin D	0IU
Sugar	15g	Magnesium	122mg
Protein	37g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Dice the yellow and green onion. Mince the garlic. Peel and grate the ginger.
- 02 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03 Add the tofu and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04 Stir in the coleslaw mix, bean sprouts, and tamari. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and top with sunflower seeds. Enjoy!
- 05 Note: For four servings follow these measurements - 2 tps Avocado Oil, 1 Yellow Onion (148 grams), 12 stalks Green Onion, 4 Garlic Clove, 1/4 cup Fresh Ginger, 1 3/4 lbs Tofu, 12 cups Coleslaw Mix, 4 cups Bean Sprouts, 1 1/3 tps Tamari, 1 cup Sunflower Seeds
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Shirataki Noodle Tofu Stir Fry

1 SERVING 20 MINUTES



## INGREDIENTS

3/4 tsp Extra Virgin Olive Oil  
6 ozs Extra Firm Tofu  
1/2 Yellow Onion (74 grams)  
1 Garlic Clove  
1 cup Broccoli (70 grams)  
1/2 cup Snap Peas  
1 1/2 tsps Rice Vinegar  
1 1/2 tsps Sesame Oil  
4 ozs Shirataki Noodles  
1/4 tsp Chili Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	304	Cholesterol	0mg
Fat	20g	Sodium	43mg
Carbs	19g	Vitamin C	88mg
Fiber	7g	Vitamin D	0IU
Sugar	9g	Magnesium	92mg
Protein	21g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Prep the tofu and cut into cubes. Chop the yellow onion. Slice the garlic. Cut the broccoli into florets. Trim the snap peas.
- 02 Heat the oil in a large skillet over medium heat. Add the tofu to the pan and brown the tofu on all sides. Remove from the pan and set aside.
- 03 In the same pan, add the onion and garlic and sauté for two minutes. Then, add the broccoli, snap peas, rice vinegar, and sesame oil. Sauté for three to four minutes or until tender-crisp.
- 04 Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Place in a bowl and enjoy!
- 05 Note: For four servings follow these measurements - 1 tbsp Extra Virgin Olive Oil, 1 1/2 lbs Extra Firm Tofu, 2 Yellow Onion (256 grams), 4 Garlic Clove, 4 cup Broccoli (280 grams), 2 cup Snap Peas, 2 tsps Rice Vinegar, 2 tsps Sesame Oil, 1 lb Shirataki Noodles, 1 tsp Chili Flakes
- 06 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 Cinnamon & Banana Protein Oatmeal

1 SERVING 15 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/2 cup Rolled Oats (40 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1 tbsp Hemp Seeds  
1/8 tsp Ground Cinnamon  
1 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	433	Cholesterol	0mg
Fat	12g	Sodium	330mg
Carbs	59g	Vitamin C	10mg
Fiber	9g	Vitamin D	101IU
Sugar	15g	Magnesium	175mg
Protein	26g	Zinc	3mg

## DIRECTIONS

- 01 In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- 02 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. 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



# Edamame & Quinoa Salad with Maple Sesame Dressing

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry, 43 grams)  
1 tbsp Tamari  
1 tbsp Rice Vinegar  
1 1/2 tsps Maple Syrup  
1 1/2 tsps Sesame Oil  
1/4 Cucumber (30 grams)  
1/2 stalk Celery (20 grams)  
1 cup Frozen Edamame (shelled) (170 grams)  
1/4 cup Cilantro  
1 stalk Green Onion

## NUTRITION

### AMOUNT PER SERVING

Calories	459	Cholesterol	0mg
Fat	18g	Sodium	1039mg
Carbs	53g	Vitamin C	15mg
Fiber	12g	Vitamin D	0IU
Sugar	12g	Magnesium	207mg
Protein	27g	Zinc	4mg

## DIRECTIONS

- 01 Prep Note: Rinse the quinoa, chop the cucumber, celery, cilantro and green onion.
- 02 Cook the quinoa according to the package directions. Set aside to cool for five minutes.
- 03 Meanwhile, mix the remaining ingredients together in a large salad bowl.
- 04 Add the quinoa and toss until well combined. Divide evenly onto plates or bowls and enjoy!
- 05 Note: For 4 servings, use these measurements - 1 cup quinoa (dry, 170 grams), 4 tbsps tamari, 4 tbsps rice vinegar, 6 tsps maple syrup, 6 tsps sesame oil, 1 cucumber (300 grams), 2 stalks celery (80 grams), 4 cups of edamame (680 grams), 4 stalks green onion
- 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



# Roasted Red Pepper & Tomato Pasta

1 SERVING 40 MINUTES



## INGREDIENTS

1/2 Red Bell Pepper (large, chopped)  
1 1/2 Tomato (medium, whole)  
1 1/2 Garlic (cloves, large, left in the skin)  
1 1/2 tsps Water  
Sea Salt & Black Pepper (to taste)  
3 ozs Chickpea Pasta  
1/4 tsp Red Pepper Flakes  
2 tbsps Parsley

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	6g	Sodium	167mg
Carbs	59g	Vitamin C	114mg
Fiber	15g	Vitamin D	0IU
Sugar	10g	Magnesium	26mg
Protein	24g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Prepare a rimmed baking sheet with parchment paper (optional).
- 02 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.
- 03 Cook the pasta according to package directions.
- 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 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Vegan Coconut Yogurt with Strawberries

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Unsweetened Coconut Milk Yogurt  
2 tsps Ground Cinnamon  
1/4 cup Strawberries (44 grams, chopped)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Place the coconut yogurt in a bowl, mix in protein powder until smooth. Top with cinnamon and strawberries. Enjoy!
- 02 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

## NUTRITION

### AMOUNT PER SERVING

Calories	169	Cholesterol	0mg
Fat	6g	Sodium	191mg
Carbs	15g	Vitamin C	21mg
Fiber	5g	Vitamin D	0IU
Sugar	2g	Magnesium	8mg
Protein	16g	Zinc	0mg



# Sliced Almonds

1 SERVING 1 MINUTE



## INGREDIENTS

2 tbsps Sliced Almonds (8.7 grams)

## DIRECTIONS

01 Add on top of your dish and enjoy!

## NUTRITION

### AMOUNT PER SERVING

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



# Tofu Rancheros

1 SERVING 30 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	11g	Sodium	2467m..
Carbs	26g	Vitamin C	139mg
Fiber	12g	Vitamin D	0IU
Sugar	10g	Magnesium	115mg
Protein	29g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the yellow onion, bell pepper and tomato. Remove the seeds from the jalapeno pepper and finely chop. Drain the tofu and crumble.
- 02 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 03 Add in the tomatoes and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 04 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 05 Place the tofu, salsa and romaine lettuce leaves onto a plate. Garnish with cilantro and enjoy!
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# Vegan Vanilla Protein Pancakes

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 Banana (100 grams peeled)
- 1 tsp Vanilla Extract
- 1 cup Silken Tofu
- 1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	15g	Magnesium	32mg
Protein	25g	Zinc	0mg

## DIRECTIONS

- 01 In a large bowl, mash the banana and add in vanilla extract. Add the tofu. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate. Enjoy! Feel free to top with maple syrup or nut butter as fits in your macros.
- 04 Note: For four servings follow these measurements - 4 Banana (100 grams each peeled) 1 1/3 tbsps Vanilla Extract, 4 cups Silken Tofu, 2 tbsps Coconut Oil
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg



# 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)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# 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



# One Pot Spinach & Artichoke Pasta

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Artichoke Hearts (drained)  
1 1/8 tsps Nutritional Yeast  
1/8 tsp Sea Salt (to taste)  
2 ozs Chickpea Pasta (dry)  
1 1/2 tsps Cashew Butter (no Added Sugar Or Oil)  
1 cup Vegetable Broth, Low Sodium  
1 cup Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	8g	Sodium	888mg
Carbs	42g	Vitamin C	21mg
Fiber	14g	Vitamin D	0IU
Sugar	10g	Magnesium	44mg
Protein	20g	Zinc	1mg

## DIRECTIONS

- 01 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 02 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to ten minutes, or until the pasta is cooked through. Stir occasionally.
- 03 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!
- 04 Note: For four servings follow these measurements - 2 cups Canned Artichoke Hearts (drained), 1 1/2 tsps Nutritional Yeast, 1/2 tsp Sea Salt (to taste), 8 ozs Chickpea Pasta (dry), 2 tsps Cashew Butter (no added sugar or oil), 4 cups Vegetable Broth, Low Sodium, 4 cups Spinach



# Green Beans & Peas

1 SERVING 10 MINUTES



## INGREDIENTS

- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 cup Frozen Green Beans
- 1/2 cup Frozen Peas

## NUTRITION

### AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	354mg
Carbs	20g	Vitamin C	13mg
Fiber	8g	Vitamin D	0IU
Sugar	6g	Magnesium	44mg
Protein	6g	Zinc	1mg

## DIRECTIONS

- 01 Bring a pot of water to a boil and add the salt.
- 02 Add the green beans and cook for 2 minutes then add the peas and continue cooking for 3 minutes or until the vegetables are tender.
- 03 Drain and serve. Season with pepper. Enjoy!
- 04 Note: For four servings follow these measurements - 1/2 tsp Sea Salt, 1/2 tsp Black Pepper, 4 cup Green Beans, 2 cup Frozen Peas

