

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**VEGAN MEAL GUIDE**  
WEEK FOUR

# 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 1**  
Vegan Peanut Butter & Jam Blended  
Chia Pudding



**MEAL 2**  
Cobb Salad with Tofu, Hemp Seeds



**MEAL 3**  
Men's One Pan Tempeh & Veggies



**SNACK**  
Mixed Berries with Almond Butter



**SNACK 2**  
FASTer Way Vegan Vanilla Berry Protein  
Smoothie

## TUE - LOW CARB



**MEAL 1**  
Vegan Peanut Butter & Jam Blended  
Chia Pudding



**MEAL 2**  
Cobb Salad with Tofu, Hemp Seeds



**MEAL 3**  
Men's One Pan Tempeh & Veggies



**SNACK**  
Mixed Berries with Almond Butter



**SNACK 2**  
FASTer Way Vegan Vanilla Berry Protein  
Smoothie

## WED - FEAST DAY



**MEAL 1**  
Vegan Apple Cinnamon Overnight Oats



**MEAL 2**  
Spicy Black Bean & Lentil Salad, Men's  
Herb & Garlic Tempeh



**MEAL 3**  
Vegan White Bean Burgers, Steamed  
White Rice and Broccoli



**SNACK**  
Chickpea & Sundried Tomato Wrap,  
Edamame



**SNACK 2**  
FASTer Way Vegan Oatmeal Cookie  
Smoothie, Plant Based Protein Powder

## THU - 24HR FAST



**MEAL 3**  
TVP & Rice Stuffed Bell Peppers with  
Guacamole, Apple with Almond Butter



**SNACK**  
FASTer Way Vegan Almond Butter  
Smoothie

## FRI - REG MACRO



**MEAL 1**  
Vegan Apple Cinnamon Overnight Oats



**MEAL 2**  
TVP & Rice Stuffed Bell Peppers with  
Guacamole, Fresh Strawberries with...



**MEAL 3**  
Grilled Zucchini & Chickpea Pasta Salad,  
Men's Herb & Garlic Tempeh



**SNACK**  
Chickpea & Sundried Tomato Wrap,  
Edamame



**SNACK 2**  
FASTer Way Vegan Blackberry & Pear  
Smoothie, Plant Based Protein Powder

## SAT - REG MACRO



**MEAL 1**  
Vegan Chocolate Quinoa Flake Bowl



**MEAL 2**  
Grilled Zucchini & Chickpea Pasta Salad,  
Men's Herb & Garlic Tempeh



**MEAL 3**  
Tempeh, Quinoa & Edamame Stuffed  
Peppers



**SNACK**  
Banana with Cinnamon & Almond Butter



**SNACK 2**  
FASTer Way Vegan Cinnamon Roll  
Smoothie, Plant Based Protein Powder

## SUN - LOW MACRO



**MEAL 1**  
Vegan Chocolate Quinoa Flake Bowl



**MEAL 2**  
Tempeh, Quinoa & Edamame Stuffed  
Peppers



**MEAL 3**  
Vegan White Bean Burgers, Steamed  
Broccoli



**SNACK**  
FASTer Way Vegan Cinnamon Roll  
Smoothie, Plant Based Protein Powder



### MON - LOW CARB

**FAT 56%**    **CARBS 21%**    **PROTEIN 23%**

**Calories** 2486            Cholesterol 0mg  
**Fat** 154g                Sodium 1943mg  
**Carbs** 134g              Vitamin C 252mg  
**Fiber** 52g                Vitamin D 153IU  
**Sugar** 47g                Magnesium 919mg  
**Protein** 141g              Zinc 16mg

### TUE - LOW CARB

**FAT 56%**    **CARBS 21%**    **PROTEIN 23%**

**Calories** 2496            Cholesterol 0mg  
**Fat** 154g                Sodium 1943mg  
**Carbs** 134g              Vitamin C 252mg  
**Fiber** 52g                Vitamin D 153IU  
**Sugar** 47g                Magnesium 919mg  
**Protein** 141g              Zinc 16mg

### WED - FEAST DAY

**FAT 29%**    **CARBS 47%**    **PROTEIN 24%**

**Calories** 2913            Cholesterol 3mg  
**Fat** 93g                  Sodium 2319mg  
**Carbs** 341g              Vitamin C 328mg  
**Fiber** 87g                Vitamin D 110IU  
**Sugar** 57g                Magnesium 889mg  
**Protein** 178g              Zinc 15mg

### THU - 24HR FAST

**FAT 40%**    **CARBS 40%**    **PROTEIN 20%**

**Calories** 1026            Cholesterol 0mg  
**Fat** 46g                  Sodium 889mg  
**Carbs** 103g              Vitamin C 174mg  
**Fiber** 26g                Vitamin D 101IU  
**Sugar** 41g                Magnesium 312mg  
**Protein** 50g                Zinc 4mg

### FRI - REG MACRO

**FAT 31%**    **CARBS 43%**    **PROTEIN 26%**

**Calories** 2473            Cholesterol 3mg  
**Fat** 85g                  Sodium 2427mg  
**Carbs** 268g              Vitamin C 300mg  
**Fiber** 66g                Vitamin D 110IU  
**Sugar** 77g                Magnesium 637mg  
**Protein** 159g              Zinc 12mg

### SAT - REG MACRO

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

**Calories** 2333            Cholesterol 0mg  
**Fat** 77g                  Sodium 1797mg  
**Carbs** 262g              Vitamin C 414mg  
**Fiber** 42g                Vitamin D 76IU  
**Sugar** 67g                Magnesium 603mg  
**Protein** 148g              Zinc 11mg

### SUN - LOW MACRO

**FAT 29%**    **CARBS 46%**    **PROTEIN 25%**

**Calories** 1848            Cholesterol 0mg  
**Fat** 60g                  Sodium 1365mg  
**Carbs** 213g              Vitamin C 481mg  
**Fiber** 42g                Vitamin D 76IU  
**Sugar** 41g                Magnesium 520mg  
**Protein** 114g              Zinc 8mg



## FRUITS

- 1 1/2 Apple
- 1 Avocado
- 5 Banana
- 1 1/2 cups Blackberries
- 2 tbsps Lemon Juice
- 1/2 Lime
- 1 Pear
- 2 1/8 cups Raspberries
- 1 cup Strawberries

## SEEDS, NUTS & SPICES

- 2/3 cup Almond Butter (no Added Sugar Or Oil)
- 2/3 tsp Black Pepper
- 3 2/3 tbsps Chia Seeds
- 1/2 tsp Cumin
- 1 tsp Dried Oregano
- 1 tsp Fajita Seasoning
- 1 tsp Garlic Powder
- 1 1/16 tbsps Ground Cinnamon
- 2 tbsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 2 tbsps Italian Seasoning
- 1/8 tsp Nutmeg
- 1 tsp Oregano
- 2 2/3 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 tpsps Sea Salt
- 1/3 cup Sunflower Seeds
- 1/4 cup Walnuts

## FROZEN

- 2 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 3 1/2 cups Frozen Edamame (shelled)
- 1/3 cup Frozen Peas
- 1 cup Frozen Raspberries

## VEGETABLES

- 2 tbsps Basil Leaves
- 4 cups Broccoli
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1/2 cup Cucumber
- 2 tbsps Fresh Dill
- 6 1/2 Garlic Clove
- 1 Jalapeno Pepper
- 1/2 cup Mushrooms
- 2 Orange Bell Pepper
- 1/4 cup Parsley
- 3 1/2 Red Bell Pepper
- 2/3 cup Red Onion
- 4 cups Romaine
- 5 cups Spinach
- 1 1/2 Tomato
- 1 Zucchini

## BOXED & CANNED

- 1/4 cup Basmati Rice
- 1 cup Black Beans
- 1 cup Canned Chickpeas
- 1 cup Canned Coconut Milk
- 1 cup Canned White Navy Beans
- 4 ozs Chickpea Pasta
- 1/4 cup Corn
- 1/4 cup Jasmine Rice
- 1 cup Lentils
- 1/2 cup Quinoa
- 1/2 cup Quinoa Flakes
- 1 tsp Tomato Paste
- 1/2 cup Vegetable Broth

## BREAD, FISH, MEAT & CHEESE

- 2 1/8 lbs Tempeh
- 1 cup Textured Vegetable Protein
- 14 ozs Tofu

## CONDIMENTS & OILS

- 2/3 cup Balsamic Vinegar
- 3 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 3 1/3 tbsps Maple Syrup
- 2 tbsps Red Wine Vinegar
- 1/4 cup Sun Dried Tomato Pesto

## COLD

- 2 ozs Cashew Cream Cheese
- 1/2 cup Guacamole
- 7 2/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 2 scoops Chocolate Plant Based Protein Powder (15 Grams Protein)
- 6 scoops Plant Based Protein Powder (15 Grams Protein)
- 9 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)

## BAKING

- 1/4 cup Almond Flour
- 2 tbsps Cocoa Powder
- 1 3/4 cups Rolled Oats
- 1 2/3 tpsps Vanilla Extract



# Vegan Peanut Butter & Jam Blended Chia Pudding

1 SERVING 1 HOUR 15 MINUTES



## INGREDIENTS

1/2 cup Canned Coconut Milk (full fat)  
1 1/3 tbsps Chia Seeds  
1 1/3 tbsps Peanut Butter (no Added Sugar Or Oil)  
1 1/3 tsps Maple Syrup  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
2 tbsps Strawberries (mashed)

## DIRECTIONS

- 01 To a blender add the coconut milk, chia seeds, peanut butter, protein powder, and maple syrup. Blend on high until a very smooth consistency is achieved.
- 02 Mash strawberries with a fork.
- 03 Layering with the mashed strawberries, pour into sealable containers. Refrigerate, covered for at least one hour. Enjoy!
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

## NUTRITION

### AMOUNT PER SERVING

Calories	534	Cholesterol	0mg
Fat	39g	Sodium	202mg
Carbs	24g	Vitamin C	11mg
Fiber	7g	Vitamin D	0IU
Sugar	10g	Magnesium	40mg
Protein	24g	Zinc	1mg



# Cobb Salad with Tofu

1 SERVING 10 MINUTES



## INGREDIENTS

7 ozs Tofu  
2 cups Romaine  
1/2 Avocado  
1/4 cup Cherry Tomatoes  
1/4 cup Cucumber  
2 1/2 tbsps Sunflower Seeds  
1 1/2 tsps Dijon Mustard  
1/4 cup Mushrooms  
1 1/2 tsps Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1 1/2 tbsps Water  
1/2 tsp Dried Oregano

## DIRECTIONS

- 01 Slice tofu, lettuce, cucumber, tomatoes, and mushrooms and combine in a bowl.
- 02 Add avocado, sliced thin, along with sunflower seeds.
- 03 In a small bowl, mix mustard, olive oil, vinegar, water, and oregano.
- 04 Pour the dressing over the salad 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	544	Cholesterol	0mg
Fat	42g	Sodium	119mg
Carbs	22g	Vitamin C	35mg
Fiber	13g	Vitamin D	2IU
Sugar	7g	Magnesium	136mg
Protein	28g	Zinc	4mg



# Hemp Seeds

1 SERVING 1 MINUTE



## INGREDIENTS

3 tbsps Hemp Seeds (25 grams)

## DIRECTIONS

01 Sprinkle on top or blend in your meal. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	166	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	210mg
Protein	9g	Zinc	3mg



# Men's One Pan Tempeh & Veggies

1 SERVING 50 MINUTES



## INGREDIENTS

2 tbsps Balsamic Vinegar  
1 tbsp Dijon Mustard  
1 tbsp Vegetable Broth  
1 Garlic Clove  
1/2 tsp Oregano  
1/3 tsp Sea Salt  
6 ozs Tempeh  
1 cup Broccoli (70 grams)  
1/2 cup Frozen Edamame (shelled) (44 grams)  
1/2 cup Frozen Cauliflower (90 grams)  
1/4 Red Bell Pepper (30 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	526	Cholesterol	0mg
Fat	23g	Sodium	1068m...
Carbs	38g	Vitamin C	153mg
Fiber	10g	Vitamin D	0IU
Sugar	10g	Magnesium	224mg
Protein	48g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Mince the garlic. Cut the tempeh into thin slices. Cut the broccoli into florets. Edamame should be shelled and thawed. Chop the red bell pepper.
- 02 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 03 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 04 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 05 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 06 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 1/2 cup Balsamic Vinegar, 1/4 cup Dijon Mustard, 1/4 cup Vegetable Broth, 4 Garlic Clove, 2 tsps Oregano, 1 1/3 tsps Sea Salt, 1 1/2 lbs Tempeh, 4 cups Broccoli (280 grams), 2 cup Frozen Edamame (176 grams), 2 cups Frozen Cauliflower (360 grams), 1 Red Bell Pepper (120 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Two Times: Double this recipe. Use half on Monday, half on Tuesday.



# 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



# FASTer Way Vegan Vanilla Berry Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 cups Unsweetened Almond Milk  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
2 tbsps Hemp Seeds  
1/2 cup Frozen Blueberries (95 grams)  
1/2 cup Frozen Raspberries (60 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil)

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	421	Cholesterol	0mg
Fat	25g	Sodium	412mg
Carbs	26g	Vitamin C	14mg
Fiber	9g	Vitamin D	15IU
Sugar	12g	Magnesium	230mg
Protein	27g	Zinc	3mg



# Vegan Apple Cinnamon Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
1/3 cup Unsweetened Almond Milk  
1 1/2 tsp Chia Seeds  
3/4 tsp Maple Syrup  
1/4 tsp Ground Cinnamon  
1/16 tsp Nutmeg  
1/4 tsp Vanilla Extract  
2 tbsps Water  
1/4 Apple (25 grams)  
2 tbsps Walnuts  
1 scoop Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Prep note: Core and dice the apple. Chop the walnuts.
- 02 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, protein powder, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 03 Remove from fridge. Use a single-serving size jar (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 04 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of maple syrup.
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Friday.

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Cholesterol	0mg
Fat	17g	Sodium	222mg
Carbs	36g	Vitamin C	2mg
Fiber	7g	Vitamin D	34IU
Sugar	9g	Magnesium	89mg
Protein	22g	Zinc	2mg



# Spicy Black Bean & Lentil Salad

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 cup Black Beans (172 grams, cooked)
- 1 cup Lentils (260 grams, cooked)
- 1 Red Bell Pepper (120 grams)
- 1 Jalapeno Pepper
- 1 cup Spinach (31 grams)
- 1/4 cup Cilantro
- 1/2 Lime
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## DIRECTIONS

- 01 Prep note: Dice the peppers. Chop the cilantro. Juice the lime.
- 02 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 03 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 04 Pour the dressing over the salad and toss until well combined. Enjoy!
- 05 Note: For four servings follow these measurements - 4 cup Black Beans (688 grams, cooked), 4 cup Lentils (1040 grams, cooked), 4 Red Bell Pepper (480 grams), 4 Jalapeno Pepper, 1 cup Spinach (124 grams), 1 cup Cilantro, 2 Lime, 2 tsps Extra Virgin Olive Oil, 2 tsp Cumin, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	569	Cholesterol	0mg
Fat	9g	Sodium	186mg
Carbs	92g	Vitamin C	188mg
Fiber	35g	Vitamin D	0IU
Sugar	10g	Magnesium	239mg
Protein	36g	Zinc	5mg



# Men's Herb & Garlic Tempeh

1 SERVING 55 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	306	Cholesterol	0mg
Fat	15g	Sodium	397mg
Carbs	18g	Vitamin C	1mg
Fiber	0g	Vitamin D	0IU
Sugar	5g	Magnesium	120mg
Protein	29g	Zinc	2mg

## 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 - 1/2 cup Vegetable Broth, 1/2 cup Balsamic Vinegar, 2 2/3 tbsps Italian Seasoning, 1/2 tsp Sea Salt, 4 Garlic Clove, 1 1/2 lbs Tempeh
- 06 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Friday, 1/3 on Saturday.



# Vegan White Bean Burgers

1 SERVING 30 MINUTES



## INGREDIENTS

1/2 cup Canned White Navy Beans  
1/4 Garlic Clove  
1 tbsp Basil Leaves  
2 tbsps Almond Flour  
1/2 Tomato (61 grams)  
2 tbsps Green Olives  
1 tbsp Red Onion (7 grams)  
3/4 tsp Extra Virgin Olive Oil  
3/4 tsp Balsamic Vinegar  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 cup Spinach (20 grams)  
1 tbsp Ground Flax Seed  
2 1/2 tbsps Water  
1 1/2 tsps Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	319	Cholesterol	0mg
Fat	15g	Sodium	320mg
Carbs	35g	Vitamin C	23mg
Fiber	14g	Vitamin D	0IU
Sugar	2g	Magnesium	122mg
Protein	14g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Drain and rinse the beans. Mince the garlic. Chop the basil. Dice the tomatoes. Remove the pits and chop the olives. Finely dice the red onion. Combine the flaxseed with 2.5 tbsp water and let sit for 2 min.
- 02 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and flax "egg". Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patty and place on waxed paper. Place in the freezer until ready to cook.
- 03 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 04 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patty for 6 - 7 minutes per side or until golden brown.
- 05 Plate baby spinach and lightly drizzle with a lemon juice. Serve white bean patty on top with the salsa. Enjoy!
- 06 Note: For four servings follow these measurements - 2 cups Canned White Navy Beans, 1 Garlic Clove, 1/4 cup Basil Leaves, 1/2 cup Almond Flour, 2 Tomato (61 grams), 1/2 cup Green Olives, 1/4 cup Red Onion (7 grams), 1 tbsp Extra Virgin Olive Oil, 1 tbsp Balsamic Vinegar, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 4 cups Spinach (20 grams), 1/4 cup Ground Flax Seed, 2/3 cup Water, 2tbsp Lemon Juice
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Sunday.



# Steamed White Rice and Broccoli

1 SERVING 15 MINUTES



## INGREDIENTS

- 1/2 cup Water
- 1/4 cup Jasmine Rice (dry)
- 1 cup Broccoli (70 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	191	Cholesterol	0mg
Fat	0g	Sodium	180mg
Carbs	44g	Vitamin C	81mg
Fiber	3g	Vitamin D	0IU
Sugar	2g	Magnesium	22mg
Protein	6g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Rinse the rice. Cut the broccoli into florets.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 While rice is cooking, set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Season with salt and pepper to taste.
- 05 Note: For four servings follow these measurements - 2 cup Water, 1 cup Jasmine Rice (dry), 4 cup Broccoli (280 grams), 1/4 tsp Sea Salt, 1/4 tsp Black Pepper



# Chickpea & Sundried Tomato Wrap

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Canned Chickpeas  
2 tbsps Sun Dried Tomato Pesto  
1/4 Tomato (30 grams)  
1 cup Spinach  
1 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	3mg
Fat	8g	Sodium	551mg
Carbs	55g	Vitamin C	14mg
Fiber	12g	Vitamin D	0IU
Sugar	10g	Magnesium	65mg
Protein	14g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Dice the tomato.
- 02 In a bowl, combine the chickpeas, pesto, tomatoes and spinach.
- 03 Add the mixture evenly to the tortillas. Fold the tortilla tightly into a wrap, and enjoy!
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Friday. Prep the filling and then fill the wrap on the day you are going to eat it.



# 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



# 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



# 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



# TVP & Rice Stuffed Bell Peppers with Guacamole

1 SERVING 1 HOUR 15 MINUTES



## INGREDIENTS

2 tbsps Basmati Rice  
1/2 cup Textured Vegetable Protein  
1 tsp Extra Virgin Olive Oil  
2 tbsps Red Onion (26 grams)  
1/2 tsp Tomato Paste  
2 tbsps Corn  
1 1/2 tsps Fajita Seasoning  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 tbsp Cilantro  
1 Red Bell Pepper (120 grams)  
2 2/3 tbsps Water  
1/4 cup Guacamole

## NUTRITION

### AMOUNT PER SERVING

Calories	406	Cholesterol	0mg
Fat	14g	Sodium	557mg
Carbs	53g	Vitamin C	161mg
Fiber	14g	Vitamin D	0IU
Sugar	13g	Magnesium	139mg
Protein	23g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Crumble the texture vegetable protein. Dice the red onion. Chop the cilantro. Cut the red bell pepper in half and remove seeds.
- 02 Rinse the rice and cook according to the package directions.
- 03 Meanwhile, place the textured vegetable protein (TVP) in a bowl and cover it with boiling water. Cover the bowl and let it sit for ten minutes to rehydrate.
- 04 Heat the oil in a pan over medium-high heat. Add the onion and sauté for five minutes or until softened. Add the rehydrated TVP and cook for another ten minutes until crispy and golden brown.
- 05 Preheat the oven to 400°F (205°C). Add the tomato paste, corn, fajita seasoning, and cooked rice to the pan. Season with salt and pepper, stir, then cook for another five minutes. Remove from the heat and add the cilantro.
- 06 Place the bell peppers in a deep baking dish and stuff them evenly with the TVP and rice mixture. Pour the water into the baking dish and cover the dish with aluminum foil.
- 07 Cook in the oven for 30 to 35 minutes or until the bell peppers are cooked through. Garnish with additional cilantro, serve with guacamole, and enjoy!
- 08 Note: For four servings follow these measurements - 1/2 cup Basmati Rice, 2 cups Textured Vegetable Protein, 1 1/3 tbsps Extra Virgin Olive Oil, 1/2 cup Red Onion (26 grams), 2 tsps Tomato Paste, 1/2 cup Corn, 2 tbsps Fajita Seasoning, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1/4 cup Cilantro, 4 Red Bell Pepper (120 grams), 2/3 cup Water, 1 cup Guacamole
- 09 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



# Apple with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (105 grams)  
2 tbsps Almond Butter (no Added Sugar  
Or Oil)

## DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin C	8mg
Fiber	8g	Vitamin D	0IU
Sugar	20g	Magnesium	96mg
Protein	7g	Zinc	1mg



# 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



# 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



# Grilled Zucchini & Chickpea Pasta Salad

1 SERVING 25 MINUTES



## INGREDIENTS

2 ozs Chickpea Pasta (dry)  
2 2/3 tbsps Frozen Peas  
1/2 Zucchini (98 grams)  
2 tbsps Red Onion (16 grams)  
1 tsp Extra Virgin Olive Oil (divided)  
1 1/2 tpsps Lemon Juice  
1/2 Garlic Clove  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 tbsp Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	279	Cholesterol	0mg
Fat	8g	Sodium	236mg
Carbs	42g	Vitamin C	26mg
Fiber	11g	Vitamin D	0IU
Sugar	10g	Magnesium	27mg
Protein	17g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Chop the zucchini. Slice the red onion. Juice the lemon. Mince the garlic. Chop the dill.
- 02 Cook the chickpea pasta according to the package directions. In the final five minutes of cooking, add the frozen peas to the pot to cook. Drain everything and set aside.
- 03 Meanwhile, preheat the grill to medium heat. Toss the zucchini and onion with half of the oil. Add to a grill basket and grill until the veggies are slightly charred, about five to seven minutes.
- 04 Mix the lemon juice, garlic, sea salt, pepper, and remaining oil. Toss this mixture together with the pasta, peas, and veggies, and garnish with the dill. Enjoy!
- 05 Note: For four servings follow these measurements - 8 ozs Chickpea Pasta (dry), 2/3 cup Frozen Peas, 2 Zucchini (392 grams), 1/2 cup Red Onion (64 grams), 1 1/3 tbsp Extra Virgin Olive Oil (divided), 2 tbsp Lemon Juice, 2 Garlic Clove, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1/4 cup Fresh Dill
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# FASTER Way Vegan Blackberry & Pear Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear (178 grams)  
1/2 cup Blackberries (72 grams, fresh or frozen)  
3/4 cup Unsweetened Almond Milk  
6 Ice Cubes  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Prep note: Core and chop the pear.
- 02 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Cholesterol	0mg
Fat	4g	Sodium	288mg
Carbs	37g	Vitamin C	23mg
Fiber	10g	Vitamin D	76IU
Sugar	21g	Magnesium	39mg
Protein	17g	Zinc	1mg



# Vegan Chocolate Quinoa Flake Bowl

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Quinoa Flakes  
3/4 cup Unsweetened Almond Milk  
1 tbsp Cocoa Powder  
1/8 tsp Ground Cinnamon  
1/4 Banana (25 grams peeled)  
1/3 cup Raspberries (40 grams)  
1 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cocoa powder, protein powder, and cinnamon. Add the banana and mash with a fork to incorporate.
- 02 Bring to a boil and then reduce the heat to low and simmer for three minutes.
- 03 Pour into a bowl and top with raspberries. Enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.

## NUTRITION

### AMOUNT PER SERVING

Calories	271	Cholesterol	0mg
Fat	6g	Sodium	289mg
Carbs	35g	Vitamin C	13mg
Fiber	8g	Vitamin D	76IU
Sugar	7g	Magnesium	57mg
Protein	21g	Zinc	1mg



# Tempeh, Quinoa & Edamame Stuffed Peppers

1 SERVING 45 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry)  
1 tsp Extra Virgin Olive Oil  
4 ozs Tempeh  
1/4 cup Frozen Edamame (shelled)  
1 oz Cashew Cream Cheese  
1/2 tsp Garlic Powder  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
2 tbsps Parsley  
1 Orange Bell Pepper (120 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	600	Cholesterol	0mg
Fat	28g	Sodium	217mg
Carbs	57g	Vitamin C	354mg
Fiber	8g	Vitamin D	0IU
Sugar	2g	Magnesium	228mg
Protein	39g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Finely crumble the tempeh. Thaw the edamame. Chop the parsley. Cut off the top of the pepper and remove the seeds.
- 02 Preheat the oven to 350°F (175°C).
- 03 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 04 Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
- 05 In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
- 06 Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 1 1/3 tbsps Extra Virgin Olive Oil, 1 lbs Tempeh, 1 cup Frozen Edamame (shelled), 4 ozs Cashew Cream Cheese, 2 tpsps Garlic Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1/2 cup Parsley, 4 Orange Bell Pepper
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams peeled)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Ground Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

## NUTRITION

### AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



# Steamed Broccoli

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 cup Broccoli (70 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	178mg
Carbs	6g	Vitamin C	81mg
Fiber	2g	Vitamin D	0IU
Sugar	2g	Magnesium	19mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Cut broccoli into florets.
- 02 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender.
- 03 Season broccoli as desired. Consider salt, pepper, garlic powder or any of your favorite spices.
- 04 Plate and enjoy!
- 05 Note: For four servings follow these measurements - 4 cups Broccoli (280 grams), 1/4 tsp Sea Salt, 1/4 tsp Black Pepper

