

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**VEGAN MEAL GUIDE**  
WEEK TWO

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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 Raspberry Pecan Warm Chia Pudding, Sliced Almonds



**MEAL TWO**  
Men's Tofu & Broccoli Salad with Peanut Sauce



**MEAL THREE**  
High Protein Artichoke & Chickpea Salad with Tofu, Steamed Broccolini



**SNACK**  
FASTER Way Vegan Chocolate Avocado Smoothie



**DINNER**  
Macadamia Nuts with Raspberries, Edamame

## TUE - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding, Sliced Almonds



**MEAL TWO**  
Men's Tofu & Broccoli Salad with Peanut Sauce



**MEAL THREE**  
High Protein Artichoke & Chickpea Salad with Tofu, Steamed Broccolini



**SNACK**  
FASTER Way Vegan Chocolate Avocado Smoothie



**DINNER**  
Macadamia Nuts with Raspberries, Edamame

## WED - REG MACRO



**MEAL ONE**  
Vegan Cookie Dough Overnight Oats



**MEAL TWO**  
Rainbow Tempeh Bowls, Blueberries



**MEAL THREE**  
Men's Tempeh Taco Bowl



**SNACK**  
FASTER Way Vegan Vanilla Berry Protein Smoothie, Plant Based Protein Powder



**DINNER**  
Edamame, Dates

## THU - REG MACRO



**MEAL ONE**  
Vegan Cookie Dough Overnight Oats



**MEAL TWO**  
Rainbow Tempeh Bowls, Blueberries



**MEAL THREE**  
Men's Tempeh Taco Bowl



**SNACK**  
FASTER Way Vegan Vanilla Berry Protein Smoothie, Plant Based Protein Powder



**DINNER**  
Edamame, Dates

## FRI - LOW MACRO



**MEAL ONE**  
Vegan Cookie Dough Overnight Oats



**MEAL TWO**  
Rainbow Tempeh Bowls, Raspberries



**MEAL THREE**  
High Protein Tofu & Cauliflower Crumble with Spinach



**SNACK**  
FASTER Way Vegan Masala Chai Smoothie, Banana

## SAT - REG MACRO



**MEAL ONE**  
Vegan Apple Pie Protein Pancakes, Mixed Berries with Almond Butter



**MEAL TWO**  
High Protein Tofu & Cauliflower Crumble with Spinach, Blueberries



**MEAL THREE**  
One Pan Spaghetti Squash Ratatouille, Mixed Greens with Balsamic Vinaigrette



**SNACK**  
FASTER Way Vegan Masala Chai Smoothie, Plant Based Protein Powder



**DINNER**  
Edamame, Dates

## SUN - LOW MACRO



**MEAL ONE**  
Tofu Breakfast Bowl, Mixed Berries with Almond Butter



**MEAL TWO**  
One Pan Spaghetti Squash Ratatouille, Mixed Greens with Balsamic Vinaigrette



**MEAL THREE**  
High Protein Swiss Chard, Lentil & Rice Bowl



**SNACK**  
FASTER Way Vegan Mocha Smoothie, Plant Based Protein Powder



**DINNER**  
Edamame



## FRUITS

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

## SEEDS, NUTS & SPICES

- 1/2 cup Almond Butter (no Added Sugar Or Oil)
- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Fennel Seed
- 1/2 tsp Garlic Powder
- 2 tpsps Ground Cinnamon
- 1 1/4 tpsps Ground Cumin
- 1/4 cup Hemp Seeds
- 1 tsp Herbes De Provence
- 2/3 cup Macadamia Nuts
- 1 tsp Masala Chai Spice
- 1/3 tsp Nutmeg
- 1/2 tsp Oregano
- 1/4 tsp Paprika
- 2 1/3 tpsps Peanut Butter (no Added Sugar Or Oil)
- 2 tpsps Peanuts
- 2 tpsps Pecans
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1/4 cup Sliced Almonds
- 1 tsp Smoked Paprika
- 1/2 tsp Turmeric

## VEGETABLES

- 5 1/2 cups Broccoli
- 1 bunch Broccolini
- 3 Carrot
- 1/3 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Eggplant
- 1 tsp Fresh Thyme
- 2 1/4 Garlic Clove
- 1/2 Green Bell Pepper
- 1 1/2 Jalapeno Pepper
- 8 cups Mixed Greens
- 1/2 Orange Bell Pepper
- 2 2/3 tpsps Parsley
- 2 2/3 tpsps Radishes
- 1 Red Bell Pepper
- 2 2/3 tpsps Red Onion
- 1 1/2 cups Romaine
- 1/2 Spaghetti Squash
- 4 cups Spinach
- 2 cups Swiss Chard
- 2 Tomato
- 3/4 Yellow Onion

## BOXED & CANNED

- 1 cup Brown Rice
- 1 cup Canned Chickpeas
- 1 1/2 cups Canned Diced Tomatoes
- 1/4 cup Coffee
- 1 cup Lentils
- 1/2 cup Quinoa

## BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Extra Firm Tofu
- 1 1/2 lbs Firm Tofu
- 1 1/8 lbs Tempeh
- 1 lb Tofu

## CONDIMENTS & OILS

- 1 1/4 tpsps Apple Cider Vinegar
- 1 1/8 tpsps Avocado Oil
- 1 tsp Balsamic Vinegar
- 1/3 cup Canned Artichoke Hearts
- 3/4 tsp Coconut Oil
- 3 3/4 tpsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1 tsp Rice Vinegar
- 1 1/3 tpsps Sesame Oil
- 3 1/4 tpsps Tamari
- 1 1/3 tpsps White Wine Vinegar

## COLD

- 12 1/2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt

## OTHER

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



## FROZEN

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower Rice
- 8 cups Frozen Edamame (shelled)
- 1 cup Frozen Raspberries

## BAKING

- 1 1/2 tsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1 tbsp Cocoa Powder
- 3/4 tsp Nutritional Yeast
- 1/3 cup Oat Flour
- 9 Pitted Medjool Date
- 1 1/2 cups Rolled Oats
- 3 tbsps Unsweetened Applesauce
- 1 1/3 tbsps Vanilla Extract



# Vegan Raspberry Pecan Warm Chia Pudding

1 SERVING 10 MINUTES



## INGREDIENTS

3 tbsps Chia Seeds  
3/4 cup Unsweetened Almond Milk  
1/2 cup Raspberries (60 grams)  
1 tbsp Pecans (6.5 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

- 01 Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes. Stir in protein powder.
- 02 Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!
- 03 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Cholesterol	0mg
Fat	29g	Sodium	292mg
Carbs	29g	Vitamin C	16mg
Fiber	19g	Vitamin D	76IU
Sugar	4g	Magnesium	78mg
Protein	26g	Zinc	1mg



# 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



# Men's Tofu & Broccoli Salad with Peanut Sauce

1 SERVING 50 MINUTES



## INGREDIENTS

7 ozs Extra Firm Tofu  
1 1/2 tsps Tamari (divided)  
1 1/2 tsps Rice Vinegar (divided)  
1 1/8 tsps Sesame Oil (divided)  
3/4 tsp Arrowroot Powder  
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)  
1 1/2 tsps Water  
1 1/4 cups Broccoli (88 grams)  
1 1/3 tsps Radishes (9 grams)  
1 tbsp Peanuts (8 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	409	Cholesterol	0mg
Fat	29g	Sodium	556mg
Carbs	18g	Vitamin C	103mg
Fiber	7g	Vitamin D	0IU
Sugar	6g	Magnesium	140mg
Protein	30g	Zinc	3mg

## DIRECTIONS

- 01** Prep note: Press and cube the tofu. Chop the broccoli into tiny florets. Thinly slice the radishes. Roughly chop the peanuts.
- 02** Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03** Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 04** Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 05** Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 06** Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!
- 07** Note: For four servings follow these measurements - 1 2/3 lbs Extra Firm Tofu, 2 tsps Tamari (divided), 2 tsps Rice Vinegar (divided), 1 1/2 tsps Sesame Oil (divided), 1 tbsp Arrowroot Powder, 1/4 cup Peanut Butter (no Added Sugar Or Oil) (16 grams), 2 tsps Water, 5 cups Broccoli (88 grams), 1/3 cup Radishes (9 grams), 1/4 cup Peanuts (8 grams)
- 08** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# High Protein Artichoke & Chickpea Salad with Tofu

1 SERVING 15 MINUTES



## INGREDIENTS

- 1/2 cup Canned Chickpeas
- 2 2/3 tbsps Canned Artichoke Hearts
- 2 2/3 tbsps Cherry Tomatoes
- 1 1/3 tbsps Red Onion
- 1 1/3 tbsps Parsley
- 2 tps Extra Virgin Olive Oil
- 2/3 tsp White Wine Vinegar
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 8 ozs Tofu

## NUTRITION

### AMOUNT PER SERVING

Calories	423	Cholesterol	0mg
Fat	23g	Sodium	297mg
Carbs	29g	Vitamin C	16mg
Fiber	11g	Vitamin D	0IU
Sugar	8g	Magnesium	126mg
Protein	31g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Drain and rinse the chickpeas. Drain and chop the artichoke hearts. Cut the cherry tomatoes in half. Slice the red onion. Finely chop the parsley.
- 02 Add all of the ingredients to a large bowl and mix to combine. Place into smaller bowl or onto plate and enjoy!
- 03 Note: For four servings follow these measurements - 2 cups Cooked Chickpeas, 2/3 cup Artichoke Hearts (from the can), 2/3 cup Cherry Tomatoes, 1/3 cup Red Onion, 1/3 cup Parsley, 2 2/3 tbsps Extra Virgin Olive Oil, 2 2/3 tps White Wine Vinegar, 1/16 tsp Sea Salt (to taste), 1/16 tsp Black Pepper (to taste), 2 lbs Tofu
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Steamed Broccolini

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 bunch Broccolini  
1/4 cup Water  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	55	Cholesterol	0mg
Fat	1g	Sodium	124mg
Carbs	7g	Vitamin C	81mg
Fiber	6g	Vitamin D	0IU
Sugar	1g	Magnesium	60mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Trim and slice steams of broccolini.
- 02 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 03 Remove the broccolini from the pan, plate and enjoy! Add crushed red pepper for a kick of flavor or a fresh squeeze of lemon juice.
- 04 Note: For one serving follow these measurements - 1/2 bunch Broccolini, 1/4 cup Water, Sea Salt & Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# 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	10IU
Sugar	1g	Magnesium	100mg
Protein	21g	Zinc	1mg



# Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



## INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	34g	Sodium	3mg
Carbs	14g	Vitamin C	17mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	72mg
Protein	4g	Zinc	1mg



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (shelled) (170 grams)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Vegan Cookie Dough Overnight Oats

1 SERVING 3 HOURS



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/2 cup Rolled Oats (40 grams, dry)  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
1 tsp Vanilla Extract  
1/2 tsp Ground Cinnamon  
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)  
1/8 tsp Nutmeg

## DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. 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	394	Cholesterol	0mg
Fat	11g	Sodium	291mg
Carbs	50g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	13g	Magnesium	110mg
Protein	23g	Zinc	2mg



# Rainbow Tempeh Bowls

1 SERVING 40 MINUTES



## INGREDIENTS

1/4 cup Brown Rice (dry)  
1 cup Broccoli (70 grams)  
1/8 tsp Avocado Oil  
3 ozs Tempeh  
2/3 tsp Sesame Oil (divided)  
1 1/4 tps Tamari (divided)  
2 tps Lime Juice (divided)  
1/3 tsp Peanut Butter (no Added Sugar Or Oil)  
1 Carrot (61 grams)  
1/3 Red Bell Pepper (40 grams)  
1/3 tsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	456	Cholesterol	0mg
Fat	16g	Sodium	503mg
Carbs	58g	Vitamin C	138mg
Fiber	7g	Vitamin D	0IU
Sugar	7g	Magnesium	164mg
Protein	26g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the broccoli into florets. Cube the tempeh. Peel and shred the carrot or save time and buy pre-shredded carrots. Slice the red bell pepper.
- 02 Cook the brown rice according to the directions on the package. Note: 1/4 cup dry rice is about 3/4 cup cooked rice.
- 03 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 04 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 05 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 06 Add the rice, broccoli, tempeh, carrots and bell pepper to a bowl. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Brown Rice (dry), 4 cups Broccoli (280 grams), 2/3 tsp Avocado Oil, 12 ozs Tempeh, 2 2/3 tps Sesame Oil (divided), 1 2/3 tsp Tamari (divided), 2 2/3 tps Lime Juice (divided), 1 1/3 tps Peanut Butter (no Added Sugar Or Oil), 4 Carrots (244 grams), 1 1/3 Red Bell Pepper (40 grams), 1 1/3 tps Sesame Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



# Blueberries

1 SERVING 2 MINUTES



## INGREDIENTS

1 cup Blueberries (190 grams)

## DIRECTIONS

01 Wash the berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	21g	Vitamin C	14mg
Fiber	4g	Vitamin D	0IU
Sugar	15g	Magnesium	9mg
Protein	1g	Zinc	0mg



# Men's Tempeh Taco Bowl

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/4 cup Quinoa (dry)
- 1/4 cup Water
- 1 1/2 tsps Avocado Oil
- 5 ozs Tempeh
- 1/2 tsp Chili Powder
- 1/2 tsp Ground Cumin
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt
- 1/2 Jalapeno Pepper
- 1/2 Tomato (61 grams)
- 3/4 tsp Lime Juice (divided)
- 1/2 cup Romaine

## NUTRITION

### AMOUNT PER SERVING

Calories	512	Cholesterol	0mg
Fat	25g	Sodium	380mg
Carbs	43g	Vitamin C	20mg
Fiber	5g	Vitamin D	0IU
Sugar	1g	Magnesium	216mg
Protein	36g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Remove the seeds from jalapeno pepper and finely chop. Crumble the tempeh. Dice tomato and chop the romaine leaves.
- 02 Cook the quinoa according to package directions. Note: 1/2 cup dry quinoa is about 1 1/2 cups cooked quinoa.
- 03 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 04 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 05 To serve, plate the lettuce, quinoa, and tempeh and drizzle with the remaining lime juice. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 cups Water 2 tsps Avocado Oil, 1 1/3 lbs Tempeh, 2 tsps Chili Powder, 2 tsps Cumin, 1 tsp Oregano, 1/2 tsp Sea Salt, 2 Jalapeno Peppers, 2 Tomatoes (246 grams), 2 tbsp Lime Juice (divided), 2 cups Romaine
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# 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



# 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



# 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



# Raspberries

1 SERVING 3 MINUTES



## INGREDIENTS

1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Wash berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	32	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	7g	Vitamin C	16mg
Fiber	4g	Vitamin D	0IU
Sugar	3g	Magnesium	14mg
Protein	1g	Zinc	0mg



# High Protein Tofu & Cauliflower Crumble with Spinach

1 SERVING 20 MINUTES



## INGREDIENTS

- 12 ozs Firm Tofu
- 1/4 tsp Fennel Seed
- 1/2 tsp Fresh Thyme
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 cup Spinach
- 1/2 cup Frozen Cauliflower Rice
- 1 1/2 tsps Tamari
- 1 tsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	390	Cholesterol	0mg
Fat	25g	Sodium	553mg
Carbs	14g	Vitamin C	9mg
Fiber	6g	Vitamin D	0IU
Sugar	8g	Magnesium	153mg
Protein	37g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Press the tofu. Thaw the cauliflower rice.
- 02 In a food processor, add the tofu, fennel seeds, thyme, paprika, and garlic powder. Pulse for 10 to 15 seconds to create a chunky crumble.
- 03 Heat a large pan over medium-high heat. Add the oil, then the crumbled tofu. Cook undisturbed until brown on the underside for three minutes, then stir and cook for two more minutes.
- 04 Add the spinach and cauliflower rice and cook for one to two minutes, until the spinach is wilted. Turn off the heat, add the tamari and maple syrup, and mix well. Add to bowl or plate and enjoy!
- 05 Note: For four servings follow these measurements - 3 lbs Firm Tofu, 1 tsp Fennel Seed, 2 tsps Fresh Thyme, 2 tsps Smoked Paprika, 1 tsp Garlic Powder, 2 tsps Extra Virgin Olive Oil, 4 cups Spinach, 2 cups Frozen Cauliflower Rice, 2 tsps Tamari, 1 1/3 tsps Maple Syrup
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# FASTer Way Vegan Masala Chai Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 1/2 Banana (150 grams peeled, frozen)  
1/4 cup Unsweetened Coconut Milk  
Yogurt  
1/2 tsp Masala Chai Spice  
1 scoop Plant Based Protein Powder (15 Grams Protein)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	314	Cholesterol	0mg
Fat	8g	Sodium	381mg
Carbs	47g	Vitamin C	16mg
Fiber	7g	Vitamin D	126IU
Sugar	22g	Magnesium	70mg
Protein	19g	Zinc	0mg



# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana (100 grams peeled)

## DIRECTIONS

01 Peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	14g	Magnesium	32mg
Protein	1g	Zinc	0mg



# Vegan Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# 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



# One Pan Spaghetti Squash Ratatouille

1 SERVING 1 HOUR



## INGREDIENTS

1/4 Spaghetti Squash (155 grams)  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1/4 Eggplant (140 grams)  
1/4 Orange Bell Pepper (30 grams)  
1/4 Yellow Onion (37 grams)  
1/2 tsp Herbes De Provence  
3/4 cup Canned Diced Tomatoes  
1 Garlic Clove  
1 cup Frozen Edamame (shelled) (170 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	332	Cholesterol	0mg
Fat	9g	Sodium	196mg
Carbs	46g	Vitamin C	129mg
Fiber	17g	Vitamin D	0IU
Sugar	15g	Magnesium	160mg
Protein	23g	Zinc	3mg

## DIRECTIONS

- 01** Prep note: Cut the spaghetti squash in half and remove seeds. Cut each half in half again. The remaining halves can either be cooked and saved for later or placed in freezer safe bag and frozen for later use. Coarsely chop the eggplant, orange bell pepper and onion. Mince the garlic.
- 02** Preheat the oven to 400°F (205°C). Line rimmed baking sheets with parchment paper.
- 03** Season the flesh of the squash with salt and pepper and arrange cut side down on the prepared baking sheet. Cook in the oven for 20 minutes.
- 04** Arrange the eggplant, bell peppers, edamame and onions around the partially cooked squash. Season with herbes de provence. Continue cooking for 20 minutes.
- 05** Add the tomatoes and garlic. Continue cooking for 10 minutes.
- 06** Using a fork, scrape the squash into a serving platter. Spoon the roasted veggies on top and enjoy!
- 07** Note: For four servings follow these measurements - 1 Spaghetti Squash (620 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 Eggplant (560 grams), 1 Orange Bell Pepper (120 grams), 1 Yellow Onion (148 grams), 2 tsps Herbes De Provence, 3 cups Canned Diced Tomatoes, 4 Garlic Clove, 4 cups Frozen Edamame (shelled, 680 grams)
- 08** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Mixed Greens with Balsamic Vinaigrette

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1 1/2 tsps Balsamic Vinegar  
1 1/2 tsps Apple Cider Vinegar  
4 cups Mixed Greens

## DIRECTIONS

01 Combine the olive oil, balsamic vinegar and apple cider vinegar in a mixing bowl. Add the mixed greens and toss until well coated.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	7g	Sodium	69mg
Carbs	5g	Vitamin C	15mg
Fiber	1g	Vitamin D	0IU
Sugar	1g	Magnesium	1mg
Protein	3g	Zinc	0mg



# Tofu Breakfast Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 cup Water (divided)  
1/4 Yellow Onion (37 grams)  
1/2 Green Bell Pepper (60 grams)  
1/2 Jalapeno Pepper  
1 Tomato (123 grams)  
1/4 tsp Sea Salt (divided)  
5 ozs Extra Firm Tofu  
3/4 tsp Nutritional Yeast  
1/2 tsp Turmeric  
1/2 cup Romaine  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	178	Cholesterol	0mg
Fat	8g	Sodium	659mg
Carbs	14g	Vitamin C	77mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Magnesium	74mg
Protein	18g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Chop the yellow onion and green bell pepper. Finely dice the jalapeno pepper. Chop the tomato. Drain and crumble the tofu.
- 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 tomato 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 salsa fresca and romaine lettuce leaves onto a plate. Garnish with cilantro and enjoy!
- 06 Note: For four serving follow these measurements - 1 cup Water (divided), 1 Yellow Onion (148 grams), 2 Green Bell Pepper (240 grams), 2 Jalapeno Pepper, 4 Tomato (492 grams), 1 tsp Sea Salt (divided), 1 1/4 lbs Extra Firm Tofu, 1 tbsp Nutritional Yeast, 2 tsps Turmeric, 2 cups Romaine, 1 cup Cilantro



# High Protein Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



## INGREDIENTS

2 tbsps Brown Rice (dry)  
3 tbsps Water  
3/4 tsp Coconut Oil  
2 cups Swiss Chard  
1/4 tsp Ground Cumin  
1/4 tsp Paprika  
1 1/2 tbsps Extra Virgin Olive Oil  
1/4 Garlic Clove  
3/4 tsp Apple Cider Vinegar  
1 cup Lentils  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	424	Cholesterol	0mg
Fat	12g	Sodium	309mg
Carbs	61g	Vitamin C	25mg
Fiber	18g	Vitamin D	0IU
Sugar	5g	Magnesium	161mg
Protein	21g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Wash the swiss chard, remove the stems and chop. Mince the garlic. Cook, drain and rinse the lentils.
- 02 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender. Note: 2 tbsp dry rice is about 1/2 cup cooked rice.
- 03 Heat a large skillet over medium heat and add the coconut oil. Add the Swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Add to a bowl and enjoy!
- 04 Note: For four servings follow these measurements - 1/2 cup Brown Rice (dry), 3/4 cup Water, 1 tbsp Coconut Oil, 8 cups Swiss Chard, 1 tsp Cumin, 1 tsp Paprika, 2 tbsps Extra Virgin Olive Oil, 1 Garlic Clove, 1 tbsp Apple Cider Vinegar, 4 cups Lentils, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



# 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

