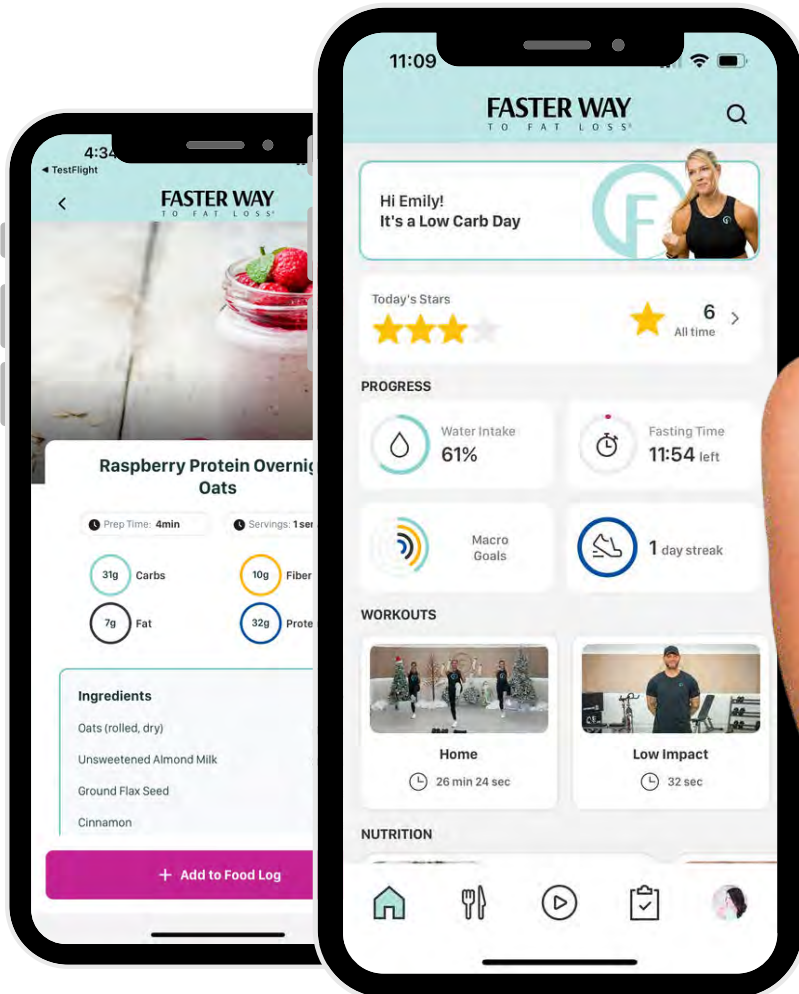


# FASTER WAY

T O F A T L O S S ®

## NEW CLIENT VEGAN PROGRAM GUIDE



# Program Guide

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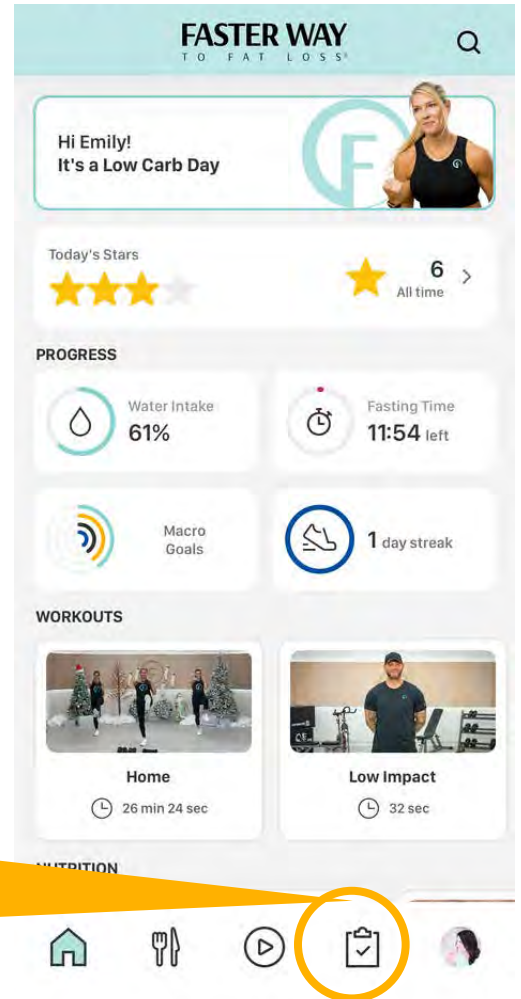
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# FASTER WAY

T O F A T L O S S<sup>®</sup>

## Hello, friend!

Congratulations on making an exciting investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

Included in this New Client Program Guide, you will see information regarding the FASTER Way Fundamentals — five science-backed nutrition and fitness strategies that make the FASTER Way the most effective fat loss program on the market. You will also see a roadmap with details summarizing each week of the New Client 6-Week Program, tips to thrive through the FASTER Way, and your first two weeks of meal plans. We trust you will find this guide helpful as you begin your journey with the FASTER Way community.

In the FASTER Way to Fat Loss program you will also receive:

- Access to our FASTER Way App to help keep you accountable and motivated
- Daily workouts with our incredible cast of Pro Trainers
- Weekly meal guides with healthy (and most importantly, DELICIOUS) meals designed by our Registered Dietitians
- Support and all the tools you need to reach your goals

...and so much more!

Through the FASTER Way to Fat Loss, you will practice a healthy, sustainable lifestyle that will allow you to confidently thrive through your day and fulfill your purpose with energy.

That's what we want for you.

That's the FASTER Way.

We couldn't be more grateful to have you in the program and cannot wait to see you succeed!

XO

*Amanda Tress*

Amanda Tress Founder and CEO



# Program Communication and Delivery

As a FASTer Way Client, you can look forward to weekly education, daily support, and community connection.

Here's how!

## EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum! Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the "resources" section of the mobile or desktop app).

## CONNECTION

When you join the FASTer Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small - your coach's mission is to help YOU thrive!

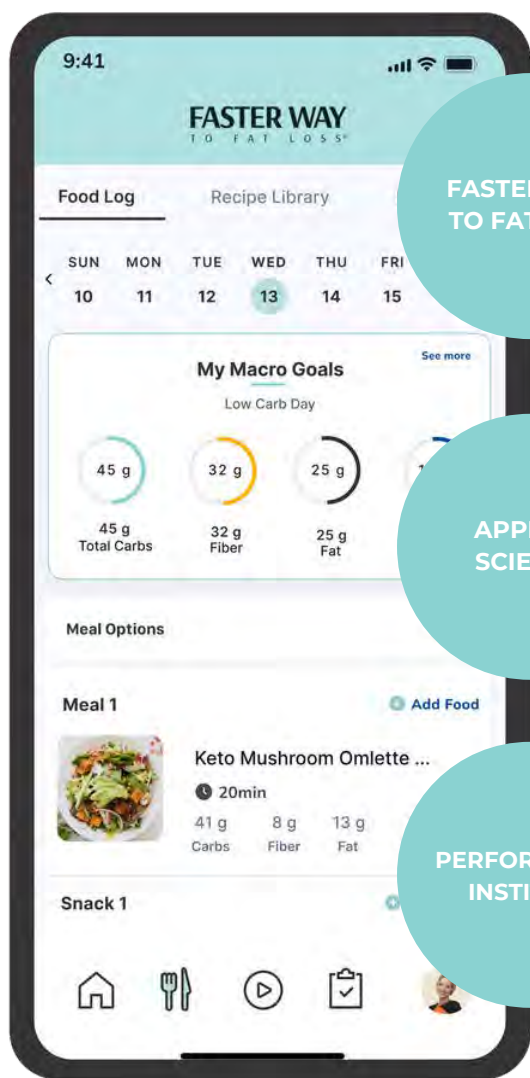


# Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words – it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**



FASTER WAY  
TO FAT LOSS

APPLIED  
SCIENCE

PERFORMANCE  
INSTITUTE



SCIENTIFICALLY  
PROVEN THIS  
APP WORKS!



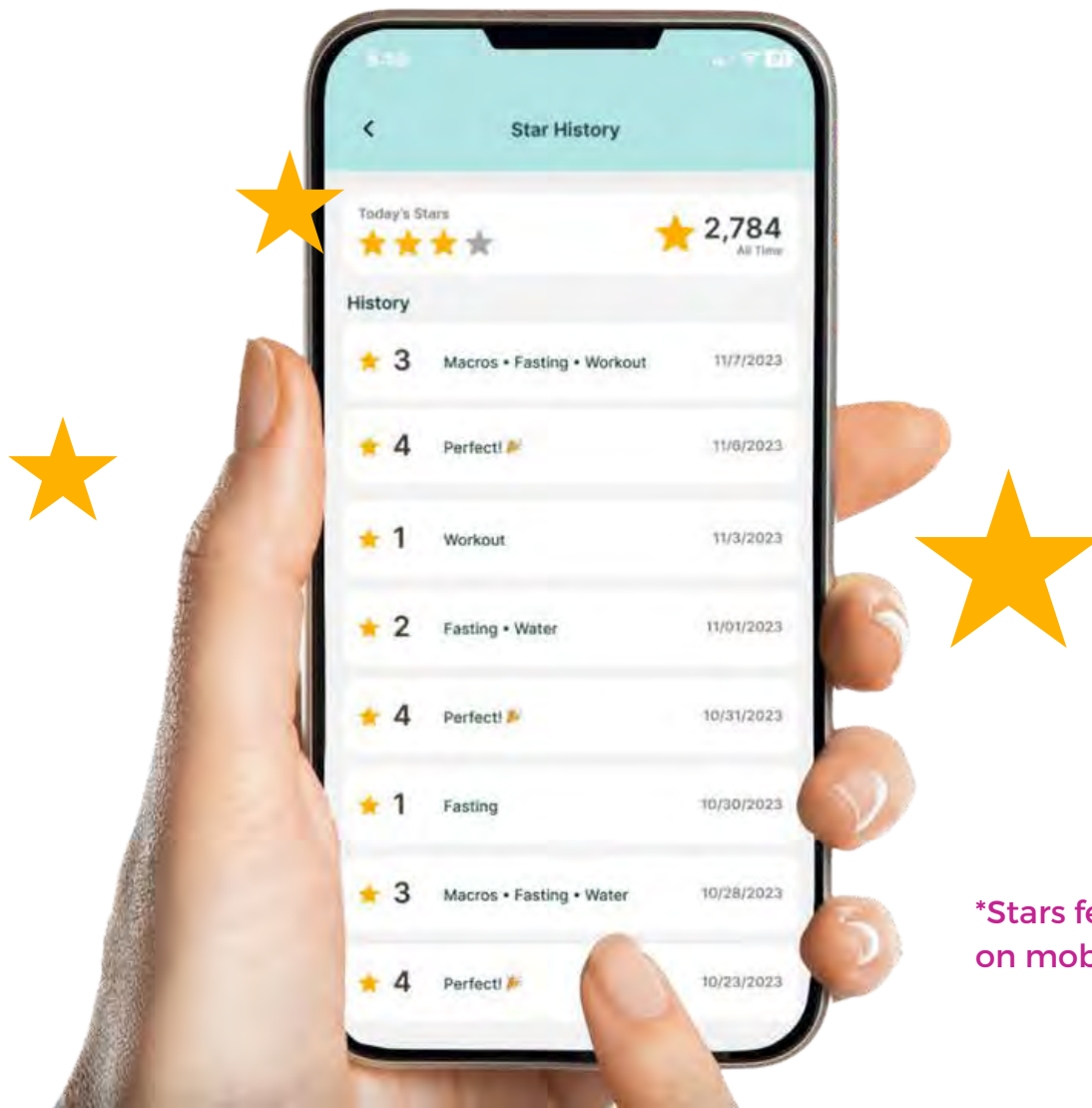
# BRAND NEW FEATURE: EARN STARS IN THE APP!

Stars in the App: Your Motivation and Accountability Boosters!

Every day in our program, you have the fantastic opportunity to earn stars in the app and keep your motivation sky-high! Here's how you can collect them:

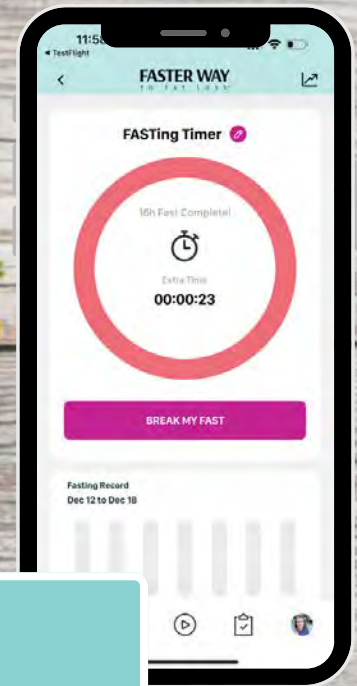
- Workout Wonder: Complete a workout and earn a shining star.
- Fasting Tracker: Use the fasting timer daily to snag a star.
- Hydration Hero: Log at least 55 oz of water and add another star to your collection.
- Nutrition Navigator: Record three or more items in the Nutrition tab for an extra star.

Start accumulating these stars as a fun way to stay consistent and motivated throughout your FASTER Way journey. Watch your progress grow with each star you earn!



\*Stars feature available on mobile app only

## FASTER Way to Fat Loss Fundamental #1: Intermittent Fasting



One of the core components of the FASTER Way to Fat Loss is intermittent fasting.

### What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do — at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower your metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy!



In the FASTER Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

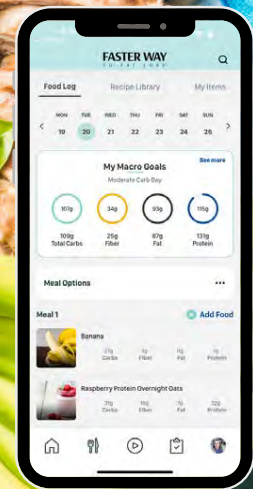
### How to Get Started

Choose one day this week to skip breakfast — don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTER Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTER Way to Fat Loss App.

## FASTER Way to Fat Loss Fundamental #2: Whole Food Nutrition



Another important element of the FASTER Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.

### What Are Whole Foods?

In the FASTER Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

### Why Whole Foods Matter

Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business, be a badass CEO...whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

As part of this program, you will receive a Regular and Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first two weeks of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.



In the FASTER Way to Fat Loss App, you will utilize the meal guide on a daily basis! You'll also find the meal guide for Prep Week and Week 2 of the program in this New Client Program Guide.



## FASTER Way to Fat Loss Fundamental #3: Macronutrients



A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.

You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.

### So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

### How Do Macros Work?

The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We’ve all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That’s where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you’ve been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body - and FOOD FREEDOM!

For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!

## FASTER Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTER Way to Fat Loss we leverage a strategy called Carb Cycling.

Carb cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

### Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start using stored fat to fuel your body.

Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTER Way to Fat Loss the most effective program on the market is our daily workouts.



In the FASTER Way to Fat Loss App, you will be able to track your low carb and regular macro days!

## FASTer Way to Fat Loss Fundamental #5: Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTer Way will turn your body into a fat-burning machine!

At FASTer Way, we strategically pair our science-backed food cycle with effective 30-minute workouts. We provide new workouts to our community every day, 365 days a year.

On low carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with low carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with regular macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.



In the FASTer Way to Fat Loss App, you will access the daily workouts easily and conveniently! .

## Prep Week - Intermittent Fasting, Whole Food Nutrition, and Water Intake

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Complete the workouts
- Embrace progress, not perfection

## Week 2 - Macro Tracking and Carb Cycling

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track your meals from the FASTER Way Meal Guides
- Complete the workouts

## Week 3 - Daily Workouts with the Nutrition Cycle

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

## Week 4 - Prepare for your 24-Hour Fast

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts
- Complete your first 24-Hour Fast

## Week 5 - Implement the FASTER Way

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

## Week 6 - Transition to VIP

### Action items:

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

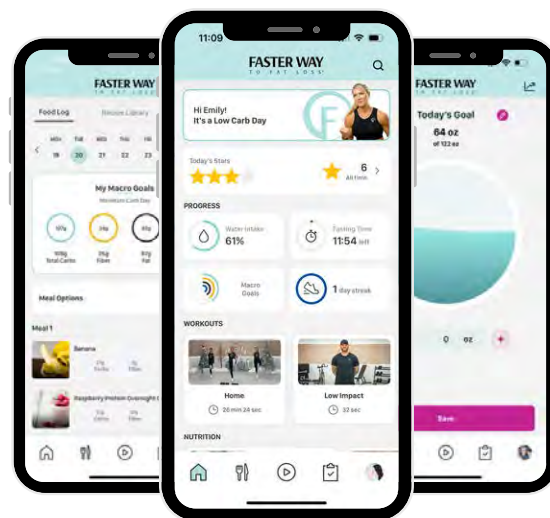


# TIPS TO THRIVE THROUGH THE 6 WEEKS

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App! With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you!



- Take your measurements and before photos (bust, biceps, butt, waist, hips, thighs, calves) so you can chart your results later.



- Weigh yourself today, then ditch the scale! Bury the scale in your closet, and don't step on it again until after six weeks. You are not permitted to step on the scale through the first 6 weeks of the FASTER Way to Fat Loss. Non compliance could cause removal from the program. The scale shows weight loss, not FAT loss. We focus on the latter. The scale also can't measure overall health and fitness, and it definitely can't measure the gains in energy and confidence we KNOW you will enjoy!



- Check in daily with your FASTER Way Certified Coach. Tell them how your workouts are going. Interact with our community forum on Facebook. There's additional accountability there, and constant reminders that you are NOT alone, and whatever your goal is ... you've got this! We require that you check in. We are passionate about your success and it's important to us that we hear from you on a consistent basis.



- Trust the process. At the FASTER Way, we value progress over perfection. We have helped over 393,600 clients burn fat, gain confidence, and feel more energized. If you follow the meal plan, do the workouts, fast intermittently ... in short, if you follow the FASTER Way — you WILL enjoy these same benefits and live your best, healthiest life!

# WHAT YOUR FASTER WAY JOURNEY WILL LOOK LIKE

## Week 1: Prepare

Ease into the FASTER Way lifestyle with simple action items that lay the foundation for success.



## Weeks 2 + 3: Practice (and Proclaim!)

Implement our fundamental strategies under the guidance of your coach and the app. Share your love for the FASTER Way with others!



## Week 3 + 4: Progress

Experience the array of benefits that protocols such as Intermittent Fasting, Macro Tracking, and Carb Cycling offer you.



## Weeks 5 + 6: Precision

Master the tools for fat loss and hone in on transformational results.



## Weeks 7+ 8: Transition

Graduate from your first six weeks as you're welcomed into our all-inclusive VIP Membership.



## Week 12: Transformation

Achieve wow-factor results and love what you see when you look in the mirror.



## Month 6: New Possibilities

Sail toward your goals and even surpass them - you're in awe of the new you and the possibilities that lie ahead.

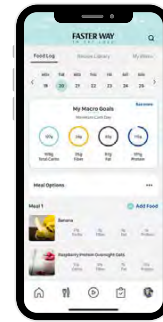


## Month 12: Your Healthiest Self

The new you is confident, healthy, and bursting with the energy to fulfill your purpose.



# TIPS AND TRICKS FOR FOLLOWING THE MEAL GUIDE



1. Any proteins like meat or fish on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for salmon, but you prefer ground beef, substitute for the same ounces. Note: Wild-caught salmon has a similar fat content as 85/15 ground beef.
2. Fat options are interchangeable. If you don't like cashew butter but like peanut butter, feel free to change these. Do you prefer to cook with olive oil instead of avocado oil? Substitute this 1:1.
3. Starchy carbohydrates, like potatoes and rice, are easy to batch cook. While you may not want to eat rice multiple days in a row, it is easy to cook a big pot, cool it and freeze for later in the week. The same applies to baked potatoes and sweet potatoes. Cook off a few at once in the oven or instant pot. They can keep in the refrigerator for up to 4 days.
4. Non-starchy vegetables, like the ones listed in the "carbohydrate options for low carb days above" are easily interchangeable and substituted. They are very similar in macronutrients and can be swapped 1:1.
5. All grains like oats, rice, and cream of rice are dry unless otherwise indicated. Any item marked with an \* requires a recipe which is posted within this guide.
6. All protein measurements in recipes are raw unless otherwise specified. If you choose to measure your protein once it's cooked, 4 oz of raw protein is approximately 3.3 ounces of cooked protein.
7. Serving sizes should be used as a guideline and you may need more or less depending on if you are male or female and your customized macros.

# USE THE FOLLOWING OPTIONS TO CUSTOMIZE YOUR PLATE

The following chart can be used to help you make substitutions for foods that suit your specific taste preferences. If you would like to substitute an item on the meal guide, use the appropriate boxes and servings below to guide your food selections.

## PROTEIN OPTIONS FOR LOW CARB DAYS:

Tofu  
Seitan  
Tempeh  
FASTer Way Plant Based Protein  
Nuts  
Nut Butter  
Seeds

## PROTEIN OPTIONS FOR REGULAR MACRO DAYS:

Tofu  
Seitan  
Tempeh  
FASTer Way Plant Based Protein  
Nuts  
Nut Butter  
Seeds  
Legumes  
Plain Coconut Yogurt  
Quinoa

## CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:

2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard)  
2-3 c. Broccoli or Cauliflower  
1-2 c. Green Beans or Haricot Verts 1-2 c.  
Asparagus  
1 c. Zucchini or Yellow Squash ½ -1c. Brussels  
Sprouts  
6-8 Baby Carrots

## CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:

½ - 1 ½c. Rice, cooked, any kind 150g (1 medium)  
White Potato= Sweet Potato  
½- 1c. Quinoa, cooked  
1c. Edamame, shelled  
½/- 1.5 c. Beans, any kind  
1c. of Blueberries= 1 c. Strawberries, 1 Banana=  
1 Pear

## FAT OPTIONS:

1 oz. Nuts and Nut Butters, natural  
½/ Avocado  
1 oz. Olives (Green, Black, Kalamata)  
2 tbsp. Oils (Olive, Avocado, Coconut)  
1 oz. Seeds (Sunflower, Pumpkin, Chia, Flax)

**EACH DAY REACH FOR  
25 GRAMS OF FIBER**





## **We trust you enjoyed this New Client Program Guide.**

We know this guide contains a lot of information. If you feel overwhelmed or anxious, don't worry! That's perfectly normal when starting something new. If you have any questions or concerns, feel free to reach out to your coach. We will be here for you every step of the way, and we will guide you through the program and set you up to succeed for the next six weeks, and beyond!

It truly is our honor and privilege to work with you. Thank you for investing in yourself, for taking the initiative in your health and fitness journey, and for being a part of our FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

But most of all, we can't wait to watch you THRIVE!

Let's do this!!

XO,

*Amanda Tress*

Founder and CEO

**FASTER WAY**  
T O F A T L O S S<sup>®</sup>



# FASTER WAY

T O F A T L O S S <sup>®</sup>



## NEW CLIENT VEGAN MEAL GUIDE

PREP WEEK

## DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only.

Please note that no information has been customized for you and some modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, seek advice from a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.

PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

---



## MON



**MEAL ONE**  
Vegan Coconut Chia Pudding with Berries



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



**MEAL THREE**  
Shirataki Noodle Tofu Stir Fry



**SNACK**  
FASTer Way Vegan Chunky Monkey Protein Smoothie

## TUE



**MEAL ONE**  
Vegan Coconut Chia Pudding with Berries



**MEAL TWO**  
Kale Blueberry Salad with Lemon Tahini Dressing



**MEAL THREE**  
Grilled Taco Seasoned Tempeh & Veggie Skewers



**SNACK**  
Edamame, Almonds

## WED



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats



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



**MEAL THREE**  
Chickpea, Tofu & Sweet Potato Quinoa Salad



**SNACK**  
FASTer Way Vanilla Plant Based Protein Smoothie

## THU



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats, Blueberries



**MEAL TWO**  
Chickpea, Tofu & Sweet Potato Quinoa Salad



**MEAL THREE**  
Mushroom & Edamame Stir Fry



**SNACK**  
Mixed Berries

## FRI



**MEAL ONE**  
Tofu Veggie Scramble, Banana



**MEAL TWO**  
Mushroom & Edamame Stir Fry, Apple



**MEAL THREE**  
Tempeh, Quinoa & Broccoli



**SNACK**  
Dates with Peanut Butter

## SAT



**MEAL ONE**  
Vegan Brownie Protein Pancakes



**MEAL TWO**  
Tempeh, Quinoa & Broccoli, Sliced Avocado



**MEAL THREE**  
Roasted Veggie Pasta



**SNACK**  
FASTer Way Vegan Oatmeal Cookie Smoothie

## SUN



**MEAL ONE**  
Tofu Veggie Scramble



**MEAL TWO**  
Roasted Veggie Pasta



**MEAL THREE**  
Peanut Maple Tempeh Bowl



**SNACK**  
Banana with Cinnamon & Almond Butter





## FRUITS

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

## SEEDS, NUTS & SPICES

- 2 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 1/16 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tsp Cinnamon
- 3 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 1/3 cup Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Raw Peanuts
- 3/4 tsp Sea Salt
- 2 tsps Taco Seasoning
- 1/4 tsp Turmeric

## FROZEN

- 4 cups Frozen Edamame
- 1 cup Frozen Peas
- 4 cups Frozen Vegetable Mix

## VEGETABLES

- 3 cups Broccoli
- 1 Carrot
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 10 Cremini Mushrooms
- 1/2 Eggplant
- 1 tbsps Fresh Ginger
- 1 1/4 tbsps Fresh Thyme
- 2 cups Frozen Cauliflower Rice
- 8 1/2 Garlic Clove
- 5 cups Kale
- 3 1/3 cups Mixed Greens
- 1 cup Radishes
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 1/2 cup Snap Peas
- 2 cups Spinach
- 1 2/3 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 1 1/2 Zucchini

## BOXED & CANNED

- 1/4 cup Basmati Rice
- 2/3 cup Canned Coconut Milk
- 5 ozs Chickpea Pasta
- 4 1/8 cups Chickpeas
- 1 cup Jasmine Rice
- 1 cup Lentils
- 1 3/4 cups Quinoa
- 4 ozs Shirataki Noodles
- 1/3 cup Vegetable Broth

## BAKING

- 1 1/2 tsps Baking Powder
- 1/4 cup Chickpea Flour
- 1 1/2 tsps Cocoa Powder

## BREAD, FISH, MEAT & CHEESE

- 6 ozs Extra Firm Tofu
- 2 1/4 lbs Tempeh
- 2 1/4 lbs Tofu

## CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 1/3 cup Balsamic Vinegar
- 3/4 tsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 3 1/3 tbsps Italian Dressing
- 3 1/2 tbsps Maple Syrup
- 3/4 tsp Red Wine Vinegar
- 2 1/8 tbsps Rice Vinegar
- 1 1/3 tbsps Sesame Oil
- 2 tbsps Tahini
- 2/3 cup Tamari

## COLD

- 4 3/4 cups Unsweetened Almond Milk

## OTHER

- 4 Barbecue Skewers
- 2 scoops Faster Way Chocolate Plant Based Protein Powder
- 6 scoops Faster Way Vanilla Plant Based Protein Powder
- 1 1/16 cups Water



- 2 tbsps Dark Chocolate Chips
- 1 tbsp Nutritional Yeast
- 2 Pitted Medjool Dates
- 3/4 cup Rolled Oats
- 1 1/8 tsps Vanilla Extract



# Vegan Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Kale Blueberry Salad with Lemon Tahini Dressing

1 SERVING 15 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Cholesterol	0mg
Fat	16g	Sodium	160mg
Carbs	48g	Vitamin C	65mg
Fiber	16g	Vitamin D	0IU
Sugar	14g	Magnesium	92mg
Protein	18g	Zinc	3mg





# Herb & Garlic Tempeh

1 SERVING 55 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# 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. Divide evenly between bowls 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



# FASTer Way Vegan Chunky Monkey Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 Avocado (36 grams)  
1 cup Unsweetened Almond Milk  
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)  
1/4 Banana (25 grams without peel)  
1 scoop Faster Way Chocolate Plant Based Protein Powder

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Optional - use frozen banana and/or add ice.

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	20g	Sodium	332mg
Carbs	18g	Vitamin C	8mg
Fiber	6g	Vitamin D	101IU
Sugar	6g	Magnesium	66mg
Protein	21g	Zinc	1mg





# Grilled Taco Seasoned Tempeh & Veggie Skewers

1 SERVING 35 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	440	Cholesterol	0mg
Fat	28g	Sodium	548mg
Carbs	26g	Vitamin C	144mg
Fiber	3g	Vitamin D	0IU
Sugar	9g	Magnesium	131mg
Protein	28g	Zinc	2mg

## DIRECTIONS

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





# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## NUTRITION

### AMOUNT PER SERVING

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



# Almonds

1 SERVING 1 MINUTE



## INGREDIENTS

1/4 cup Almonds (37 grams)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

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



# Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp Cinnamon  
1/2 cup Raspberries (60 grams, fresh or frozen, thawed)  
1 scoop Faster Way Vanilla Plant Based Protein Powder

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Cilantro Lime Rice

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 cup Basmati Rice (dry)  
1 tbsp Cilantro (chopped)  
1/2 Lime

## NUTRITION

### AMOUNT PER SERVING

Calories	186	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	42g	Vitamin C	7mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	4g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Chop the cilantro. Juice the lime.
- 02 Cook the rice according to the package directions.
- 03 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- 04 Note: For four servings follow these measurements - 1 cup Basmati Rice (dry), 1/4 cup Cilantro (chopped), 2 Lime





# Chickpea, Tofu & Sweet Potato Quinoa Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Quinoa (dry)  
1 1/8 lbs Tofu  
3 1/3 cups Chickpeas (cooked)  
1 1/3 Sweet Potato (44 grams)  
1 1/3 tbsps Tamari (or coconut aminos)  
2 2/3 tbsps Extra Virgin Olive Oil  
1 1/3 tbsps Rice Vinegar  
2 2/3 cups Mixed Greens  
2 2/3 tbsps Italian Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	617	Cholesterol	0mg
Fat	22g	Sodium	247mg
Carbs	77g	Vitamin C	5mg
Fiber	16g	Vitamin D	0IU
Sugar	11g	Magnesium	205mg
Protein	32g	Zinc	5mg

## DIRECTIONS

- 01 Prep note: Cut the tofu into triangles. Cube the sweet potato.
- 02 Cook the quinoa according to package directions.
- 03 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 04 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 05 Place the mixed greens in a bowl. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!
- 06 Note: For four servings follow these measurements: 1 cup Quinoa (dry), 1 1/8 lbs Tofu, 3 1/3 cups Chickpeas (cooked), 1 1/3 Sweet Potato (44 grams), 1 1/3 tbsps Tamari (or coconut aminos), 2 2/3 tbsps Extra Virgin Olive Oil, 1 1/3 tbsps Rice Vinegar, 2 2/3 cups Mixed Greens, 2 2/3 tbsps Italian Dressing
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# FASTer Way Vanilla Plant Based Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 scoop Faster Way Vanilla Plant Based Protein Powder  
1 cup Unsweetened Almond Milk

## DIRECTIONS

01 Enjoy this drink hot, cold, blended, or shaken!

## NUTRITION

### AMOUNT PER SERVING

Calories	119	Cholesterol	0mg
Fat	5g	Sodium	326mg
Carbs	3g	Vitamin C	0mg
Fiber	1g	Vitamin D	101IU
Sugar	0g	Magnesium	17mg
Protein	16g	Zinc	0mg



# 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





# Mushroom & Edamame Stir Fry

1 SERVING 20 MINUTES



## INGREDIENTS

3/4 tsp Sesame Oil  
5 Cremini Mushrooms (100 grams)  
1/4 Yellow Onion (37 grams)  
1/2 cup Kale (34 grams)  
1 1/2 cups Frozen Edamame (255 grams, shelled, thawed)  
1 tbsp Vegetable Broth  
1 tbsp Tamari (or Coconut Aminos)  
1 1/2 tsps Fresh Ginger  
1 Garlic Clove  
1 cup Frozen Cauliflower Rice (107 grams)  
1 tbsp Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	440	Cholesterol	0mg
Fat	21g	Sodium	1093mg
Carbs	34g	Vitamin C	27mg
Fiber	17g	Vitamin D	6IU
Sugar	12g	Magnesium	240mg
Protein	38g	Zinc	5mg

## DIRECTIONS

- 01 Prep note: Slice the yellow onion. Finely chop the kale. Finely grate the ginger. Mince the garlic.
- 02 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 03 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 04 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 05 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 06 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 07 Heat cauliflower rice in a pan or microwave according to package instructions.
- 08 To serve, layer mushrooms, edamame and onions over cauliflower rice. Sprinkle with hemp seeds and enjoy!
- 09 Note: For four servings follow these measurements - 1 tbsp Sesame Oil, 20 Cremini Mushrooms (400 grams), 1 Yellow Onion (148 grams), 2 cups Kale (134 grams), 6 cups Frozen Edamame (1020 grams, shelled, thawed), 1/4 cup Vegetable Broth, 1/4 cup Tamari (or Coconut Aminos), 2 tsps Fresh Ginger, 4 Garlic Clove, 4 cups Frozen Cauliflower Rice (428 grams), 1/4 cup Hemp Seeds
- 10 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.





# Mixed Berries

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Blackberries (72 grams)  
1 cup Strawberries (176 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Wash berries and serve as a side dish.

## NUTRITION

### AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



# Tofu Veggie Scramble

1 SERVING 15 MINUTES



## INGREDIENTS

7 ozs Tofu  
1 1/2 tsps Avocado Oil  
1/4 Yellow Onion (37 grams)  
1 Garlic Clove  
1/2 Red Bell Pepper (60 grams)  
1 cup Spinach (31 grams)  
1 1/2 tsps Nutritional Yeast  
1/8 tsp Turmeric

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Cholesterol	0mg
Fat	18g	Sodium	48mg
Carbs	13g	Vitamin C	85mg
Fiber	6g	Vitamin D	0IU
Sugar	6g	Magnesium	102mg
Protein	24g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Dice the onion. Mince the garlic. Slice the red bell pepper. Chop the spinach.
- 02 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 03 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 04 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 05 Season with sea salt and black pepper taste. Enjoy!



# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana (100 grams without peel)

## 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



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg





# 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.
- 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 Friday, half on Saturday.



# Dates with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 Pitted Medjool Dates (48 grams)  
2 tbsps Peanut Butter (no Added Sugar  
Or Oil)

## DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	17g	Sodium	6mg
Carbs	43g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	35g	Magnesium	54mg
Protein	8g	Zinc	1mg



# Vegan Brownie Protein Pancakes

1 SERVING 15 MINUTES



## INGREDIENTS

1 tbsp Ground Flax Seed  
2 2/3 tbsps Water  
1/4 cup Chickpea Flour  
1 scoop Faster Way Chocolate Plant Based Protein Powder  
1 1/2 tbsps Cocoa Powder  
1 1/2 tbsps Baking Powder  
1/2 cup Unsweetened Almond Milk  
2 tbsps Dark Chocolate Chips (dairy free)  
3/4 tsp Coconut Oil

## DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	448	Cholesterol	0mg
Fat	21g	Sodium	993mg
Carbs	37g	Vitamin C	0mg
Fiber	5g	Vitamin D	50IU
Sugar	17g	Magnesium	63mg
Protein	25g	Zinc	1mg





# Sliced Avocado

1 SERVING 5 MINUTES



## INGREDIENTS

1/3 Avocado (50 grams)

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	10g	Sodium	5mg
Carbs	6g	Vitamin C	7mg
Fiber	4g	Vitamin D	0IU
Sugar	0g	Magnesium	19mg
Protein	1g	Zinc	0mg





# Roasted Veggie Pasta

1 SERVING 25 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# FASTER Way Vegan Oatmeal Cookie Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1 Banana (100 grams without peel, frozen)  
3 tbsps Rolled Oats  
1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)  
1/8 tsp Vanilla Extract  
1/4 tsp Cinnamon  
1 scoop Faster Way Vanilla Plant Based Protein Powder

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	425	Cholesterol	0mg
Fat	19g	Sodium	289mg
Carbs	45g	Vitamin C	10mg
Fiber	8g	Vitamin D	76IU
Sugar	16g	Magnesium	133mg
Protein	24g	Zinc	2mg



# Peanut Maple Tempeh Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 cup Jasmine Rice (140 grams, dry)  
1/4 cup Tamari (or coconut aminos)  
3 tbsps Peanut Butter (no Added Sugar Or Oil)  
3 tbsps Maple Syrup  
1 tsp Sesame Oil  
1 tsp Lime Juice  
2 tbsps Water  
1 1/8 lbs Tempeh  
2 tpsps Extra Virgin Olive Oil  
4 cups Frozen Vegetable Mix  
2 tbsps Raw Peanuts  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	701	Cholesterol	0mg
Fat	26g	Sodium	1086m...
Carbs	86g	Vitamin C	6mg
Fiber	10g	Vitamin D	0IU
Sugar	17g	Magnesium	182mg
Protein	40g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Slice the tempeh. Chop the raw peanuts and cilantro. Cook the frozen mixed vegetable according to package directions.
- 02 Cook the rice according to the directions on the package and set aside.
- 03 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 04 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 05 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Jasmine Rice (140 grams, dry), 1/4 cup Tamari (or coconut aminos), 3 tbsps Peanut Butter (no added sugar or oil), 3 tbsps Maple Syrup, 1 tsp Sesame Oil, 1 tsp Lime Juice, 2 tbsps Water, 1 1/8 lbs Tempeh, 2 tsp Extra Virgin Olive Oil, 4 cup Frozen Vegetable Mix, 2 tbsps Raw Peanuts, 1/4 cup Cilantro





# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams without peel)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 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





# FASTER WAY

T O F A T L O S S <sup>®</sup>



## NEW CLIENT VEGAN MEAL GUIDE

WEEK TWO

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PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

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## MON - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding

**MEAL TWO**  
Tofu & Broccoli Salad with Peanut Sauce

**MEAL THREE**  
Artichoke & Chickpea Salad with Tofu, Hemp Seeds

**SNACK**  
Strawberries & Almonds

## TUE - LOW CARB



**MEAL ONE**  
Vegan Raspberry Pecan Warm Chia Pudding

**MEAL TWO**  
Tofu & Broccoli Salad with Peanut Sauce

**MEAL THREE**  
Tempeh Taco Bowl, Sliced Avocado

**SNACK**  
FASTer Way Vegan Strawberry Vanilla Smoothie

## WED - REG MACRO



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats

**MEAL TWO**  
Tofu Veggie Wrap

**MEAL THREE**  
Pesto Tofu Bites with Rice & Snow Peas

**SNACK**  
Edamame, Apple

## THU - REG MACRO



**MEAL ONE**  
Vegan Raspberry Protein Overnight Oats

**MEAL TWO**  
Pesto Tofu Bites with Rice & Snow Peas

**MEAL THREE**  
Swiss Chard, Lentil & Rice Bowl, Tempeh

**SNACK**  
FASTer Way Vegan Banana Vanilla Protein Smoothie

## FRI - REG MACRO



**MEAL ONE**  
Tofu Breakfast Bowl, Edamame

**MEAL TWO**  
Swiss Chard, Lentil & Rice Bowl, Tempeh

**MEAL THREE**  
Tofu & Lentil Stir Fry with Veggies, Apple

**SNACK**  
Banana with Cinnamon & Almond Butter

## SAT - REG MACRO



**MEAL ONE**  
Vegan Apple Pie Protein Pancakes

**MEAL TWO**  
Tofu Veggie Wrap

**MEAL THREE**  
Rainbow Tempeh Bowls

**SNACK**  
FASTer Way Vegan Masala Chai Smoothie

## SUN - REG MACRO



**MEAL ONE**  
Tofu Breakfast Bowl, Edamame

**MEAL TWO**  
Rainbow Tempeh Bowls

**MEAL THREE**  
Pot Pie Chickpea Pasta

**SNACK**  
Apple



## FRUITS

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

## SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 1/3 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1 tsp Cinnamon
- 1 tsp Cumin
- 1/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1/2 tsp Masala Chai Spice
- 1/4 tsp Oregano
- 1/2 tsp Paprika
- 2 1/4 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 tbsps Pecans
- 2 tbsps Raw Peanuts
- 1 1/3 tbsps Sea Salt
- 2/3 tsp Sesame Seeds
- 1 1/2 tbsps Toasted Sesame Seeds
- 1 tsp Turmeric

## FROZEN

- 2 Brown Rice Tortilla
- 1/4 cup Frozen Corn
- 2 cups Frozen Edamame
- 1/4 cup Frozen Peas
- 1/2 cup Frozen Strawberries

## VEGETABLES

- 4 1/2 cups Broccoli
- 3/4 Carrot
- 2 Carrots
- 2 2/3 tbsps Cherry Tomatoes
- 1/2 cup Cilantro
- 1/2 Cucumber
- 2/3 Garlic Clove
- 1/2 Garlic Clove
- 1 Green Bell Pepper
- 1 stalk Green Onion
- 1 1/2 Jalapeno Pepper
- 1 1/3 tbsps Parsley
- 1 cup Purple Cabbage
- 2 2/3 tbsps Radishes
- 2/3 Red Bell Pepper
- 1 1/3 tbsps Red Onion
- 6 leaves Romaine
- 2 cups Snow Peas
- 2 cups Spinach
- 4 cups Swiss Chard
- 2 1/2 Tomato
- 2/3 Yellow Onion

## BOXED & CANNED

- 1 3/4 cups Brown Rice
- 2 2/3 ozs Chickpea Pasta
- 1/2 cup Chickpeas
- 1 3/4 cups Lentils
- 1/4 cup Quinoa

## BAKING

- 1 tbsp Almond Flour
- 1 1/2 tbsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1 3/4 tbsps Nutritional Yeast
- 1/3 cup Oat Flour
- 2/3 cup Rolled Oats

## BREAD, FISH, MEAT & CHEESE

- 2 2/3 lbs Extra Firm Tofu
- 4 ozs Firm Tofu
- 1 1/8 lbs Tempeh
- 6 ozs Tofu

## CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 3/4 tbsps Avocado Oil
- 2 2/3 tbsps Canned Artichoke Hearts
- 2 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 1/4 cup Pesto
- 1 1/2 tbsps Rice Vinegar
- 1 2/3 tbsps Sesame Oil
- 1/4 cup Tamari
- 1/8 tsp Tamari (or Coconut Aminos)
- 2/3 tsp White Wine Vinegar

## COLD

- 2 1/16 ozs Cashew Cream Cheese
- 6 1/2 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 8 scoops Faster Way Vanilla Plant Based Protein Powder
- 16 Ice Cubes
- 1 cup Water





■ 1 cup Frozen Vegetable Mix

■ 3 tbsps Unsweetened Applesauce

■ 1 tsp 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 Faster Way Vanilla Plant Based Protein Powder

## 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 and collagen.
- 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



# Tofu & Broccoli Salad with Peanut Sauce

1 SERVING 50 MINUTES



## INGREDIENTS

5 1/2 ozs Extra Firm Tofu  
1 1/2 tsps Tamari (or coconut aminos, 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 tbsps Radishes (9 grams)  
1 tbsp Raw Peanuts (8 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	374	Cholesterol	0mg
Fat	26g	Sodium	555mg
Carbs	17g	Vitamin C	103mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Magnesium	125mg
Protein	26g	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 (or coconut aminos), 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 coconut aminos, 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 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Artichoke & Chickpea Salad with Tofu

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Chickpeas (cooked)  
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)  
6 ozs Tofu

## DIRECTIONS

- 01 Prep note: 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 Chickpeas (cooked), 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), 1 1/2 lbs Tofu

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	20g	Sodium	294mg
Carbs	28g	Vitamin C	16mg
Fiber	10g	Vitamin D	0IU
Sugar	7g	Magnesium	106mg
Protein	25g	Zinc	3mg





# 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



# Strawberries & Almonds

1 SERVING 2 MINUTES



## INGREDIENTS

1/4 cup Almonds (37.5 grams, raw)  
1 cup Strawberries (176 grams)

## DIRECTIONS

01 Place in a bowl and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	19g	Vitamin C	85mg
Fiber	7g	Vitamin D	0IU
Sugar	9g	Magnesium	115mg
Protein	9g	Zinc	1mg



# Tempeh Taco Bowl

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/4 cup Quinoa (dry)
- 1 1/2 tps Avocado Oil
- 3 1/2 ozs Tempeh (crumbled)
- 1/2 tsp Chili Powder
- 1/2 tsp Cumin
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt
- 1/2 Jalapeno Pepper
- 1/2 Tomato (61 grams)
- 1/2 Lime (divided)
- 2 leaves Romaine

## NUTRITION

### AMOUNT PER SERVING

Calories	445	Cholesterol	0mg
Fat	21g	Sodium	375mg
Carbs	42g	Vitamin C	26mg
Fiber	6g	Vitamin D	0IU
Sugar	1g	Magnesium	186mg
Protein	28g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Remove the seeds from jalapeno pepper and finely chop. Dice tomato and chop the romaine leaves.
- 02 Cook the quinoa according to package directions.
- 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 tbsps Avocado Oil, 14 1/8 ozs Tempeh (crumbled), 2 tps Chili Powder, 2 tps Cumin, 1 tsp Oregano, 1/2 tsp Sea Salt, 2 Jalapeno Peppers, 2 Tomatoes (246 grams), 2 Limes (divided), 8 leaves Romaine





# Sliced Avocado

1 SERVING 5 MINUTES



## INGREDIENTS

1/3 Avocado (50 grams)

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	10g	Sodium	5mg
Carbs	6g	Vitamin C	7mg
Fiber	4g	Vitamin D	0IU
Sugar	0g	Magnesium	19mg
Protein	1g	Zinc	0mg





# FASTER Way Vegan Strawberry Vanilla Smoothie

1 SERVING 15 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/3 Banana (40 grams without peel)  
1 scoop Faster Way Vanilla Plant Based Protein Powder  
5 Ice Cubes  
2 1/4 tbsps Almond Butter (no Added Sugar Or Oil) (36 grams)  
1/2 cup Frozen Strawberries (100 grams)

## DIRECTIONS

01 Combine all ingredients in a high speed blender until smooth. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Cholesterol	0mg
Fat	25g	Sodium	331mg
Carbs	20g	Vitamin C	46mg
Fiber	7g	Vitamin D	10IU
Sugar	7g	Magnesium	129mg
Protein	24g	Zinc	1mg



# Vegan Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp Cinnamon  
1/2 cup Raspberries (60 grams, fresh or frozen, thawed)  
1 scoop Faster Way Vanilla Plant Based Protein Powder

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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



# Tofu Veggie Wrap

1 SERVING 25 MINUTES



## INGREDIENTS

- 5 ozs Extra Firm Tofu
- 1 tbsp Tamari (or coconut aminos)
- 1 Brown Rice Tortilla
- 1 cup Spinach (31 grams)
- 1/4 Cucumber (75 grams)
- 1/4 Carrot (15 grams)
- 1/2 cup Purple Cabbage (115 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	317	Cholesterol	0mg
Fat	10g	Sodium	1229mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	99mg
Protein	21g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Press and slice the tofu. Julienne the cucumber and carrot. Chop the purple cabbage.
- 02 Marinate the tofu slices in tamari for 15 minutes.
- 03 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 04 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!





# Pesto Tofu Bites with Rice & Snow Peas

1 SERVING 30 MINUTES



## INGREDIENTS

6 ozs Extra Firm Tofu  
2 tbsps Pesto (30 grams, dairy free)  
1/8 tsp Sea Salt  
1/2 cup Brown Rice (97 grams, dry)  
1 cup Snow Peas (69 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	639	Cholesterol	0mg
Fat	24g	Sodium	499mg
Carbs	80g	Vitamin C	38mg
Fiber	7g	Vitamin D	0IU
Sugar	6g	Magnesium	197mg
Protein	29g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Cook brown rice according to package directions. Press and cube tofu. Steam snow peas.
- 02 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through.
- 04 Serve with steamed snow peas. Top with pesto tofu and enjoy!
- 05 Note: For four servings follow these measurements - 1 1/2 lbs Extra Firm Tofu, 1/2 cup Pesto (120 grams, dairy free), 1/2 tsp Sea Salt, 2 cups Brown Rice (388 grams, dry), 4 cups Snow Peas (276 grams)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.





# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (170 grams, shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## 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



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg



# 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 Cumin  
1/4 tsp Paprika  
1 1/2 tbsps Extra Virgin Olive Oil  
1/4 Garlic Clove  
3/4 tsp Apple Cider Vinegar  
1/2 cup Lentils  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	12g	Sodium	307mg
Carbs	41g	Vitamin C	23mg
Fiber	10g	Vitamin D	0IU
Sugar	3g	Magnesium	125mg
Protein	12g	Zinc	2mg

## 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.
- 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, 2 cups Lentils, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 05** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.





# Tempeh

1 SERVING 1 MINUTE



## INGREDIENTS

4 ozs Tempeh

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Cholesterol	0mg
Fat	12g	Sodium	10mg
Carbs	9g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	92mg
Protein	23g	Zinc	1mg

## DIRECTIONS

- 01 Add to your favorite recipe!
- 02 Note: For four servings use 1 lb of tempeh.
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.





# FASTER Way Vegan Banana Vanilla Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (100 grams without peel)  
5 Ice Cubes  
1 cup Unsweetened Almond Milk  
1 scoop Faster Way Vanilla Plant Based Protein Powder  
1 tsp Vanilla Extract  
1/16 tsp Sea Salt (to taste)

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	236	Cholesterol	0mg
Fat	5g	Sodium	475mg
Carbs	30g	Vitamin C	10mg
Fiber	4g	Vitamin D	101IU
Sugar	15g	Magnesium	49mg
Protein	17g	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  
2 leaves Romaine  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	184	Cholesterol	0mg
Fat	8g	Sodium	660mg
Carbs	15g	Vitamin C	77mg
Fiber	7g	Vitamin D	0IU
Sugar	6g	Magnesium	79mg
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, 8 leaves Romaine, 1 cup Cilantro



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy with salt, crushed red pepper or even lemon pepper!

## 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





# Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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





# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams without peel)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 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



# Vegan Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Oat Flour  
1 scoop Faster Way Vanilla Plant Based Protein Powder  
1/3 tsp 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, oat 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 Faster Way Vanilla Plant Based Protein Powder, 1 1/3 tps Cinnamon, 2 tps Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tps Maple Syrup



# 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)  
1/16 tsp Tamari (or Coconut Aminos) (divided)  
2 tsps Lime Juice (divided)  
1 tsp Coconut Aminos (or tamari)  
1/3 tsp Peanut Butter (no Added Sugar Or Oil)  
1 Carrots (61 grams)  
1/3 Red Bell Pepper (40 grams)  
1/3 tsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	457	Cholesterol	0mg
Fat	16g	Sodium	202mg
Carbs	59g	Vitamin C	138mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	161mg
Protein	25g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the broccoli into florets. Cube the tempeh. Peel and shred the carrot. Slice the red bell pepper.
- 02 Cook the brown rice according to the directions on the package.
- 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 (or coconut aminos) 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 (or coconut aminos), 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 tsps Sesame Oil (divided), 1/3 tsp Tamari (or Coconut Aminos) (divided), 2 2/3 tsps Lime Juice (divided), 1 1/3 tsps Coconut Aminos (or tamari), 1 1/3 tsps Peanut Butter (no Added Sugar Or Oil), 4 Carrots (244 grams), 1 1/3 Red Bell Pepper (40 grams), 1 1/3 tsps Sesame Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.





# FASTER Way Vegan Masala Chai Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 1/2 Banana (150 grams without peel, frozen)  
1/4 cup Unsweetened Coconut Milk  
Yogurt  
6 Ice Cubes  
1/2 tsp Masala Chai Spice  
1 scoop Faster Way Vanilla Plant Based Protein Powder

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. 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





# Pot Pie Chickpea Pasta

1 SERVING 35 MINUTES



## INGREDIENTS

2 2/3 ozs Chickpea Pasta (dry)  
2/3 tsp Extra Virgin Olive Oil  
1/8 Yellow Onion (99 grams)  
2/3 Garlic Clove  
1/3 Carrot (101 grams)  
1/4 cup Frozen Corn  
1/4 cup Frozen Peas  
2 1/16 ozs Cashew Cream Cheese  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
1 1/3 tbsps Nutritional Yeast (divided)  
1 tbsps Almond Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	0mg
Fat	24g	Sodium	400mg
Carbs	75g	Vitamin C	7mg
Fiber	20g	Vitamin D	0IU
Sugar	15g	Magnesium	44mg
Protein	37g	Zinc	1mg

## DIRECTIONS

- 01 Prep Note: Dice yellow onion. Mince garlic cloves. Chop carrots.
- 02 Preheat the oven to 400°F (205°C).
- 03 Cook the chickpea pasta according to package directions.
- 04 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 05 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 06 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!
- 07 Note: For four servings follow these measurements - 10 2/3 ozs Chickpea Pasta (dry), 2 2/3 tsp Extra Virgin Olive Oil, 2/3 Yellow Onion (18 grams), 2 2/3 Garlic Clove, 1 1/3 Carrot (81 grams), 1 cup Frozen Corn, 1 cup Frozen Peas, 8 1/3 ozs Cashew Cream Cheese, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1/3 cup Nutritional Yeast (divided), 1/4 cup Almond Flour

