

FASTER WAY

T O F A T L O S S [®]



SUMMER SLIM DOWN
PLANT- BASED MEAL GUIDE

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WELCOME TO THE FASTER WAY TO FAT LOSS!

There's nothing we love more than empowering our clients to transform their lives through the FASTER Way. As you've learned by now, nutrition is the foundation for the FASTER Way lifestyle. However, we know that transitioning from processed foods to whole-food nutrition can be difficult to navigate.

That's why we created the FASTER Way to Fat Loss meal plan. Our delicious meals will satisfy even the most refined palates, yet are simple enough to make meal planning a breeze. These meal ideas will provide the flexibility you need to seamlessly implement whole-food nutrition into your life using ingredients you already have..

It's always a good idea to pre-plan your macros in the app to determine how to meet your daily goals. Since each of us has unique macro needs on any given day, we've provided suggested portion sizes—but you can adapt the recipes or portions to fit your daily macro needs. For instance, if you're making the cobb salad on a regular macro day, you can choose to increase the amount of grilled chicken to hit your protein goals and decrease the amount of dressing or hard boiled eggs to avoid exceeding your fat goals. Throughout the program, you'll focus on hitting your macro goals or eating until you're 80% full.

We know this meal plan will make the FASTER Way lifestyle easier than ever. Enjoy!

MON- LOW CARB



MEAL ONE
Coconut Pudding



MEAL TWO
Cold Curry Tofu Salad



MEAL THREE
Cabbage with Edamame, Sliced Avocado

TUE- LOW CARB



MEAL ONE
FASTer Way Frozen Mocha Protein Smoothie, Macadamia Nuts with...



MEAL TWO
Vegan Zucchini Noodle Lasagna, Sliced Avocado



MEAL THREE
Cobb Salad with Tofu

WED- REG MACRO



MEAL ONE
Raspberry Protein Overnight Oats



MEAL TWO
Black Beans with Sweet Potato & Salsa, Sliced Avocado



MEAL THREE
Cozy Tofu Shakshuka, FASTer Way Orange Vanilla Creamsicle Smoothie

THU- REG MACRO



MEAL ONE
Maple Yogurt Soaked Oatmeal Parfait



MEAL TWO
Citrus Beet Salad, Edamame



MEAL THREE
Burrito Bowl with Quinoa Tofu Taco Filling, FASTer Way Strawberry Vanilla...

FRI- LOW MACRO



MEAL ONE
Cookie Dough Overnight Oats



MEAL TWO
Chili Lime Tempeh & Veggies



MEAL THREE
Swiss Chard, Lentil & Rice Bowl

SAT- REG MACRO



MEAL ONE
Vegan Sweet Potato Pancakes, FASTer Way Key Lime Pie Smoothie



MEAL TWO
Vegan White Bean Burgers, Maple Baked Beans



MEAL THREE
Strawberry Quinoa Arugula Salad with Tofu

SUN- REG MACRO



MEAL ONE
Tofu Veggie Scramble, Apple



MEAL TWO
Spiralized Veggie Hummus Wrap



MEAL THREE
Edamame Quinoa Salad, FASTer Way Blueberry Chia Seed Smoothie



FRUITS

- 1 Apple
- 2 1/2 Avocado
- 1 1/3 ozs Banana
- 2 1/2 Banana
- 1/2 cup Grapes
- 1/3 Lemon
- 1 1/8 tsps Lemon Juice
- 1/3 cup Lime Juice
- 1 1/2 Navel Orange
- 1 3/4 cups Raspberries
- 1/4 cup Strawberries

BREAKFAST

- 1/2 oz Almond Butter
- 2 tbsps Cashew Butter
- 1/3 cup Maple Syrup
- 1/2 cup Organic Coffee

SEEDS, NUTS & SPICES

- 3 1/2 tbsps Chia Seeds
- 1 2/3 tsps Chili Powder
- 1 tsp Cinnamon
- 1 3/4 tsps Cumin
- 1 tsp Curry Powder
- 1/4 tsp Dried Basil
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 1/4 tsp Onion Powder
- 1/4 tsp Oregano
- 1 tsp Paprika
- 1/4 cup Pecans
- 1 tsp Sea Salt
- 1 Sea Salt & Black Pepper

VEGETABLES

- 1/4 cup Alfalfa Sprouts
- 1 1/2 cups Arugula
- 3 1/2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 1 1/4 Beet
- 1/2 Carrot
- 1/2 cup Cauliflower Rice
- 1/4 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 cup Collard Greens
- 1/4 cup Cucumber
- 1/8 Cucumber
- 1 1/2 Garlic
- 1/2 Green Bell Pepper
- 3/4 cup Green Cabbage
- 1 stalk Green Onion
- 2 tbsps Mint Leaves
- 1/4 cup Mushrooms
- 3 tbsps Parsley
- 1 tbsp Radishes
- 2 1/4 Red Bell Pepper
- 1/3 cup Red Onion
- 2 cups Romaine
- 5 leaves Romaine
- 1/8 head Romaine Hearts
- 2 1/4 Sweet Potato
- 2 cups Swiss Chard
- 1/2 Tomato
- 3/4 Yellow Onion
- 3/4 Zucchini

BOXED & CANNED

- 2 cups Black Beans
- 2 tbsps Brown Rice
- 1/2 cup Cannellini Beans
- 1/4 cup Chickpeas
- 1 1/3 tbsps Crushed Tomatoes

BREAD, FISH, MEAT & CHEESE

- 1/4 cup Hummus
- 1/4 cup Silken Tofu
- 4 1/2 ozs Tempeh
- 2 1/4 lbs Tofu

CONDIMENTS & OILS

- 2 1/4 tsps Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 3/4 tsp Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 1 tbsp Coconut Butter
- 2 1/4 tsps Coconut Oil
- 1 1/4 tsps Dijon Mustard
- 1 3/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 3 tbsps Mayonnaise
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Sunflower Seed Butter
- 2 tsps Tamari
- 1/3 cup Tomato Sauce

COLD

- 4 ozs Firm Tofu
- 1/2 cup Plain Coconut Milk
- 4 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Cashew Milk
- 1/3 cup Unsweetened Coconut Yogurt

OTHER

- 2 cups Ice Cubes
- 11 Ice Cubes
- 1/2 tsp Maca Powder
- 2 tbsps Protein Powder
- 8 servings Protein Powder
- 1 serving Vanilla Protein Powder
- 1 cup Water



- 1/4 tsp Smoked Paprika
- 1/3 cup Sunflower Seeds
- 1/8 tsp Turmeric

FROZEN

- 1 cup Frozen Blueberries
- 1/2 cup Frozen Cauliflower
- 1 2/3 cups Frozen Edamame
- 3 1/2 ozs Frozen Strawberries

- 2/3 cup Fire Roasted Diced Tomatoes
- 1/2 cup Lentils
- 1 cup Lite Coconut Milk
- 1/2 cup Organic Coconut Milk
- 1/4 cup Organic Salsa
- 2 tbsps Organic Vegetable Broth
- 1/2 cup Quick Oats
- 2/3 cup Quinoa
- 1/4 cup Quinoa Uncooked
- 1/4 cup Salsa
- 1 cup White Navy Beans

BAKING

- 2 tbsps Almond Flour
- 1/2 tsp Baking Powder
- 2 tbsps Cacao Powder
- 1 1/8 tps Fancy Molasses
- 1 1/16 tbsps Nutritional Yeast
- 1/3 cup Oats
- 1/2 cup Oats (rolled, Dry)
- 1 tsp Unsweetened Shredded Coconut
- 2 1/2 tps Vanilla Extract



Coconut Pudding

1 SERVING 3 HOURS



INGREDIENTS

1/2 cup Organic Coconut Milk (full fat, from the can)
1/4 cup Hemp Seeds
1 1/2 tbsps Chia Seeds
1 tsp Unsweetened Shredded Coconut
1 serving Protein Powder (25g)
1/4 cup Raspberries
1/2 Banana

DIRECTIONS

- 01 In a small mixing bowl mash the banana and whisk in the coconut milk. Stir in protein powder, hemp seeds, and chia seeds. Mix well.
- 02 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 03 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	603	Protein	43g
Fat	48g	Cholesterol	0mg
Carbs	32g	Sodium	34mg
Fiber	10g	Calcium	144mg
Sugar	11g	Iron	5mg



Cold Curry Tofu Salad

1 SERVING 15 MINUTES



INGREDIENTS

5 leaves Romaine (or Butter Bib Lettuce)
1/4 cup Pecans (or Walnuts)
1/2 cup Grapes (cut in half)
1/4 Red Bell Pepper
1/4 cup Red Onion
3 tbsps Mayonnaise (dairy-free)
1 tsp Curry Powder
7 ozs Tofu
1 Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Mix all ingredients minus the lettuce to make the tofu salad.
- 02 Place the lettuce leaves on a plate.
- 03 To serve, spoon salad into center of the lettuce leaves of choice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	702	Protein	25g
Fat	60g	Cholesterol	17mg
Carbs	25g	Sodium	287mg
Fiber	10g	Calcium	655mg
Sugar	15g	Iron	7mg



Cabbage with Edamame

1 SERVING 15 MINUTES



INGREDIENTS

3/4 cup Green Cabbage (shredded)
1/8 Cucumber (thinly sliced)
2 2/3 tbsps Frozen Edamame (thawed)
1 1/2 tpsps Sunflower Seed Butter
1/2 tsp Coconut Aminos
1/2 tsp Tamari
1/2 tsp Lime Juice
1/2 tsp Sesame Oil
1/2 tsp Water
1 1/3 tbsps Sunflower Seeds
2 2/3 tpsps Cilantro (chopped)

DIRECTIONS

- 01 Add the cabbage, cucumber and edamame to a large bowl.
- 02 To make the dressing, add the sunflower seed butter, coconut aminos, tamari, lime juice, sesame oil and water to a blender and blend on high until smooth and creamy.
- 03 Add the dressing to the salad and mix well. Top with sunflower seeds and cilantro. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	194	Protein	8g
Fat	13g	Cholesterol	0mg
Carbs	14g	Sodium	230mg
Fiber	5g	Calcium	68mg
Sugar	6g	Iron	2mg



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	Protein	1g
Fat	10g	Cholesterol	0mg
Carbs	6g	Sodium	5mg
Fiber	4g	Calcium	8mg
Sugar	0g	Iron	0mg



FASTer Way Frozen Mocha Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Cashew Milk (carton)
2 tbsps Cacao Powder
1/8 tsp Sea Salt
1/2 tsp Maca Powder (optional)
1 serving Protein Powder (25 grams of protein)
1 cup Ice Cubes
1/2 cup Organic Coffee (cold or iced, may also sub 1 tsp instant coffee granules)
1/2 tsp Vanilla Extract
1 tsp Maple Syrup

DIRECTIONS

- 01 Combine all ingredients in a blender and blend until smooth. You may add more ice depending on the consistency you like. Pour in a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	253	Protein	28g
Fat	8g	Cholesterol	0mg
Carbs	15g	Sodium	384mg
Fiber	6g	Calcium	137mg
Sugar	5g	Iron	2mg



Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Macadamia Nuts (about 20 nuts)
1 cup Raspberries

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	385	Protein	5g
Fat	35g	Cholesterol	0mg
Carbs	21g	Sodium	3mg
Fiber	12g	Calcium	69mg
Sugar	7g	Iron	2mg



Vegan Zucchini Noodle Lasagna

1 SERVING 20 MINUTES



INGREDIENTS

1/3 tsp Extra Virgin Olive Oil
4 ozs Firm Tofu
1/8 tsp Sea Salt (divided)
1/3 cup Tomato Sauce
1/4 tsp Dried Basil
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
3/4 tsp Italian Seasoning
2 tbsps Cashew Butter
1/8 Lemon (juiced)
1 1/2 tsps Nutritional Yeast
1 1/3 tbsps Water
1/2 Zucchini (medium, ends trimmed)

DIRECTIONS

- 01 Heat oil in a saucepan over medium-high heat. Crumble the tofu and cook for about 5 minutes til warm and any excess liquid has evaporated. Season with half the salt, add the tomato sauce, basil, garlic powder, onion powder, and Italian seasoning. Let simmer for about 10 minutes.
- 02 Meanwhile, add cashew butter, lemon juice, nutritional yeast, water and remaining salt to a blender. Blend until creamy.
- 03 Slice your zucchini length-wise using a peeler. Lay on a plate and top with the tomato sauce and cashew mixture. Garnish with nutritional yeast (optional). Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	356	Protein	21g
Fat	23g	Cholesterol	0mg
Carbs	22g	Sodium	358mg
Fiber	5g	Calcium	258mg
Sugar	6g	Iron	5mg



Cobb Salad with Tofu

1 SERVING 10 MINUTES



INGREDIENTS

7 ozs Tofu
2 cups Romaine
1/2 Avocado
1/4 cup Cherry Tomatoes (halved)
1/4 cup Cucumber (chopped)
3 tbsps Sunflower Seeds
1/4 cup Mushrooms

DIRECTIONS

- 01 Slice tofu, lettuce, cucumber, tomatoes, and mushrooms and combine in a bowl.
- 02 Add avocado, sliced thin, along with sunflower seeds. *Note - if adding dressing or sauce, ensure that it fits your macros.
- 03 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	496	Protein	29g
Fat	37g	Cholesterol	0mg
Carbs	23g	Sodium	35mg
Fiber	13g	Calcium	637mg
Sugar	7g	Iron	7mg



Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Oats (rolled, dry)
3/4 cup Unsweetened Almond Milk
1 tbsp Ground Flax Seed
1/4 tsp Cinnamon
1/2 cup Raspberries (fresh or frozen, thawed)
1 serving Protein Powder (25 grams of protein)

DIRECTIONS

- 01 Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Top with raspberries & enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	305	Protein	32g
Fat	7g	Cholesterol	0mg
Carbs	31g	Sodium	123mg
Fiber	10g	Calcium	384mg
Sugar	3g	Iron	2mg



Black Beans with Sweet Potato & Salsa

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 cups Black Beans
1 Sweet Potato (about 5 oz)
1/4 cup Salsa
1 tbsp Hemp Seeds

DIRECTIONS

- 01 Bake sweet potato until soft.
- 02 Fill with black beans, salsa and season to taste.
- 03 Sprinkle hemp seeds on top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	527	Protein	29g
Fat	6g	Cholesterol	0mg
Carbs	93g	Sodium	537mg
Fiber	28g	Calcium	135mg
Sugar	9g	Iron	7mg



Cozy Tofu Shakshuka

1 SERVING 30 MINUTES



INGREDIENTS

5 ozs Tofu (firm, pat dry)
1 tbsp Water
1/4 Red Bell Pepper (chopped)
1/2 tsp Paprika
1/4 tsp Cumin
2/3 cup Fire Roasted Diced Tomatoes
(from the can with juices)
3 tbsps Parsley (finely chopped, divided)
Sea Salt & Black Pepper (to taste)
1/4 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	253	Protein	17g
Fat	15g	Cholesterol	0mg
Carbs	17g	Sodium	368mg
Fiber	7g	Calcium	508mg
Sugar	8g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 02 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender.
- 03 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 04 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 05 Garnish with the crumbled tofu, remaining parsley and avocado. Add to a bowl and enjoy!



FASTER Way Orange Vanilla Creamsicle Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Navel Orange (peeled)
6 Ice Cubes
1 Banana (frozen)
1 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
1 serving Protein Powder (25 grams of protein)
1/2 cup Frozen Cauliflower (riced)

DIRECTIONS

01 Place all ingredients in a high speed blender and blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	344	Protein	30g
Fat	4g	Cholesterol	0mg
Carbs	51g	Sodium	180mg
Fiber	11g	Calcium	533mg
Sugar	28g	Iron	1mg



Maple Yogurt Soaked Oatmeal Parfait

1 SERVING 8 HOURS 15 MINUTES



INGREDIENTS

1/2 cup Oats (rolled, Dry)
1/2 cup Water
1/3 cup Unsweetened Coconut Yogurt (divided)
1/2 cup Plain Coconut Milk (refrigerated, 5g fat per cup)
2 1/2 tbsps Maple Syrup
1 serving Protein Powder (25 grams of protein)

DIRECTIONS

- 01 In a pot, combine the oats, water, protein powder and one tablespoon of coconut milk yogurt. Cover and let sit at room temperature overnight.
- 02 In the morning, add coconut milk. Bring to a boil, then reduce heat to a simmer. Cook for 5 minutes covered, or until your desired consistency is reached.
- 03 Pour into a bowl, top with the remaining coconut yogurt and drizzle maple syrup on top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	472	Protein	31g
Fat	8g	Cholesterol	0mg
Carbs	70g	Sodium	45mg
Fiber	6g	Calcium	476mg
Sugar	34g	Iron	2mg



Citrus Beet Salad

1 SERVING 1 HOUR



INGREDIENTS

1 Beet (medium, cut into quarters)
2 tbsps Quinoa (uncooked, dry)
1 tsp Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tsp Apple Cider Vinegar
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach
1 tbsps Radishes (finely sliced)
1/2 Carrot (medium, peeled into ribbons)
1/4 cup Chickpeas (cooked, from the can)
2 tbsps Mint Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 02 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 03 Cook your quinoa on the stove according to package directions, and set aside.
- 04 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 05 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, and mint. Drizzle dressing over top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	278	Protein	9g
Fat	7g	Cholesterol	0mg
Carbs	46g	Sodium	133mg
Fiber	10g	Calcium	108mg
Sugar	15g	Iron	4mg



Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (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	94	Protein	9g
Fat	4g	Cholesterol	0mg
Carbs	7g	Sodium	5mg
Fiber	4g	Calcium	49mg
Sugar	2g	Iron	2mg



Burrito Bowl with Quinoa Tofu Taco Filling

1 SERVING 35 MINUTES



INGREDIENTS

2 tbsps Quinoa (uncooked)
5 ozs Tofu (extra firm, crumbled)
1 tsp Extra Virgin Olive Oil
2/3 tsp Chili Powder
1/3 tsp Cumin
1/4 tsp Oregano
1/4 tsp Garlic Powder
1/8 tsp Sea Salt
1/4 cup Organic Salsa (divided)
3/4 tsp Lime Juice
1/4 tsp Nutritional Yeast
1/2 Red Bell Pepper (sliced)
1/8 head Romaine Hearts (chopped)
1/2 cup Black Beans (cooked)
1/4 Avocado (diced)

DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, add the quinoa mixture, red peppers, romaine, black beans, and avocado to a bowl. Top with remaining salsa and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	479	Protein	28g
Fat	22g	Cholesterol	0mg
Carbs	51g	Sodium	826mg
Fiber	17g	Calcium	482mg
Sugar	7g	Iron	8mg



FASTER Way Strawberry Vanilla Smoothie

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 1/3 ozs Banana
1 serving Protein Powder (25 grams of protein)
5 Ice Cubes
1/2 oz Almond Butter (12 grams weighed)
3 1/2 ozs Frozen Strawberries

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	286	Protein	29g
Fat	10g	Cholesterol	0mg
Carbs	24g	Sodium	164mg
Fiber	6g	Calcium	509mg
Sugar	10g	Iron	2mg



Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Quick Oats (dry)
1 tbsp Maple Syrup
1 tbsp Chia Seeds
1 tsp Vanilla Extract
1/2 tsp Cinnamon
1 serving Protein Powder (25 grams of 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!

NUTRITION

AMOUNT PER SERVING

Calories	413	Protein	33g
Fat	9g	Cholesterol	0mg
Carbs	51g	Sodium	124mg
Fiber	9g	Calcium	440mg
Sugar	13g	Iron	3mg



Chili Lime Tempeh & Veggies

1 SERVING 1 HOUR 40 MINUTES



INGREDIENTS

1 tsp Chili Powder (divided)
1 tsp Cumin (divided)
1/2 tsp Garlic Powder (divided)
1/3 tsp Sea Salt (divided)
1/4 tsp Smoked Paprika
2 tbsps Lime Juice
2 tbsps Organic Vegetable Broth
1/2 tsp Maple Syrup
4 1/2 ozs Tempeh (cut into thin pieces)
1/2 Red Bell Pepper (thinly sliced)
1/2 Green Bell Pepper (thinly sliced)
1/4 Yellow Onion (thinly sliced)
1 1/2 tsps Water
1/2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	484	Protein	30g
Fat	30g	Cholesterol	0mg
Carbs	36g	Sodium	1073mg
Fiber	11g	Calcium	214mg
Sugar	10g	Iron	8mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 02 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 03 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 04 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 05 Plate, top with diced avocado and enjoy!



Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



INGREDIENTS

2 tbsps Brown Rice (uncooked)
3 tbsps Water
3/4 tsp Coconut Oil
2 cups Swiss Chard (washed, stems removed and chopped)
1/4 tsp Cumin
1/4 tsp Paprika
1 1/2 tbsps Extra Virgin Olive Oil
1/4 Garlic (clove, minced)
3/4 tsp Apple Cider Vinegar
1/2 cup Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 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.
- 02 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!

NUTRITION

AMOUNT PER SERVING

Calories	309	Protein	12g
Fat	12g	Cholesterol	0mg
Carbs	41g	Sodium	159mg
Fiber	10g	Calcium	70mg
Sugar	3g	Iron	5mg



Vegan Sweet Potato Pancakes

1 SERVING 20 MINUTES



INGREDIENTS

1 Sweet Potato (5 oz raw)
1/4 cup Silken Tofu (pureed)
2 tbsps Protein Powder (12 grams of protein)
1/2 tsp Baking Powder
1/4 tsp Cinnamon
1 1/2 tps Coconut Oil
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	315	Protein	18g
Fat	9g	Cholesterol	2mg
Carbs	41g	Sodium	337mg
Fiber	5g	Calcium	258mg
Sugar	18g	Iron	1mg

DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork. Let cool completely.
- 02 Add 1/2 cup of mashed sweet potato to a high speed blender or immersion blender cup. Add the tofu and puree. Add dry protein powder, cinnamon and baking powder. Puree until smooth. Let the batter stand for 5 minutes.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Plate the pancakes and drizzle with syrup. Enjoy!



FASTer Way Key Lime Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 serving Protein Powder (25 grams of protein per serving)
1 tbsp Coconut Butter
1 cup Lite Coconut Milk (light canned, 15g fat per cup)
3 tbsps Lime Juice (key lime juice, bottled)
1/2 cup Cauliflower Rice (frozen)
1 cup Ice Cubes

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	389	Protein	27g
Fat	26g	Cholesterol	0mg
Carbs	15g	Sodium	77mg
Fiber	5g	Calcium	16mg
Sugar	6g	Iron	1mg



Vegan White Bean Burgers

1 SERVING 30 MINUTES



INGREDIENTS

1/2 cup White Navy Beans (cooked, drained and rinsed)
1/4 Garlic (clove, minced)
1 tbsp Basil Leaves (chopped)
2 tbsps Almond Flour
1/2 Tomato (diced)
2 tbsps Green Olives (pits removed and chopped)
1 tbsp Red Onion (finely diced)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach
1 tbsp Ground Flax Seed (combine with 2.5 tbsp water and let stand)
1/4 Lemon (cut into wedges)

DIRECTIONS

- 01 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and flax "egg". Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 02 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 03 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patty for 6 - 7 minutes per side or until golden brown.
- 04 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	319	Protein	14g
Fat	15g	Cholesterol	0mg
Carbs	35g	Sodium	172mg
Fiber	14g	Calcium	160mg
Sugar	2g	Iron	5mg



Maple Baked Beans

1 SERVING 20 MINUTES



INGREDIENTS

1 tbsp Water
1/4 Yellow Onion (small, diced)
1/2 cup White Navy Beans (cooked, rinsed)
1 1/3 tbsps Crushed Tomatoes
1 1/8 tsps Fancy Molasses
3/4 tsp Maple Syrup
3/4 tsp Dijon Mustard
3/4 tsp Lemon Juice
1/2 tsp Apple Cider Vinegar
1/8 tsp Paprika
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a medium pot, add water and bring to a boil. Add in the onion and simmer for five minutes.
- 02 Stir in remaining ingredients and simmer for 15 minutes. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	187	Protein	8g
Fat	1g	Cholesterol	0mg
Carbs	38g	Sodium	379mg
Fiber	11g	Calcium	104mg
Sugar	13g	Iron	4mg



Strawberry Quinoa Arugula Salad with Tofu

1 SERVING 40 MINUTES



INGREDIENTS

1/3 cup Quinoa (uncooked)
1/3 tsp Lemon Juice
1/16 tsp Sea Salt
1 1/2 cups Arugula
1 tbsp Sunflower Seeds
5 ozs Tofu
1/4 cup Strawberries (chopped)

DIRECTIONS

- 01 Cook the quinoa according to package directions. Let cool.
- 02 Cook or prepare tofu according to package directions (or to liking).
- 03 Drizzle lemon juice over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds, strawberries and tofu. Transfer to a plate and serve immediately. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	418	Protein	26g
Fat	16g	Cholesterol	0mg
Carbs	49g	Sodium	91mg
Fiber	8g	Calcium	489mg
Sugar	4g	Iron	7mg



Tofu Veggie Scramble

1 SERVING 15 MINUTES



INGREDIENTS

7 ozs Tofu
1 1/2 tsps Avocado Oil
1/4 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/2 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 1/2 tsps Nutritional Yeast
1/8 tsp Turmeric

NUTRITION

AMOUNT PER SERVING

Calories	281	Protein	24g
Fat	18g	Cholesterol	0mg
Carbs	13g	Sodium	48mg
Fiber	6g	Calcium	612mg
Sugar	6g	Iron	7mg

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 Season with sea salt and black pepper taste. Enjoy!



Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Protein	0g
Fat	0g	Cholesterol	0mg
Carbs	25g	Sodium	2mg
Fiber	4g	Calcium	11mg
Sugar	19g	Iron	0mg



Spiralized Veggie Hummus Wrap

1 SERVING 20 MINUTES



INGREDIENTS

1/4 Beet
1/4 Zucchini
1/4 Sweet Potato
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 cup Collard Greens (washed and stems removed)
1/4 cup Hummus
1/4 cup Alfalfa Sprouts
1/2 cup Cannellini Beans (drained, rinsed, mashed into a paste)

DIRECTIONS

- 01 Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
- 02 Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each, top with mashed cannellini beans. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	345	Protein	13g
Fat	15g	Cholesterol	0mg
Carbs	42g	Sodium	646mg
Fiber	13g	Calcium	156mg
Sugar	6g	Iron	4mg



Edamame Quinoa Salad

1 SERVING 30 MINUTES



INGREDIENTS

1 cup Frozen Edamame (shelled)
1 1/2 tsps Lime Juice
1 1/2 tsps Tamari
1 tsp Sesame Oil
1 tsp Coconut Aminos
1 stalk Green Onion (sliced)
1/4 Red Bell Pepper (chopped)
1/4 cup Cilantro (chopped)
1 tsp Avocado Oil
1/4 cup Quinoa Uncooked

DIRECTIONS

- 01 Cook the quinoa according to package directions. Set aside to cool.
- 02 Bring a small pot of water to a boil and add the edamame. Cook for 1 to 2 minutes just until the edamame are cooked through. Drain and set aside to cool.
- 03 Add the avocado oil, lime juice, tamari, sesame oil, and maple syrup to a jar. Cover and shake well to combine.
- 04 In a large mixing bowl, add the cooked quinoa, edamame, green onion, red pepper, cilantro, and dressing. Stir well to combine.
- 05 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	448	Protein	26g
Fat	20g	Cholesterol	0mg
Carbs	46g	Sodium	609mg
Fiber	12g	Calcium	131mg
Sugar	6g	Iron	6mg



FASTer Way Blueberry Chia Seed Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1 cup Baby Spinach
1 Banana (peeled, chopped and frozen)
1 tbsp Chia Seeds
1 cup Unsweetened Almond Milk
1 serving Vanilla Protein Powder (25g of protein)

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	280	Protein	6g
Fat	8g	Cholesterol	0mg
Carbs	53g	Sodium	187mg
Fiber	12g	Calcium	566mg
Sugar	28g	Iron	3mg

