

MEAL-PLAN OPTIONS — VEGAN

FAST-TRACK
fitness

Choose one meal-plan option below and follow the instructions.

4 MEALS PER DAY

(Breakfast, Lunch, Dinner + 1 Snack)

- Pick one meal from Category A.
- Pick two meals from Category B.
- Pick one meal from Category C.

5 MEALS PER DAY

(Breakfast, Lunch, Dinner + 2 Snacks)

- Pick one meal from Category A.
- Pick two meals from Category B.
- Pick two meals from Category D.

CATEGORY A: BREAKFAST

BERRY PROTEIN OATS & ALMONDS

Makes 1 serving

“Try adding some cinnamon and stevia to give yourself a little treat!”

INGREDIENTS

- $\frac{2}{3}$ tbsp almond butter
- 2 tbsp nutritional yeast
- 1 scoop vegan protein powder
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ dry rolled oats
- 1 cup unsweetened vanilla almond milk

DIRECTIONS

To a small saucepan, add almond butter, nutritional yeast, protein powder, water and oats. Cook over low to medium heat, stirring constantly. Add to a bowl and serve with almond milk.

Nutrition Facts: calories 384, carbs 43 g, fat 11 g, protein 35 g

CHOCOLATE PEANUT BUTTER PORRIDGE

Makes 1 serving

INGREDIENTS

- 4 tbsp powdered peanut butter
- $\frac{1}{2}$ cup dry oat bran
- $\frac{3}{4}$ serving vegan protein powder
- $\frac{1}{2}$ tbsp unsweetened cocoa powder
- 1 cup water
- stevia, to taste
- $\frac{1}{2}$ cup unsweetened vanilla almond milk
- 1 tsp cacao nibs
- $\frac{1}{2}$ tbsp unsweetened coconut flakes

DIRECTIONS

In a small saucepan, combine powdered peanut butter, oat bran, protein powder, cocoa and water. Cook over low to medium heat and stir continually. Add stevia (to taste). Pour into a bowl and add almond milk, cacao nibs and coconut flakes.

Nutrition Facts: calories 406, carbs 48 g, fat 13 g, protein 41 g

VERY BERRY SHAKE

Makes 1 serving

INGREDIENTS

1/3 cup blackberries, fresh or frozen
1/3 cup unsweetened vanilla almond milk
2 tsp organic hempseeds
1/2 tbsp nutritional yeast
1 cup sliced strawberries
4 tbsp hemp protein powder
1/3 cup raspberries, fresh or frozen
1 cup water
handful ice

DIRECTIONS

Add all ingredients to a blender cup and blend together until smooth.

Nutrition Facts: calories 396, carbs 43 g, fat 12 g, protein 37 g

CATEGORY B: LUNCH/DINNER

LOW-CARB SPAGHETTI WITH BEEFLESS PASTA SAUCE

Makes 1 serving

INGREDIENTS

1 tbsp yellow onions, chopped
4 oz chanterelle mushrooms, chopped
1 cup Gardein Beefless Ground
1 cup canned crushed tomatoes
1 1/2 tbsp canned coconut milk (full-fat)
Mrs. Dash Pasta Medley seasoning, to taste, optional
oregano, to taste, optional
fresh basil, to taste, optional
1 package shirataki zero-calorie spaghetti noodles
1 cup cooked spaghetti squash

DIRECTIONS

Heat a large skillet to medium and coat with cooking spray. Add onions and mushrooms and saute lightly. Add beefless ground, crushed tomatoes and coconut milk and stir to combine. Season with spices and herbs (if using). Cover, reduce heat to a simmer and cook 3 to 4 minutes, or until beefless ground is soft and has absorbed the sauce. Rinse noodles and heat in a separate dry pan until moisture is gone and noodles are warm. To a large bowl, add noodles, spaghetti squash and beefless pasta sauce.

Nutrition Facts: calories 396, carbs 43 g, fat 11 g, protein 34 g

QUORN CHICK'N CUTLETS, POTATOES AND VEG

Makes 1 serving

INGREDIENTS

1 tsp organic virgin coconut oil
3 Quorn Chick'n Cutlets
Mrs. Dash seasoning, optional
3 oz sweet potato, cooked
1/2 cup broccoli, chopped and steamed
1/8 cup shredded carrots

DIRECTIONS

Heat a pan to medium and melt coconut oil. Add cutlets and season with Mrs. Dash (if using). Cook until heated through. Plate potato and broccoli and heat in the microwave. Serve with cutlets and carrots on the side.

Nutrition Facts: calories 392, carbs 40 g, fat 13 g, protein 37 g

TEMPEH WITH KALE AND SPINACH BEAN SALAD

Makes 1 serving

INGREDIENTS

- 2 cups white mushrooms, sliced
- 4 oz tempeh
- Mrs. Dash seasoning, to taste, optional
- 1 cup spinach, chopped
- 2 cups cut green beans, steamed
- 1 cup kale, chopped
- 1 tbsp sunflower seeds

DIRECTIONS

Heat a large skillet over medium and coat with cooking spray. Add mushrooms and saute until soft. Set aside. Spray pan again and add tempeh. Cook to preferred doneness and season with Mrs. Dash (if using). Combine spinach, green beans and kale in a large bowl. Add mushrooms, tempeh and sunflower seeds and toss well.

Nutrition Facts: calories 398, carbs 42 g, fat 12 g, protein 34 g

TOFU WITH EGGPLANT SALAD

Makes 1 serving

"If you want all your veggies to be hot, you also can steam/bake the kale and bell peppers!"

INGREDIENTS

- 7 oz extra-firm tofu, drained
- Mrs. Dash seasoning, to taste, optional
- dash olive oil
- 5 oz eggplant
- 3 cups kale, chopped
- ½ cup green bell peppers, chopped
- 15 asparagus spears, steamed and chopped
- juice of ½ lemon, optional

DIRECTIONS

Preheat oven to 350 F and coat a baking sheet with nonstick spray. Place tofu between several layers of paper towels and squeeze to remove as much water as possible. Cube and season with Mrs. Dash (if using). Heat a small skillet to medium-high and add oil. Add tofu and saute until browned, about 5 minutes, stirring often. Place tofu on prepared sheet and bake until crispy and golden brown, about 15 minutes. Remove and set aside. Coat a skillet with cooking spray and heat to medium. Add eggplant and saute until soft. In a large bowl, add kale, peppers, asparagus and lemon juice (if using) and toss well. Top with tofu and eggplant.

Nutrition Facts: calories 392, carbs 42 g, fat 13 g, protein 36 g

TOFU WITH QUINOA AND VEGGIES

Makes 1 serving

INGREDIENTS

6 oz extra-firm tofu, drained
1 tsp olive oil
Mrs. Dash seasoning, to taste, optional
 $\frac{2}{3}$ cup cauliflower florets
1 cup chopped broccoli
 $\frac{1}{3}$ cup cooked quinoa
3 tbsp nutritional yeast

DIRECTIONS

Place tofu between several layers of paper towels and squeeze to remove excess water. Slice and season with Mrs. Dash (if using). Heat a small skillet to medium-high and add oil. Add tofu and saute until browned, about 5 minutes, stirring often. Place tofu on prepared sheet and bake until crispy and golden brown, about 15 minutes. Meanwhile, steam cauliflower and broccoli until nearly soft. In a bowl, combine quinoa and nutritional yeast. Enjoy with veggies and tofu on the side.

Nutrition Facts: calories 395, carbs 41 g, fat 12 g, protein 34 g

VEGAN CHICK'N STRIPS WITH BROCCOLI AND SWEET POTATO

Makes 1 serving

INGREDIENTS

3 oz Gardein Chick'n Strips
 $\frac{1}{2}$ tsp virgin coconut oil
2 tsp nutritional yeast
Mrs. Dash seasoning, to taste
1 cup broccoli, chopped and steamed
4 oz sweet potato, cooked and cubed

DIRECTIONS

In a large skillet, saute Gardein Chick'n Strips with coconut oil and nutritional yeast. Add Mrs. Dash or other low-sodium seasoning, if using (to taste). Add broccoli and sweet potatoes to pan and heat through.

Nutrition Facts: calories 392, carbs 43 g, fat 11 g, protein 34 g

CATEGORY C: SNACKS

BANANA BERRY PROTEIN SHAKE

Makes 1 serving

"Add some sugar-free berry drink mix for a more intense berry flavor!"

INGREDIENTS

1 cup unsweetened almond milk
1 cup unsweetened coconut milk
1 serving vegan protein powder
1 tbsp hemp protein powder
½ medium banana
½ cup frozen mixed berries
handful ice

DIRECTIONS

Add all ingredients to a blender cup and blend until smooth.

Nutrition Facts: calories 302, carbs 30 g, fat 9 g, protein 27 g

BLUEBERRY COCONUT PUDDING

Makes 1 serving

"If you're in a hurry, you can put all this into a blender and make an on-the-go smoothie!"

INGREDIENTS

¼ cup rolled oats
3 tbsp hemp protein powder
¼ cup water
2 tbsp fresh blueberries (about 8 berries)
½ tbsp unsweetened coconut flakes
sugar-free coconut syrup, to taste
¼ cup Silk protein nut milk

DIRECTIONS

To a small saucepan, add oats, hemp protein and water. Bring to a boil and then reduce heat to a simmer. Mix in blueberries, coconut and coconut syrup (to taste). Pour into a small Mason jar or dessert dish. Top with nut milk.

Nutrition Facts: calories 297, carbs 33 g, fat 8 g, protein 28 g

STRAWBERRY VANILLA SHAKE

Makes 1 serving

"Add some vanilla stevia to the mix for a more intense flavor!"

INGREDIENTS

¼ cup unsweetened vanilla almond milk
3 tbsp dry rolled oats
1 cup sliced strawberries
10 raw almonds
1 serving vegan protein powder
vanilla stevia, to taste, optional
handful ice

DIRECTIONS

Add all ingredients to a blender cup and blend until smooth.

Nutrition Facts: calories 395, carbs 41 g, fat 12 g, protein 34 g

TEMPEH WITH VEGGIE SHIRATAKI NOODLES

Makes 1 serving

INGREDIENTS

4 oz tofu shirataki spaghetti noodles
4 oz tempeh, grilled, baked or steamed
Mrs. Dash seasoning, to taste, optional
 $\frac{3}{4}$ cup green peas, steamed
 $\frac{1}{8}$ avocado, diced

DIRECTIONS

Rinse noodles and heat in a dry, nonstick pan until moisture is gone and noodles are warm. Coat a large skillet with cooking spray and heat to medium. Add tempeh and season with Mrs. Dash (if using). Add peas and heat through. Add noodles, tempeh and peas to a large bowl and top with avocado.

Nutrition Facts: calories 300, carbs 32 g, fat 9 g, protein 28 g

VEGAN BURGERS

Makes 1 serving

INGREDIENTS

$\frac{1}{3}$ cup baby carrots
 $\frac{1}{4}$ avocado
10 asparagus spears, steamed and chopped
2 Gardein Beefless Burgers

DIRECTIONS

In a small bowl, combine carrots, avocado and asparagus. Heat a skillet to medium and coat with cooking spray. Add patties and heat through. Enjoy with veggies on the side.

Nutrition Facts: calories 300, carbs 33 g, fat 9 g, protein 31 g

CATEGORY D: SNACKS

CHOCOLATE COCONUT PROTEIN PUDDING

Makes 1 serving

INGREDIENTS

- ¼ cup quick oats
- ½ tbsp unsweetened coconut flakes
- ½ tbsp unsweetened cocoa
- ½ serving vegan protein powder
- 2 tbsp water
- 1 tbsp sugar-free hazelnut syrup

DIRECTIONS

Place dry ingredients in a small Mason jar or bowl and gradually mix in water and syrup. Cover and refrigerate 20 to 30 minutes or overnight.

Nutrition Facts: calories 146, carbs 15 g, fat 4 g, protein 13 g

MIXED BERRY SHAKE

Makes 1 serving

"Add some sugar-free berry drink mix for a more intense berry flavor!"

INGREDIENTS

- ½ cup unsweetened almond milk
- ⅓ cup unsweetened coconut milk
- ½ serving vegan protein powder
- 1 tsp hemp protein powder
- ⅔ cup frozen mixed berries
- handful ice

DIRECTIONS

Add all ingredients to a blender cup and blend until smooth.

Nutrition Facts: calories 152, carbs 16 g, fat 4 g, protein 14 g

RASPBERRY-STRAWBERRY SHAKE

Makes 1 serving

"Add some sugar-free berry drink mix for a more intense berry flavor!"

INGREDIENTS

- ¼ cup unsweetened vanilla almond milk
- ¼ cup unsweetened coconut milk
- 12 fresh raspberries
- ¾ cup sliced strawberries
- ½ serving vegan protein powder
- handful ice

DIRECTIONS

Add all ingredients to a blender cup and blend until smooth.

Nutrition Facts: calories 150, carbs 16 g, fat 5 g, protein 13 g

TEMPEH WITH VEGGIE SHIRATAKI NOODLES

Makes 1 serving

INGREDIENTS

4 oz tofu shirataki spaghetti noodles
2 oz tempeh
1/3 cup green beans, steamed
1 tsp sesame seeds

DIRECTIONS

Rinse noodles and then place in a dry nonstick pan. Heat until moisture is gone and noodles are warm. Coat a small pan with cooking spray and add tempeh. Heat to desired doneness. In a bowl, combine noodles, veggies and tempeh. Sprinkle sesame seeds on top.

Nutrition Facts: calories 148, carbs 16 g, fat 5 g, protein 15 g

TOFU WITH ASPARAGUS AND CARROTS

Makes 1 serving

INGREDIENTS

3 oz extra-firm tofu, drained
dash oil
15 asparagus spears, steamed and chopped
1/4 cup baby carrots, steamed

DIRECTIONS

Place tofu between several layers of paper towels and squeeze to remove excess water. Cube tofu and add to a pan coated with cooking spray. Saute over medium until heated through. Serve with veggies on the side.

Nutrition Facts: calories 153, carbs 16 g, fat 5 g, protein 14 g