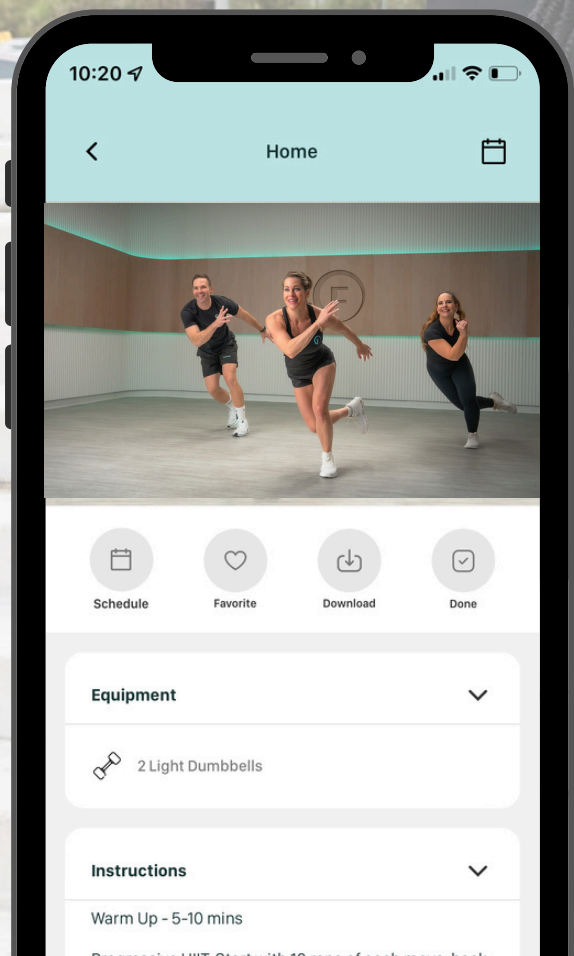


FASTER WAY

T O F A T L O S S [®]

NEW CLIENT PROGRAM GUIDE



Program Guide

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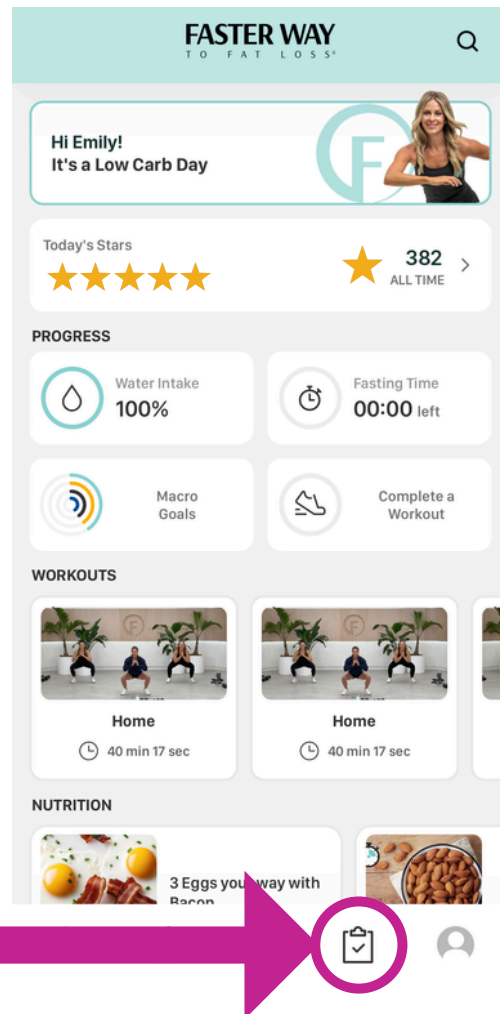
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FASTER WAY

T O F A T L O S S[®]

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 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

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!

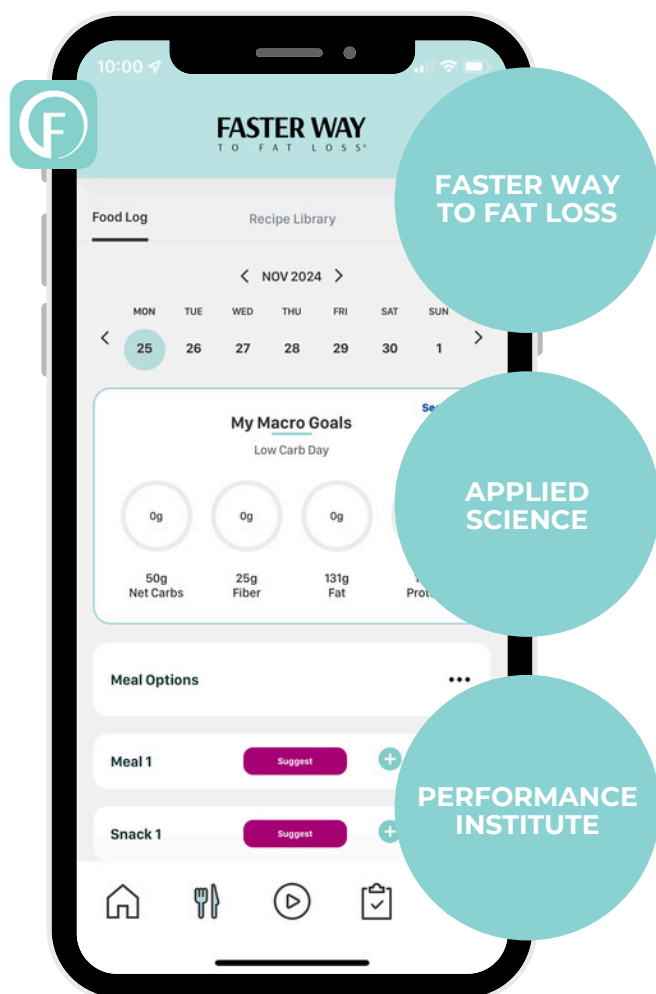


Unlock Real Results with Clinical Proof!

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!**



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SCIENTIFICALLY
PROVEN THIS
APP WORKS!

ASPI
LABS

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: Log 3 or more meals in your food log to earn a star. Our AI Nutrition Feature makes it super easy!
- Walking Warrior: Log a 20 minute or longer walk and a star is yours!

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!

NEW! Track Your Meals with Ease Using AI Nutrition



Hitting your macro goals is a key part of your success in the FASTER Way. That's why we've introduced AI Nutrition, our latest app feature that makes food tracking simple, fast, and stress-free. In addition to logging meals manually, you can now:

- Snap a photo of your meal, and AI will identify the foods and estimate your macros.
- Speak into your phone to instantly log your foods and serving sizes.

To get started, tap "Add Food" in the app, select Photo Logging or Voice Logging, review the results, and confirm.

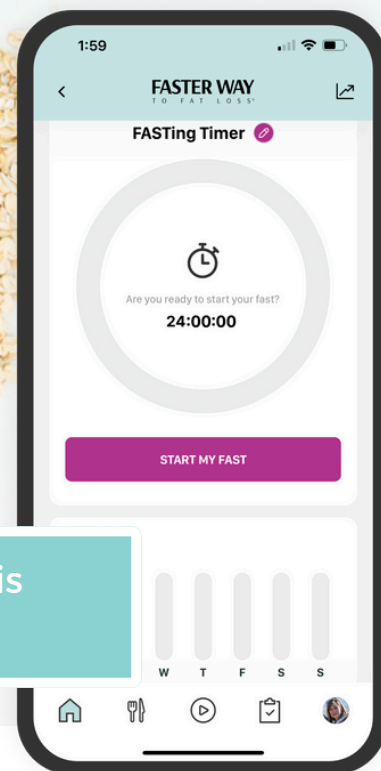
Pro Tip: For meals with multiple ingredients—like a smoothie—take photos of each item before blending for the most accurate tracking.

It's a quick and effortless way to stay on track with your nutrition, so you can focus on feeling amazing, hitting your goals, and thriving every day.

***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 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

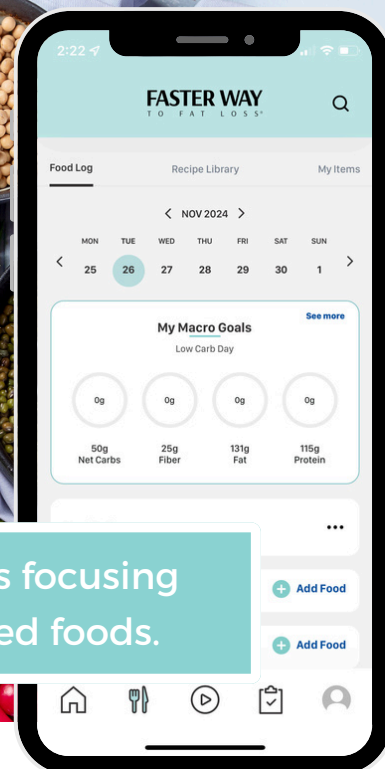
Choose one day this week to skip breakfast – don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

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.

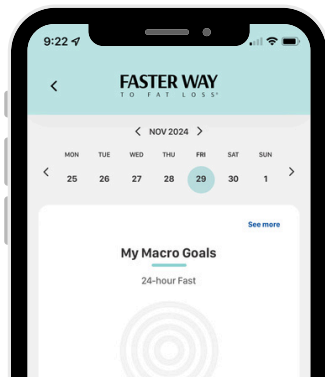


In the FASTer Way to Fat Loss App, you will utilize the meal guide on a daily basis! You'll also find the meal guide for Prep Week and Week 2 of the program in this New Client Program Guide.

FASTER Way to Fat Loss Fundamental #3: Macronutrients



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



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.

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!

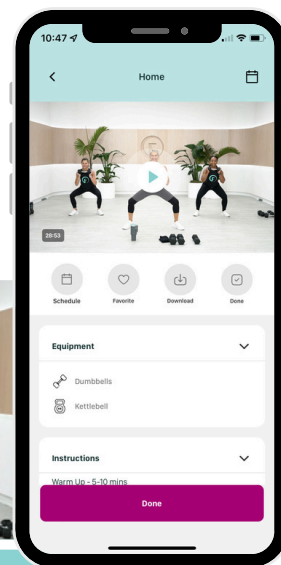
When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start to using stored fat to fuel your body.

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.

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.

Foundations Workouts

If you're a beginner, returning from injury, or even easing back into exercise postpartum or otherwise, don't miss our Foundations workouts! These workouts will equip you with the skills and confidence needed for long-term fitness success. Designed with comprehensive cues, modifications, and a manageable pace perfect for beginners or for a reminder on form. Find them in your daily workout carousel.



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

See below for your roadmap through the first 6 weeks of your FASTer Way to Fat Loss journey.

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 and AI Nutrition feature 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 guide
- 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 guide
- 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 guide
- Use the food log to track macros
- Complete the workouts

Week 6 – Transition to VIP

Action Items:

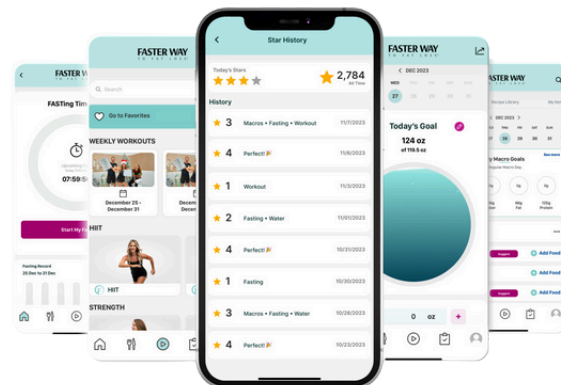
- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

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 six 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 502,700 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.

Week 3 + 4: Progress

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

Weeks 7+ 8: Transition

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

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.



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!

Weeks 5 + 6: Precision

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

Week 12: Transformation

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

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 tempeh or tofu on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for tempeh but you prefer tofu, substitute for the same ounces.

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. For packaged products like tofu, tempeh, or seitan - use the nutrition label measurements
- For beans and legumes - measure them cooked since that's how most nutrition databases list them
- For meat alternatives like Beyond or Impossible - follow package instructions as they're formulated to behave more like meat

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.


PROTEIN OPTIONS FOR LOW CARB DAYS:	PROTEIN OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • Tofu • Tempeh • Seitan • FASTER Way Plant Based Protein • Hemp Hearts • Edamame • Meat substitutes 	<ul style="list-style-type: none"> • Lentils • Black Beans • Chickpeas • Kidney Beans • Quinoa • Meat substitutes • FASTER Way Plant Based Protein
CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:	CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:
<ul style="list-style-type: none"> • 2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard) • 203 c. Broccoli or Cauliflower • 1-2 c. Green Beans or Haricot Verts 1-2 c. Asparagus • 1 c. Zucchini or Yellow Squash ½ - 1 c. Brussels Sprouts • 6-8 Baby Carrots 	<ul style="list-style-type: none"> • ½ - 1 ½ c. Rice, cooked, any kind 150g (1 medium) White Potato = Sweet Potato • ½ - 1 c. Quinoa, cooked • 1 c. Edamame, shelled • ½ - 1.5 c. Beans, any kind • 1 c. of Blueberries = 1 c. Strawberries; 1 Banana = 1 Pear
FAT OPTIONS:	EACH DAY REACH FOR 25 GRAMS OF FIBER
<ul style="list-style-type: none"> • 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) 	

NEW CLIENT Q&A FREQUENTLY ASKED QUESTIONS


What equipment do I need for the workouts?

 Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTER Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms!


What supplements do I need and how and when do I use them?

 At FASTER Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTER Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.


When/how do I get my custom macros?

 Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences. Be sure to watch the Macro Training Tutorial in your App to ensure your macros are set correctly.

What foods aren't allowed?


 On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. We steer clear of dairy, gluten, processed food and processed sugar, to promote optimal health and well-being.

What can I have during a fast?


 Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTER Way BCAAs, which can support your goals while keeping your fast intact.

NEW CLIENT Q&A FREQUENTLY ASKED QUESTIONS CONTINUED


Is the meal guide specific to my macro goals?

 The meal guide is designed to support you in reaching your macro goals but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.


When do I eat my first meal?

 You'll typically delay your first meal until your fasting window of around 16 hours has closed, but remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.


Will I have to do my workout during my fast?

 The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.


What counts towards my water goal?

 Simply put, when we talk about water intake, we mean plain water — no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

Can I have alcohol?

 For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.

How do I know whether the Foundations workout is right for me?

 The Foundations track is ideal if you're new to exercise or returning after time away. We introduce essential movements in a safe, supportive format, and then build on that base with progressive challenges to prepare you for the regular FASTER Way workouts. If the Standard Workouts feel too advanced right now, Foundations Workouts are your strategic first step. Not sure where to begin? Your FASTER Way Coach will help you identify the right starting point and guide you through each phase of your progression.

FASTER WAY

T O F A T L O S S [®]



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
One Pan Tempeh & Eggplant Stir Fry

SNACK
FASTER Way Vegan Almond Butter 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, Apple

MEAL THREE
Chickpea, Tofu & Sweet Potato Quinoa Salad

SNACK
FASTER Way Vegan Tropical Fruit Protein Shake

THU



MEAL ONE
Vegan Raspberry Protein Overnight Oats

MEAL TWO
Chickpea, Tofu & Sweet Potato Quinoa Salad

MEAL THREE
Tofu & Lentil Stir Fry with Veggies

SNACK
Mixed Berries with Almond Butter

FRI



MEAL ONE
Tofu Veggie Scramble, Banana

MEAL TWO
Tofu & Lentil Stir Fry with Veggies

MEAL THREE
Tempeh, Quinoa & Broccoli

SNACK
Dates with Peanut Butter

SAT



MEAL ONE
Vegan Brownie Protein Pancakes

MEAL TWO
Tempeh, Quinoa & Broccoli

MEAL THREE
Roasted Veggie Pasta, Edamame

SNACK
FASTER Way Vegan Almond Butter 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
- 3 Banana
- 1 cup Blackberries
- 1/2 cup Blueberries
- 3/4 tsp Lemon Juice
- 1/4 tsp Lime Juice
- 1 3/4 cups Raspberries
- 1/2 cup Strawberries

SEEDS, NUTS & SPICES

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

FROZEN

- 2 cups Frozen Edamame
- 1 cup Frozen Peas
- 1 1/2 cups Frozen Tropical Fruit
- 3 cups Frozen Vegetable Mix

VEGETABLES

- 2 cups Broccoli
- 1 Carrot
- 1 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1 Eggplant
- 3/4 tsp Fresh Ginger
- 1 1/4 tbsps Fresh Thyme
- 6 1/2 Garlic Clove
- 2 1/2 stalks Green Onion
- 4 cups Kale
- 3 1/3 cups Mixed Greens
- 1 cup Radishes
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 2 cups Spinach
- 1 2/3 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

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

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tsps Baking Powder
- 1 1/2 tsps Cocoa Powder
- 2 tbsps Dark Chocolate Chips
- 1 tbsp Nutritional Yeast
- 2 Pitted Medjool Date
- 2/3 cup Rolled Oats
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 1/3 cup Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 3 1/3 tbsps Italian Dressing
- 1 1/4 tbsps Maple Syrup
- 3/4 tsp Red Wine Vinegar
- 3 1/8 tbsps Rice Vinegar
- 1 1/16 tbsps Sesame Oil
- 2 tbsps Tahini
- 1/2 cup Tamari

COLD

- 4 3/4 cups Unsweetened Almond Milk

OTHER

- 4 Barbecue Skewers
- 1/2 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
- 7 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)



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 Vanilla Plant Based Protein Powder (15 Grams Protein)

DIRECTIONS

- 01 Prep note: Shake the canned coconut milk before opening.
- 02 Combine all ingredients in a container. Refrigerate for at least one hour or until chia seeds have set.
- 03 Stir well and enjoy!
- 04 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 (34 grams)
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 tbsps Tahini
1/3 tsp Lemon Juice
3/4 tsp Maple Syrup
1 tbsps Water
1/2 cup Lentils (130 grams)
1/2 cup Frozen Peas (80 grams)
1/2 cup Radishes (58 grams)
1/4 cup Blueberries (190 grams)

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 tbsps 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	385	Cholesterol	0mg
Fat	16g	Sodium	160mg
Carbs	47g	Vitamin C	62mg
Fiber	16g	Vitamin D	0IU
Sugar	14g	Magnesium	91mg
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



One Pan Tempeh & Eggplant Stir Fry

1 SERVING 25 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 Eggplant (274 grams)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
4 1/4 ozs Tempeh
1 Garlic Clove
3/4 tsp Fresh Ginger
1 1/2 tsps Rice Vinegar
1 tbsp Tamari
1/2 stalk Green Onion

NUTRITION

AMOUNT PER SERVING

Calories	497	Cholesterol	0mg
Fat	34g	Sodium	1171mg
Carbs	28g	Vitamin C	8mg
Fiber	9g	Vitamin D	0IU
Sugar	10g	Magnesium	146mg
Protein	29g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Cut the eggplant into bite sized pieces. Crumble the tempeh. Mince the garlic. Grate the ginger. Slice the green onion.
- 02 Heat a large pan over medium heat. Once hot, add 1/3 of the oil. Add the eggplant and cook, tossing often for eight to nine minutes, until cooked through and slightly browned. Season with salt and pepper, remove from the pan and set aside.
- 03 In the same pan, add half of the remaining oil. Add the tempeh and cook for six to seven minutes, stirring occasionally, until lightly browned. Season with salt and pepper and remove and set aside with the eggplant.
- 04 Reduce the heat to low and let the pan cool off the heat for a minute. Add the remaining oil, garlic, and ginger. Cook, stirring until fragrant, about one minute. Add the vinegar and tamari and let it reduce slightly, about one to two minutes. Scrape up any bits from the pan.
- 05 Add the eggplant and tempeh back to the pan and toss with the sauce until coated and heated through. Divide onto plates and top with green onion. Enjoy!
- 06 Note: For four servings follow these measurements - 1/3 cup Extra Virgin Olive Oil (divided), 2 Eggplant (548 grams each) 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 lb 1 oz Tempeh, 4 Garlic Clove, 1 tbsp Fresh Ginger, 2 tsps Rice Vinegar, 1/4 cup Tamari, 2 stalks Green Onion



FASTer Way Vegan Almond Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/2 Banana (50 grams peeled, frozen)

DIRECTIONS

01 Add all ingredients to blender until mixed. Add ice to reach desired consistency and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	270	Cholesterol	0mg
Fat	14g	Sodium	328mg
Carbs	19g	Vitamin C	5mg
Fiber	4g	Vitamin D	101IU
Sugar	8g	Magnesium	77mg
Protein	20g	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
1 tsp Taco Seasoning
2 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	436	Cholesterol	0mg
Fat	28g	Sodium	1283mg
Carbs	24g	Vitamin C	144mg
Fiber	3g	Vitamin D	0IU
Sugar	6g	Magnesium	138mg
Protein	30g	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, 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)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



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 Ground Cinnamon
1/2 cup Raspberries (60 grams)
1 scoop Vanilla Plant Based Protein Powder (15 Grams 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!
- 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



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



Chickpea, Tofu & Sweet Potato Quinoa Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Quinoa (dry)
1 1/8 lbs Tofu
3 1/3 cups Canned Chickpeas
1 1/3 Sweet Potato (44 grams)
1 1/3 tbsps Tamari
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	648	Cholesterol	0mg
Fat	26g	Sodium	494mg
Carbs	76g	Vitamin C	5mg
Fiber	16g	Vitamin D	0IU
Sugar	10g	Magnesium	207mg
Protein	33g	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 Canned Chickpeas, 1 1/3 Sweet Potato (44 grams), 1 1/3 tbsps Tamari, 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 Vegan Tropical Fruit Protein Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Frozen Tropical Fruit (210 grams)
1 cup Unsweetened Almond Milk
1 scoop Vanilla Plant Based Protein Powder (15 grams protein)

DIRECTIONS

- 01 Add all ingredients to a blender until smooth. Add ice to reach desired consistency and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	224	Cholesterol	0mg
Fat	5g	Sodium	326mg
Carbs	27g	Vitamin C	0mg
Fiber	1g	Vitamin D	101IU
Sugar	0g	Magnesium	17mg
Protein	17g	Zinc	0mg



Tofu & Lentil Stir Fry with Veggies

1 SERVING 25 MINUTES



INGREDIENTS

1 1/2 tsps Sesame Oil
4 ozs Firm Tofu
1 cup Frozen Vegetable Mix
3/4 cup Lentils
1 tbsp Tamari
1 1/2 tsps 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 tsps 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. Toast the sesame seeds.
- 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 tamari, 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 tsps Sesame Oil, 1 lb Firm Tofu, 4 cups Frozen Vegetable Mix, 3 cups Lentils, 1/4 cup Tamari, 2 tsps Rice Vinegar, 1 tsp Garlic Powder Sea Salt & Black Pepper (to taste), 4 stalks Green Onion, 2 tsps Toasted Sesame Seeds
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

- 01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



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!
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Sunday.



Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana (100 grams peeled)

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

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



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. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 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 tsps 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 Date (48 grams)
2 tbsps Peanut Butter (no Added Sugar
Or Oil) (32 grams)

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 All Purpose Gluten-Free Flour
1/2 scoop Chocolate Plant Based Protein Powder (15 Grams Protein)
1 1/2 tsps Cocoa Powder
1 1/2 tsps Baking Powder
1/4 cup Unsweetened Almond Milk
2 tbsps Dark Chocolate Chips (dairy free)
1/2 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	423	Cholesterol	0mg
Fat	14g	Sodium	856mg
Carbs	55g	Vitamin C	0mg
Fiber	9g	Vitamin D	25IU
Sugar	14g	Magnesium	21mg
Protein	14g	Zinc	0mg

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 flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk, flax mixture and the vanilla to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Spray a skillet with nonstick cooking spray and heat 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!
- 06 Note: For four servings follow these measurements - 1/4 cup Ground Flax Seed, 2/3 cup Water, 1 cup All Purpose Gluten-Free Flour, 2 scoops Chocolate Plant Based Protein Powder, 2 tbsps Cocoa Powder, 2 tbsps Baking Powder, 1 cup Unsweetened Almond Milk, 1/2 cup Dark Chocolate Chips (dairy free), 2 tsps Vanilla Extract



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 tsps Fresh Thyme
1/16 tsp Sea Salt (to taste)
2 1/2 ozs Chickpea Pasta (dry)
1 1/2 tsps 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.



Peanut Maple Tempeh Bowl

1 SERVING 35 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (140 grams, dry)
1 tbsp Tamari
2 1/4 tsps Peanut Butter (no Added Sugar Or Oil) (12 grams)
2 1/4 tsps Maple Syrup
1/4 tsp Sesame Oil
1/4 tsp Lime Juice
1 1/2 tsps Water
4 1/2 ozs Tempeh
1/2 tsp Extra Virgin Olive Oil
1 cup Frozen Vegetable Mix
1 1/2 tsps Raw Peanuts
1 tbsp 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, 3 tsps Peanut Butter (no added sugar or oil), 3 tsps Maple Syrup, 1 tsp Sesame Oil, 1 tsp Lime Juice, 2 tsps Water, 1 1/8 lbs Tempeh, 2 tsp Extra Virgin Olive Oil, 4 cup Frozen Vegetable Mix, 2 tsps Raw Peanuts, 1/4 cup Cilantro



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



FASTER WAY

T O F A T L O S S [®]



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.

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 Cookie Dough Overnight Oats

MEAL TWO

Tofu Veggie Wrap

MEAL THREE

Pesto Tofu Bites with Rice & Snow Peas

SNACK

Edamame

THU - REG MACRO



MEAL ONE

Vegan Cookie Dough Overnight Oats

MEAL TWO

Pesto Tofu Bites with Rice & Snow Peas

MEAL THREE

Swiss Chard, Lentil & Rice Bowl, Tempeh

SNACK

Edamame

FRI - REG MACRO



MEAL ONE

Tofu Breakfast Bowl, Edamame Snack

MEAL TWO

Swiss Chard, Lentil & Rice Bowl, Tempeh

MEAL THREE

Tofu Tomato Veggie Pasta, Steamed Broccoli

SNACK

Dates, Almond Butter

SAT - REG MACRO



MEAL ONE

Vegan Apple Pie Protein Pancakes, Almond Butter

MEAL TWO

Tofu Tomato Veggie Pasta

MEAL THREE

Rainbow Tempeh Bowls

SNACK

FASTer Way Vegan Masala Chai Smoothie

SUN - REG MACRO



MEAL ONE

Tofu Breakfast Bowl, Edamame Snack

MEAL TWO

Rainbow Tempeh Bowls

MEAL THREE

Pot Pie Chickpea Pasta

SNACK

Apple, Almond Butter



FRUITS

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

SEEDS, NUTS & SPICES

- 1/2 cup Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1 1/3 tpsps Ground Cinnamon
- 1 tsp Ground Cumin
- 3 tbsps Hemp Seeds
- 1/2 tsp Masala Chai Spice
- 1/4 tsp Nutmeg
- 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 1/8 tpsps Sea Salt
- 2/3 tsp Sesame Seeds
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

FROZEN

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

VEGETABLES

- 5 1/2 cups Broccoli
- 2 2/3 Carrot
- 2 2/3 tbsps Cherry Tomatoes
- 1/2 cup Cilantro
- 1/4 Cucumber
- 2/3 Garlic Clove
- 2 1/2 Garlic Clove
- 1 Green Bell Pepper
- 1 1/2 Jalapeno Pepper
- 1 1/3 tbsps Parsley
- 1/2 cup Purple Cabbage
- 2 2/3 tbsps Radishes
- 1 1/8 Red Bell Pepper
- 1 1/3 tbsps Red Onion
- 1 1/2 cups 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
- 1/2 cup Canned Chickpeas
- 6 2/3 ozs Chickpea Pasta
- 1 cup Lentils
- 1/4 cup Quinoa

BAKING

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

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

- 1 1/2 tpsps Apple Cider Vinegar
- 1 3/4 tpsps Avocado Oil
- 2 2/3 tbsps Canned Artichoke Hearts
- 1 1/2 tpsps Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Maple Syrup
- 1 tbsp Rice Vinegar
- 1 1/4 tbsps Sesame Oil
- 2 1/8 tpsps Tamari
- 1 1/2 cups Tomato Sauce
- 1/4 cup Vegan Pesto
- 2/3 tsp White Wine Vinegar

COLD

- 2 1/16 ozs Cashew Cream Cheese
- 5 1/2 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Milk Yogurt

OTHER

- 1 scoop Plant Based Protein Powder (15 Grams Protein)
- 6 scoops Vanilla Plant Based Protein Powder (15 Grams Protein)



Vegan Raspberry Pecan Warm Chia Pudding

1 SERVING 10 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Tofu & Broccoli Salad with Peanut Sauce

1 SERVING 50 MINUTES



INGREDIENTS

5 1/2 ozs Extra Firm Tofu
1 1/2 tsps Tamari (divided)
1 1/2 tsps Rice Vinegar (divided)
1 1/8 tsps Sesame Oil (divided)
3/4 tsp Arrowroot Powder
1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)
1 1/2 tsps Water
1 1/4 cups Broccoli (88 grams)
1 1/3 tsps Radishes (9 grams)
1 tbsp 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, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 04 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 05 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 06 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!
- 07 Note: For four servings follow these measurements - 1 1/3 lbs Extra Firm Tofu, 2 tsps Tamari (divided), 2 tsps Rice Vinegar (divided), 1 1/2 tsps Sesame Oil (divided), 1 tbsp Arrowroot Powder, 1/4 cup Peanut Butter (no Added Sugar Or Oil) (16 grams), 2 tsps Water, 5 cups Broccoli (88 grams), 1/3 cup Radishes (9 grams), 1/4 cup Raw Peanuts (8 grams)
- 08 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 Canned Chickpeas
2 2/3 tbsps Canned Artichoke Hearts
2 2/3 tbsps Cherry Tomatoes
1 1/3 tbsps Red Onion
1 1/3 tbsps Parsley
2 tps Extra Virgin Olive Oil
2 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 rinse chickpeas. Drain and chop the artichoke hearts. Cut the cherry tomatoes in half. Slice the red onion. Finely chop the parsley.
- 02 Add all of the ingredients to a large bowl and mix to combine. Place into smaller bowl or onto plate and enjoy!
- 03 Note: For four servings follow these measurements - 2 cups Cooked Chickpeas, 2/3 cup Artichoke Hearts (from the can), 2/3 cup Cherry Tomatoes, 1/3 cup Red Onion, 1/3 cup Parsley, 2 2/3 tbsps Extra Virgin Olive Oil, 2 2/3 tps White Wine Vinegar, 1/16 tsp Sea Salt (to taste), 1/16 tsp Black Pepper (to taste), 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 grams)
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)
1/4 cup Water
1 1/2 tps Avocado Oil
3 1/2 ozs Tempeh
1/2 tsp Chili Powder
1/2 tsp Ground Cumin
1/4 tsp Oregano
1/8 tsp Sea Salt
1/2 Jalapeno Pepper
1/2 Tomato (61 grams)
3/4 tsp Lime Juice (divided)
1/2 cup Romaine

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	21g	Sodium	376mg
Carbs	39g	Vitamin C	20mg
Fiber	5g	Vitamin D	0IU
Sugar	1g	Magnesium	182mg
Protein	28g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Remove the seeds from jalapeno pepper and finely chop. Crumble the tempeh. Dice tomato and chop the romaine leaves.
- 02 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 03 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 04 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 05 To serve, plate the lettuce, quinoa, and tempeh and drizzle with the remaining lime juice. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 cups Water 2 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 tbsp Lime Juice (divided), 2 cups 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 peeled)
1 scoop Vanilla Plant Based Protein Powder (15 Grams Protein)
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. Add ice to reach desired consistency. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	379	Cholesterol	0mg
Fat	25g	Sodium	331mg
Carbs	20g	Vitamin C	46mg
Fiber	7g	Vitamin D	101IU
Sugar	7g	Magnesium	129mg
Protein	24g	Zinc	1mg



Vegan Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

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

DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	394	Cholesterol	0mg
Fat	11g	Sodium	291mg
Carbs	50g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	13g	Magnesium	110mg
Protein	23g	Zinc	2mg



Tofu Veggie Wrap

1 SERVING 25 MINUTES



INGREDIENTS

5 ozs Extra Firm Tofu
1 tsp Tamari
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)

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!

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	10g	Sodium	559mg
Carbs	38g	Vitamin C	37mg
Fiber	7g	Vitamin D	0IU
Sugar	8g	Magnesium	94mg
Protein	20g	Zinc	2mg



Pesto Tofu Bites with Rice & Snow Peas

1 SERVING 30 MINUTES



INGREDIENTS

6 ozs Extra Firm Tofu
2 tbsps Vegan Pesto
1/8 tsp Sea Salt
1/2 cup Brown Rice (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. Note 1/2 cup dry rice is 1 1/2 cups cooked rice. 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 Vegan Pesto (120 grams), 1/2 tsp Sea Salt, 2 cups Brown Rice (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)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



INGREDIENTS

2 tbsps Brown Rice (dry)
3 tbsps Water
3/4 tsp Coconut Oil
2 cups Swiss Chard
1/4 tsp Ground Cumin
1/4 tsp Paprika
1 1/2 tbsps Extra Virgin Olive Oil
1/4 Garlic Clove
3/4 tsp Apple Cider Vinegar
1/2 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. Note: 2 tbsp dry rice is about 1/2 cup cooked rice.
- 03 Heat a large skillet over medium heat and add the coconut oil. Add the Swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Add to a bowl and enjoy!
- 04 Note: For four servings follow these measurements - 1/2 cup Brown Rice (dry), 3/4 cup Water, 1 tbsp Coconut Oil, 8 cups Swiss Chard, 1 tsp Cumin, 1 tsp Paprika, 2 tbsps Extra Virgin Olive Oil, 1 Garlic Clove, 1 tbsp Apple Cider Vinegar, 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.



Tofu Breakfast Bowl

1 SERVING 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Prep note: Chop the yellow onion and green bell pepper. Finely dice the jalapeno pepper. Chop the tomato. Drain and crumble the tofu.
- 02 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 03 Add in the tomato and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 04 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 05 Place salsa fresca and romaine lettuce leaves onto a plate. Garnish with cilantro and enjoy!
- 06 Note: For four serving follow these measurements - 1 cup Water (divided), 1 Yellow Onion (148 grams), 2 Green Bell Pepper (240 grams), 2 Jalapeno Pepper, 4 Tomato (492 grams), 1 tsp Sea Salt (divided), 1 1/4 lbs Extra Firm Tofu, 1 tbsp Nutritional Yeast, 2 tsps Turmeric, 2 cups Romaine, 1 cup Cilantro
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Sunday.



Edamame Snack

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (80 grams, shelled)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	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 Tomato Veggie Pasta

1 SERVING 20 MINUTES



INGREDIENTS

2 ozs Chickpea Pasta (dry)
1 1/2 tsps Extra Virgin Olive Oil
1/4 Red Bell Pepper (30 grams)
3 ozs Extra Firm Tofu
1 Garlic Clove
1/4 tsp Smoked Paprika
1/8 tsp Chili Powder
1/2 cup Spinach
3/4 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	381	Cholesterol	0mg
Fat	16g	Sodium	107mg
Carbs	46g	Vitamin C	56mg
Fiber	13g	Vitamin D	0IU
Sugar	14g	Magnesium	75mg
Protein	26g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Press and crumbled the tofu. Chop the red bell pepper. Chop the garlic.
- 02 Cook the pasta according to the package directions.
- 03 Heat the oil in a large pan over medium-high heat. Add the bell peppers and sauté for about five minutes.
- 04 Add the tofu, garlic, smoked paprika, and chili powder. Stir and cook for another three minutes.
- 05 Add the spinach and the tomato sauce. Stir well and allow to simmer for three to five minutes or until the spinach has wilted.
- 06 Add the cooked pasta to the sauce. Stir to combine before removing from the heat. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 8 ozs Chickpea Pasta (dry), 2 tbsps Extra Virgin Olive Oil, 1 Red Bell Pepper (120 grams), 12 ozs Extra Firm Tofu, 4 Garlic Clove, 1 tsp Smoked Paprika, 1/2 tsp Chili Powder, 2 cups Spinach, 3 cups Tomato Sauce
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



Steamed Broccoli

1 SERVING 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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



Dates

1 SERVING 1 MINUTE



INGREDIENTS

3 Pitted Medjool Date (72 grams total)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	54g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	48g	Magnesium	0mg
Protein	1g	Zinc	0mg



Almond Butter

1 SERVING 1 MINUTE



INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

DIRECTIONS

01 Add to your favorite recipe!

NUTRITION

AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg



Vegan Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: Feel free to top with maple syrup or peanut butter drizzle as your macros allow.
- 04 Note: For four servings follow these measurements - 1 1/3 cups Oat Flour, 4 scoops Vanilla Plant Based Protein Powder (15g Protein), 1 1/3 tpsps Cinnamon, 2 tpsps Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps 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 1/4 tsps Tamari (divided)
2 tsps Lime Juice (divided)
1/3 tsp Peanut Butter (no Added Sugar Or Oil)
1 Carrot (61 grams)
1/3 Red Bell Pepper (40 grams)
1/3 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Prep note: Chop the broccoli into florets. Cube the tempeh. Peel and shred the carrot or save time and but pre-shredded carrots. Slice the red bell pepper.
- 02 Cook the brown rice according to the directions on the package. Note: 1/4 cup dry rice is about 3/4 cup cooked rice.
- 03 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 04 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 05 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 06 Add the rice, broccoli, tempeh, carrots and bell pepper to a bowl. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Brown Rice (dry), 4 cups Broccoli (280 grams), 2/3 tsp Avocado Oil, 12 ozs Tempeh, 2 2/3 tsps Sesame Oil (divided), 1 2/3 tsp Tamari (divided), 2 2/3 tsps Lime Juice (divided), 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 Bananas (150 grams peeled, frozen)
1/4 cup Unsweetened Coconut Milk
Yogurt
1/2 tsp Masala Chai Spice
1 scoop Plant Based Protein Powder (15 Grams Protein)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Pot Pie Chickpea Pasta

1 SERVING 35 MINUTES



INGREDIENTS

2 2/3 ozs Chickpea Pasta (dry)
2 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 tbsp 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. Peel and chop carrot.
- 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



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





FASTER WAY

T O F A T L O S S [®]

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 is truly 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

