

# FASTER WAY

T O F A T L O S S ®

## VIP MEMBERSHIP VEGAN SNACK IDEAS



# DISCLAIMER

Copyright 2019 Tress Marketing Solutions. All rights reserved.

This content was developed solely for personal use of members of the FASTER Way VIP Membership. 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 were created to support clients on the FASTER Way to Fat Loss and this content is provided for informational purposes only. Please note that no information has been customized for one particular client 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.

---

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Snack 1



Macadamia Nuts & Walnuts



Olive & Tahini Plate



Pumpkin Muffins



Cinnamon Protein Energy Bites



Pumpkin Pie Protein Smoothie



Rice Cake with Sunflower Seed Butter & Raspberries



Fruit & Hemp Seed Bowls

Snack 2



Edamame



Chocolate Coconut Fat Bombs



Marinated Baked Tofu



Coconut Yogurt Parfait



Hummus & Veggies Snack Box



Savoury Roasted Chickpeas



Marinated Mixed Bean Salad





## Fruits

- 1 Apple
- 2 1/2 Banana
- 1/3 cup Blueberries
- 1 Lemon
- 1/4 cup Raspberries
- 1/2 cup Strawberries

## Breakfast

- 1/2 cup Almond Butter
- 1 cup Maple Syrup
- 1 Plain Rice Cake

## Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1 3/4 tpsps Cinnamon
- 1/3 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 tbsp Italian Seasoning
- 1/4 cup Macadamia Nuts
- 2 tbsps Poultry Seasoning
- 2 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## Frozen

- 1/2 cup Frozen Edamame

## Vegetables

- 2 stalks Celery
- 1/4 Cucumber
- 2 Garlic
- 2 cups Green Beans
- 1/2 Red Bell Pepper
- 1/2 Tomato

## Boxed & Canned

- 6 cups Chickpeas
- 4 cups Mixed Beans

## Baking

- 1 cup Almond Flour
- 1/2 tsp Baking Powder
- 1 tsp Baking Soda
- 1/3 cup Cacao Powder
- 2 tbsps Monk Fruit Sweetener
- 1 3/4 cups Oat Flour
- 1/3 cup Oats
- 2 tbsps Organic Raisins
- 2 tpsps Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- 1/4 cup Hummus
- 15 3/4 ozs Tofu

## Condiments & Oils

- 2 1/3 tbsps Apple Cider Vinegar
- 1/4 cup Balsamic Vinegar
- 1/3 cup Black Olives
- 1 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Sunflower Seed Butter
- 2 tbsps Tahini

## Cold

- 2/3 cup Plain Coconut Milk
- 2 1/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

## Other

- 3/4 cup Vanilla Protein Powder
- 1/2 cup Water



## Macadamia Nuts & Walnuts

2 servings

5 minutes

### Ingredients

1/4 cup Macadamia Nuts

1/4 cup Walnuts

### Nutrition

Amount per serving	
Calories	216
Fat	22g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	1mg
Calcium	29mg
Iron	1mg

### Directions

- 1 In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

### Notes

**Leftovers,** Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

**More Flavor,** Toast in the oven or on the stovetop.

**Additional Toppings,** Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..



## Edamame

1 serving  
5 minutes

### Ingredients

1/2 cup Frozen Edamame (shelled, thawed)

### Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	5mg
Calcium	49mg
Iron	2mg

### Directions

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

### Notes

Storage, Refrigerate in an airtight container up to 4 days.



## Olive & Tahini Plate

1 serving

5 minutes

### Ingredients

- 2 tbsps Tahini
- 2 tbsps Water
- 1/8 tsp Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 cup Black Olives

### Nutrition

Amount per serving	
Calories	252
Fat	21g
Carbs	14g
Fiber	4g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	685mg
Calcium	183mg
Iron	6mg

### Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days.

**More Flavor,** Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

**Additional Toppings,** Top with chives, black pepper, red onion, garlic or bell peppers.



## Chocolate Coconut Fat Bombs

8 servings

30 minutes

### Ingredients

- 3/4 cup Coconut Oil
- 1/3 cup Cacao Powder
- 2 tbsps Monk Fruit Sweetener
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	205
Fat	22g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	38mg
Calcium	7mg
Iron	1mg

### Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir very well to combine or mix in a blender.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

### Notes

**No Monk Fruit Sweetener,** Sweeten with stevia, honey or coconut sugar instead.

**No Coconut Oil,** Use coconut butter instead.

**Likes it Sweet,** Add more sweetener as desired.

**No Silicone Mold,** Use parchment-lined mini muffin molds.

**Serving Size,** One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

**Storage,** Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.





## Pumpkin Muffins

12 servings

40 minutes

### Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/3 cup Unsweetened Almond Milk
- 1 tsp Apple Cider Vinegar
- 1 1/2 cups Oat Flour
- 1 cup Almond Flour
- 1 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1 tsp Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 1 cup Pureed Pumpkin
- 1/2 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Walnuts (roughly chopped)

### Nutrition

Amount per serving	
Calories	215
Fat	12g
Carbs	24g
Fiber	4g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	182mg
Calcium	78mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

### Notes

**Leftovers,** Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

**Serving Size,** One serving is equal to one muffin.

**No Walnuts,** Use chocolate chips instead of walnuts.



## Marinated Baked Tofu

4 servings

40 minutes

### Ingredients

- 15 3/4 ozs Tofu (firm, drained)
- 2 tbsps Maple Syrup
- 1/4 cup Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	165
Fat	9g
Carbs	11g
Fiber	1g
Sugar	9g
Protein	11g
Cholesterol	0mg
Sodium	600mg
Calcium	334mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
- 3 In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
- 4 Place the baking dish in the oven and bake for 20 minutes, uncovered.
- 5 Remove from the oven and enjoy!

### Notes

**Leftovers,** Keeps well in an airtight container in the fridge for up to 5 days.



## Cinnamon Protein Energy Bites

14 servings

35 minutes

### Ingredients

- 1/3 cup Oats (quick)
- 1/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 tbsp Unsweetened Almond Milk (optional; if needed)

### Nutrition

Amount per serving	
Calories	111
Fat	7g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Calcium	64mg
Iron	1mg

### Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

### Notes

**Storage,** Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

**Serving Size,** One serving is equal to one ball.

**Nut-Free,** Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.

**No Maple Syrup,** Use honey instead.

**Gluten-Free,** Use certified gluten-free quick oats.

**No Quick Oats,** For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

**No Protein Powder,** Use more oat flour instead.



## Coconut Yogurt Parfait

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Coconut Yogurt (divided)

2 tbsps Walnuts (roughly chopped, divided)

1/2 cup Strawberries (chopped, divided)

### Nutrition

Amount per serving	
Calories	230
Fat	17g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	51mg
Calcium	526mg
Iron	1mg

### Directions

1

Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to two days.

**Nut-Free,** Use sunflower seeds instead of walnuts.

**Additional Toppings,** Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



## Pumpkin Pie Protein Smoothie

2 servings

10 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Pureed Pumpkin
- 2 Banana (frozen)
- 1 tsp Vanilla Extract
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	270
Fat	4g
Carbs	40g
Fiber	9g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	206mg
Calcium	609mg
Iron	3mg

### Directions

1

Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**No Pumpkin Pie Spice,** Use cinnamon instead.

**Toppings,** Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

**Warm it Up,** To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



## Hummus & Veggies Snack Box

1 serving  
5 minutes

### Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

### Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Calcium	68mg
Iron	2mg

### Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

Storage, Refrigerate in an airtight container up to 3 days.  
No Hummus, Use guacamole or a ready-made dip instead.



## Rice Cake with Sunflower Seed Butter & Raspberries

1 serving  
5 minutes

### Ingredients

1 Plain Rice Cake  
1 tbsp Sunflower Seed Butter  
1/4 cup Raspberries

### Nutrition

Amount per serving	
Calories	150
Fat	9g
Carbs	15g
Fiber	3g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Calcium	19mg
Iron	1mg

### Directions

- 1 Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

### Notes

**No Sunflower Seed Butter,** Use any nut or seed butter instead.

**More Flavor,** Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

**More Fiber,** Garnish with hemp seeds, chia seeds or ground flax seeds.

**No Raspberries,** Use blueberries, blackberries or sliced strawberries instead.



## Savoury Roasted Chickpeas

4 servings

30 minutes

### Ingredients

- 6 cups Chickpeas (canned, or cooked and drained)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	471
Fat	13g
Carbs	69g
Fiber	19g
Sugar	12g
Protein	22g
Cholesterol	0mg
Sodium	607mg
Calcium	143mg
Iron	8mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

### Notes

**Leftovers,** They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

**Make Them Crispy,** Bake for longer if you like them really crispy.





## Fruit & Hemp Seed Bowls

2 servings

5 minutes

### Ingredients

- 1 Apple (cored, chopped)
- 1/2 Banana (sliced)
- 1/4 tsp Cinnamon
- 2 tbsps Organic Raisins
- 1/4 cup Hemp Seeds
- 2/3 cup Plain Coconut Milk (from the carton)

### Nutrition

Amount per serving	
Calories	242
Fat	12g
Carbs	32g
Fiber	4g
Sugar	22g
Protein	7g
Cholesterol	0mg
Sodium	17mg
Calcium	181mg
Iron	2mg

### Directions

- 1 Divide all the ingredients into bowls. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Additional Toppings,** Top with nuts, seeds, rolled oats and/or nut butter.

**No Coconut Milk,** Use almond, soy, rice or oat milk instead.



## Marinated Mixed Bean Salad

4 servings

15 minutes

### Ingredients

- 2 cups Green Beans (fresh or frozen)
- 4 cups Mixed Beans (cooked)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Italian Seasoning
- 1 Garlic (clove, minced)
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	367
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	5mg
Calcium	83mg
Iron	5mg

### Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

### Notes

**No Mixed Beans**, Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers**, Keeps well covered in the fridge up to 4 to 5 days.