



Guide To A Vegan Lifestyle



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VEGAN GUIDE

Delicious meals, healthy weight loss
and no guilt — it's all possible!



Organic Meals

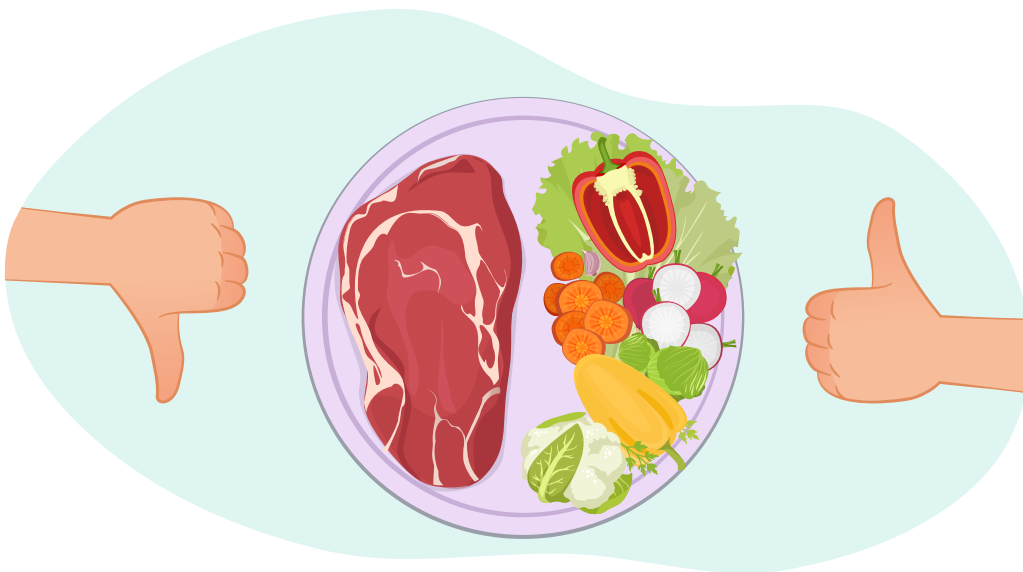
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What do tennis megastar Serena Williams, renowned filmmaker James Cameron, and physics genius Albert Einstein have in common? The answer is **veganism.**

The idea of the vegan diet at its core is quite simple: abstaining from any animal-derived foods. So, meat, poultry, fish, seafood, eggs, dairy, and honey are off-limits.



"And what the heck am I supposed to eat then?", a question might have flashed in your head. No reason to worry.

We're here to show you how versatile and saturating a vegan diet can be, let alone its benefits for your health, animal well-being, and the environment.

Whether you've already chosen a vegan lifestyle, or you're just considering this possibility, it's always good to have some good reasons to make your decision. And as it happens, there's a myriad of great reasons to go vegan.



Recent studies found that a plant-based diet can **reduce your chances of certain cancers** and of developing **type 2 diabetes**. A vegan diet can **also reduce blood pressure** levels and lower **cholesterol!**



Veganism isn't about all or nothing. It's **about feeling good** and making the **world a kinder place**.



Are you a cat or a dog person? A better question is, **are you an animal person?** Americans eat - believe it or not - more than 1 million animals every hour. Each **vegan spares 30 animal lives a year**.



All **protein** needs can **easily be met from plant-based sources**, such as pulses, hemp seeds, seitan, tempeh, nutritional yeast, chickpeas and many other vegan foods.

Weight-loss bonus: The **metabolism** of people who follow a **plant-based diet burns calories 16% faster** on average than the metabolism of meat-eaters for the first few hours after meals.



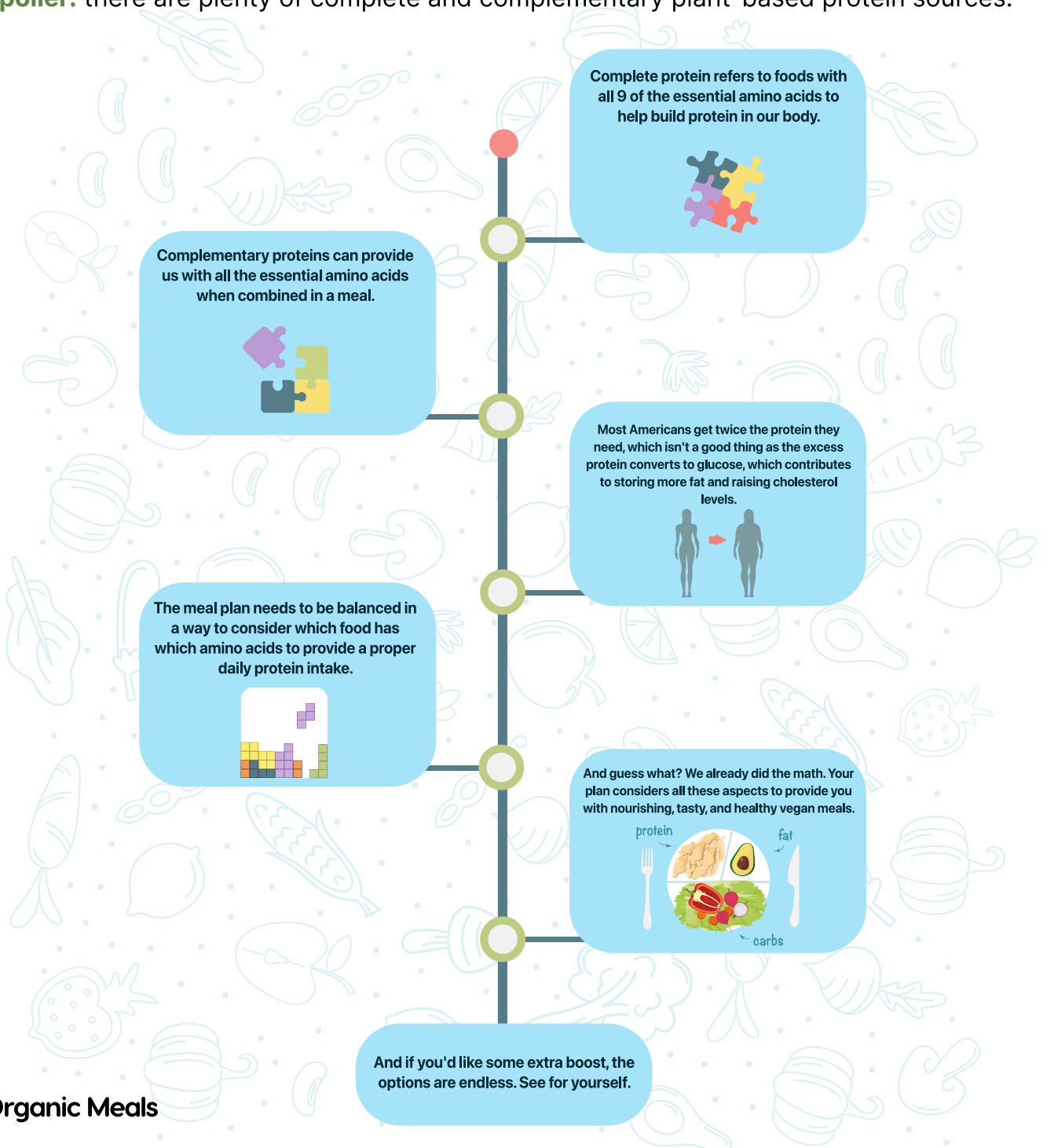
The global livestock herd and the grain it consumes take up **83% of farmland worldwide** but produces **just 18% of food calories**. Entire **ecosystems are being destroyed** to fuel humans' addiction to meat.

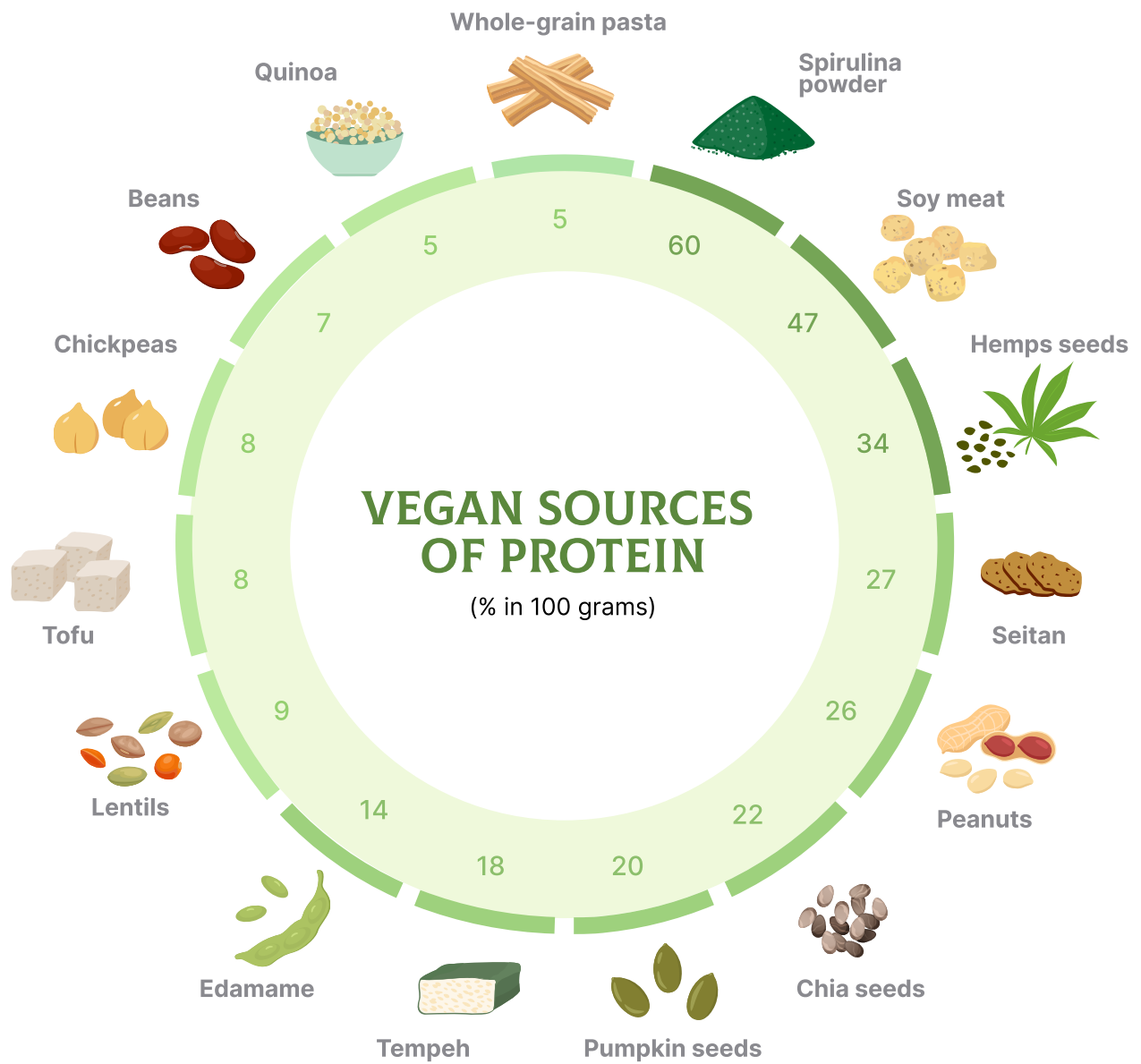




So what about protein? Are vegans doomed to suffer from its deficiency?

Spoiler: there are plenty of complete and complementary plant-based protein sources.

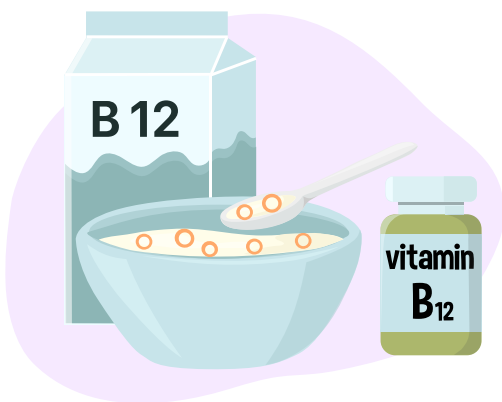






A balanced vegan diet provides you with almost all the important nutrients. But only almost.

One of the essential vitamins for our body is B12, and it's found pretty much exclusively in animal products due to the nature of its synthesis.

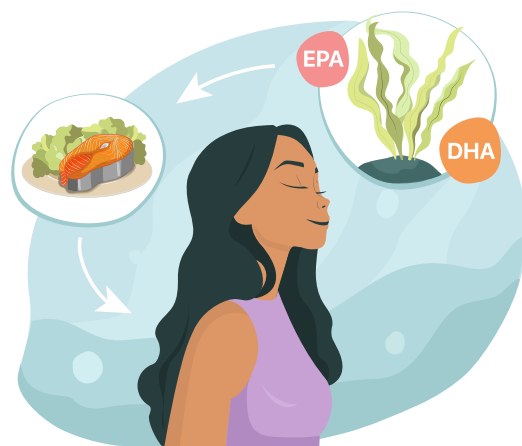


Yet, there are millions of perfectly healthy vegans out there, who are not suffering from anemia. That's because they get B12 from foods fortified with this vitamin or simply by taking supplements.

We recommend the latter since it removes the complication of working out how much B12 you have consumed through food.

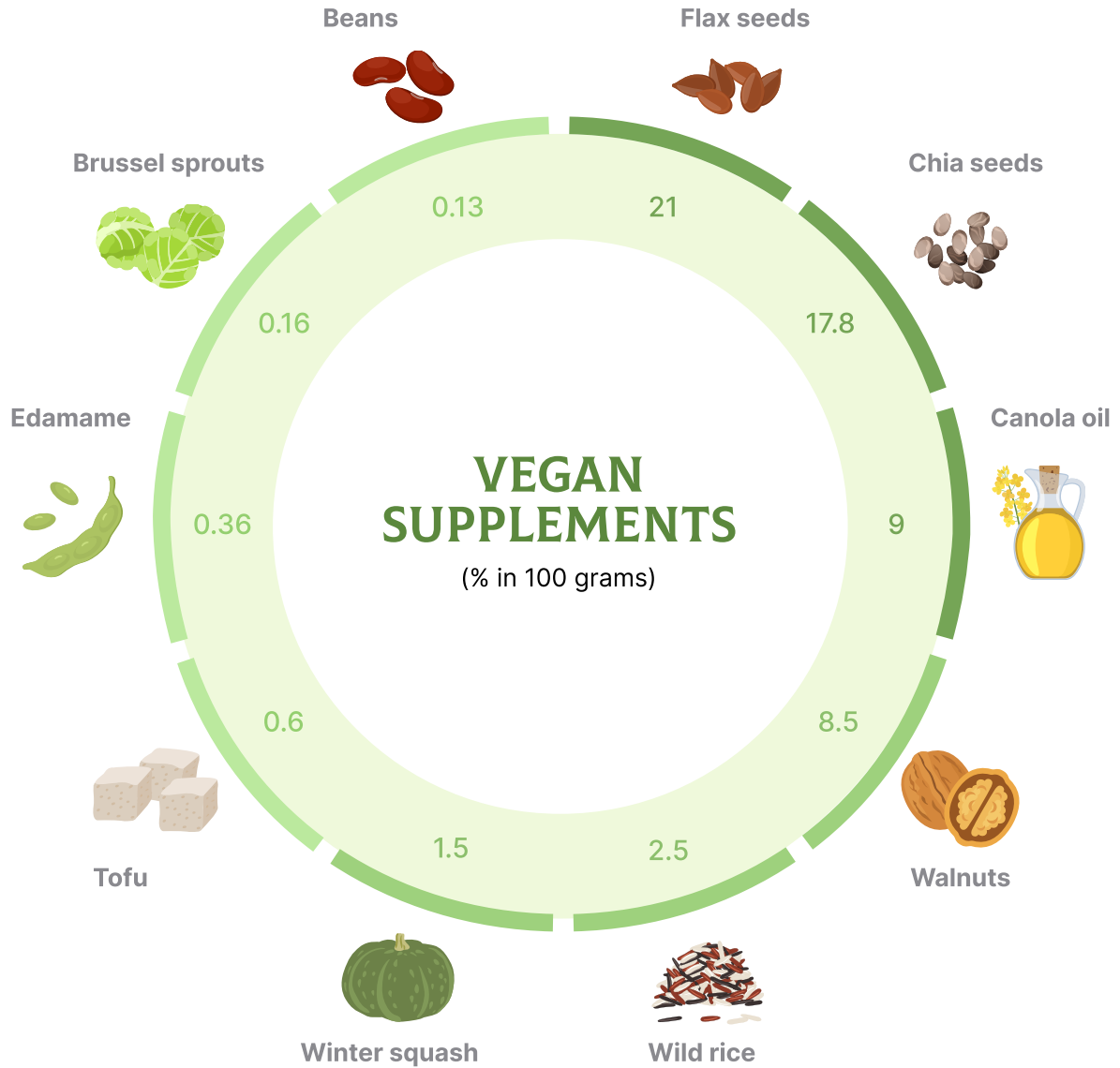

Besides vitamin B12, it would be also nice to keep in mind your omega-3 intake. It's worth noting that most people following plant-based diets have no problem getting enough omega-3s.

Microalgae and seaweed are the most solid vegan omega-3 sources. They actually contain preformed EPA and DHA (essential amino acids found almost exclusively in seafood).



Interestingly, fish get their EPA and DHA by eating microalgae — they don't make it themselves!

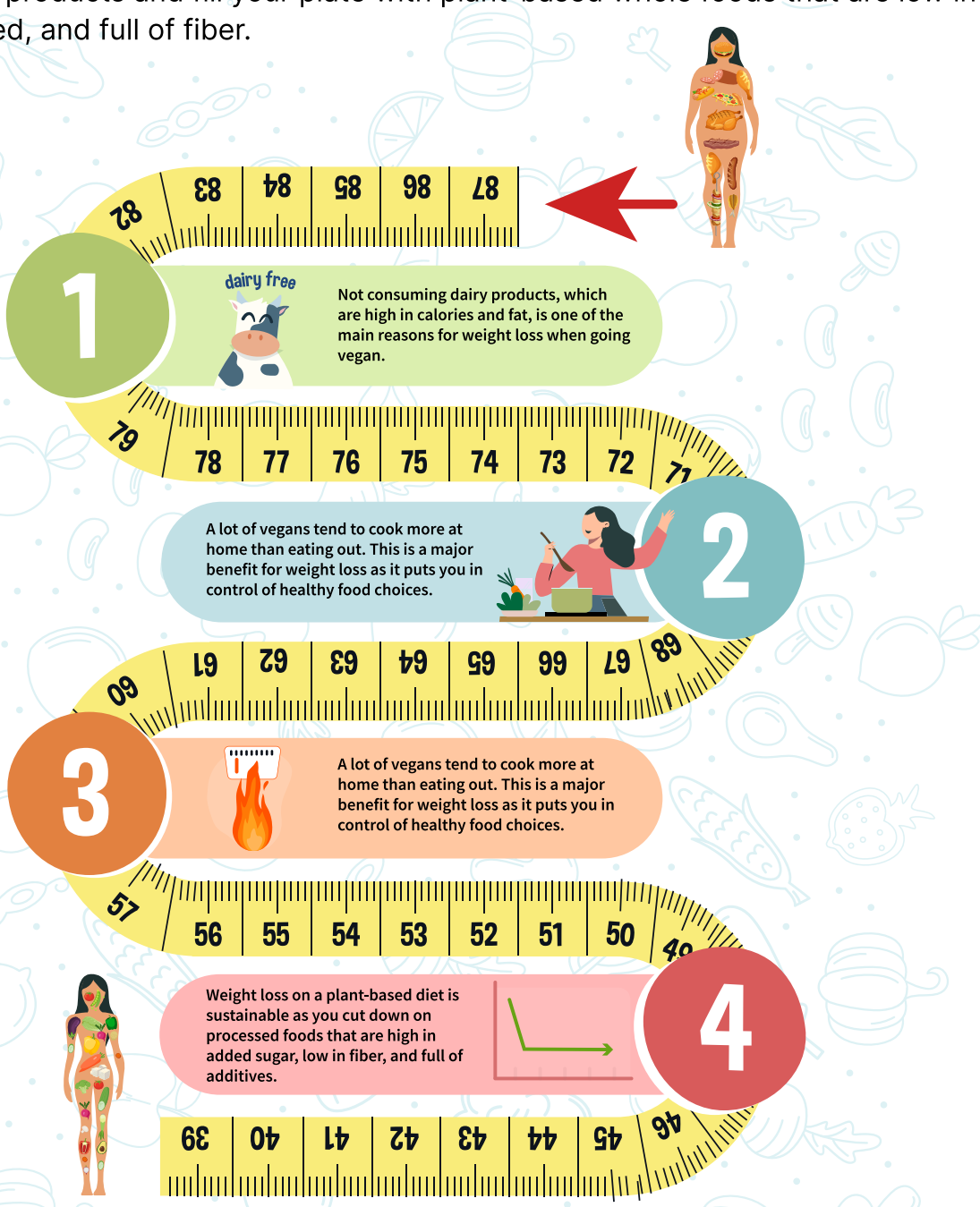
So, you're kind of just cutting out the "middleman"! If you can't stomach the idea (or the taste) of eating seaweed or algae, there's a huge number of other plant-based foods high in omega-3.

Moreover, there are plenty of vegan omega 3 supplements on the market that contain preformed EPA and DHA. They are made from concentrated algae oil (rather than fish oil) to keep them cruelty-free.



When you're on a vegan diet, you lose weight because you stay away from inflammation-boosting animal products and fill your plate with plant-based whole foods that are low in oil, plainly cooked, and full of fiber.



VEGAN WEIGHT LOSS FORMULA



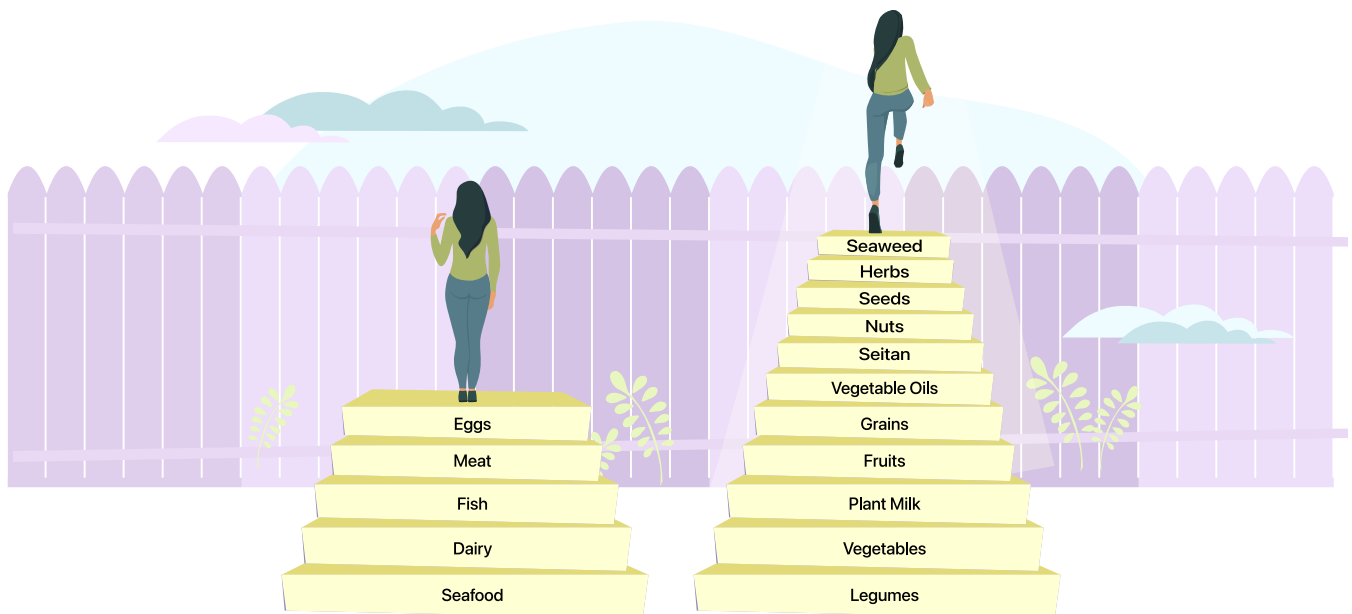
Tangible Weight Loss



NO MEAT-WHAT TO EAT

MISCONCEPTION

If you remove meat, eggs, and dairy from your plate, all you're left with are tomatoes, oatmeal, potatoes, and lettuce.



IN REALITY

When you give up on eating animal-based foods, you'll discover hundreds of other options that you haven't considered before simply because you aren't used to them.



Going vegan doesn't mean that you have to stop eating your favorite meals.

Making healthier choices might involve cutting down on sugar and simple carbs. But let's take one thing at a time.

The market of vegan products and the knowledge about plant-based nutrition have evolved drastically over the last few years.

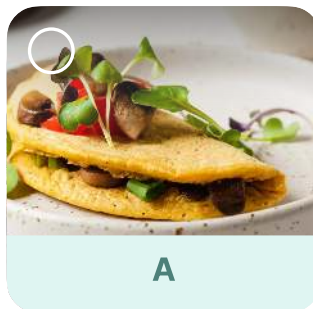
Today, there is a vegan alternative to virtually any meal you can think of. And it's delicious!

Plus, you'll discover tons of new amazing recipes on your upcoming vegan journey.

Believe us, having difficulties with satisfying your inner foodie isn't the struggle you're gonna face.

Answers:
1. b, 2.a, 3.b

Can you spot which meal is vegan?
(*see the answers below)

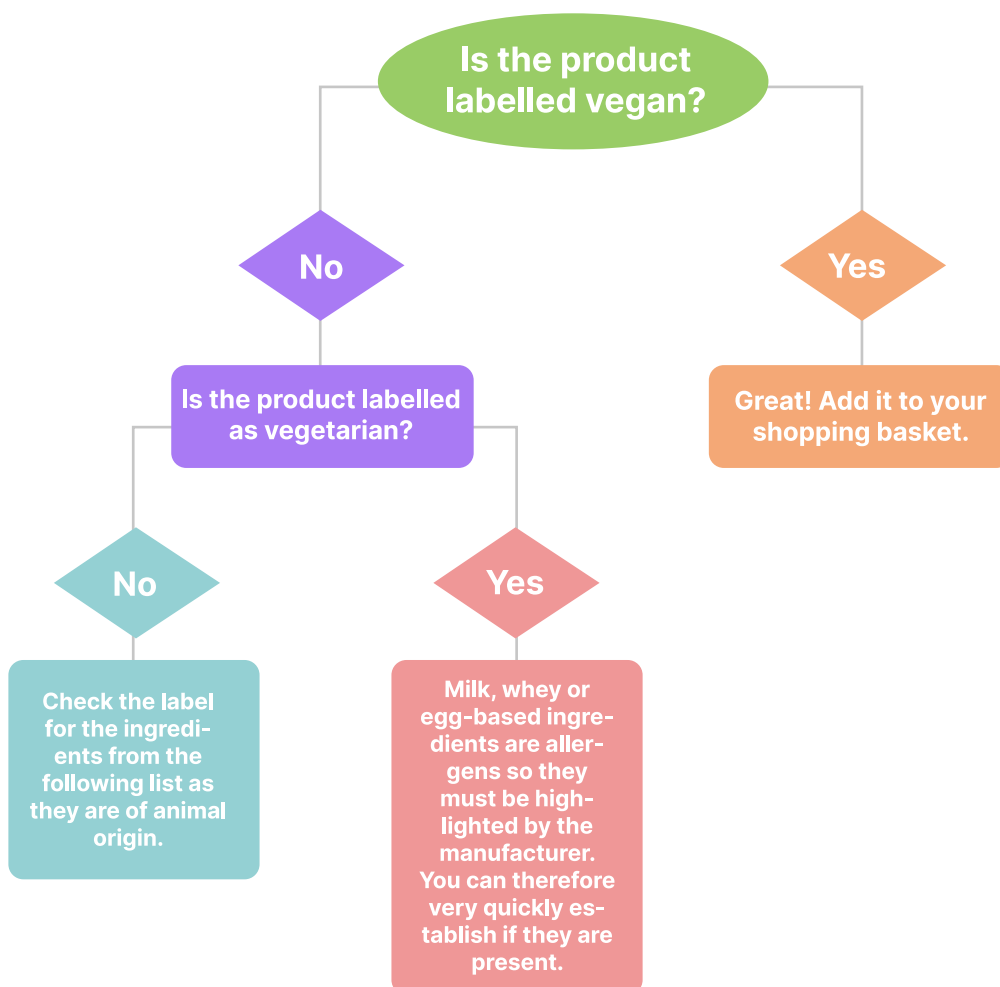




Have you ever got lost in a country whose language you don't speak? When it comes to determining whether the product is vegan, reading labels can be like getting directions without a translator to understand them.

Some ingredients can't be clearly assigned as to whether they contain animal products or not at first glance — simply because we don't know the terms or what to look for.

That's why we've put together a little instruction to reading food labels!



INGREDIENTS OF ANIMAL ORIGIN

1



Casein

A protein made from milk (dairy-free cheese and coffee creamer, cheese-flavored chips, semi-sweet chocolate, cereal bars)

2



Whey

A byproduct of milk, found in many products, particularly in chips, bread and baked goods

3



Lactose (saccharum lactin, D-lactose)

A milk sugar often found in baked goods, milk chocolate, salad dressings, cheese-flavored crackers and cereal bars)

4



Isinglass

A substance obtained from the dried swim bladders of fish and used to clarify wine and beer

5



Gelatin

A protein from bones, cartilage, tendons, and skin of animals commonly used in jellies, chewy candies, cakes, vitamins, and sometimes roasted peanuts)

6



Carmine (natural red four, crimson lake, E120)

Widely used red coloring made from a ground-up insect and is found in candies, yogurts, ice creams, fruit pies, soft drinks, cupcakes and donuts

7



Albumin

A protein component of egg whites found in baked goods, chewy candies

8



Confectioner's glaze (resinous glaze, shellac, natural glaze)

A substance made of bug secretions, which is used to add a shiny, smooth finish on candies and pills

9



L-cysteine (E920)

An amino acid used to prolong shelf-life and is obtained from poultry feathers, hog hair and human hair; almost all fast food places use it as an additive in their baked goods

10



Bone char

A decolorizing filter in sugar processing that is made from the bones of cattle; used in cane sugar, brown sugar and confectioner's sugar

Is your head spinning from all these new terms? Don't worry! Soon enough, you will easily find your way to the plant-based products in the supermarket. Meanwhile, you can always refer to this PETA's comprehensive list of animal-derived ingredients: <https://www.peta.org/living/food/animal-ingredients-list/>

Also, there are many barcode scanning apps that can help you determine if a product is vegan-friendly or not.

VEGAN STAPLES

One of the most intimidating things when starting a vegan diet can be switching from your common pantry and fridge staples to unfamiliar plant-based foods.

Lacking a simple ingredient just because you are not used to stocking it up can be really frustrating. But no need to panic, we got you covered. With our list of vegan pantry and fridge essentials, you'll be able to cook a delicious dinner even if you went grocery shopping a long time ago.



Fridge

1. mustard
2. soy sauce
3. hummus
4. tomato paste
5. vegetable stock
6. tempeh
7. tofu
8. almond milk
9. miso
10. coconut butter

Pantry

1. peanut butter
2. peanut butter
3. flax seeds
4. hemp hearts
5. almonds
6. pasta
7. cashews
8. walnuts
9. olive oil
10. oatmeal
11. quinoa
12. rice
13. sunflower seeds
14. soy meat
15. vital wheat gluten
16. all-purpose flour
17. chickpea flour
18. olives
19. pumpkin seeds
20. lentils
21. green peas
22. kidney beans
23. chickpeas



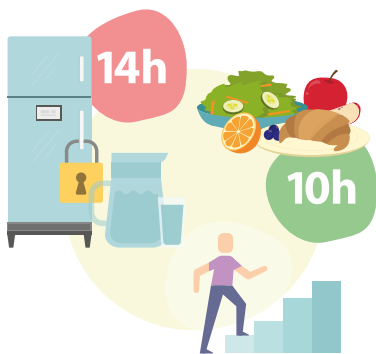
VEGANISM & INTERMITTENT FASTING

To achieve even better weight loss results, you can add intermittent fasting to the picture. In short, IF is an eating pattern that regulates periods of time when you can consume food.

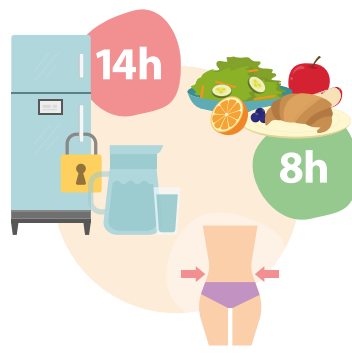
As a result, your calorie intake lowers, and your body burns fat more quickly thanks to fasting, creating an amazing tool for sustainable weight loss.

Intermittent fasting pairs perfectly with a vegan lifestyle. But to get the most out of this duo, you need to pay attention to **what** you eat during your “feasting window” and the hours **when** you eat the day’s calories.

THE BEST INTERMITTENT FASTING PROTOCOLS FOR VEGANS



Feast during a 10-hour window and fast for the next 14 hours



Feast during an 8-hour window and fast for remaining 16 hours



Maintain a regular diet five days a week and eat 500-600 calories two days a week


































- 1** Drink plenty of water, unsweetened tea, and coffee to keep you hydrated during the fasting window. When intermittent fasting, it's easy to confuse thirst with hunger if you don't drink enough.
- 2** Stay away from these foods as they will break your fast: sugar, artificial sweeteners, mints, plant milk, plant butter.
- 3** Don't hesitate to infuse your drinks with lemon, lime, apple cider vinegar, or cinnamon to add extra flavor. Salt and sugar-free chewing gum are also safe foods during the fast.



- 1** Plants and fruits digest quicker than meat, so you'll want to incorporate foods that help you stay full longer like beans, avocado, tofu, seitan, and whole grains.
- 2** Vegan foods already have a low calorie density. So, if you want to snack between meals during your eating window, do so. Olives, nuts, seeds, green smoothies, and fruits – all are great options.

VEGAN MEAL PLAN SUMMARY

	 Breakfast	 Lunch	 Dinner
MON  P 13% F 26% C 61%	 Blueberry Oatmeal Cups 519 cal Protein 15 g Carbs 76 g Fats 14 g	 Mediterranean Veggie Wrap 541 cal Protein 15 g Carbs 62 g Fats 18 g	 Red Lentil Curry 598 cal Protein 23 g Carbs 77 g Fats 16 g
TUE  P 21% F 35% C 44%	 Tofu Scramble with Spinach and Tomato 520 cal Protein 33 g Carbs 28 g Fats 28 g	 Vegan Egg Salad Sandwich 541 cal Protein 30 g Carbs 58 g Fats 16 g	 Kidney Bean and Avocado Burrito 627 cal Protein 26 g Carbs 63 g Fats 22 g
WED  P 15% F 26% C 59%	LEFTOVERS  Blueberry Oatmeal Cups 519 cal Protein 15 g Carbs 76 g Fats 14 g	 Broccoli Salad with Cranberries and Almonds 571 cal Protein 27 g Carbs 66 g Fats 18 g	LEFTOVERS  Red Lentil Curry 598 cal Protein 41 g Carbs 7 g Fats 52 g
THU  P 17% F 25% C 58%	 Banana Peanut Butter Smoothie 558 cal Protein 17 g Carbs 73 g Fats 19 g	LEFTOVERS  Vegan Egg Salad Sandwich 541 cal Protein 30 g Carbs 58 g Fats 16 g	LEFTOVERS  Kidney Bean and Avocado Burrito 627 cal Protein 26 g Carbs 63 g Fats 22 g
FRI  P 17% F 25% C 58%	 Chocolate Blueberry Toast 630 cal Protein 20 g Carbs 99 g Fats 16 g	 Black Bean Salad with Corn and Avocado 619 cal Protein 27 g Carbs 54 g Fats 23 g	 Creamy Broccoli Pasta 542 cal Protein 28 g Carbs 77 g Fats 11 g
SAT  P 14% F 29% C 57%	 Vegan French Toast 581 cal Protein 18 g Carbs 78 g Fats 23 g	 Creamy Mash with Garlicky Mushrooms 563 cal Protein 20 g Carbs 66 g Fats 16 g	 Stuffed Sweet Potatoes 585 cal Protein 24 g Carbs 63 g Fats 17 g
SUN  P 17% F 42% C 41%	 Apple Caramel Crumble 553 cal Protein 18 g Carbs 78 g Fats 23 g	 Vegan Greek Salad 530 cal Protein 24 g Carbs 16 g Fats 39 g	 Cashew Mac and Cheese 579 cal Protein 29 g Carbs 76 g Fats 15 g

WEEKLY GROCERY LIST



Vegetables

- 1 Sweet Potato
medium
- 4 oz Mushrooms
fresh
- 2 Potatoes
medium
- 3 Avocados
medium
- 1 Broccoli Head
medium
- 5 oz Broccoli Florets
- 1 Zucchini
medium
- 1 Eggplant
small
- 3 Celery Stalks
- 7 Tomatoes
medium
- 5 Carrots
medium
- 2 Cucumbers
medium
- 4.5 oz Cauliflower Florets
- 4.5 oz Scallions
- 1.5 oz Parsley
fresh
- 3 Red Bell Peppers
medium
- 2 Garlic Cloves
- 7.5 oz Spinach
fresh
- 2 Onions
medium
- 1 Red Onion
medium
- 3 oz Red Lentils



Fruits & Berries

- 2 Apples
medium
- 4 Bananas
medium
- 1 oz Dried Cranberries
- 20 oz Blueberries
fresh
- 4 Limes
medium



Nuts & Seeds

- 0.5 oz Walnuts
- 0.7 oz Almonds
- 1 oz Ground Flaxseed
- 1.5 oz Cashews



Herbs & Spices

- Dried Oregano
- Dried Dill
- Ground Turmeric
- Garlic Powder
- Ground Ginger
- Cumin
- Curry Powder



Frozen Foods

- 3 oz Frozen Peas
- 3 oz Frozen Corn
- 5 oz Frozen Strawberries



Canned & Jarred

- 14 oz Black Beans
- 14 oz Chickpeas
- 14 oz Kidney Beans
- 14 oz Pickles
- 1.5 oz black olives
- 14 oz Crushed Tomatoes
- 1 oz Apple Cider Vinegar
- 2 oz Nutritional Yeast
- 4.5 oz Hummus
- 1.5 oz Vegan Mayo
- 4 oz Maple Syrup
- 0.7 oz Mustard



Condiments



Liquids

- 0.5 fl oz Lemon Juice
- 1 fl oz Pickle Jar Liquid



Bread & Grains

- 6 oz Whole-Wheat Pasta
- 9 Whole-Grain Bread Slices
11 oz
- 4 Whole-Grain Tortillas
7 oz
- 5.5 Rolled Oats



Oils

- 3.5 oz Olive Oil
- 0.3 oz Coconut Oil
- 3 oz Peanut Butter




Dairy & Proteins

- 9 oz Tofu
- 22 oz Unsweetened Soy Milk



Flours & Baking

- Baking Soda
- Cocoa Powder

 Breakfast



Protein	Fat	Net Carbs	Fiber
15 g	14 g	76 g	14 g

BLUEBERRY OATMEAL CUPS



519 KCAL
per serving



30 MIN




2 SERVINGS

INGREDIENTS

- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 2 ripe bananas
- ¼ cup unsweetened soy milk
- 1 tablespoon pure maple syrup
- 2 tablespoons peanut butter
- 1 cup rolled oats
- ½ teaspoon baking soda
- 2 cups blueberries

DIRECTIONS


- 1 Preheat the oven to 350F/175C degrees and line 6 cups in a muffin tin with paper liners. Alternatively, you can spray the muffin cups with some baking spray.
- 2 In a medium mixing bowl, combine the ground flaxseed with water and stir with a fork. Set aside for 2 minutes to allow the flax to thicken up.
- 3 Add in the bananas and mash with a fork. Mix in the soy milk and maple syrup.
- 4 Finally, add in the oats and baking soda; mix everything together until combined.
- 5 Fold in the blueberries and divide the batter between the 6 muffin cups.
- 6 Transfer to the preheated oven and bake until the oatmeal cups are golden-brown and set, around 18-20 minutes.
- 6 Leave to cool for a couple minutes before serving. Transfer leftover oatmeal cups in an air-tight container in the fridge. The leftover cups will taste great cold, but you can also reheat them in the microwave or in the oven before serving. Enjoy!

 Breakfast



Protein	Fat	Net Carbs	Fiber
33 g	28 g	38 g	12 g

TOFU SCRAMBLE WITH SPINACH AND TOMATO

 **520 KCAL**
per serving

 **15 MIN**

 **1 SERVING**

INGREDIENTS

- 5 oz. tofu
- 3 tablespoons unsweetened soy milk
- 2 cups spinach, chopped
- 1 tomato, chopped
- 1 slice whole-grain bread
- 1 tablespoon olive oil
- ½ red onion, diced
- ½ teaspoon ground turmeric
- ¼ teaspoon garlic powder
- ¼ teaspoon black salt (optional, for an eggy taste)
- salt and pepper to taste

DIRECTIONS

- 1 Heat olive oil in a non-stick frying pan over medium heat. Add in the onion and cook, stirring occasionally, until the onion becomes soft and translucent, around 3-4 minutes.
- 2 In the meantime, crumble the tofu with your hands in a small bowl and add in the turmeric, garlic powder, black salt, and soy milk. Mix everything together and season with salt and pepper to taste.
- 3 Add tofu mixture to the frying pan and cook, stirring occasionally, until the tofu develops a bit of color, around 3-4 minutes. Add in the spinach and continue cooking for another minute, just until the spinach wilts.
- 4 Stir in the chopped tomato and transfer to a plate. Serve alongside bread. Enjoy!



Breakfast



Protein	Fat	Net Carbs	Fiber
17 g	19 g	73 g	15 g

BANANA PEANUT BUTTER SMOOTHIE



558 KCAL
per serving



5 MIN



1 SERVING


INGREDIENTS

- 1 banana
- 3 tablespoons rolled oats
- 1 tablespoon peanut butter
- 2 tablespoons ground flaxseed
- 1 cup frozen strawberries (optional)
- 1 cup unsweetened soy milk
- 1 teaspoon pure maple syrup

DIRECTIONS

- 1 Add all ingredients to a blender and blend until completely smooth and creamy. If the smoothie seems too thick, add a splash of water to thin it out.
- 2 Transfer to a cup or a portable jar and enjoy!



 Breakfast

Protein	Fat	Net Carbs	Fiber
20 g	16 g	99 g	14 g

CHOCOLATE BLUEBERRY TOAST



630 KCAL
per serving



10 MIN




1 SERVING

INGREDIENTS

- 2 slices whole-grain bread
- 2 tablespoons peanut butter
- 2 tablespoons pure maple syrup
- 1 tablespoon unsweetened cocoa powder
- 1 banana, sliced
- 1 cup fresh blueberries

DIRECTIONS

- 1 Toast the bread in a toaster or in the oven for a couple minutes.
- 2 In a small mixing bowl, mix together peanut butter, maple syrup, and cocoa powder until completely smooth and creamy.
- 3 Divide the chocolate spread between the toasted bread and top with banana slices and fresh blueberries. Enjoy!

 Breakfast



Protein	Fat	Net Carbs	Fiber
18 g	23 g	78 g	14 g

VEGAN FRENCH TOAST



581 KCAL
per serving



20 MIN



1 SERVING

INGREDIENTS

- 1 teaspoon coconut oil
- 1 tablespoon ground flaxseed
- ½ cup unsweetened soy milk
- 2 tablespoons pure maple syrup, divided
- 3 slices whole-grain bread (preferably stale)
- ½ teaspoon ground cinnamon (optional)
- 1 cup fresh blueberries

DIRECTIONS

- 1 Preheat the oven to 350F/175C degrees. Grease a rimmed baking sheet with the teaspoon of coconut oil.
- 2 In a large mixing bowl, combine flaxseed, soy milk, and ½ tablespoon of maple syrup.
- 3 Dip each bread slice in the mixture for around 30 seconds and transfer onto the prepared baking sheet. If you have any leftover soaking liquid, carefully spoon on top of the bread slices.
- 4 Place the toast in the oven to roast until golden and crispy around the edges, around 12-15 minutes. Flip halfway through the cooking time.
- 5 Stack the French toast on a plate and top with maple syrup and blueberries. Enjoy!



Protein	Fat	Net Carbs	Fiber
18 g	23 g	78 g	19 g

APPLE CARAMEL CRUMBLE



553 KCAL
per serving



25 MIN




1 SERVING

INGREDIENTS

- 2 small apples, chopped
- ½ teaspoon ground cinnamon
- ½ cup rolled oats
- 2 tablespoons walnuts, chopped (or almonds)
- 1 ½ tablespoons maple syrup, divided
- 1 teaspoon coconut oil
- 1 tablespoon peanut butter

DIRECTIONS

- 1 Preheat the oven to 400F/200C degrees.
- 2 Place apples and cinnamon in a small baking dish. Set aside.
- 3 In a small mixing bowl, combine rolled oats, walnuts, ½ tablespoon maple syrup, and coconut oil. Mix until combined.
- 4 Top apples with oat mixture and place in the oven until the apples are soft and the oats are golden and crispy, around 18-20 minutes.
- 5 While the crumble is baking, mix peanut butter and maple syrup until smooth.
- 6 Remove the crumble from the oven and top with maple caramel sauce. Enjoy!

 Lunch



Protein	Fat	Net Carbs	Fiber
15 g	18 g	76 g	18 g

MEDITERRANEAN VEGGIE WRAP



541 KCAL
per serving



10 MIN




1 SERVING

INGREDIENTS

- 4 tablespoons hummus
- 4 tablespoons black olives, pitted and chopped
- 1 teaspoon mustard
- 1 scallion, diced
- ½ cup parsley, chopped
- 1 red bell pepper, sliced
- 1 small carrot, shredded
- 1 small cucumber, thinly sliced
- 2 whole-grain tortilla

DIRECTIONS

- 1 In a small bowl, combine hummus, black olives, mustard, spring onion, and parsley.
- 2 Fill each tortilla with half of the hummus mixture and half of the prepared veggies. Wrap like a burrito and cut in half. Enjoy!

 Lunch



Protein	Fat	Net Carbs	Fiber
30 g	16 g	58 g	20 g

VEGAN EGG SALAD SANDWICH



541 KCAL
per serving



10 MIN




2 SERVINGS

INGREDIENTS

- 1 14-oz. can chickpeas, rinsed and drained
- 3 pickles, chopped
- 2 scallions, chopped
- 2 celery stalks, diced
- 3 tablespoons vegan mayo
- 1 tablespoon yellow mustard
- 1-2 tablespoons pickle jar liquid
- ½ teaspoon ground turmeric
- ½ teaspoon black salt (optional, for an eggy taste)
- ½ teaspoon dried dill
- 4 large slices whole-grain bread (divided)
- 1 tomato, sliced (divided)
- 2 cups spinach, chopped or other greens of choice (divided)

DIRECTIONS

- 1 Add chickpeas to a medium mixing bowl and mash with a potato masher until fairly broken down with a few larger pieces left. Add pickles, scallions, celery, mayo, mustard, pickle liquid, turmeric, and black salt. Mix everything together until well-combined and season with salt and pepper to taste.
- 2 Assemble the sandwich by layering 1 cup of baby spinach and ½ of a sliced tomato on a piece of whole-grain bread, followed by ½ of the chickpea egg salad and top with the second slice of bread.
- 3 Place leftover chickpea egg salad in an air-tight container in the fridge to assemble your next sandwich of day 4. Enjoy!

 Lunch



Protein	Fat	Net Carbs	Fiber
27 g	18 g	66 g	26 g

BROCCOLI SALAD WITH CRANBERRIES AND ALMONDS



571 KCAL
per serving



10 MIN




1 SERVING

INGREDIENTS

- 1 small broccoli head, washed
- ½ red onion, diced
- 2 medium carrots, grated
- 1 celery stalk, diced
- 3 tablespoons unsweetened dried cranberries
- ¼ cup almonds, chopped
- 3 tablespoons hummus
- 1 tablespoon apple cider vinegar
- salt and pepper to taste

DIRECTIONS

- 1 Grate the broccoli using a box grater or process it into your food processor.
- 2 Heat a non-stick frying pan over medium heat. Add the broccoli with a splash of water and steam until the broccoli is slightly tender and turns bright green, around 3-4 minutes. Alternatively, you can skip the cooking and keep the broccoli raw.
- 3 Transfer broccoli to a medium mixing bowl and add in the red onion, carrots, celery, cranberries, and almonds. Season with salt and pepper and toss.
- 4 Add the hummus and vinegar to the salad and toss until all the veggies are coated with the dressing. Enjoy!

 Lunch

Protein	Fat	Net Carbs	Fiber
27 g	23 g	54 g	34 g

BLACK BEAN SALAD WITH CORN AND AVOCADO



619 KCAL
per serving



10 MIN




1 SERVING

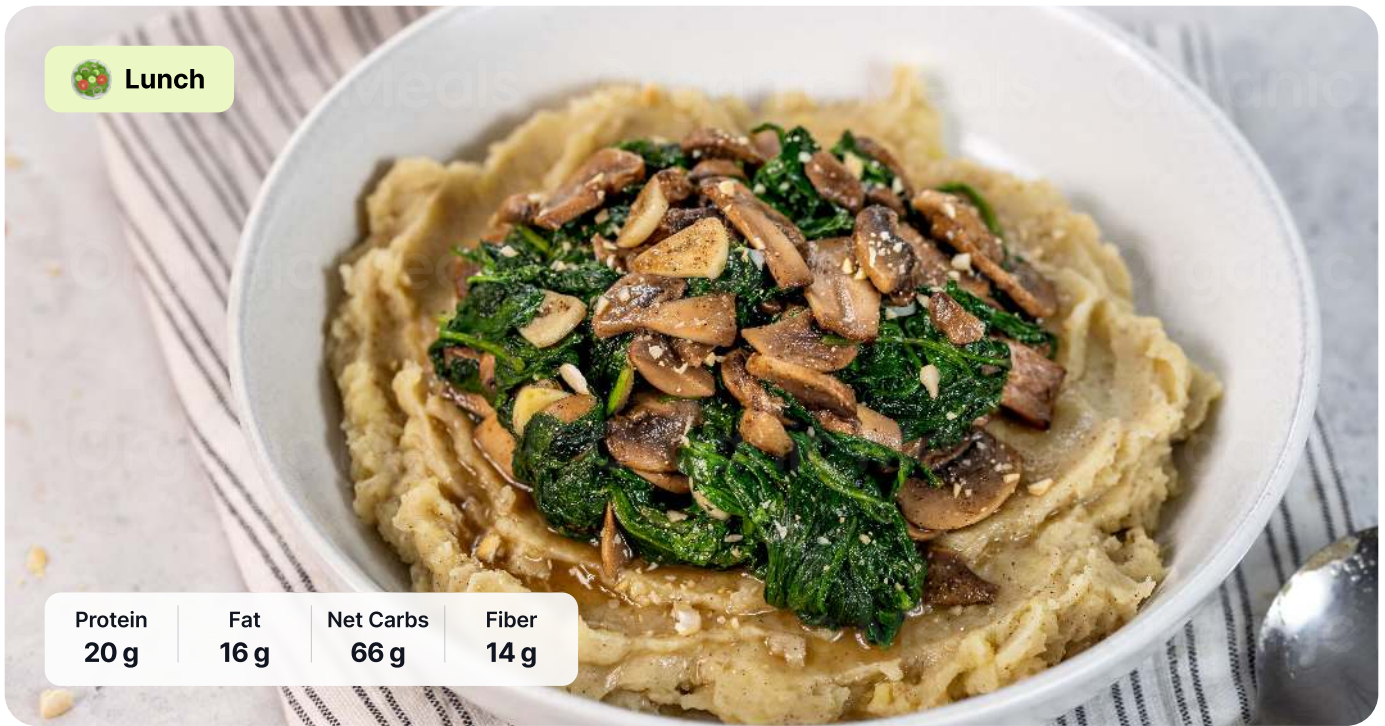
INGREDIENTS

- 1 red bell pepper, chopped
- 2 scallions, diced
- 1 tomato, chopped
- ½ 14-oz. can black beans, rinsed and drained (rinse all of the beans and reserve half in an air-tight container in the fridge to use the following day)
- ½ cup frozen corn, thawed
- 1 lime, juiced
- 1 avocado, chopped
- ½ cup parsley, chopped
- salt and pepper to taste

DIRECTIONS


- 1 Combine pepper, scallions, tomato, beans, and corn in a medium mixing bowl and season with salt and pepper to taste.
- 2 Add in the lime juice and stir to coat everything with the juice.
- 3 Top with avocado and parsley and enjoy!

 Lunch



Protein 20 g	Fat 16 g	Net Carbs 66 g	Fiber 14 g
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CREAMY MASH WITH GARLICKY MUSHROOMS

 **563 KCAL**
per serving

 **30 MIN**

 **1 SERVING**

INGREDIENTS

- 2 medium potatoes, peeled and cubed
- 1 tablespoon olive oil
- 4 oz. mushrooms, chopped
- 2 garlic cloves, minced
- 3 cups spinach, chopped
- ¼ cup unsweetened soy milk, warmed
- 2 tablespoons nutritional yeast (optional)
- salt and pepper to taste

DIRECTIONS

- 1 Fill a medium pot with water and bring to a boil. Add a generous pinch of salt to the water and add in the potatoes. Boil until the potatoes are fork tender, around 18-20 minutes.
- 2 While the potatoes are boiling, heat the olive oil in a non-stick skillet over medium heat. Add in the mushrooms and garlic; sear on with a fat pinch of salt and pepper. Cook, stirring occasionally, until the mushrooms become tender and nicely golden-brown, around 8-10 minutes.
- 3 Add the spinach to the mushrooms and continue cooking just until the spinach is wilted, another 1-2 minutes. Remove from heat and set aside.
- 4 Drain the potatoes and return to the pot. Mash using a potato masher until smooth. Add in the warmed milk and nutritional yeast, if using. Mix until combined and very creamy. Season with salt and pepper to taste.
- 5 Serve the mashed potatoes on a plate and top with the garlicky mushrooms. Enjoy!

 Lunch



Protein	Fat	Net Carbs	Fiber
24 g	39 g	16 g	15 g

VEGAN GREEK SALAD



530 KCAL
per serving



15 MIN



1 SERVING

INGREDIENTS

- 4 oz. firm tofu, cubed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- ½ teaspoon dried oregano
- 1 medium cucumber, chopped
- 2 medium tomatoes, chopped
- 2 scallions, thinly sliced
- ½ avocado, chopped
- salt and pepper to taste

DIRECTIONS

- 1 In a small mixing bowl, combine tofu, olive oil, lemon juice, vinegar, and oregano. Season with a fat pinch of salt and pepper and set in the fridge to marinate for 10 minutes.
- 2 Add cucumber, tomatoes, scallions, and avocado to a salad bowl and season with salt and pepper to taste. Add the tofu along with the juices from the bowl and toss everything together. Enjoy!



 Dinner

Protein	Fat	Net Carbs	Fiber
23 g	16 g	77 g	21 g

RED LENTIL CURRY



598 KCAL
per serving



35 MIN



2 SERVINGS

INGREDIENTS

- 2 cups cauliflower florets, chopped small
- 2 medium potatoes, diced
- ½ cup red lentils, rinsed and drained
- 1 14-oz. can crushed tomatoes
- 2 tablespoons olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 red bell pepper, diced
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- ¼ teaspoon ground ginger
- 2 cups water
- ½ cup
- parsley, chopped
- 1 lime, divided
- salt and pepper to taste

DIRECTIONS

- 1 Heat olive oil in a soup pot over medium heat. Add in onion, carrots, bell pepper, cumin, curry, and ginger; season with salt and pepper to taste. Cook, stirring occasionally, until the veggies become slightly soft and the spices become fragrant, around 2-3 minutes.
- 2 Add in the cauliflower, potatoes, lentils, crushed tomatoes, and water; crank up the heat to high. Once the curry starts boiling, lower the heat down to a gentle simmer and cover with a lid. Cook, stirring only occasionally, until the lentils and potatoes are cooked, around 15-20 minutes. Season with salt and pepper to taste.
- 3 Stir in the parsley and serve with lime wedges. Store leftovers in an air-tight container in the fridge and heat on the stovetop before serving with remaining lime. Enjoy!

 Dinner

Protein	Fat	Net Carbs	Fiber
26 g	22 g	63 g	27 g

KIDNEY BEAN AND AVOCADO BURRITO



627 KCAL
per serving



30 MIN



2 SERVINGS

INGREDIENTS

- 2 tomatoes
- 2 large whole-grain tortillas
- 1 large zucchini, chopped
- 1 medium eggplant, chopped
- 1 14-oz. can red kidney beans, rinsed and drained
- ½ teaspoon ground cumin
- 1 avocado
- 1 lime
- 1 tablespoon olive oil
- ½ cup parsley, chopped
- salt and pepper to taste

DIRECTIONS

- 1 Preheat the oven to 400F/200C and line a rimmed baking sheet with a piece of parchment paper.
- 2 Toss zucchini and eggplant with the olive oil and spread out on the prepared baking sheet. Season with a pinch of salt and pepper. Place in the oven to roast until the veggies are tender and cooked through, around 15-20 minutes.
- 3 In the meantime, add kidney beans to a medium saucepan and place over medium heat. Season with cumin and a pinch of salt. Add a splash of water and cook until the beans are well-heated through. Remove from heat and mash with a potato masher to form a bean paste.
- 4 In a small bowl, mash avocado with a fork and squeeze in the juice from the lime. Stir in the parsley and season with salt and pepper.
- 5 Fill a large whole-grain tortilla with ½ of the roasted veggies, ½ of the kidney bean paste, and ½ of the guacamole. Top with 1 chopped tomato and fold like a burrito.
- 6 Pack leftover veggies, bean mash, and guacamole in air-tight container and store in the fridge to prepare your second burrito on day 4.
- 7 You can enjoy the burrito as is or grill it for a few minutes on all sides in a dry, non-stick skillet over medium heat. Enjoy!



 Dinner

Protein 28 g	Fat 11 g	Net Carbs 77 g	Fiber 18 g
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CREAMY BROCCOLI PASTA



542 KCAL
per serving



20 MIN



1 SERVING

INGREDIENTS

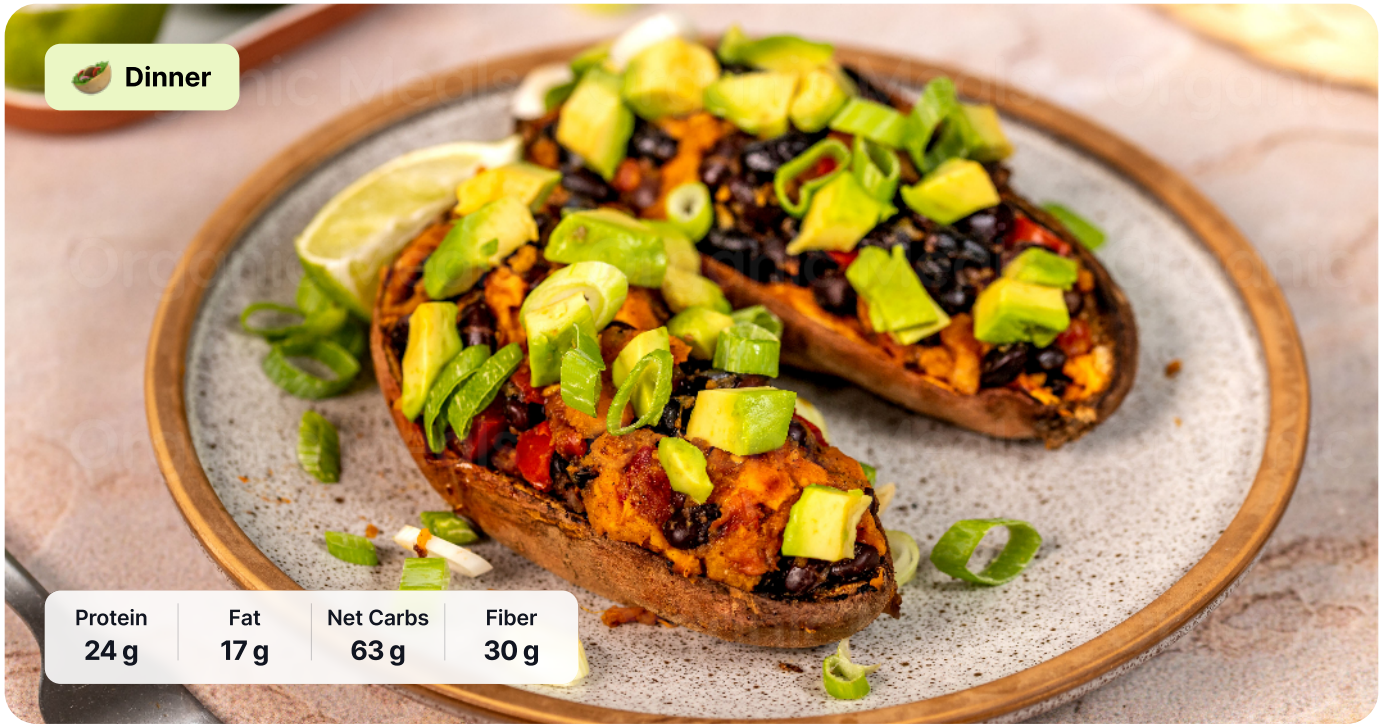
- 3 oz. whole-wheat pasta (or brown rice pasta for GF)
- 2 cups broccoli florets
- ½ teaspoon garlic powder
- 2 tablespoons hummus
- 3 tablespoons unsweetened soy milk
- 1 scallion, diced
- ½ cup parsley, chopped
- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon cashews
- salt and pepper to taste

DIRECTIONS

- 1 Fill a large pot with water and bring to a boil. Season water with a generous pinch of salt and add in the pasta. Cook according to package directions.
- 2 Once the pasta has around 5 minutes left of cooking time, add in the broccoli to the pot.
- 3 Once the pasta and broccoli are cooked, drain and return to the pot.
- 4 Place the pot over medium-low heat and add in the hummus, soy milk, scallion, parsley, and 1 tablespoon of nutritional yeast, if using. Stir to combine everything together and cook just until everything is heated through, around 1-2 minutes.
- 5 Pulse cashews in a blender or a food processor. Alternatively, you can chop them by hand into small pieces. Mix cashews with a tablespoon of nutritional yeast and a fat pinch of salt.
- 6 Serve the pasta topped with the cashew "parmesan". Enjoy!



Dinner



Protein
24 g

Fat
17 g

Net Carbs
63 g

Fiber
30 g

STUFFED SWEET POTATOES



585 KCAL
per serving



35 MIN



1 SERVING

INGREDIENTS

- 1 medium sweet potato, washed and halved lengthwise
- ½ 14-oz. can black beans (reserved from the black bean salad on day 5)
- 1 tomato, chopped
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ avocado, chopped
- 1 scallion, diced
- 1 lime
- salt and pepper to taste

DIRECTIONS

- 1 Preheat the oven to 400F/200C degrees and line a rimmed baking sheet with a piece of parchment paper.
- 2 Place sweet potato halved cut side up on the prepared baking sheet and place in the roast until fork-tender, around 18-20 minutes.
- 3 In the meantime, combine beans, tomato, garlic powder, and cumin in a small mixing bowl and season with salt and pepper to taste.
- 4 Remove the potatoes from the oven and carefully scoop around ½ of the sweet potato flesh. Add to the bowl with the beans and mix to combine.
- 5 Stuff the potatoes with the bean mixture and return to the oven until warmed through, another 8-10 minutes.
- 6 Serve the stuffed sweet potatoes topped with avocado, scallions, and fresh lime juice. Enjoy!



 Dinner

Protein	Fat	Net Carbs	Fiber
29 g	15 g	76 g	14 g

CASHEW MAC AND CHEESE



579 KCAL
per serving



20 MIN



1 SERVING

INGREDIENTS

- 3 oz. whole-grain pasta (or brown rice pasta for GF)
- 3 tablespoons raw cashews
- ¼ cup unsweetened soy milk
- 1 tablespoon lemon juice
- 2 tablespoons nutritional yeast (optional, but recommended for a cheesy taste)
- ½ teaspoon garlic powder
- ½ cup frozen peas
- salt and pepper to taste

DIRECTIONS

- 1 Place cashews in a small bowl.
- 2 Fill a medium pot with water and bring to a boil. Once the water starts boiling, remove about a cup of the boiling water and pour over the cashews. Set aside.
- 3 Add the pasta to the boiling water and cook according to package directions. Around 2-3 minutes before the pasta is finished cooking, add the peas to the boiling water.
- 4 Once the cashews have been soaking for 8-10 minutes, drain and transfer to a blender along with the soy milk, lemon juice, nutritional yeast, garlic powder, and a fat pinch of salt and pepper. Blend until smooth and creamy.
- 5 Drain the pasta and peas and return to the pot. Pour in the cashew sauce and mix well. Serve immediately and enjoy!

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