



Family-Friendly Plant-Based Protein Prep

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Breakfast

- 1 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Dried Basil
- 1/4 tsp Liquid Smoke
- 2 tsps Taco Seasoning

Frozen

- 1 cup Frozen Berries

Vegetables

- 1/2 cup Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1 head Iceberg Lettuce
- 3 cups Kale Leaves
- 1 cup Mushrooms
- 1 Yellow Onion

Boxed & Canned

- 2 tsps Biscoff Cookie Butter
- 1/2 cup Marinara Sauce
- 1 cup Quinoa
- 1 cup Roasted Edamame Beans
- 2 cups Roasted Fava Beans
- 2 tsps Tomato Paste
- 1/4 cup Vegetable Broth
- 1 cup Vital Wheat Gluten

Baking

- 1 tbsp Nutritional Yeast
- 1/2 cup Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 12 Corn Tortilla
- 8 units Mini Whole Wheat Pita
- 10 ozs Tempeh

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 ozs Pickled Red Onions
- 1 1/2 tsps Soy Sauce
- 2/3 cup Sun Dried Tomatoes
- 1/4 cup Sweet Sesame Dressing

Cold

- 1/4 cup Guacamole
- 1 1/2 cups Soy Yogurt
- 1/2 cup Unsweetened Almond Milk
- 4 ozs Vegan Cheese Shreds

Other

- 1/4 cup Vanilla Protein Powder



Mini Vegan Sausage Pizzas

4 servings

1 hour

Ingredients

1/2 Yellow Onion (chopped,)
 1/4 cup Vegetable Broth
 2 tbsps Tomato Paste
 1 1/2 tsps Soy Sauce
 1 tbsp Nutritional Yeast
 2 tbsps Sun Dried Tomatoes
 1 tbsp Dried Basil (divided)
 1 1/2 tsps Maple Syrup
 1/4 tsp Liquid Smoke
 1 cup Vital Wheat Gluten
 1 tbsp Avocado Oil
 8 units Mini Whole Wheat Pita
 1/2 cup Sun Dried Tomatoes
 1/2 cup Marinara Sauce
 3 ozs Vegan Cheese Shreds
 1/2 cup Broccoli (chopped)

Nutrition

Amount per serving	
Calories	465
Fat	17g
Carbs	81g
Fiber	9g
Sugar	5g
Protein	37g
Cholesterol	0mg
Sodium	448mg
Vitamin A	344IU
Vitamin C	16mg
Calcium	227mg

Directions

- 1 Preheat oven to 400 F.
- 2 Heat the olive oil in a medium frying pan or skillet over medium heat and when hot add the onions. Sauté until the onions turn translucent and begin to brown, about 5 minutes. Remove from heat and set aside.
- 3 In a large bowl whisk together the vegetable broth, tomato paste, and soy sauce until smooth. Now add two tbsps of the sun-dried tomato pesto, nutritional yeast, 1/2 of the dried basil, maple syrup, liquid smoke, and all of the sautéed onions. Lastly, add the vital wheat gluten and combine to make a dough. Knead the dough to make sure it's all combined, but once combined, stop kneading.
- 4 Cut the dough into 6 equal-sized pieces. Take one of the pieces of dough and place it on a sheet of aluminium foil. Shape the dough into a rough sausage shape and wrap the foil around it. Place them in the oven for 40 minutes then remove. Wait until they cool slightly to take them out of the foil and slice into 4-5 pieces.
- 5 Meanwhile, assemble the pizzas by spreading on the marinara sauce, vegan cheese shreds, sliced sausages, sun-dried tomatoes and broccoli on top of the tortillas. Bake in the oven for 5-8 minutes. Enjoy!

Iron

4mg



Vegan Taco Cups

4 servings
17 minutes

Ingredients

10 ozs Tempeh
1 cup Mushrooms
2 tsps Taco Seasoning
1/2 Yellow Onion
12 Corn Tortilla (mini)
1 head Iceberg Lettuce (shredded)
1 cup Cherry Tomatoes (chopped)
1 oz Vegan Cheese Shreds
1/4 cup Guacamole

Nutrition

Amount per serving	
Calories	436
Fat	13g
Carbs	60g
Fiber	7g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	727mg
Vitamin A	1283IU
Vitamin C	11mg
Calcium	488mg
Iron	5mg

Directions

- 1 Pulse the tempeh, mushroom and onion in a food processor.
- 2 Using medium skillet, heat avocado oil over medium-high heat. Add the tempeh mixture to a skillet and add taco seasoning. Sauté just until heated through, about 2 minutes, and remove from heat.
- 3 Press tortillas into a mini muffin tin. Fill each with a heaping teaspoon of taco mixture. Bake for 10 minutes, until tortillas are golden brown.
- 4 Remove taco cups from muffin tin and top with lettuce, tomato, vegan cheese shreds and guacamole.
- 5 Serve immediately. Three taco cups is a serving.



Biscoff Berry Yogurt Overnight Oats

2 servings

8 hours

Ingredients

- 1 1/2 cups Soy Yogurt
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/2 cup Oats
- 1 cup Frozen Berries
- 2 tbsps Biscoff Cookie Butter

Nutrition

Amount per serving	
Calories	330
Fat	13g
Carbs	37g
Fiber	6g
Sugar	10g
Protein	21g
Cholesterol	2mg
Sodium	128mg
Vitamin A	125IU
Vitamin C	20mg
Calcium	193mg
Iron	2mg

Directions

- 1 In a bowl, combine the milk, vanilla extract and overnight oats. Place in fridge for 30 minutes.
- 2 In a separate bowl, mix together the yogurt and protein powder.
- 3 Divide evenly between jars and top with yogurt and protein powder mixture, followed by the berries. Finish by drizzling with biscoff cookie butter. Place in the fridge for another 2 hours minimum or overnight. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Edamame Kale Quinoa Salad

4 servings

30 minutes

Ingredients

2 Carrot (shredded)
 3 cups Kale Leaves
 2 ozs Pickled Red Onions
 2 cups Roasted Fava Beans
 1 cup Quinoa
 1 cup Roasted Edamame Beans
 1/4 cup Sweet Sesame Dressing

Directions

- 1 Cook the quinoa according the package directions. Place aside.
- 2 Massage the kale with your hands, adding oil if desired during the process. Massage for about one minute.
- 3 Combine the kale, shredded carrots, pickled onions, quinoa, edamame and fava beans. Drizzle with the dressing and top with vega feta (optional). Enjoy!

Nutrition

Amount per serving	
Calories	398
Fat	7g
Carbs	64g
Fiber	14g
Sugar	4g
Protein	23g
Cholesterol	0mg
Sodium	415mg
Vitamin A	5859IU
Vitamin C	18mg
Calcium	85mg
Iron	3mg