



🕒 10 min / 1 serving

# Matcha Chia Overnight Oats

594

CALORIES

39g

PROTEIN

80g

CARBS

14g

FAT

## Ingredients

- 1 medium kiwifruit
- 1 medium (1-1/4" dia) strawberries
- 120g plain soy yogurt
- 30g vanilla vegan protein blend (70%)
- 150ml almond milk
- 60g oats
- 2 tsp brown sugar
- 4 tsp chia seeds
- 1 tsp matcha powder

## Preparation

Prepare the night before and you'll wake up like it's Saturday morning, every day!

**Step 1:** In a small bowl, whisk the matcha and warm water together until a smooth consistency is formed.

**Step 2:** Take the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

**Step 3:** Once you have a delicious blend, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and sugar.

**Step 4:** Slice the kiwi and strawberry and layer them on top. Store in the fridge overnight!



🕒 20 min / 1 serving

# Simple Mustard, Seitan, and Avocado Sandwich

**441**

CALORIES

**30g**

PROTEIN

**41g**

CARBS

**19g**

FAT

## Ingredients

- 80g seitan
- 2 slice regular whole grain bread
- 1/2 whole avocado
- 1/2 medium whole tomatoes, red, ripe
- 1 leaf, medium iceberg lettuce
- 1 tsp olive oil
- 1/2 tsp dijon mustard (whole grain)
- 1/2 tsp garlic powder
- 1/4 tsp chili powder

## Preparation

This one shouldn't be too complicated to make; we're sure you've heard of a sandwich, right?

**Step 1:** Marinate your seitan slice in the olive oil, the chili powder, and the garlic powder for about 5 minutes

**Step 2:** Pre-grill your marinated seitan until it is cooked all the way through and then allow to chill in the refrigerator.

**Step 3:** Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

**Step 4:** Slice the tomato and avocado and get them ready for action.

**Step 5:** Layer all ingredients in whatever order you see fit. We personally went with lettuce, seitan, tomato, avocado, then mustard on the top slice!



🕒 15 min / 1 serving

# Ultimate Strength Salad

**581**  
CALORIES

**45g**  
PROTEIN

**51g**  
CARBS

**25g**  
FAT

## Ingredients

- 50g mixed salad leaves
- 2 tsp brown sugar
- 40g sun-dried tomatoes
- 5 tsp olive oil
- 150g seitan
- 1 tsp dijon mustard (whole grain)
- 2 medium carrot

## Preparation

**Step 1:** Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

**Step 2:** Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

**Step 3:** Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

**Step 4:** Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

**Step 5:** Serve up!



 <1 min / 1 serving

## Pumpkin Seed Snack

**140**

CALORIES

**8g**

PROTEIN

**3g**

CARBS

**12g**

FAT

### Ingredients

25g pumpkin seeds

### Preparation

Pumpkin power!



🕒 1 min / 1 serving

## Orange and Pistachio Power!

174

CALORIES

5g

PROTEIN

21g

CARBS

9g

FAT

### Ingredients

1 fruit (2-5/8" dia) oranges

20g pistachio nuts

### Preparation

**Step 1:** Eat the orange and the pistachios. All of them.

Why not burn some extra calories by cracking them open between your knees?

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# Ingredients Needed

## Baked

2 slice regular (60g) Whole Grain Bread

## Fats and Oils

10g Olive Oil

## Fruits and Fruit Juices

1/2 whole (75g) Avocado

1 medium (74g) Kiwifruit

1 fruit (2-5/8" dia) (131g) Oranges

1 medium (1-1/4" dia) (12g) Strawberries

## Grains, Noodles and Pasta

60g Oats

160g Seitan

## Legumes

120g Plain soy yogurt

## Nuts and Seeds

150ml (150g) Almond Milk

4 tsp (16g) Chia Seeds

20g Pistachio Nuts

25g Pumpkin Seeds

## Protein Powders

30g Vanilla Vegan Protein Blend (70%)

### Spices and Herbs

1/4 tsp (0.675g) Chili Powder

6g Dijon Mustard (Whole Grain)

1/2 tsp (1.55g) Garlic Powder

1 tsp (2g) Matcha Powder

### Sweets

12g Brown Sugar

### Vegetables

2 medium (122g) Carrot

1 leaf, medium (8g) Iceberg Lettuce

50g Mixed Salad Leaves

40g Sun-Dried Tomatoes

1/2 medium whole (61.5g) Tomatoes, Red, Ripe