



🕒 5 min / 1 serving

Velvet Berry Smoothie

405
CALORIES

37g
PROTEIN

55g
CARBS

5g
FAT

Ingredients

- 60g frozen blueberries
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml soy milk
- 40g vanilla vegan protein blend (70%)
- 1 tsp brown sugar

Preparation

Ideally, use a chilled or even a frozen banana and berries for this splendid mix of antioxidant-filled goodness.

Step 1: Place all ingredients into your blender of choice and take a look at what is about to become an absolute sensation.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for that sensational smoothie treat that will occupy your dreams for weeks to come.



5 min / 1 serving

Simple Cumin, Tofu, and Avocado Sandwich

306 CALORIES 14g PROTEIN 33g CARBS 14g FAT

Ingredients

- 40g tofu, firm, prepared with nigari
- 1/2 tsp cumin powder
- 1/2 tsp olive oil
- 2 slice regular whole grain bread
- 1/4 medium whole tomatoes, red, ripe
- 1/2 tsp dijon mustard (whole grain)
- 1/4 whole avocado
- 1 leaf, medium iceberg lettuce

Preparation

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

Step 1: Lightly fry 80g of sliced tofu in the olive oil and ground cumin and allow to chill in the refrigerator.

Step 2: Then, lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the tomato and avocado and get them ready for action.

Step 4: Then, layer all ingredients in whatever order you see fit. We personally went with lettuce, tofu, tomato, avocado, then mustard on the top slice!



🕒 30 min / 1 serving

Tofu and Asparagus Skillet

346
CALORIES

23g
PROTEIN

22g
CARBS

22g
FAT

Ingredients

- 125g tofu, firm, prepared with nigari
- 5 clove garlic
- 80ml vegetable stock/broth
- 3 tsp ginger
- 1 dash black pepper
- 80g white button mushrooms
- 175g asparagus
- 2 tsp olive oil

Preparation

Step 1: First of all, chop your tofu into 1-inch chunks and season with a little salt and pepper.

Step 2: Finely chop your ginger and garlic. Then, place the ginger in a bowl along with the stock and the pepper, and let it all get cozy together after a light mix.

Step 3: Meanwhile, heat half the olive oil in a frying pan or skillet over medium heat and add the tofu to cook for about 5 minutes, stirring occasionally. Then remove from the heat and place to the side.

Step 4: Add the remaining olive oil to the same skillet and add the garlic to sauté for about 1 minute.

Then, mix in the mushrooms and asparagus and cook until slightly tender (about 5 minutes).

Step 5: Return the tofu to the pan along with the stock sauce mix and bring to a simmer.

Step 6: After about 4 minutes, remove from the heat and serve up with a sprinkle of sesame seeds if you have them!



🕒 1 min / 1 serving

Orange and Sunflower Seed Power!

120

CALORIES

3g

PROTEIN

17g

CARBS

5g

FAT

Ingredients

- 1 fruit (2-5/8" dia) oranges
- 10g seeds, sunflower seed kernels, dried

Preparation

Step 1: Eat the orange and the sunflower seeds. All of them.

Ideally, find the sunflower seeds without the hull, if not you'll be here for hours...



 <1 min / 1 serving

Raspberries

31
CALORIES

1g
PROTEIN

7g
CARBS

0g
FAT

Ingredients

60g raspberries

Preparation

Don't share these with anyone!

Ingredients Needed

Baked

2 slice regular (60g) Whole Grain Bread

Fats and Oils

4g Olive Oil

Fruits and Fruit Juices

1/4 whole (37.5g) Avocado

1 medium (7" to 7-7/8" long) (118g) Banana(s)

60g Frozen Blueberries

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

60g Raspberries

Legumes

250ml (250g) Soy Milk

80g Tofu, firm, prepared with nigari

Nuts and Seeds

10g Seeds, sunflower seed kernels, dried

Pastes, Sauces, and Gravies

80ml (80g) Vegetable stock/broth

Protein Powders

40g Vanilla Vegan Protein Blend (70%)

Spices and Herbs

- 1 dash (0.4g) Black Pepper
- 1/2 tsp (2.5g) Cumin Powder
- 1/2 tsp (2.5g) Dijon Mustard (Whole Grain)
- 3 tsp (6g) Ginger

Sweets

- 1 tsp (3g) Brown Sugar

Vegetables

- 175g Asparagus
- 5 clove (15g) Garlic
- 1 leaf, medium (8g) Iceberg Lettuce
- 1/4 medium whole (30.75g) Tomatoes, Red, Ripe
- 80g White Button Mushrooms