



🕒 20 min / 1 serving

Mediterranean Burrito

630
CALORIES

31g
PROTEIN

65g
CARBS

30g
FAT

Ingredients

- 100g tempeh
- 1 tsp olive oil
- 2 whole whole wheat tortillas
- 10g baby spinach
- 10g sun-dried tomatoes
- 25g vegan cheddar cheese
- 5g black olives
- 40g black beans (canned)

Preparation

Loaded with protein and Mediterranean flavour!

Step 1: Heat your oil in a non-stick pan over a medium temperature

Step 2: Chop the tempeh into 1-cm cubes and lightly season in a bowl!

Step 3: Lightly fry the tempeh for about 5 minutes, slice up your black olives, sun-dried tomatoes, and spinach on the side

Step 4: Throw the olives, spinach, tomatoes, and beans into the pan along with the tempeh and toss together

Step 5: After about 2 minutes of cooking, add the sliced cheddar to the party

Step 6: Once the cheese has melted a little, lay out your tortilla and evenly spread the mixture onto each

Step 7: Roll up and serve with a little hot sauce on the side (because you're damn spicy)

Et Voilà!



🕒 20 min / 1 serving

Simple Mustard, Seitan, and Avocado Sandwich

591

CALORIES

41g

PROTEIN

47g

CARBS

29g

FAT

Ingredients

- 120g seitan
- 2 slice regular whole grain bread
- 3/4 whole avocado
- 1/2 medium whole tomatoes, red, ripe
- 1 leaf, medium iceberg lettuce
- 1/2 tsp dijon mustard (whole grain)
- 2 tsp olive oil
- 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!



🕒 30 min / 1 serving

Sautéed Garlicky Tofu and Mushroom Power

458 CALORIES 26g PROTEIN 32g CARBS 29g FAT

Ingredients

- 3 tsp olive oil
- 150g tofu, firm, prepared with nigari
- 1 tsp, leaves dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1 medium onion
- 2 clove garlic
- 1 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 125g white button mushrooms
- 1 tsp parsley

Preparation

Are you ready for something delicious that's going to fill you up for hours to come?

Step 1: The first thing you're going to do is chop up the tofu, the onion, the bell pepper, and the mushroom into bite-size cubes.

Step 2: Then, finely chop the garlic and parsley.

Step 3: Heat half the olive oil in a medium-sized pan over a medium to high heat.

Step 4: Once heated, add the tofu and allow to lightly brown before adding the oregano, garlic powder, onion powder and paprika. Allow all spices to evenly coat the tofu before seasoning with a little salt and pepper.

Step 5: After about 5 minutes, when the tofu is cooked through, place in a bowl and set aside.

Step 6: Using the same hot pan, add the remaining oil, onion, and garlic allowing those wonderful fragrances to fill the kitchen.

Step 7: After about 3 minutes of taking in that smell of deliciousness, add the mushrooms and bell pepper to the pan. Allow to soften over the course of another 3 - 4 minutes and then add the tofu back to the mix.

Step 8: Give these ingredients about 2 minutes of care before serving in your favourite bowl with a sprinkle of parsley on top.



🕒 5 min / 1 serving

Vanilla Protein and Refreshing Watermelon

259

CALORIES

31g

PROTEIN

25g

CARBS

4g

FAT

Ingredients



200ml soy milk



35g vanilla vegan protein blend (70%)



150g watermelon

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the watermelon on the side!

This snack is one in a melon...



 <1 min / 1 serving

Strawberries

30
CALORIES

1g
PROTEIN

7g
CARBS

0g
FAT

Ingredients

95g strawberries

Preparation

Is it a fruit? Is it a berry? Who cares.

Ingredients Needed

Baked

- 2 slice regular (60g) Whole Grain Bread
- 2 whole (82g) Whole Wheat Tortillas

Dairy and Egg

- 25g Vegan Cheddar Cheese

Fats and Oils

- 15g Olive Oil

Fruits and Fruit Juices

- 3/4 whole (112.5g) Avocado
- 5g Black Olives
- 95g Strawberries
- 150g Watermelon

Grains, Noodles and Pasta

- 120g Seitan

Legumes

- 40g Black beans (canned)
- 200ml (200g) Soy Milk
- 100g Tempeh
- 150g Tofu, firm, prepared with nigari

Protein Powders

35g Vanilla Vegan Protein Blend (70%)

Spices and Herbs

1/4 tsp (0.675g) Chili Powder

1/2 tsp (2.5g) Dijon Mustard (Whole Grain)

1 tsp, leaves (1g) Dried Oregano

4g Garlic Powder

1/2 tsp (1.2g) Onion Powder

1/2 tsp (1.15g) Paprika

Vegetables

10g Baby Spinach

2 clove (6g) Garlic

1 medium (approx 2-3/4" long, 2-1/2" dia)
(119g) Green Bell Pepper (capsicum)

1 leaf, medium (8g) Iceberg Lettuce

1 medium (110g) Onion

1 tsp (1.33g) Parsley

10g Sun-Dried Tomatoes

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

125g White Button Mushrooms