



**NO MEAT  
ATHLETE**

# MARATHON ROADMAP

**MEAL PLAN  
AND RECIPES**



MEAL PLAN & RECIPES

# NO MEAT ATHLETE MEAL PLAN AND RECIPES

Matt Frazier

[NoMeatAthlete.com](http://NoMeatAthlete.com)

## A TWO-WEEK SAMPLE MEAL PLAN

The sample meal plan below represents a typical week on the diet I eat and recommend to support general fitness training.

### WHAT THIS MEAL PLAN ISN'T

Again, this is not a weight-loss plan. While it's extremely healthy, and when combined with training will very likely help you move toward your ideal weight, that's not the point. And that's why you won't find nutrition facts here or on any of the recipes I share on my site – I think they're unnecessary and take the focus off of eating whole foods, placing it instead on component nutrients and missing the point entirely. (The only times I think nutrition facts are worth paying attention to are before, during, and after exercise – crucial times when precise amounts and ratios may impact your performance and recovery.)

On the other hand, this is by no means the only type of healthy diet for triathlon training. Many different approaches, from Paleo to Fruitarianism, can work for runners. The one presented here is especially family-friendly and new-vegetarian-or-vegan-friendly, and is one that I've had a very easy time adopting as my long-term lifestyle.

Finally, this isn't a “diet” in the sense of laying out a precise plan that you are never to deviate from. I've provided the sample meals as a framework for you to work from in determining the routine that works for you, not as an ideal for you to attempt to follow exactly. If you find that you need more or less than what's outlined here, or even a different mix of foods, by all means feel free to adapt it to your needs.

# MEAL PLAN & RECIPES

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Smoothie (see recipe in main guidebook)	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
<b>Snack</b>	Handful of nuts and a large orange	Sprouted-grain wrap with hummus and vegetables	Broccoli with hummus	Trail mix with dried cherries, almonds, cashews, pumpkin seeds	Popcorn with sea salt	Apple with sunflower seed butter	Small bean burrito, homemade or frozen
<b>Lunch</b>	Brown Rice with avocado, Bragg's or soy sauce, and lime juice	Orzo with citrus-cooked vegetables	Potato-lentil curry	Bowtie pasta with yellow squash and tomatoes	Quinoa with cashews and oranges	Tofu with sesame stir-fried broccoli	Rice and beans with salsa
<b>Snack</b>	Salad (see recipe in main guidebook)	Salad	Salad	Salad	Salad	Salad	Salad
<b>Dinner</b>	Orzo with citrus-cooked vegetables	Potato-lentil curry	Bowtie pasta with yellow squash and tomatoes	Quinoa with cashews and oranges	Tofu with sesame stir-fried broccoli	Rice and beans with salsa	Portobello bistro burgers

# MEAL PLAN & RECIPES

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Smoothie (see recipe in main guidebook)	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
<b>Snack</b>	Multigrain pita with hummus, spouts, olive oil, and lemon juice	Avocado with lemon juice and sea salt	Celery sticks with almond butter	Toasted sprouted-grain tortilla chips with salsa or guacamole	Vegetables dipped in baba ganoush	Banana with almond butter	Peanut butter on multigrain crackers
<b>Lunch</b>	Portobello bistro burgers	Pasta with chickpeas and roasted tomatoes	Lemony lentils with caramelized onions and rice	NMA veggie burgers (by themselves or on sprouted grain bun)	Tempeh stir-fry with black bean sauce	Sweet potato and chickpea curry	Hawaiian beans and rice
<b>Snack</b>	Salad (see recipe in main guidebook)	Salad	Salad	Salad	Salad	Salad	Salad
<b>Dinner</b>	Pasta with chickpeas and roasted tomatoes	Lemony lentils with caramelized onions and rice	NMA veggie burgers (by themselves or on sprouted grain bun)	Tempeh stir-fry with black bean sauce	Sweet potato and chickpea curry	Hawaiian beans and rice	Pasta with potatoes, pesto, and green beans

## MEAL PLAN NOTES

- ✦ Recipes are included at the end of this section.
- ✦ Several more recipes are included in this guide than can fit into a two-week meal plan. Feel free to substitute any of those in the plan with others from this guide - just don't forget to update your grocery list from the one included here, which is based on the exact meal plan above!
- ✦ To minimize cooking time and because most people don't have the means to cook at work during the day, lunch is always leftover from the previous night's dinner.
- ✦ On workout days, eat your pre- and post-workout meals in addition to the meals you'd eat on a normal day, as long as you're hungry enough for your normal meals.
- ✦ Feel free to eat a snack after dinner (don't eat sugary dessert more than a few times a week, though). A small smoothie makes a good dessert, as does nut butter on fruit or vegetables with a (tiny!) drizzle of maple syrup.
- ✦ Add fresh fruits throughout the day whenever you're hungry for them.

## RECIPES

The recipes that we've chosen to include in this book are here for one reason: They're standbys, usually because of a combination of nutrition, taste, ease of preparation, and low cost. And since the best foods for endurance training are those that are hearty, healthy, cheap, and easy, that's why they're here.

### **Orzo with Citrus “Cooked” Veggies**

If you can find orzo made from a grain besides wheat, go for it. (I haven't yet.) You could substitute another alternative-grain pasta if you'd like, or just use this one as a carbo-loader.

Ingredients (for 6 servings):

- ♦ 1 pound orzo, multigrain if possible
- ♦ 1/2 cup olive oil
- ♦ sea salt
- ♦ 2 avocados (if they're ripe, they'll dent slightly when you press them)
- ♦ 2 pints cherry tomatoes, halved or quartered
- ♦ 1 clove garlic, minced
- ♦ 1 large or 2 small shallots, thinly sliced
- ♦ 1 jalapeno pepper, seeded and minced
- ♦ juice of 1 orange
- ♦ zest of 1 lemon

- ♦ 2 tablespoons fresh oregano

In a large bowl, combine half the oil, the tomatoes, garlic, shallot, jalapeno, orange juice, lemon zest and a few generous pinches of salt. The salt will draw out the juice of the tomatoes to form a dressing. Let it sit while you prepare the orzo and the avocado.

Bring a large pot of water to a boil, add salt until it tastes like sea water, and add orzo. Cook for 8-10 minutes, until al dente. While it's cooking, peel, pit, and chop the avocado into small dice. When the orzo is done, drain. Add orzo and remaining oil to bowl with vegetables. Mix everything well, being careful not to smash all the avocado pieces, and add oregano and salt to taste.

## Potato-Lentil Curry

Note: This meal contains a lot of saturated fat from the coconut milk. If that's a concern to you, use light coconut milk or lessen the amount and replace some of the liquid volume with water.

Ingredients (for 4 servings):

- ♦ 1 cup brown lentils
- ♦ 2 fist-sized red potatoes, diced
- ♦ 1 medium onion, sliced
- ♦ 3 cloves garlic, minced
- ♦ 1 14.5-ounce can coconut milk (shake it up before you open the can)
- ♦ 1 tablespoon curry powder
- ♦ 1 teaspoon garam masala (if you don't have it, use more curry powder)



- ✦ 1 tablespoon coconut oil or olive oil
- ✦ 1/2 teaspoon ground coriander
- ✦ 1/4 teaspoon ground turmeric
- ✦ 1/4 teaspoon ground cardamom
- ✦ juice of half a lemon
- ✦ sea salt, to taste
- ✦ 3 cups water
- ✦ 1/2 cup frozen peas, thawed
- ✦ cayenne pepper for sprinkling

Heat the oil over medium heat. Add the onion, saute until soft and lightly browned. Add the garlic and all dry seasonings except for salt and stir for a minute.

Add the coconut milk, water, and lentils and bring to a boil. Reduce heat to medium and simmer for 20 minutes with the lid partially on.

Add the potatoes and cover. Cook another 15 minutes, or until potatoes and lentils are tender. Stir in peas and cook until heated through.

Season with salt to taste and serve with lemon juice and cayenne sprinkled to taste.

### Bowtie Pasta with Yellow Squash and Tomatoes

Ingredients (for 4 huge servings):

- ✦ 1 pound whole wheat or alternative grain bowtie pasta

- ✦ 1 pint grape tomatoes, halved
- ✦ 3-4 small yellow squash, halved lengthwise and cut into half-inch chunks
- ✦ 1 large clove garlic, minced
- ✦ 1/2 cup fresh basil leaves, roughly chopped
- ✦ sea salt
- ✦ 3 tablespoons olive oil or grapeseed oil
- ✦ 2 tablespoons balsamic vinegar
- ✦ 1/4 teaspoon crushed red pepper flakes

Toss the squash with a tablespoon of sea salt, then set in a colander over a large bowl for 30 minutes so that some water will be released into the bowl. Once the time is up, dry the squash with paper towels and brush off excess salt.

Boil water for the pasta, add salt until it tastes like sea water. Add the pasta and cook until al dente.

While the pasta cooks, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Once it's shimmering, add the squash and saute for about 5 minutes. The goal is to get some nice color on the squash, so move it around just often enough to keep it from burning. Move the squash to a large plate.

Add another 1 tablespoon of oil to the pan, then add the garlic and red pepper flakes and saute for a few seconds, until aromatic. Don't let the garlic burn! Add the squash back in and stir it in with the garlic and red pepper over medium-low heat to keep it warm while the pasta finishes.

Drain the pasta, combine with the squash mixture, balsamic vinegar, remaining 1 tablespoon oil, tomatoes, and basil. Mix well, adjust seasoning, and serve.

## Quinoa with Cashews and Oranges

Ingredients (for 4 servings):

- ✦ 1 cup quinoa
- ✦ 1 small onion, finely chopped
- ✦ 2 tablespoons of grapeseed oil or coconut oil
- ✦ 11-ounce can of mandarin oranges, or 2 fresh oranges, peeled, segments chopped in half
- ✦ reserved juice from mandarin orange can (or water), plus enough water to bring total amount of liquid to 2 cups
- ✦ 1 pound bag of frozen stir-fry vegetables
- ✦ 1/2 cup raw cashews, chopped
- ✦ 1/4 cup rice wine (you can substitute another cooking wine)
- ✦ 1/4 cup soy sauce or Bragg amino acids
- ✦ 1 tablespoon cornstarch or arrowroot
- ✦ 1 clove garlic, minced

Rinse quinoa in cold water. Let sit in cold water while you do the next step. (This rinsing/soaking is important for removing a bitter coating called saponin from the quinoa.)

Fry in onion a medium saucepan in 1 teaspoon of oil over medium heat for 5 to 7 minutes, until soft and translucent but not brown.

Drain the quinoa and rinse one more time, then add it to the saucepan and stir for a minute to lightly toast the quinoa. Add the 2 cups of liquid (water or water-plus-orange-juice), raise heat to bring to a boil, then reduce heat to medium-low to simmer. Cover pan and simmer for about 15 minutes, until water is absorbed and quinoa is tender. Remove from heat and fluff with a fork. (This step can be done ahead of time, and the cooked quinoa can be frozen if desired.)

While the quinoa cooks, lightly toast the almonds in a dry skillet over medium-low heat. Stay nearby and stir constantly for 3 to 5 minutes, until cashews are golden but not brown (they'll burn quickly once they get to this point if you don't take them out). Transfer the almonds to a plate and set aside.

Heat remaining oil over medium-high heat in a large skillet. Add the frozen vegetables and stir occasionally for several minutes until they are tender-crisp, around 5 to 8 minutes, depending on the size of the vegetables.

While the vegetables cook, put wine, soy sauce, garlic, and cornstarch in a bowl and whisk to combine. When the vegetables are ready, pour the mixture into the pan (watch out for steam), and stir for a minute or so to cook off the alcohol.

Fold in cooked quinoa, cashews, and oranges into the vegetables and serve.

### **Seared Tofu with Sesame Stir-Fried Broccoli**

This is a nice, light meal that is simple to prepare. To make it more filling, serve with brown rice or another grain, or just enjoy it with a salad as a break from grains.

If your broccoli head has a stem, you can use it rather than throwing it away. Cut any stalks away from the stem, then use a knife to cut off the fibrous outside, making four cuts so that the stalk becomes rectangular. Turn the stalk on its side and slice into quarter-inch pieces and use the same way you would the florets.



Ingredients (for 4 servings):

- ✦ 1-pound package extra-firm tofu, cut into 1/2-inch cubes
- ✦ 1 large head of broccoli, chopped into bite-size pieces (see instructions above for using stem)
- ✦ 2 tablespoons sesame seeds
- ✦ 1 tablespoon sesame oil
- ✦ 2 tablespoon coconut oil or peanut oil
- ✦ Soy sauce or Bragg amino acids, to taste

Drain the tofu, then line a large bowl with paper towels or a cloth towel. Place cubed tofu into bowl, then press lightly with another towel to soak up as much of the moisture from the tofu as possible. Repeat for as long as tofu is still giving up water, then set tofu aside.

Heat one tablespoon of coconut oil in a medium skillet over medium heat and add tofu cubes. Leave for 2 or 3 minutes without stirring, checking to see if bottom becomes brown and crispy. When it does, turn the tofu over to brown on another side (with small cubes, this is tough to do, just do what you can to flip most of the pieces onto a new side). After another minute or two, carefully stir the tofu cubes for 30 seconds or so to lightly heat all sides, then remove from heat, drizzle with a little soy sauce, and set aside.

While the tofu cooks, heat remaining tablespoon of coconut oil in a large skillet over medium-high heat. Add the sesame seeds and broccoli and stir frequently for about 5 minutes, until broccoli is tender.

Once the broccoli is cooked, add the tofu to the skillet and stir briefly to heat. Turn off the heat and drizzle in the sesame oil and soy sauce to taste.

## Grilled Portobello Burgers Recipe

Ingredients (for 4 big servings):

- ✦ 8 medium portobello caps
- ✦ olive oil
- ✦ 4 large shallots, thinly sliced
- ✦ 4 tablespoons vinegar (sherry vinegar is best, but expensive)
- ✦ thyme, either 2 teaspoons dried or 2 tablespoons fresh
- ✦ 2 tablespoons vegan Worcestershire sauce
- ✦ 2 tablespoons dijon mustard
- ✦ 4 thick slices of rustic wheat bread or alternative grain bread, cut from a loaf
- ✦ 1 8.25-oz can of beets, drained and cut into sticks
- ✦ 4 big handfuls arugula (you can substitute baby spinach)
- ✦ sea salt and pepper

Heat 2 tablespoons of olive oil in a pan over medium-high heat, then add shallots, season with salt and pepper, and stir frequently. After they are slightly brown, add 2 tablespoons vinegar and cook for another minute. Remove from heat.

Preheat your grill to high. Mix thyme, vegan Worcestershire, and dijon in a bowl, season with salt and pepper, then dip the top of each portobello cap into the mixture. It has a lot of flavor, so you don't need to really coat the mushrooms in it. Place the mushrooms top-side down on the grill. Grill for 3 minutes or until they are well-

marked by the grill, flip and grill for another 3 minutes or so. Just watch them carefully so they don't burn.

Drizzle some oil on both sides of the bread and season with salt and pepper. Grill for 1-2 minutes per side, again looking for marks but not letting them burn.

Wrap mushrooms and bread in foil and mix beets with arugula in a large bowl. Add 2 tablespoons oil, 2 tablespoons vinegar, salt and pepper, and toss to coat.

Put salad on plates, top each with bread, 2 mushrooms, and caramelized shallots.

## Pasta with Roasted Tomatoes and Chickpeas

Ingredients (for 4 servings):

- ♦ 2 pounds medium plum tomatoes
- ♦ 14.5-ounce can of chickpeas (garbanzo beans), drained and rinsed
- ♦ 2 cloves garlic, minced
- ♦ 1/4 cup + 1 tablespoon olive oil
- ♦ 4 cups lightly packed arugula
- ♦ 1 tablespoons Italian seasoning
- ♦ 1/4-1/2 teaspoon crushed red pepper
- ♦ zest of one lemon
- ♦ 10 ounces whole wheat or alternative grain pasta, any shape
- ♦ sea salt and black pepper
- ♦ 14-ounce can organic tomato sauce

Preheat the oven to 400 degrees. Cut the tomatoes in half lengthwise, spread out on a foil lined backing pan. Mix together the garlic, Italian seasoning, red pepper, 1/4 cup of olive oil, and few pinches of salt and pepper; pour mixture evenly over tomatoes. Roast until soft and lightly browned, about 45 minutes. Crush half of the roasted tomatoes in a large bowl with a fork.

Meanwhile, warm the sauce over low heat in a medium saucepan.

Boil the pasta water, salt until it tastes like seawater, and cook the pasta until al dente. While pasta is cooking, heat remaining tablespoon of oil over medium heat. Add



chickpeas and arugula to the pan. Once chickpeas are heated through and arugula is wilted, add to the crushed tomato bowl with pasta, lemon zest, and as much of the tomato sauce as you like; toss to mix.

Divide pasta among 4 plates, top with remaining roasted tomatoes.

### **Lemony Lentils with Caramelized Onions and Brown Rice**

Ingredients (for 4 large servings):

- ✦ 1.5 cups dried brown lentils
- ✦ 1 cup brown rice, uncooked
- ✦ 2 medium onions, thinly sliced
- ✦ a few teaspoons sea salt and a few pinches of black pepper
- ✦ juice of one lemon
- ✦ 1/4 cup olive oil

Rinse lentils and pick over to remove any small stones that might have gotten mixed in.

In a large saucepan, cover lentils with water and bring to a boil. Sprinkle in a few pinches of sea salt, then reduce heat to medium, cover, and simmer.

While the lentils cook, rinse the rice until the water runs clear. After the lentils have cooked for 15 minutes, add the rice to the lentils, cover with water again. Cover pan with lid and simmer until lentils and rice are tender. This should take another 10 to 15 minutes.

While the lentils and rice cook, heat the olive oil in a medium skillet over medium heat. Add the sliced onions, stir to coat in oil, and stir occasionally until very brown and slightly crispy but not burnt, 12 minutes or so. Season with sea salt to taste and remove from heat.

Remove lentils and rice from heat once they're tender. Set aside a few of the cooked onions for garnishing, then combine the remaining onions with the lentils and rice and stir together. Stir in the lemon juice, a tablespoon or so at a time, until the acidity is prominent but not overly so. Season to taste with sea salt and black pepper and serve with reserved onions.

Ingredients (for 10 burgers):

- ✦ 1/2 pound dried brown lentils
- ✦ 3 cups water
- ✦ 1 large red onion, diced
- ✦ 2 tablespoons olive oil
- ✦ 2 portobello mushroom caps, gills and stems removed, chopped
- ✦ 2 cloves garlic, minced
- ✦ 1 and 1/2 teaspoons salt
- ✦ black pepper, to taste
- ✦ 2 tablespoons tomato paste
- ✦ 1/2 teaspoon thyme
- ✦ 1/2 cup red wine

- ♦ 2 teaspoons balsamic vinegar
- ♦ 2 tablespoons vegan Worcestershire sauce
- ♦ 1 teaspoon liquid smoke
- ♦ 1 cup chopped walnuts
- ♦ 3/4 cup ground flaxseed
- ♦ 3/4 cup vital wheat gluten (the only way we've found to get them chewy)
- ♦ cornmeal for dusting

Pick over the lentils and rinse, then add to a large saucepan with 3 cups of water and bring to a boil. Reduce the heat to medium-low, cover, and let simmer until they are tender and water is absorbed, about 30-35 minutes. Remove from heat and drain if necessary.

Fry the onion in the oil over medium heat until soft. Add the mushrooms and garlic; fry until fragrant but don't let garlic brown. Stir in the tomato paste, salt, thyme, and black pepper. Let fry for 2-3 minutes. Stir in walnuts toast for a few minutes, being careful not to let them burn. Slowly add wine, vinegar, vegan Worcestershire sauce, and liquid smoke. Stir in the lentils.

Remove from heat and stir in flax seed and vital wheat gluten. Keep stirring to strengthen the gluten and get the burgers chewy. Form into ten patties and refrigerate for an hour. You can freeze them now to cook later, or preheat the oven to 350 degrees or an outdoor grill to medium. (See below.)

Sprinkle baking sheet with cornmeal and arrange patties on the pan. Bake for 20 minutes, then fry in a pan on medium heat with a little oil for 2 minutes per side. If you just want to fry them without baking, lower the heat and fry for 3-4 minutes per side. Alternatively, grill for a few minutes on each side until lightly marked and heated

through.

## Tempeh Stir-Fry with Black Bean Sauce

Ingredients (for four servings):

- ✦ 1 pound tempeh, cut into 3/4 inch cubes
- ✦ 1 tablespoon cornstarch
- ✦ 1/4 cup vegetable broth
- ✦ 1 tablespoon prepared black bean sauce
- ✦ 1 teaspoon sugar
- ✦ 1/4 cup (4 tablespoon) peanut oil
- ✦ pinch of red pepper flakes
- ✦ 1 small head of kale, leaves torn in half
- ✦ 1 small zucchini, sliced into quarter-inch slices
- ✦ 1 red bell pepper, cut into strips
- ✦ 1/4 pound sugar snap peas
- ✦ soy sauce, to taste
- ✦ 1 cup brown rice, optional
- ✦ 1/4 teaspoon sea salt

If serving with brown rice, rinse the rice well and put in medium saucepan with 2 cups



water, and 1/4 tsp salt. Bring to boil, reduce heat to medium-low, cover for 20-25 minutes until cooked. Remove from heat.

In a small bowl, whisk together the cornstarch and vegetable broth, then add the black bean sauce and sugar and stir together. Set aside.

Heat a large skillet over high heat (wait until it gets pretty hot), then add 3 tablespoons of peanut oil. Once the oil is shimmering, add the tempeh cubes and let them brown for a few minutes, turning them quickly to let all sides touch the oil. Don't let them burn, you really just need to heat them through. Move to a plate lined with paper towels.

Let the skillet cool briefly, then carefully wipe it out when it's cool enough to touch (or just heat another), return to heat and add the remaining tablespoon of peanut oil. Once it's hot, add all the vegetables and red pepper flakes. Stir everything quickly through the hot oil for about three minutes, until the vegetables are tender-crisp. Don't let them get soft, or even all the way tender! Add back the tempeh and add the sauce from the bowl, then stir everything together for another minute. (If the tempeh starts sticking to the pan, enough already!)

Season with soy sauce to taste and serve, optionally over rice.

### Sweet Potato Curry

Note: This meal contains a lot of saturated fat from the coconut milk. If that's a concern to you, use light coconut milk or lessen the amount and replace some of the liquid volume with water.

Ingredients:

- ♦ 1 cup uncooked brown basmati rice

- ✦ 1 pound sweet potatoes
- ✦ 1 can coconut milk
- ✦ 3 teaspoons Thai red curry paste
- ✦ 1/2 cup chopped cilantro
- ✦ 1 carton firm tofu, drained, dried, and cubed (see drying instructions in Seared Tofu with Sesame Stir-Fried Broccoli recipe)
- ✦ 1 tablespoon peanut oil
- ✦ sea salt
- ✦ a few tablespoons soy sauce
- ✦ 6 shallots, thinly sliced
- ✦ 4 baby bok choy or 1 head Chinese cabbage, cut into half-inch slices
- ✦ 1 lime, quartered

Rinse the rice well and put in medium saucepan with 2 cups water and 1/4 tsp salt. Bring to boil, reduce heat to medium-low, cover for 20-25 minutes until cooked. Remove from heat.

While the rice is cooking, heat the coconut milk and 1 cup water in a skillet over medium-high heat. Stir in curry paste and cilantro and add sweet potatoes and lower the heat to a simmer.

Heat another skillet over medium heat, then add the tofu cubes. Don't touch it! Let the tofu get a nice sear for about 3 minutes, add a little peanut oil, then season with salt and some soy sauce and shake up the pan to move the tofu around. Cook for another 3 minutes or so and add to the sweet potatoes.

Wipe the pan and return to the heat with a little peanut oil. Add the shallots and some salt and let caramelize, 4-5 minutes. In another small pot, simmer the bok choy in some salted water for 3-5 minutes. Put some rice on each plate, add sweet potatoes, tofu, and sauce, and garnish with bok choy, shallots, and lime.

### Basic Beans and Rice

Ingredients (for 4 servings):

- ♦ 1 cup dry brown rice
- ♦ 1 can drained and rinsed beans, or 2 cups cooked
- ♦ 1 onion, chopped
- ♦ 1 clove garlic, minced
- ♦ 1 tablespoon grapeseed or olive oil
- ♦ sea salt and black pepper

Rinse the rice well and put in medium saucepan with 2 cups water and 1/4 tsp salt. Bring to boil, reduce heat to medium-low, cover for 20-25 minutes until cooked. Remove from heat.

Heat up the oil in a large pan over medium-high heat and fry the onion for 5 minutes. Add the garlic and fry for an additional 5 minutes, less if it appears that it's going to burn.

Stir in the beans and heat through. Add salt and pepper to taste. Serve with rice.

## Hawaiian Beans and Rice

You'll need one batch of the basic recipe above, as well as:

- ✦ 2 cups chopped red cabbage (about quarter of a head)
- ✦ 2 cups fresh baby spinach
- ✦ 2 tablespoons soy sauce
- ✦ 3/4 teaspoon smoked paprika
- ✦ 1 can sliced pineapple, juice reserved
- ✦ 1 tsp coconut oil

Stir the red cabbage, 1/2 cup pineapple juice, 1 tablespoon of soy sauce, and smoked paprika into the bean and onion mixture. Cook for 5 minutes, until cabbage is cooked but still crunchy. Stir in spinach and cook for 2 more minutes, until slightly wilted. Add salt and pepper to taste.

Meanwhile, melt coconut oil in pan over medium-high heat. Lay pineapple rings in pan, and sprinkle with 1 tablespoon of soy sauce. Fry for 2 minutes per side, until nice and charred. Serve on top of beans and rice.

Feeling fancy? Add a chopped red bell pepper in with the cabbage, sprinkle beans with a minced jalapeno pepper, and fold 1/2 cup of toasted coconut into cooked rice.

## THE PERFECT SMOOTHIE FORMULA

(Makes 2 smoothies. See more details in Section 3 of the main guidebook.)

- ✦ 1 soft fruit
- ✦ 2 small handfuls frozen or fresh fruit
- ✦ 2-4 tablespoons protein powder
- ✦ 2 tablespoons binder
- ✦ 1.5 tablespoons oil (optional)
- ✦ 1.5 cups liquid (adjust amount as needed to change consistency)
- ✦ 1 tablespoon sweetener (optional, less or more as needed)
- ✦ optional superfoods, greens, and other ingredients
- ✦ 6 ice cubes (omit if soft fruit is frozen)

Select one or more ingredients of each type below and add to blender in specified proportions. Blend until smooth.

### Recommended Soft Fruits

- ✦ Banana
- ✦ Avocado

(If you have a high-speed blender that can puree, say, a whole apple or carrot without leaving any chunks behind, then the puree of almost any fruit or vegetable can act as your soft fruit.)

### Recommended Frozen or Fresh Fruits

- ✦ Strawberries (you can leave the greens on if you have a powerful blender)
- ✦ Blueberries
- ✦ Blackberries
- ✦ Raspberries
- ✦ Peaches
- ✦ Mango
- ✦ Pineapple

## **Recommended Protein Powders**

- ✦ Hemp
- ✦ Sprouted brown rice (tastes chalkier than hemp, but packs more protein per dollar)
- ✦ Pea-rice-hemp blend

Soy is a higher-protein, generally cheaper option, but for a variety of reasons I don't recommend it for everyday use. Mostly, the problem is that it's nearly always in highly processed, isolate form.

## **Recommended Binders**

- ✦ Flaxseed, ground
- ✦ Almond butter or any nut butter
- ✦ Soaked raw almonds (soak for several hours and rinse before using)
- ✦ Rolled oats, whole or ground

- ✦ Udo's Wholesome Fast Food
- ✦ Raw pumpkin seeds, ground
- ✦ Chia seeds

## **Recommended Oils (all optional)**

- ✦ Flaxseed oil
- ✦ Udo's Blend or other EFA blend
- ✦ Hemp oil
- ✦ Coconut oil
- ✦ Almond, macadamia, or other nut oil

## **Recommended Liquids (unsweetened)**

- ✦ Water (my favorite)
- ✦ Almond milk or other nut milk
- ✦ Hemp milk
- ✦ Brewed tea

## **Recommended Sweeteners**

- ✦ Agave nectar (high in fructose, so choose this only before workouts)
- ✦ Maple syrup
- ✦ Lucuma powder

## **Optional Superfoods, Greens and Other Ingredients**



- ✦ Cacao nibs (1-2 tablespoons)
- ✦ Carob chips (1-2 tablespoons)
- ✦ Ground organic cinnamon (1-2 teaspoons)
- ✦ Greens powder (1-2 teaspoons)
- ✦ Whole spinach leaves (1-2 handfuls)
- ✦ Whole kale leaves
- ✦ Jalapeno pepper, seeds and stem removed (one small pepper)
- ✦ Ground cayenne pepper (small pinch)
- ✦ Sea salt (pinch)
- ✦ Lemon or lime juice (1 tablespoon)

## SALAD SUGGESTIONS

A few ideas for ingredients, to keep your salad “fresh” (forgive me, I love hideously bad puns):

- ✦ Romaine lettuce
- ✦ Spinach (large spinach leaves are often much cheaper than baby spinach)
- ✦ Arugula
- ✦ Bell pepper
- ✦ Celery

- ✦ Cucumber
- ✦ Shredded Carrot
- ✦ Avocado (a ripe avocado should slightly dent when you press it with your thumb)
- ✦ Tomato
- ✦ Sprouts
- ✦ Hemp seeds
- ✦ Walnuts
- ✦ Toasted or raw pumpkin seeds
- ✦ Sliced almonds
- ✦ Sunflower seeds
- ✦ Soy nuts
- ✦ Dulse powder or flakes (a type of seaweed)
- ✦ Nutritional yeast (usually fortified with Vitamin B12)
- ✦ Dried berries
- ✦ Fresh fruit

For the dressing, try to get used to a simple combination of oil and vinegar, or ideally, oil and lemon juice. I like extra virgin olive oil, but if you can tolerate flaxseed oil, hemp oil, or Omega 3-6-9 blends on your salad, by all means choose those instead. Other oils, such as nut oils, provide some nice variety of flavor, as well as different essential fatty acid profiles. Or skip the oil entirely if you like, or scour the web for some nut-based dressing recipes to add the healthiest type of fat to your salad.

As for the acid, lemon or lime juice are ideal. Try it for a few days; I'd be willing to bet the fresh flavor will grow on you. If you prefer vinegar, then balsamic and apple cider vinegar are my preferred vinegars from a health standpoint.

Give the oil-and-acid dressing a try; you might find that it grows on you and you gain a new appreciation for salad as a result. If you really must use a store-bought dressing, look for one with few ingredients, a healthy oil as the fat source, and low sugar content.

(Reprinted from main guidebook.)

## RECIPES FROM MATT RUSCIGNO

Vegan Registered Dietitian, [TrueLoveHealth.com](http://TrueLoveHealth.com)

### Bangin Black Beans

Beans may seriously be the perfect food, and black are my absolute favorite. I use dry beans soaked overnight and then boiled, which I highly recommend. It's easy! The directions are on the bag and once you start you'll be doing it all of the time. It saves you money and lets you control the sodium content.



- ♦ 16 ounces (about two cups) of cooked black beans (canned or fresh)
- ♦ 1 teaspoon cumin seeds
- ♦ 4 cloves garlic, chopped
- ♦ 1/2 onion, diced

- ✦ 1 tablespoon olive oil

- ✦ Sriracha hot sauce to taste

The most important step in cooking is the seasoning of the oil. Follow these steps closely to get the most flavor into your beans.

1. Heat the oil in a pan (I use a cast-iron skillet) over medium heat.
2. When hot, add the cumin seeds. Shake the pan so that they bounce around a little!
3. When they are fragrant and smelling delicious (about one minute), add the onion.
4. Saute for about one minute, then add the garlic, sauteing for another minute or so.
5. If using, add hot sauce.
6. When everything is warm and combined slowly add the beans and stir. You don't want to just dump them all in at once because you want to keep the other ingredients hot.
7. Turn the heat down to low-medium, add small amounts of water if sticking and let cook for 5-10 minutes.

I serve this over brown rice with slices of avocado and fresh salsa for a delicious combination of carbohydrate, protein and fat that is full of vitamins and minerals. Simple, healthy and tasty is my motto!

## Perfect Peanut Sauce

As a kid I use to sit in front of the TV and eat peanut butter out of the jar. Luckily since then both my free time and use of peanut butter have progressed. One of my favorite uses is this sauce. It's lazy fancy and so much better than anything you'd buy in a bottle. And WAY cheaper. Peanuts are magical legumes that have an unbelievable number of uses.

- ✦ 1/2 cup peanut butter
- ✦ 1/2 cup veggie broth
- ✦ 1-2 tablespoons soy sauce
- ✦ 1 teaspoon rice vinegar (or other mild vinegar)
- ✦ 1 tablespoon sweetener (agave, maple syrup, unrefined sugar, etc)
- ✦ 2-4 cloves garlic
- ✦ 1 tablespoon sized piece of fresh ginger
- ✦ Sriracha hot sauce to taste

This is the first time I've written down this recipe because I normally don't even measure the ingredients. It's very variable. You can adjust the garlic (remember, it's raw and very strong), the spiciness, the sweetness, the thickness. It's super fun to make. And the directions are easy:

1. Put all ingredients in a blender.
2. Blend.
3. Serve over sauteed vegetables (my favs are broccoli and red bell peppers) and rice or noodles.

It saves well in the fridge so I make a huge amount and eat it for a few days. I'll even dip raw vegetables into it while it's cold! Yum.

## OTHER FAVORITE RECIPES ON NOMEATATHLETE.COM

[Plantain and Pinto Stew](#)

[Spaghetti with Bean Balls](#)

[Millet Black Bean Patties](#)

[Lentil Soup with Pineapple](#)

[Black-Eyed Pea Curry](#)

[Black Bean and Walnut Croquettes](#)

[Wine Braised Lentils Over Toast](#)

[Pasta with White Beans and Garlic](#)

[Red Lentil Curry](#)

[Millet with Adzuki Beans and Collards](#)