























Performance & Strength Vegan 3000 Calorie Meal Planner

	Vegan 3000 Calories

Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 <p>Overnight Quinoa Cereal</p>	 <p>Almond Butter & Honey Sandwich, Blueberries</p>	 <p>Strawberry Almond Butter Toast with Soy Milk, Pear</p>	 <p>Almond Butter & Honey Sandwich, Blueberries</p>	 <p>Overnight Quinoa Cereal</p>		
LUNCH	 <p>Peanut Hoisin Stir Fry, Grapes, Sunflower & Soy</p>	 <p>Leftover: Peanut Hoisin Stir Fry, Grapes, Sunflower</p>	 <p>Tofu Stir-Fry with Brown Rice, Pear, Trail Mix & Soy</p>	 <p>Miso Carrot Collard Wrap, Raspberries & Soy Yogurt</p>	 <p>Leftover: Miso Carrot Collard Wrap, Raspberries</p>		
DINNER	 <p>High Protein Veggie Stir-Fry, Steamed Asparagus</p>	 <p>Leftover: High Protein Veggie Stir-Fry, Steamed</p>	 <p>Cashew Tofu Stir-fry with Brown Rice, Cooked</p>	 <p>Leftover: Cashew Tofu Stir-fry with Brown Rice,</p>	 <p>Leftover: Tofu Stir-Fry with Brown Rice, Pear, Trail Mix</p>		
SNACK	 <p>Berry Bran Flakes with Soy Milk</p>	 <p>Mango Berry Protein Smoothie</p>	 <p>Maple Almond Soy Yogurt with Orange, Snap Peas</p>	 <p>PB Banana Soy Yogurt</p>	 <p>Blueberry Hemp Chia Pudding with Almond Butter</p>		
2ND SNACK							



Grocery List

BAKING GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1/8 pounds of Chia Seeds | <input type="checkbox"/> 1/8 pounds of Flaxseeds |
| <input type="checkbox"/> 1 can (5-7 fl oz) of Nonstick Cooking Spray | <input type="checkbox"/> 1 bag (22 oz) of Quinoa Flour |
| <input type="checkbox"/> 1 bottle (2 fl oz) of Vanilla Extract | |

BEVERAGES

- 1 package (16-18 oz) of Plant-Based Protein Powder

BREADS / CEREALS

- | | |
|--|--|
| <input type="checkbox"/> 1 box (17.3 oz) of Bran Flakes Cereal | <input type="checkbox"/> 1/8 pounds of Rolled Oats |
| <input type="checkbox"/> 1 loaf (24 oz) of White Bread | <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread |

CANNED / JAR GOODS

- | | |
|---|---|
| <input type="checkbox"/> 1 jar (12 oz) of Almond Butter | <input type="checkbox"/> 1 can (15 oz) of Canned Kidney Beans |
| <input type="checkbox"/> 1 can (14 fl oz) of Light Coconut Milk | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter |

DAIRY

- | | |
|--|--|
| <input type="checkbox"/> 1 quart of Almond Milk (Unsweetened) | <input type="checkbox"/> 3 packages (16 oz) of Extra Firm Tofu |
| <input type="checkbox"/> 1 half gallon of Soy Milk (Unsweetened) | <input type="checkbox"/> 7 containers (6 oz) of Soy Yogurt |

DELI

- | | |
|---|--|
| <input type="checkbox"/> 2 packages (6 oz) of Smoky Tempeh Strips | <input type="checkbox"/> 1 tub (13 oz) of White Miso |
|---|--|

FROZEN FOODS

- | | |
|---|--|
| <input type="checkbox"/> 1 bag (24 oz) of Frozen Mango Chunks | <input type="checkbox"/> 1 package (12 oz) of Mixed Frozen Berries |
|---|--|

PASTA / RICE / BEANS

- 1 package (16 oz) of Whole Wheat Spaghetti








EWG RECOMMENDS TO BUY ORGANIC



Grocery List

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 1 package (4 oz) of Alfalfa Sprouts | <input type="checkbox"/> 5/8 pounds of Asparagus |
| <input type="checkbox"/> 2 Banana | <input type="checkbox"/> 1 pint of Blueberries |
| <input type="checkbox"/> 1 bunch of Broccoli | <input type="checkbox"/> 3/4 pounds of Carrots |
| <input type="checkbox"/> 1 bunch of Collard Greens  | <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) |
| <input type="checkbox"/> 1/4 ounces of Fresh Ginger | <input type="checkbox"/> 2 packages (10 oz) Frozen Broccoli |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 1 bunch of Green Onions (Scallions) |
| <input type="checkbox"/> 1 Oranges | <input type="checkbox"/> 2 Pear |
| <input type="checkbox"/> 1 bunch of Radishes | <input type="checkbox"/> 1 pint of Raspberries |
| <input type="checkbox"/> 4 Red Bell Peppers  | <input type="checkbox"/> 3/8 pounds of Red Grapes  |
| <input type="checkbox"/> 1 Shallots | <input type="checkbox"/> 3/8 pounds of Snow Peas |
| <input type="checkbox"/> 1 pint of Strawberries  | <input type="checkbox"/> 3/8 pounds of Sugarsnap Peas  |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | |

SNACKS

- | | |
|---|--|
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted |
| <input type="checkbox"/> 1 bag (12 oz) of Raisins  | <input type="checkbox"/> 1/8 pounds of Sliced Almonds |
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | <input type="checkbox"/> 1/8 pounds of Unsalted Cashews |

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (8 fl oz) of Canola Oil | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (2 oz) of Ground Ginger | <input type="checkbox"/> 1 jar (7 oz) of Hoisin Sauce |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 bottle (12 fl oz) of Rice Vinegar |
| <input type="checkbox"/> 1 bottle (10 fl oz) of Soy Sauce | <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) |
| <input type="checkbox"/> 1 bottle (20 fl oz) of Tamari Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil |



EWG RECOMMENDS TO BUY ORGANIC



Overnight Quinoa Cereal

BY EATING BIRD FOOD

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. In a medium bowl whisk together all ingredients.
2. Cover and refrigerate overnight.
3. Scoop into serving bowls and top with sliced bananas.

INGREDIENTS

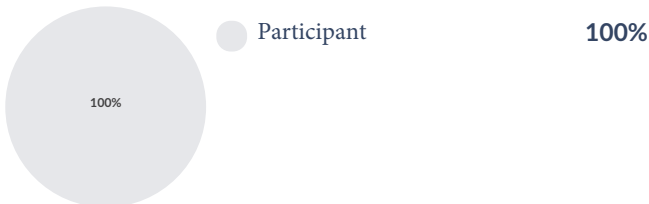
1/4 cup rolled oats (gluten-free)
1/8 cup quinoa flour
1/2 cup almond milk, or other non-dairy milk
1/2 scoop vegan vanilla protein powder
1/8 cup raisins
1/8 teaspoon vanilla
1/4 teaspoon ground cinnamon
1/2 sliced banana, for topping

NUTRITION INFORMATION PER SERVING

Protein 20g Total Fat 12g Carbs 70g Calories 439kcal Fiber 9.4g
Sodium 216mg Saturated Fat 1.38g Fruits 1.7 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Berry Bran Flakes with Soy Milk

BY EVERYDAY EATLOVE

🕒 3 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Pour bran flakes into a bowl. Pour soy milk over cereal.
2. Serve with strawberries, on top of cereal or on the side.

INGREDIENTS

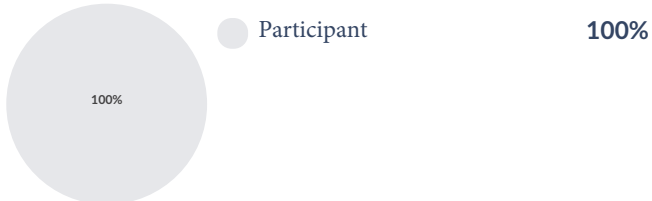
- 1 1/2 cups bran flakes
- 1 cup strawberries
- 1 1/2 cups soy milk

NUTRITION INFORMATION PER SERVING

Protein 19g Total Fat 8.6g Carbs 74g Calories 413kcal Fiber 17g
Sodium 470mg Saturated Fat 1.03g Fruits 1 servings
Vegetables 0 servings Added Sugar 11g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Peanut Hoisin Stir Fry

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

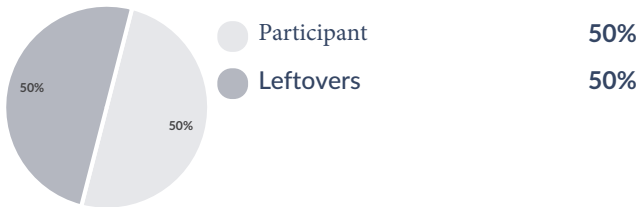
4 ounces whole wheat spaghetti 1/2 pound firm tofu pressed and cubed
2 tablespoons peanut butter
2 tablespoons hoisin sauce 3 cups broccoli chopped

NUTRITION INFORMATION PER SERVING

Protein 27g Total Fat 26g Carbs 64g Calories 556kcal Fiber 10g
Sodium 384mg Saturated Fat 3.83g Fruits 0 servings
Vegetables 1.5 servings Added Sugar 4.36g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Cook spaghetti according to package directions. Drain and set aside.
2. Mix together peanut butter and hoisin sauce until well combined. Add a splash of water if needed to help combine.
3. Heat half the oil in a pan over medium high heat. Add tofu and cook until golden brown. Add a splash of the peanut butter mixture, stir, and remove tofu from pan.
4. Heat remaining oil in the pan and add broccoli. Stir fry a couple minutes until tender-crisp.
5. Add drained spaghetti to pan along with the remaining peanut butter mixture. Stir until thoroughly mixed. Add tofu, give it another stir, then turn off heat.



Grapes, Sunflower & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash grapes.
2. Serve with sunflower seeds and soy yogurt.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

24 red grapes
1 ³/₈ cups soy yogurt
2 sprinkles cinnamon
2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 8.2g Total Fat 7.2g Carbs 21g Calories 191kcal
Fiber 2.62g Sodium 62mg Saturated Fat 0.75g
Fruits 0.71 servings Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





High Protein Veggie Stir-Fry

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 teaspoons olive oil
1 1/2 cups kidney beans drained & rinsed
14 ounces extra firm tofu drained
1 1/2 cups cooked brown rice
1 cup carrots sliced
2 cups mushrooms sliced
2 cups red pepper sliced
4 teaspoons low sodium tamari
4 teaspoons sesame oil
1/4 cup green onions sliced

Cooked Brown Rice

2 cups brown rice
5 cups water

NUTRITION INFORMATION PER SERVING

Protein 40g Total Fat 33g Carbs 88g Calories 782kcal Fiber 16g
Sodium 853mg Saturated Fat 4.19g Fruits 0 servings
Vegetables 3.12 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Cook rice according to package instructions, or click link for EatLove instructions.
2. Wash and prepare vegetables.
3. Drain and press tofu to remove excess water.
4. Heat half the olive oil in a pan over medium heat. Add tofu and cook for about 8 minutes or until browned. Remove from pan.
5. Add remaining olive oil to pan. Add carrots, bell pepper, and mushrooms to pan and stir-fry for 2-3 minutes. Add snow peas and stir-fry for 1 minute.
6. Add tofu back to pan. Add tamari and sesame oil to pan and stir-fry for an additional 1-2 minutes.
7. Remove from stir-fry from pan and top with green onions. Serve with brown rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.



Steamed Asparagus

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups asparagus chopped

NUTRITION INFORMATION PER SERVING

Protein 2.95g Total Fat 0.16g Carbs 5.2g Calories 27kcal
Fiber 2.81g Sodium 2.68mg Saturated Fat 0.05g Fruits 0 servings
Vegetables 1 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

Method

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add asparagus to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 5 to 6 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add asparagus and cover with lid.
3. Steam for about 5 to 6 minutes or until tender.

PORTIONS





Almond Butter & Honey Sandwich

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Spread almond butter onto one slice of bread. Top with honey and remaining slice of bread to assemble.
2. Serve with glass of soy milk.

INGREDIENTS

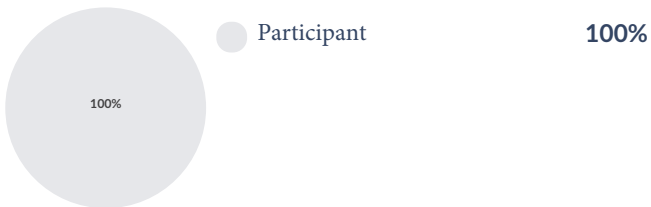
2 slices white bread
2 tablespoons almond butter
1 tablespoon honey
10 fluid ozs soy milk

NUTRITION INFORMATION PER SERVING

Protein 22g Total Fat 26g Carbs 55g Calories 526kcal Fiber 7.2g
Sodium 513mg Saturated Fat 3.04g Fruits 0 servings
Vegetables 0 servings Added Sugar 11g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Blueberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash and serve.

INGREDIENTS

$\frac{3}{4}$ cup blueberries

NUTRITION INFORMATION PER SERVING

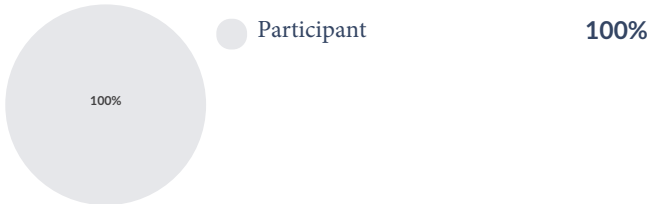
Protein 0.69g Total Fat 0.31g Carbs 14g Calories 53kcal

Fiber 2.25g Sodium 0.94mg Saturated Fat 0.03g

Fruits 0.84 servings Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Mango Berry Protein Smoothie

BY GARLIC+ZEST

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Add the mangoes, berries, protein powder, almond milk and ice cubes to the blender. Puree until smooth.
2. Pour into glasses and serve.

INGREDIENTS

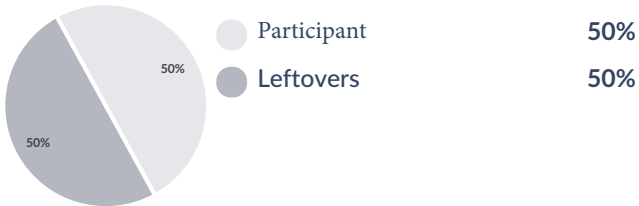
- 1 cup frozen mango chunks
- 1 cup frozen mixed berries
- 1/4 cup protein powder
- 3/4 cup unsweetened almond milk
- 1 1/2 cups ice cubes

NUTRITION INFORMATION PER SERVING

Protein 24g Total Fat 7.2g Carbs 33g Calories 261kcal Fiber 9.4g
Sodium 352mg Saturated Fat 1.2g Fruits 2 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Strawberry Almond Butter Toast with Soy Milk

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

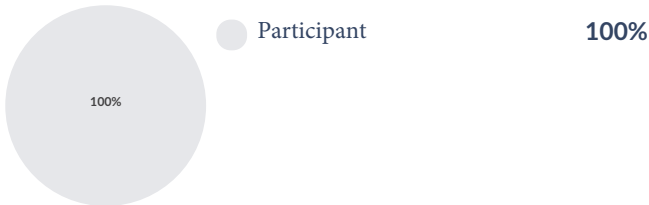
- 2 slices whole wheat bread toasted
- 2 tablespoons almond butter
- 1/2 cup strawberries sliced
- 2 teaspoons flaxseed
- 1 cup soy milk

NUTRITION INFORMATION PER SERVING

Protein 25g Total Fat 28g Carbs 52g Calories 540kcal Fiber 8.7g
Sodium 444mg Saturated Fat 3.36g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Toast the bread.
2. Spread almond butter onto toast. Top with sliced strawberries and ground flax.
3. Serve with glass of soy milk.



Pear

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash, slice, and serve.

INGREDIENTS

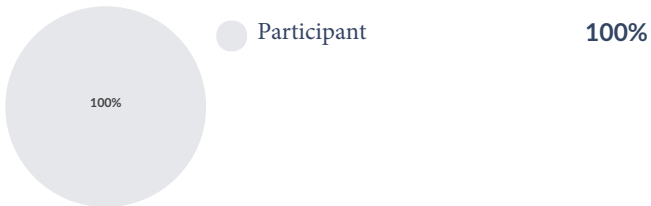
1/2 pear sliced

NUTRITION INFORMATION PER SERVING

Protein 0.35g Total Fat 0.14g Carbs 13g Calories 56kcal
Fiber 2.74g Sodium 0.89mg Saturated Fat 0g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Maple Almond Soy Yogurt with Orange

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Spoon soy yogurt into a bowl. Top with maple syrup, almonds, and orange slices.

INGREDIENTS

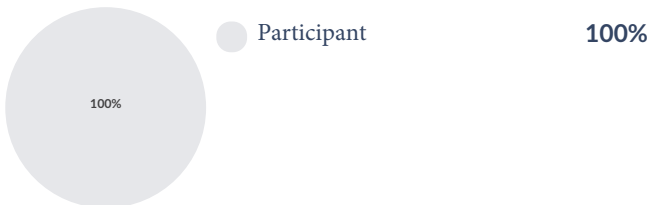
- 1 cup soy yogurt
- 1 orange sliced
- 1 teaspoon maple syrup
- 2 tablespoons almond slices

NUTRITION INFORMATION PER SERVING

Protein 14g Total Fat 10g Carbs 45g Calories 333kcal Fiber 11g
Sodium 94mg Saturated Fat 0.99g Fruits 1 servings
Vegetables 0 servings Added Sugar 4.03g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Snap Peas

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash snap peas and serve.

INGREDIENTS

1 cup snap peas

NUTRITION INFORMATION PER SERVING

Protein 7.9g Total Fat 0.58g Carbs 21g Calories 117kcal
Fiber 7.4g Sodium 7.3mg Saturated Fat 0.1g Fruits 0 servings
Vegetables 1 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Tofu Stir-Fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces extra firm tofu cubed	2 teaspoons sesame oil
2 cups broccoli cut into florets	2 tablespoons reduced sodium soy sauce
1 cup red pepper chopped	2 cups cooked brown rice

Cooked Brown Rice

2 cups brown rice
5 cups water

NUTRITION INFORMATION PER SERVING

Protein 27g Total Fat 17g Carbs 64g Calories 489kcal Fiber 7.4g
Sodium 488mg Saturated Fat 1.95g Fruits 0 servings
Vegetables 2 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Cook brown rice according to package instructions.
2. Press and drain tofu between paper towels to remove excess water.
3. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
4. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
5. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
6. Remove from heat and serve over brown rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.



Pear, Trail Mix & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash and slice pear.
2. Serve with soy yogurt, mixed nuts, and raisins.
3. Sprinkle yogurt with cinnamon if desired.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

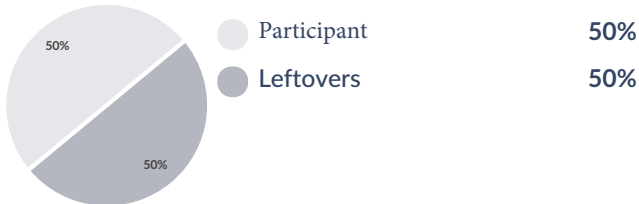
- 1 pear sliced
- 1 cup soy yogurt
- 2 sprinkles cinnamon
- 1/4 cup mixed nuts
- 1/4 cup raisins

NUTRITION INFORMATION PER SERVING

Protein 8.8g Total Fat 11g Carbs 44g Calories 307kcal Fiber 5.8g
Sodium 49mg Saturated Fat 1.57g Fruits 1.22 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Cashew Tofu Stir-fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Heat oil in a skillet over medium heat. Add garlic and cook for 1 minute.
2. Add tofu, soy sauce, and ginger and sauté for 7-8 minutes turning over twice.
3. Add vegetables, coconut milk, and cashews, cover and simmer for another 8-10 minutes.
4. To serve, top cooked rice with tofu and veggies.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 teaspoons canola oil	3 cups frozen broccoli chopped
2 cloves garlic minced	1/2 cup lite coconut milk
10 ounces firm tofu cubed	2 tablespoons cashews crushed
2 teaspoons soy sauce	1 cup cooked brown rice

Cooked Brown Rice

2 cups brown rice
5 cups water

NUTRITION INFORMATION PER SERVING

Protein 27g Total Fat 26g Carbs 46g Calories 501kcal Fiber 10g
Sodium 351mg Saturated Fat 5.4g Fruits 0 servings
Vegetables 3 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Cooked Edamame

BY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 ½ cups edamame
- 5 cups water
- 2 dashes salt

NUTRITION INFORMATION PER SERVING

Protein 15g Total Fat 7g Carbs 13g Calories 165kcal Fiber 7g

Sodium 157mg Saturated Fat 0.84g Fruits 0 servings

Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Add salt to pot of water. Bring to a boil.
2. When the water is boiling, add the edamame.
3. After 5-6 minutes, test the texture of the edamame. The beans should be firm, yet give to the teeth. (For a firmer bean, decrease the cooking time.)
4. When ready, drain the beans. May serve hot or at room temperature.



PB Banana Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Spoon yogurt into a bowl. Top with sliced banana and drizzle of peanut butter and honey.

INGREDIENTS

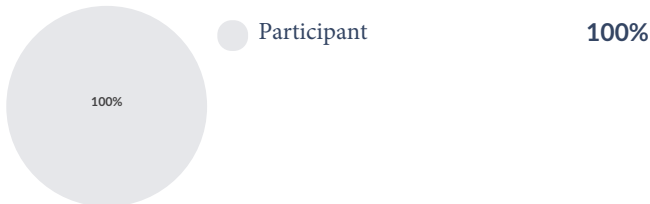
- 1 cup soy yogurt
- 1 1/2 teaspoons honey
- 1/2 banana sliced
- 1 tablespoon peanut butter

NUTRITION INFORMATION PER SERVING

Protein 13g Total Fat 12g Carbs 34g Calories 312kcal
Fiber 4.32g Sodium 159mg Saturated Fat 2.21g
Fruits 0.98 servings Vegetables 0 servings Added Sugar 4.31g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Miso Carrot Collard Wrap

BY RANELLE KIRCHNER, CHEF RDN

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 leafs collard greens	
1 cup carrots coarsely chopped, juice squeezed out	1 tablespoon sesame oil
2 teaspoons ginger grated	2 cups sprouts
1 shallot minced	8 radishes thinly sliced
1 tablespoon white miso	1 block smoky tempeh sliced
	2 sprays cooking spray

NUTRITION INFORMATION PER SERVING

Protein 35g Total Fat 25g Carbs 32g Calories 456kcal Fiber 7.5g
Sodium 403mg Saturated Fat 4.59g Fruits 0 servings
Vegetables 3.25 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Bring a pot of water to a boil that's large enough to submerge collards. Once at a boil, blanch collards all at once. Cook for 3 minutes, remove from water, and cool immediately under cold, running water. Allow to dry and blot with a towel to remove excess water.
2. In a bowl, combine carrots, ginger, shallots, miso, vinegar, & sesame oil until mixed throughout.
3. Lightly spray a fry pan with oil and heat over medium heat. Pan fry tempeh slices till crispy on each side.
4. Assemble the wrap by using the collard as the wrap and apply miso carrot spread. Top with remaining ingredients. Fold over each end, tuck one side under, and roll like a burrito.



Raspberries & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash raspberries and serve with soy yogurt.
2. Sprinkle yogurt with cinnamon if desired.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 cup raspberries
- 1 cup soy yogurt
- 2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein 5.2g Total Fat 2.38g Carbs 14g Calories 106kcal Fiber 5g
Sodium 46mg Saturated Fat 0.26g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Blueberry Hemp Chia Pudding with Almond Butter

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

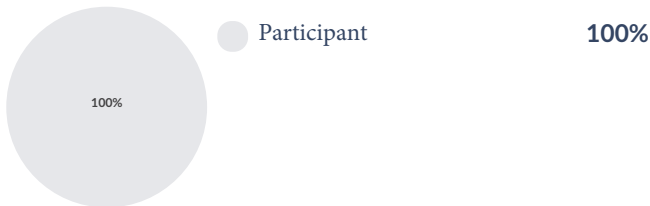
- 1/4 cup chia seeds
- 1 cup soy milk
- 1/4 cup blueberries
- 1/2 tablespoon hemp seeds
- 1 tablespoon almond butter

NUTRITION INFORMATION PER SERVING

Protein 25g Total Fat 28g Carbs 37g Calories 495kcal Fiber 25g
Sodium 140mg Saturated Fat 3.15g Fruits 0.28 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

overnight prep

1. Pour chia seeds into a bowl or jar. Add soy milk and mix well. Place into the fridge and let sit overnight.

to serve

1. Top with blueberries, hemp seeds, and almond butter.