



DEVFITNESS FUEL GOOD

VEGETARIAN CHALLENGE COOKBOOK



DON'T WORRY...

THESE ARE NOT DIET FOODS OR FAD FOODS...

THESE ARE REAL RECIPES USING REAL FOODS THAT WE HOPE THAT YOU WILL UTILIZE FOR THE REST OF YOUR LIFE! BEST OF ALL... THEY DON'T INCLUDE MEAT! YAY VEGETARIANS! YAY VEGANS!

FOOD SHOULD TASTE GOOD AND FUEL GOOD.

REMEMBER FOOD IS AN F-WORD,

IN FACT, IT IS A FOUR-LETTER F-WORD

WHAT I MEAN TO SAY IS... MANY OF US HAVE A DYSFUNCTIONAL RELATIONSHIP WITH FOOD... WE USE IT FOR MANY F-WORDS.

FUN, FLAVOR, FEELINGS, FRIENDS, FESTIVITIES, FAMILY, ETC...

YOUR NEW F-WORD FOR FOOD IS...



FUEL GOOD TO FEEL GOOD

OUR GOAL IS TO CHANGE YOUR MINDSET TOWARDS FOOD AND YOUR RELATIONSHIP WITH FOOD SO THAT YOU USE IT FOR FUEL INSTEAD OF ONE OF THOSE OTHER F-WORDS. YOU DESERVE TO LOOK GOOD, FEEL GOOD AND TO BE YOUR HEALTHIEST SELF...YOU DESERVE TO FUEL-GOOD!

MEAL PREP YOURSELF OR HAVE SOMEONE ELSE DO IT FOR YOU.

“IF YOU FAIL TO PREPARE YOU ARE PREPARING TO FAIL”

HOW IT WORKS...

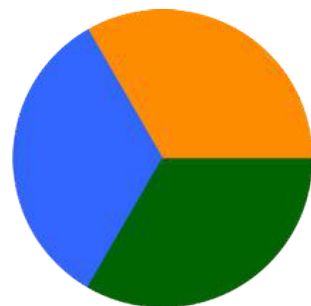
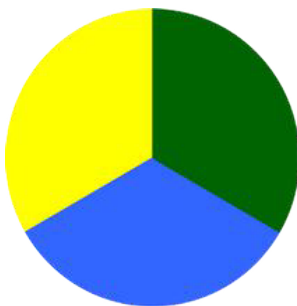
CODE:

BLUE = PROTEIN

ORANGE = CARBOHYDRATE

YELLOW = FAT

GREEN = VEGGIE



Here are some additional Protein Sources that we strongly recommend:



<https://followyourheart.com/veganegg/>



<http://beyondmeat.com/products/view/grilled-strips>



<http://beyondmeat.com/products/view/feisty-crumble>



SWEET EGG SCRAMBLE



INGREDIENTS

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- 1/4 tsp vanilla extract
- Dash of cinnamon

DIRECTIONS

Grease skillet with pam and bring to medium heat

Whisk egg whites, protein, and extras together in bowl then pour onto skillet Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked

Top with cinnamon or Walden Farms Pancake Syrup & your choice of a veggie side



EGG WHITE OMELET



INGREDIENTS

- 1 ¼ cup egg whites
- Handful of spinach (tear into pieces)
- 2/3 cup raw chopped sweet potato
- pico de gallo (to taste)
- dash cinnamon
- 2 stevia packets

DIRECTIONS

Place sweet potato in microwavable bowl, and poke holes in slices with fork, proceed to spray with pam and place in microwave under 'potato' setting (count = 1 potato) Bring skillet greased with pam to medium heat and sauté spinach sprayed with pam as well once spinach cooked - add the egg whites a top Flip about halfway through and continue to heat until cooked through Remove from heat and top with pico de gallo Top your sweet potato fries with cinnamon & 2 stevia packets



SAVORY VEGE BAKE



INGREDIENTS

- 3oz cooked Beyond Meat Crumble
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
- ½ cup oats
- garlic salt

DIRECTIONS

Combine ALL ingredients in medium mixing bowl and whisk using a single serving size oven friendly dish (or two muffin tins) pour the mixture in and place in oven preheated to 350 Bake for 8-10 minutes, remove and serve with your choice of hot sauce or seasoning



BLUEBERRY OVERNIGHT OATS



INGREDIENTS

- ½ cup FF Greek Yogurt
- ¼ cup oats
- ¼ cup berries
- 1 tsp vanilla extract
- 2 stevia packets

DIRECTIONS

Mix Greek Yogurt with vanilla and stevia in one bowl. In separate bowl, microwave oats with water until cooked. In overnight jar, put oatmeal at the bottom, then add your frozen berries & finally top with your greek yogurt. Served with one side veggie



Fuel-Good French Toast



INGREDIENTS

- 2-3 slices Ezeikiel Bread
- 1.25 up egg whites
- 1 tsp vanilla
- Dash of cinnamon
- Dash salt

DIRECTIONS

Lightly toast bread in toaster oven
Mix egg whites with vanilla, cinnamon & salt in large shallow bowl. Soak bread slices in egg mixture, once soaked place on skillet at medium heat greased with pam Flip toast until eggs thoroughly cooked and remove from heat. Top with Walden Farms Pancake Syrup



Blueberry Crepes



INGREDIENTS

- 5 egg whites
- 4 Tbsp 0% Greek Yogurt
- 2 Packets Stevia
- 1 Tsp Cinnamon (to taste)
- ½ Tsp Vanilla Extract

Berry Filling:

- 1 ½ Frozen Berries
- 2 Packets Stevia

DIRECTIONS

Blend all crepe ingredients together until smooth. Allow mixture to sit for 3-5 minutes, the bubble settle. While batter sits, prepare berry filling.

Pour frozen berries into small sauce pan over medium heat and mix into 2 packets Stevia. Stir occasionally. Continue to heat and stir until reduced to a sauce.

Remove from heat and set aside.

Heat 10" skillet on medium heat and coat with cooking spray. Add enough batter to the pan to coat the bottom (1/4 cup).

Cook for 1-2 mins until sides start to brown. Carefully flip to cook other side.

Cook for 30-60 seconds. Repeat. Fill crepes with berry filling and enjoy!



Egg White Fuel-Good Muffins



INGREDIENTS

- 1.25 cup egg whites
- 1 leafy veggie & 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- dash of salt

DIRECTIONS

Preheat oven to 350 Mix ALL ingredients in single bowl, and then portion evenly into 2-3 muffin tins. Bake for 10-12 minutes until cooked through center Remove from oven and top with sauce of choice



Savory Breakfast Oats



INGREDIENTS

- ½ cup oatmeal
- 6oz Beyond Meat Crumble
- 1 handful spinach
- ¼ cup water
- Balsamic vinegar
- Garlic salt to taste

DIRECTIONS

Grease skillet with pam and bring to low- medium heat – add ground turkey Once turkey is about ½ way cooked, drizzle balsamic vinegar atop and then add oats and water Continue to cook until turkey is done and mixture becomes thick and sticks together before you add the spinach and drizzle balsamic vinegar again Remove from heat after spinach shrivels and then top with garlic salt to taste



Fuel-Good Breakfast Pizza



INGREDIENTS

- 1 cup of finely diced cauliflower
- 1.25 cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano and salt to taste

DIRECTIONS

Add about ¼ cup water to cauliflower – use steam-friendly container and cook for about 5 minutes at medium power until soft. Mix cooked cauliflower, ground oats, eggs & oregano/salt in bowl. Heat skillet to medium heat, grease with pam, then add egg mixture and bring to medium-low heat, placing lid on top to trap steam. Wait about 4-5 minutes then flip mixture and cook until firm. Remove from heat and top with sliced tomato plus seasoning of choice



Blueberry Cheesecake Bowl



INGREDIENTS

- 1 cup cottage cheese
- ½ scoop vanilla protein
- 1 ½ cup frozen berries
- 2 stevia packets

DIRECTIONS

Puree cottage cheese with protein powder and stevia in food processor, then add in frozen berries and serve immediately or for a thicker consistency place in freezer for 10-15 minutes



Protein Pancakes



INGREDIENTS

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites (2/3 cup)
- 2 packets of stevia
- cinnamon to taste

DIRECTIONS

Grease skillet with pam and bring to medium heat Mix ALL ingredients together in bowl (or puree in food processor) Cook on skillet for about 2 minutes, then flip and leave on heat until firm. Top with Walden Farms Pancake Syrup or Cinnamon and Stevia



Fuel-Good Breakfast Sandwiches



INGREDIENTS

- 2-3 slices sprouted bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites

DIRECTIONS

Place bread in toaster at desired level Heat skillet to low medium heat, grease with Pam, and sauté spinach in pan with balsamic vinegar until it shrinks, then add your egg whites and cook until firm Put eggs between toast when done and add tomato plus desired sauce (we like Siracha on this one)



Garlic Tofu



INGREDIENTS

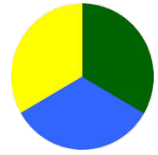
- 6oz Firm Tofu
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- red wine vinegar
- dried basil
- ½ cup white rice

DIRECTIONS

In medium sized bowl, combine the salt, garlic, tomato, vinegar & basil. Toss the shrimp in the mixture and thoroughly coat. Heat skillet greased with pam to medium heat and pour mixture on skillet. Cook until tofu is tasty then remove from heat and lay atop ½ cup of brown rice



Avocado Deviled Eggs



Makes 4 servings

INGREDIENTS

- 12 boiled eggs (yolks removed)
- 2 Avocadoes
- 4 Tablespoons
- 3 Tablespoons Olive Oil
- 1 Jalapeno (seeds removed)
- 1 clove of garlic
- ¼ cup cilantro
- ¼ teaspoon salt
- Paprika (dash)

DIRECTIONS

Boil eggs and set aside until cooled. Cut in half length-wise and get rid of the yolk.

Finely chop jalapeno and cilantro. Mince garlic clove.

Mix all ingredients together in large bowl. Fill egg whites with mixture. Add paprika as garnish. Enjoy!



Veggie Tacos



INGREDIENTS

- 6oz Beyond Meat Crumble
- 3-4 large pieces of romaine lettuce (taco 'shell')
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder

DIRECTIONS

Heat skillet to medium-high heat (greased with pam) and sautee turkey with all of the spices listed above until meat is fully cooked. Once cooked add in the pico de gallo and continue to sautee, until thoroughly mixed. Remove from heat and add to ½ cup of rice. Evenly distribute between your lettuce 'shell's' and top with hot sauce of choice if desired.



Tofu-Veggie Stir Fry



INGREDIENTS

- 6oz extra-firm Tofu
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 5 dried red chilies (optional) 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Red Pepper flakes to taste

DIRECTIONS

Chop veggies into smaller pieces and sautee in skillet at medium heat in Bragg's AA, garlic powder, onion powder & red pepper flakes. Once thoroughly sautéed (about 3-4 minutes) add tofu and rice to pan. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce



Fuel-Good Pulled Protein



INGREDIENTS

- 6oz Beyond Meat Fiesty Strips
- ¼ cup balsamic vinegar
- 1 tbsp worshire sauce
- 1 tbsp minced garlic
- 2 packets stevia
- red pepper flakes to taste
- 2/3 cup mashed sweet potato

DIRECTIONS

Heat a skillet sprayed with pam to medium-low heat Combine all ingredients (minus potato) and then pour onto skillet Cover and let simmer for 5-6 minutes Remove from heat and pair with your baked potato. Option to top potato with cinnamon/stevia as well



Sweet Summer Salad



INGREDIENTS

- 6 oz Beyond Meat Strips
- 2/3 cup mixed berries
- 2 cups spinach
- Handful of cherry tomatoes

DIRECTIONS

In a large bowl – toss spinach, tomatoes, and berries before topping with chicken. Use our Apple Cider Vinegarette for dressing



Loaded Baked Potato

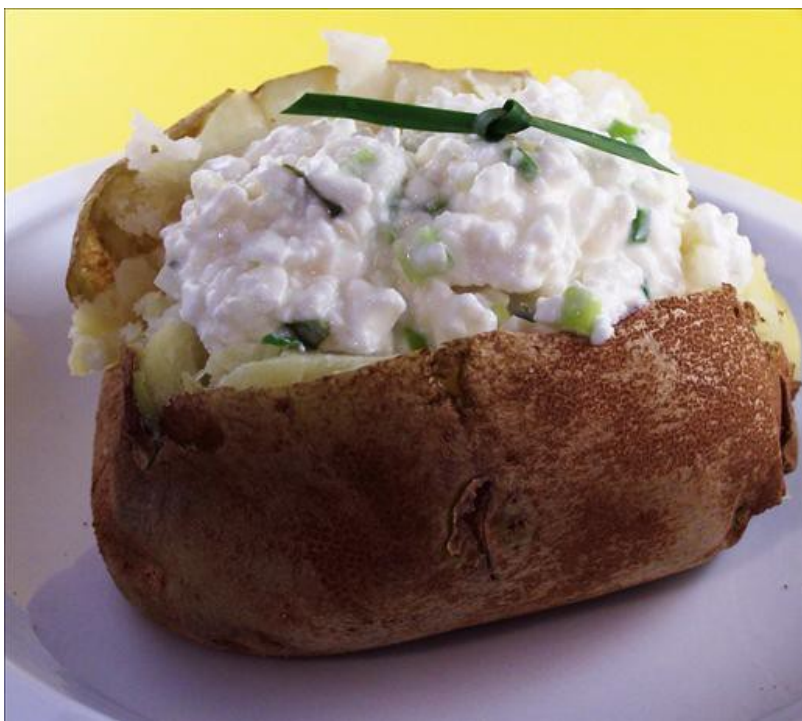


INGREDIENTS

- 1 small baked potato (about 2/3 cup size)
- 6oz nonfat cottage cheese
- ½ cup pico de gallo
- chopped green onion (1/4 cup)

DIRECTIONS

Bake potato in microwave until cooked through (poking holes with fork helps) Layer on cottage cheese once done, and put under broiler for about 1 minute if you'd prefer the cheese melted. Top with salsa and green onion



Grilled Tuna Burger & Salad



INGREDIENTS

- 1.5 cans tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion & garlic powder
- ½ cup mixed veggies of choice
- 2 cups romaine lettuce
- (choice of our Fuel-Good friendly dressings to top))

DIRECTIONS

Mix together egg white, tuna, oats & spices and form into shape of a burger. Cook on greased pan (pam) at a medium heat for about 3 minutes per side until finished. Serve with a side salad of lettuce and veggies along with your choice of dressing.



Fuel-Good Southwest Tacos



INGREDIENTS

- 6oz Beyond Meat Strips
- 1/2 cup black refried beans
- 1/4 cup chopped green onion
- 1/2 cup pico de gallo
- 4 pieces romaine lettuce
- 1/4 tsp red pepper flakes

DIRECTIONS

Heat beans in a sauce pan on medium- low heat until warm. Proceed to mix in green onion, pico de gallo & red pepper flakes. Remove from heat and evenly distribute into lettuce 'shells'. Slice chicken into thin strips and top into shells as well. Add salt or sauce to your liking.



Fuel-Good Fried Rice



INGREDIENTS

- ½ cup cooked brown rice
- 3 oz Beyond Meat Strips
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp onion powder
- 1 tsp chili powder
- Soy Sauce or Soy Sauce Alternative

DIRECTIONS

Spray a medium sized skillet with pam, bring to medium heat and add eggs.

Continuously scramble eggs and add in rice and veggies Shred chicken and add last along with spices. Sautee entire mixture in Soy Sauce, remove from heat and serve



Quinoa Fuel-Good Salad



INGREDIENTS

- 6oz Beyond Meat Strips
- 1/2 cup cooked quinoa
- 1/2 cup garbanzo beans
- 1 1/2 cup fresh kale
- 1/4 cup chopped red onion

DRESSING

Juice and zest of one lemon 2 Tbsp.
white wine vinegar 1 tsp. ground
cumin Salt and pepper to taste

DIRECTIONS

Toss all ingredients together and
top with dressing.



Seared Whitefish with Cous- Cous Cucumber Salad



INGREDIENTS

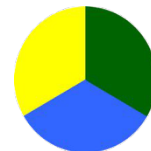
- 6oz white fish or Beyond Meat Strips
- 1 cup couscous
- 2 tbsp minced garlic
- 1 cup chopped cucumber
- ½ cup diced red onion
- 2 tbsp fresh lemon juice
- 2 tbsp fresh chopped mint leaves

DIRECTIONS

Add salt and pepper to both sides of white fish and set aside. Reheat quinoa in microwave – then stir in onion, mint, lemon and lastly cucumber. Serve fish on the side with fresh squeezed lemon



Thai Fuel-Good Salad



INGREDIENTS

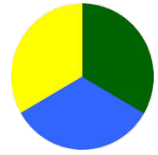
- 6 oz Beyond Meat Strips
- 100g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

DIRECTIONS

Marinate steak in soy sauce, fish sauce & 1 tbsp lime juice. Cook Strips for 2-3 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice strips across the grain and add atop the vegetable mix.



Avocado Tuna Salad



INGREDIENTS

- ½ avocado
- 1.5 cans tuna
- 1 cup diced tomato
- 1.5 tbsp lime juice
- ½ tsp chili powder
- siracaha chili sauce to taste

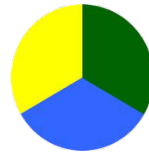
DIRECTIONS

Mash avocado and combine with tuna and tomato Once mashed stir in the lime juice and chili powder
Top with siracha



 Simply Recipes

Fuel-Good Taco Soup



INGREDIENTS

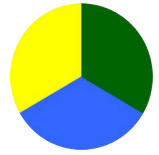
- 6 oz Beyond Meat Strips
- 1 cup green bell peppers(sliced)
- 1 packet of taco seasoning
- 1 cup low-sodium vegetable stock
- ¼ cup fat-free plain
- Greek Yogurt
- 1 cup black bean puree (if orange-lunch)
- 1 cup tomato puree
- ½ avocado (if yellow-dinner)
- Handful of baby spinach

DIRECTIONS

Place strips in crockpot with bell peppers and onion. Add taco seasoning and vegetable stock. Turn crockpot to low and let cook for 2-3 hours. Mix and shred chicken. Add more stock if needed. Add Gree Yogurt to thicken sauce. Next, mix bean puree (if carb option- lunch) and tomato puree. Mix and heat for 10 minutes. Add spinach until wilted. Remove from heat and let cool for 10 minutes. Add avocado (If for dinner – your fat)



Spicy Tofu Salad



INGREDIENTS

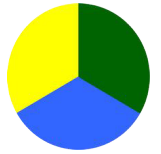
- 6 oz extra firm Tofu
- 1 tablespoons lime juice
- 1 teaspoon fish sauce
- 2 tablespoons coconut oil
- 2 stevia packets
- 1/2 teaspoon crushed red pepper
- 2 handfuls of mixed greens and another veggie of choice

DIRECTIONS

Whisk lime juice, fish sauce, oil, stevia and crushed red pepper in a large bowl. Add tofu, veggies and fresh herbs if desired. Toss to coat salad



Thai Peanut Veggie Delight



INGREDIENTS

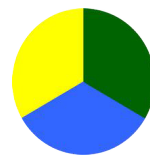
- 6oz Beyond Meat Strips
- 2 tbsp peanut butter
- 2 tbsp bragg's soy sauce alternative
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup mixed veggies of choice

DIRECTIONS

In a bowl, combine your peanut butter (slightly microwaved), Bragg's soy sauce, 1 Tbsp, lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred strips, then toss strips and cup of veggies into peanut sauce, top with salt to taste and serve



Veggie Egg Roll Bowl



INGREDIENTS

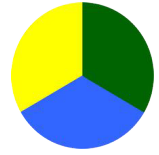
- 6 oz Beyond Meat Crumbles
- 3 tbsp soy sauce (or alternative)
- ½ small onion, chopped
- 2 Cloves minced garlic
- ½ Tsp grated fresh ginger
- 1 ½ cups sliced green cabbage
- 1 cup finely sliced bok choy
- ½ tbsp Chinese rice wine
- ½ tsp toasted sesame oil

DIRECTIONS

Place Crumbles and 1 tbsp soy sauce in a large skillet over medium-high heat. Cook until meat browns, using a spatula to break up meat. Add onions, garlic and ginger to the meat and continue cooking until the onions are soft. Add cabbage, bok choy 2 tbsp soy sauce, rice wine and sesame oil to pan. Stir and continue cooking until vegetables start to wilt. Serve immediately and Enjoy!



Crispy Strips and Brussel Sprouts



INGREDIENTS

- 6oz Beyond Meat Strips
- 1 cup brussel sprouts (halved)
- 2 tbsp coconut oil
- ¼ tsp garlic powder
- 1 tbsp lemon juice

DIRECTIONS

Preheat oven to 425 degrees Toss brussel sprouts in mixture of ONE tbsp. coconut oil, garlic powder, and salt to taste Heat up skillet for strips and turn on medium- high, add the other 1tbsp of coconut oil, and then fry thinly sliced BM Strips in oil. Allow the sides to get crispy, once they are done add in the Brussel sprouts and continue to sauté at a medium low heat while adding the lemon juice.



Seared Tofu with Brussels Sprouts



INGREDIENTS

- 6oz Firm Tofu
- 2 tbsp olive oil (divided)
- 2 tbsp rice wine vinegar
- 1 cup of diced brussel sprouts
- ½ cup sauerkraut (optional)

DIRECTIONS

Heat oil in a skillet over medium-high heat until shimmering. Add Tofu and brussel sprouts, season with salt and pepper, and cook – continuously stirring for about 5-6 minutes. Stir in vinegar, scraping up any brown bits, then transfer to a plate and set aside



Stir-fry Cabbage & Strips



INGREDIENTS

- 6oz Beyond Meat Strips (Shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3cup chopped onion
- Bragg's Soy Sauce Alternative & salt to taste
- (suggestion: 4 tbsp Bragg's)

DIRECTIONS

In skillet, heat butter until bubbly and hot. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tender-crisp (2 -3 minutes) Add Shredded Strips and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve



Veggie-Lean Stuffed Peppers



INGREDIENTS

- 6 oz cooked Beyond Meat Crumbles
- 2 tbsp coconut oil
- 1 green pepper
- 1/4 cup onion, chopped
- 1/2 tbsp. minced garlic
- 1/3 cup diced tomato
- 1 tsp. parsley
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. rosemary
- 1 tsp. seasoned salt

DIRECTIONS

Preheat oven to 350 degrees. Heat skillet and add tbsp. coconut oil until sizzling. Add all veggies and spices to skillet and cook for 5-10 minutes, until vegetables are tender. Add in crumbles when veggies are done. Set Pepper (seeded) on tray and cut in half, fill each half with meat mixture Bake at 350 degrees for about 25-30 minutes



Lemon Butter Asparagus



INGREDIENTS

- ~15 stalks of asparagus
- 6 oz any white fish (suggestion: yellowtail)
- 1 tbsp lemon juice
- 1 tbsp coconut oil
- 1 tbsp kerrygold butter

DIRECTIONS

Sauté the asparagus in 1tbsp coconut oil on skillet When the asparagus slices are tender drizzle lemon juice on top Move asparagus to side of skillet and add 1tbsp butter to pan (turn to medium-high) Add fish to butter and cook about 2-3 minutes per side until crisp and butter has 'fried' the fish Add salt to taste, remove and plate!



Fuel-Good Mashed Potatoes



(shhhh... it's actually cauliflower)

INGREDIENTS

- 6oz Beyond Meat Strips
- 2 cups chopped cauliflower • 1/2 cup water
- ½ tbsp. minced garlic
- ½ tsp Italian seasoning
- ¼ tsp salt
- pinch of black pepper
- 1 green onion stalk, optional
- 2 tbsp Kerrygold butter

DIRECTIONS

In a small pot, bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water and add the butter, spices, salt and pepper, mash with a masher until it looks like "mashed potatoes." Top with chives. Pair with baked Beyond Meat Strips.



Lemon and Almond Roasted Salad



INGREDIENTS

- 4 oz Beyond Meat Strips
- 1/3 cup plain greek yogurt
- 1 tablespoons olive oil
- 12 almonds (sliced)
- 1 tbsp lemon juice
- 1 green onion diced
- 1 tbsp cup chopped fresh parsley
- 1 tablespoon lemon pepper seasoning
- 1/2 teaspoon sea salt

DIRECTIONS

Preheat the oven to 400 degrees F. Cover the Strips with all the seasoning and put in the oven for 20-25 minutes until cooked through. Heat a large skillet over medium-high heat and add the olive oil and add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant. After about 4-5 minutes remove the almonds and let them cool. Place the Strips, almonds, lemon juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt, stirring until the entire bowl of chicken is moistened. Season with more salt and pepper if desired.



Broccoli and Tofu Salad



INGREDIENTS

- 6 cups broccoli
- 1/3 small onion, chopped
- 1 cup plain greek yogurt
- 1/2 cup almonds, chopped
- 2 tablespoons red vinegar
- 6 oz Firm Tofu
- salt and pepper to taste
- 1 tsp lemon pepper
- 1 green onion

DIRECTIONS

In a large bowl, combine broccoli, Tofu, onion, and almonds. In a separate bowl, mix yogurt, vinegar, and seasonings, in a small bowl. Pour dressing over broccoli mixture and stir until evenly distributed. Cover and refrigerate for about an hour until ready to serve.



Fuel-Good Avocado

Stuffed Salad



INGREDIENTS

- 3 large ripe avocados
- 6 oz Beyond Meat Crumble
- 2 tbsp greek yogurt
- 2 tbsp fresh lime juice
- 1 tbsp sriracha or other hot sauce
- Salt and pepper to taste

DIRECTIONS

Cut avocados in half lengthwise and remove pit Cut flesh into chunks and use a spoon to scoop flesh out into a medium bowl. Add Crumble, yogurt, lime juice, sriracha or hot sauce, and salt and pepper to taste. Toss to combine and separate into servings (can serve inside of empty skin if desired)



Honey-Mustard

Fuel-Good Salad



INGREDIENTS

- 6oz Beyond Meat Strips
- 1 bag spinach
- 2 rip tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets

DIRECTIONS

Put mustard, oil & stevia together in small bowl and whisk until thoroughly combined. Pour atop bowl of spinach, onion, tomato and BM Strips. Serve cold with Strips heated



SHAKE RECIPES

BLUEBERRY PIE SMOOTHIE



INGREDIENTS

- 6oz boneless skinless chicken breast
- 1 bag spinach
- 2 rip tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets



© Amy's Healthy Baking

VANILLA ALMOND SHAKE



INGREDIENTS

- 1 scoop vanilla protein
- 2 tbsp vanilla almond butter
- 1 packet stevia
- handful of ice
- 1 cup water



CAKE FOR BREAKFAST



INGREDIENTS

- 1 scoop vanilla protein
- 2/3 cup ground dry oats
- 1 tsp vanilla
- 1 stevia packet
- dash of salt AND sprinkles
- 1 cup water
- handful of ice



PB SANDWICH SHAKE



INGREDIENTS

- 1.5 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice



SAUCES AND DRESSINGS

Balsamic Vinegar Dressing

- 1/2 cup water
- 1/4 cup balsamic vinegar
- 2 packets splenda/stevia
- 1 tsp onion salt
- 1 tsp garlic powder
- 1/4 tsp dried mustard
- Shake well in container and again before use

Versatile Vinegar Dressing

- 1/2 cup cold water
- 1/2 cup white vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1 dash paprika

Variations for Vinegar

- Green Onion Dressing
- add 2 or 3 minced green onions.
-
- Dilly Dressing: replace white vinegar with 1/2 cup malt vinegar. •
- -Omit paprika.
- Add 1 1/2 teaspoons dill seed.

'Honey' Mustard

- 1/8 cup balsamic vinegar
- 1/4 cup yellow or spicy mustard
- 3 packets of stevia
- Mix well and toss into salad

FLAVORFUL ADD INS

That Actually HELP you lose weight

The consumption of fermented, probiotic foods has many benefits. The microflora that lives in fermented foods creates a protective lining in the intestines and shields it against pathogenic factors, such as salmonella and E.coli. Indeed, to get that healthy dose of bacteria, it's essential to consume top probiotic foods. Basically, they help our guts run smoothly, which is imperative to weight loss!

Sauerkraut

Kimchi

Pickles

Each of these can come in any array of flavors from spicy to sweet, so check out your local grocery store and see what you can find that sparks your interest.