



Plant-Based High Protein Program

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Plant-Based High Protein Program

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Our Plant-Based High Protein program is a vegan meal plan offering at least 100 grams of protein per day. This program was designed for plant-based eaters with higher protein needs. It provides 100 to 113 grams of plant protein per day. Meals are high in healthy fats and fiber for blood sugar management.

This program was created by a Registered Dietician with the following key considerations:

HIGH-QUALITY PROTEIN

Getting enough daily protein will help you recover from illness, balance blood sugars, prevent muscle loss, or increase muscle mass if combined with strength training. This meal plan provides at least 100 grams of protein daily from tofu, tempeh, edamame, quinoa, chickpeas, and protein powder. Protein is distributed between every meal and snack to help with building muscle strength and hypertrophy.

HEALTHY FATS

Omega-3-6-9 fatty acids provide cardiovascular benefits, reduce inflammation, and improve immune function. This program incorporates omega-3 fats from avocado, chia seeds, and flaxseeds. Omega-6 fats come from almonds and nut butter, and omega-9 fats come from olive oil and avocado oil.

LOW GLYCEMIC FOODS

Eating the proper amount and type of carbohydrate is important on a high-calorie diet to help balance insulin levels. This meal plan uses low glycemic foods to optimize blood sugars and energy levels. It provides up to 50 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Carbohydrate sources are paired with healthy fats and protein to create a steady release of energy throughout the day.

PREBIOTICS & PROBIOTICS

Illness and physical stress from exercise can impact your gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria back into the gut. Probiotics are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics support digestive health by feeding the good bacteria. This meal plan combines foods like tempeh with onions and garlic to exert synergistic effects on health.



GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

MON

BREAKFAST
Brownie Protein Pancakes

SNACK 1
Celery with Peanut Butter

LUNCH
Chickpea Edamame Salad with Lemon & Dill, Quinoa

SNACK 2
Roasted Edamame

DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

TUE

BREAKFAST
Brownie Protein Pancakes

SNACK 1
Celery with Peanut Butter

LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower

SNACK 2
Roasted Edamame

DINNER
Chili Lime Tempeh & Veggies

WED

BREAKFAST
Brownie Protein Pancakes

SNACK 1
Celery with Peanut Butter

LUNCH
Chili Lime Tempeh & Veggies

SNACK 2
Roasted Edamame

DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

THU

BREAKFAST
Curried Tofu Scramble, Toast with Peanut Butter

SNACK 1
Chocolate Cherry Chia Pudding

LUNCH
Chili Lime Tempeh & Veggies

SNACK 2
Oil-Free Hummus, Chopped Bell Peppers

DINNER
Chickpea Edamame Salad with Lemon & Dill

FRI

BREAKFAST
Curried Tofu Scramble, Toast with Peanut Butter

SNACK 1
Chocolate Cherry Chia Pudding

LUNCH
Chickpea Edamame Salad with Lemon & Dill

SNACK 2
Oil-Free Hummus, Chopped Bell Peppers

DINNER
Tempeh, Quinoa & Broccoli

SAT

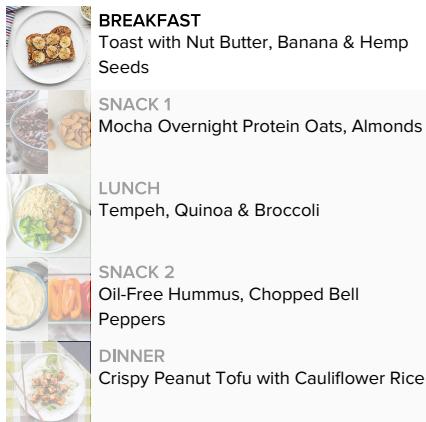
BREAKFAST
Toast with Nut Butter, Banana & Hemp Seeds

SNACK 1
Mocha Overnight Protein Oats, Almonds

LUNCH
Tempeh, Quinoa & Broccoli

SNACK 2
Oil-Free Hummus, Chopped Bell Peppers

DINNER
Crispy Peanut Tofu with Cauliflower Rice

SUN

BREAKFAST
Toast with Nut Butter, Banana & Hemp Seeds

SNACK 1
Mocha Overnight Protein Oats, Almonds

LUNCH
Tempeh, Quinoa & Broccoli

SNACK 2
Oil-Free Hummus, Chopped Bell Peppers

DINNER
Crispy Peanut Tofu with Cauliflower Rice

MON	TUE	WED						
FAT 45%	CARBS 31%	PROTEIN 24%	FAT 51%	CARBS 25%	PROTEIN 24%	FAT 51%	CARBS 25%	PROTEIN 24%
Calories 1728	Cholesterol 4mg	Calories 1745						
Fat 90g	Sodium 1857mg	Fat 104g	Sodium 2864mg	Fat 104g	Sodium 2864mg	Fat 104g	Sodium 2864mg	Fat 104g
Carbs 142g	Vitamin A 4438IU	Carbs 117g	Vitamin A 4733IU	Carbs 117g	Vitamin A 4733IU	Carbs 117g	Vitamin A 4733IU	Carbs 117g
Fiber 38g	Vitamin C 138mg	Fiber 35g	Vitamin C 262mg	Fiber 35g	Vitamin C 262mg	Fiber 35g	Vitamin C 262mg	Fiber 35g
Sugar 40g	Calcium 1784mg	Sugar 42g	Calcium 1845mg	Sugar 42g	Calcium 1845mg	Sugar 42g	Calcium 1845mg	Sugar 42g
Protein 106g	Iron 22mg	Protein 113g	Iron 23mg	Protein 113g	Iron 23mg	Protein 113g	Iron 23mg	Iron 23mg
THU	FRI	SAT						
FAT 43%	CARBS 35%	PROTEIN 22%	FAT 37%	CARBS 40%	PROTEIN 23%	FAT 42%	CARBS 38%	PROTEIN 20%
Calories 1820	Cholesterol 2mg	Calories 1709	Cholesterol 2mg	Calories 1868	Cholesterol 2mg	Calories 1868	Cholesterol 2mg	Calories 1868
Fat 92g	Sodium 2142mg	Fat 74g	Sodium 1562mg	Fat 92g	Sodium 2136mg	Fat 92g	Sodium 2136mg	Fat 92g
Carbs 170g	Vitamin A 9695IU	Carbs 178g	Vitamin A 6901IU	Carbs 189g	Vitamin A 2073IU	Carbs 189g	Vitamin A 2073IU	Carbs 189g
Fiber 49g	Vitamin C 372mg	Fiber 43g	Vitamin C 311mg	Fiber 44g	Vitamin C 313mg	Fiber 44g	Vitamin C 313mg	Fiber 44g
Sugar 48g	Calcium 1425mg	Sugar 43g	Calcium 1378mg	Sugar 34g	Calcium 1310mg	Sugar 34g	Calcium 1310mg	Sugar 34g
Protein 105g	Iron 27mg	Protein 101g	Iron 24mg	Protein 100g	Iron 20mg	Protein 100g	Iron 20mg	Iron 20mg
SUN								
FAT 42%	CARBS 38%	PROTEIN 20%						
Calories 1868	Cholesterol 2mg							
Fat 92g	Sodium 2136mg							
Carbs 189g	Vitamin A 2073IU							
Fiber 44g	Vitamin C 313mg							
Sugar 34g	Calcium 1310mg							
Protein 100g	Iron 20mg							

FRUITS	VEGETABLES	BREAD, FISH, MEAT & CHEESE
1 1/2 Avocado	2 cups Arugula	1 1/3 lbs Tempeh
1 Banana	3 cups Baby Spinach	2 2/3 lbs Tofu
3/4 cup Cherries	3 cups Broccoli	8 slices Whole Grain Bread
3/4 Lemon	1 1/2 cups Brussels Sprouts	
2 2/3 tbsps Lemon Juice	1 1/4 heads Cauliflower	
1/2 Lime	4 1/2 stalks Celery	
1/3 cup Lime Juice	3 tbsps Fresh Dill	
	2 2/3 Garlic	
	2 1/2 Green Bell Pepper	
	3 1/8 Red Bell Pepper	
	1 Yellow Bell Pepper	
	1 1/16 Yellow Onion	
BREAKFAST	BOXED & CANNED	CONDIMENTS & OILS
2/3 cup All Natural Peanut Butter	2 3/4 cups Chickpeas	3 tbsps Avocado Oil
1/4 cup Almond Butter	1 cup Quinoa	1/4 cup Balsamic Vinegar
1/2 cup Coffee	2/3 cup Vegetable Broth	2 1/4 tbsps Coconut Oil
1 1/2 tbsps Maple Syrup		1 1/2 tbsps Dijon Mustard
SEEDS, NUTS & SPICES	BAKING	2 tbsps Extra Virgin Olive Oil
1/2 cup Almonds	1 1/2 tbsps Arrowroot Powder	1 1/2 tbsps Sesame Oil
1/3 cup Chia Seeds	1 1/2 tbsps Baking Powder	3 1/2 tbsps Tahini
1 tbsp Chili Powder	2 tbsps Cacao Nibs	3 tbsps Tamari
1/4 tsp Cinnamon	3/4 cup Chickpea Flour	
1 tbsp Cumin	3 1/2 tbsps Cocoa Powder	
2/3 tsp Curry Powder	2 1/4 tbsps Coconut Sugar	
1 1/2 tbsps Garlic Powder	1/3 cup Dark Chocolate Chips	
3 tbsps Ground Flax Seed	2 tbsps Nutritional Yeast	
2 tbsps Hemp Seeds	1 cup Oats	
1 tsp Italian Seasoning	1 tbsp Unsweetened Shredded	
2 3/4 tbsps Sea Salt	Coconut	
0 Sea Salt & Black Pepper		
1 tbsp Sesame Seeds		
3/4 tsp Smoked Paprika		
FROZEN		
4 1/2 cups Frozen Edamame		

SAVE \$15 ON YOUR FIRST MONTH OF **NUTRITION COACHING**

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

"I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT."

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

- 📞 30 Minute Coaching Call Twice a Month
- 📊 Custom Calorie / Macro / Portion Guide
- 💻 Access to Coaching Software & Mobile App
- ⌚ Optional Integration with MyFitnessPal & Fitbit
- ✓ Daily App Check-ins & Personal Reminders
- 💬 In-App Messaging & Feedback
- 🍎 Monthly Macro-Based Recipe Suggestions*
- 🥕 Optional Access to Meal Planning App for Recipe DIY*
- 🍴 Your Choice of 4 7-Day RD-Created Meal Plans*
- 📄 Exclusive Resources to help you implement your habits

➡ **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

➡ **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

➡ **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

➡ **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Brownie Protein Pancakes

3 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Ground Flax Seed
1/2 cup Water
3/4 cup Chickpea Flour
3/4 cup Chocolate Protein Powder
1 1/2 tbsps Cocoa Powder
1 1/2 tbsps Baking Powder
1 1/2 cups Unsweetened Almond Milk (or water)
1/3 cup Dark Chocolate Chips
2 1/4 tsps Coconut Oil

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	4mg
Fat	19g	Sodium	866mg
Carbs	37g	Vitamin A	259IU
Fiber	6g	Vitamin C	0mg
Sugar	17g	Calcium	773mg
Protein	29g	Iron	4mg

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.

Curried Tofu Scramble

2 SERVINGS 25 MINUTES



INGREDIENTS

2 tsps Vegetable Broth
2/3 Red Bell Pepper (chopped)
1/3 Yellow Onion (chopped)
10 1/2 ozs Tofu (extra firm, drained and pressed to remove water)
2/3 tsp Curry Powder
2 tsps Nutritional Yeast
1/8 tsp Sea Salt
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	8g	Sodium	233mg
Carbs	8g	Vitamin A	1728IU
Fiber	4g	Vitamin C	54mg
Sugar	5g	Calcium	467mg
Protein	18g	Iron	5mg

DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO VEGETABLE BROTH

Use avocado oil or extra virgin olive oil instead.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish.

Toast with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Whole Grain Bread (or any type of bread)
2 tbsps All Natural Peanut Butter (or any nut butter)

NUTRITION

AMOUNT PER SERVING

Calories	412	Cholesterol	0mg
Fat	20g	Sodium	320mg
Carbs	43g	Vitamin A	0IU
Fiber	8g	Vitamin C	0mg
Sugar	9g	Calcium	100mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

NOTES

TOPPING IDEAS

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Toast with Nut Butter, Banana & Hemp Seeds

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Whole Grain Bread (toasted)

2 tbsps Almond Butter

1/2 Banana (sliced)

1 tbsp Hemp Seeds

1/8 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	519	Cholesterol	0mg
Fat	26g	Sodium	318mg
Carbs	56g	Vitamin A	40IU
Fiber	11g	Vitamin C	5mg
Sugar	14g	Calcium	206mg
Protein	21g	Iron	4mg

DIRECTIONS

- 01 Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

NOTES

NO HEMP SEEDS

Omit or use sunflower seeds or pumpkin seeds instead.

GLUTEN-FREE

Use a certified gluten-free bread.

NUT-FREE

Use sunflower seed butter instead.

Celery with Peanut Butter

3 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 stalks Celery (sliced into sticks)

1/3 cup All Natural Peanut Butter

DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

NOTES

NUT-FREE

Use sunflower seed butter or hummus instead.

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	17g	Sodium	53mg
Carbs	9g	Vitamin A	269IU
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	40mg
Protein	8g	Iron	1mg

Chocolate Cherry Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
1 cup Plain Coconut Milk (unsweetened, from the carton)
1/4 cup Chocolate Protein Powder
3/4 cup Cherries (pitted)
1 tbsp Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	255	Cholesterol	2mg
Fat	12g	Sodium	38mg
Carbs	24g	Vitamin A	287IU
Fiber	8g	Vitamin C	4mg
Sugar	11g	Calcium	424mg
Protein	14g	Iron	3mg

DIRECTIONS

- In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- Top the chia pudding with the cherries and the coconut. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO PROTEIN POWDER

Use raw cacao powder instead of protein powder, using half the amount.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Mocha Overnight Protein Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats (rolled)
2 tbsps Chia Seeds
2 tbsps Cocoa Powder
1/4 cup Chocolate Protein Powder
1 cup Unsweetened Almond Milk
1/2 cup Coffee (brewed and chilled)
2 tbsps Cacao Nibs

NUTRITION

AMOUNT PER SERVING

Calories	328	Cholesterol	2mg
Fat	12g	Sodium	104mg
Carbs	40g	Vitamin A	250IU
Fiber	12g	Vitamin C	0mg
Sugar	0g	Calcium	384mg
Protein	19g	Iron	4mg

DIRECTIONS

- 01 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 02 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Almonds

2 SERVINGS 2 MINUTES



INGREDIENTS

1/2 cup Almonds (raw)

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	96mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Place in a bowl and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

MORE FLAVOR

Roast, toast and/or season with salt.

Chickpea Edamame Salad with Lemon & Dill

1 SERVING 10 MINUTES



INGREDIENTS

1/4 Lemon (juiced)
1 1/2 tsps Avocado Oil
1/2 tsp Dijon Mustard
1/2 tsp Maple Syrup
1 tbsp Fresh Dill (chopped)
1 cup Baby Spinach (chopped)
1/2 cup Chickpeas (cooked)
1/2 cup Frozen Edamame (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	0mg
Fat	13g	Sodium	62mg
Carbs	34g	Vitamin A	3110IU
Fiber	11g	Vitamin C	19mg
Sugar	8g	Calcium	124mg
Protein	17g	Iron	5mg

DIRECTIONS

- 01 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 02 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

NO SPINACH

Use mixed greens, arugula, kale or romaine lettuce instead.

SOY-FREE

Use green peas instead of edamame.

NO CHICKPEAS

Use lentils or black beans instead.

Quinoa

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Quinoa (uncooked)

1/3 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Roasted Edamame

3 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Cholesterol	0mg
Fat	15g	Sodium	304mg
Carbs	14g	Vitamin A	462IU
Fiber	8g	Vitamin C	9mg
Sugar	3g	Calcium	98mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Oil-Free Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

1 1/3 cups Chickpeas (cooked)

2/3 Garlic (clove, minced)

2 2/3 tbsps Lemon Juice

2/3 tsp Sea Salt

3 1/2 tbsps Tahini

2 2/3 tbsps Water (cold)

DIRECTIONS

- 01 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 02 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1/3 cup of hummus.

SERVE IT WITH

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

CONSISTENCY

If hummus is too thick, add additional cold water, one tablespoon at a time.

NUTRITION

AMOUNT PER SERVING

Calories	172	Cholesterol	0mg
Fat	9g	Sodium	413mg
Carbs	19g	Vitamin A	24IU
Fiber	5g	Vitamin C	5mg
Sugar	3g	Calcium	86mg
Protein	7g	Iron	3mg

Chopped Bell Peppers

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	26	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

One Pan Tofu, Brussels Sprouts & Cauliflower

3 SERVINGS 45 MINUTES



INGREDIENTS

1 1/2 lbs Tofu (extra firm, drained)
1 1/2 tbsps Tamari
1 1/2 tbsps Avocado Oil
1 1/2 tsps Maple Syrup
1 1/2 tbsps Arrowroot Powder
1 1/2 cups Brussels Sprouts (trimmed and halved)
3/4 head Cauliflower (chopped into florets)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	0mg
Fat	23g	Sodium	568mg
Carbs	21g	Vitamin A	332IU
Fiber	7g	Vitamin C	108mg
Sugar	8g	Calcium	720mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 02 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 03 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

VEGETABLE ALTERNATIVES

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Chili Lime Tempeh & Veggies

3 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

1 tbsp Chili Powder (divided)
1 tbsp Cumin (divided)
1 1/2 tsps Garlic Powder (divided)
1 1/8 tsps Sea Salt (divided)
3/4 tsp Smoked Paprika
1/3 cup Lime Juice
1/3 cup Vegetable Broth
1 1/2 tsps Maple Syrup
13 1/2 ozs Tempeh (cut into thin pieces)
1 1/2 Red Bell Pepper (thinly sliced)
1 1/2 Green Bell Pepper (thinly sliced)
3/4 Yellow Onion (thinly sliced)
1 1/2 tbsps Water
1 1/2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	484	Cholesterol	0mg
Fat	30g	Sodium	1073mg
Carbs	36g	Vitamin A	341IU
Fiber	11g	Vitamin C	143mg
Sugar	10g	Calcium	214mg
Protein	30g	Iron	8mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 02 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 03 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 04 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 05 Divide between plates. Top with diced avocado and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

ADDITIONAL TOPPINGS

Lime wedges or cilantro.

SERVE IT WITH

Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



TRACY KACZMARCZYK [HTTP://WWW.HEAVYMETALFITNESS.COM](http://WWW.HEAVYMETALFITNESS.COM)

Tempeh, Quinoa & Broccoli

3 SERVINGS 55 MINUTES



INGREDIENTS

1/4 cup Vegetable Broth
1/4 cup Balsamic Vinegar
1 tsp Italian Seasoning
1/2 tsp Sea Salt
2 Garlic (clove, minced)
9 ozs Tempeh (cut into thin pieces)
3/4 cup Quinoa (uncooked)
3 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	12g	Sodium	493mg
Carbs	44g	Vitamin A	617IU
Fiber	5g	Vitamin C	82mg
Sugar	5g	Calcium	167mg
Protein	26g	Iron	5mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 04 Meanwhile, cook the quinoa according to the package directions.
- 05 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO QUINOA

Use rice instead.

NO ITALIAN SEASONING

Use any combination of dried herbs.

MORE FLAVOR

Drizzle the broccoli with extra virgin olive oil.

BROCCOLI

Use fresh or frozen broccoli or substitute other vegetable instead.

Crispy Peanut Tofu with Cauliflower Rice

2 SERVINGS 40 MINUTES



INGREDIENTS

8 ozs Tofu (extra firm, drained)
1 1/2 tsps Sesame Oil
1 1/2 tbsps Tamari
2 1/4 tsps Coconut Sugar
1 1/4 tbsps All Natural Peanut Butter
1/2 head Cauliflower (medium, grated into rice)
1/2 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	243	Cholesterol	0mg
Fat	15g	Sodium	805mg
Carbs	16g	Vitamin A	6IU
Fiber	5g	Vitamin C	74mg
Sugar	8g	Calcium	361mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
- 02 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 03 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 04 Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

NOTES

NO TAMARI

Use soy sauce or coconut aminos.

NO CAULIFLOWER

Use regular rice instead.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

NO COCONUT SUGAR

Use another type of sweetener such as honey or brown sugar.

LIKES IT SPICY

Garnish with red pepper flakes.

HERB LOVER

Garnish with fresh mint.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Chickpea Edamame Salad with Lemon & Dill and Quinoa.	While the quinoa is cooking, follow the directions to make the salad. Once quinoa is cool, store them together in a container for lunch tomorrow.
		Make the Roasted Edamame.	Divide between containers and store in the fridge for snacks.
		Make Celery with Peanut Butter snacks.	Divide between containers and store in the fridge.
1 Mon		Make Brownie Protein Pancakes.	Store leftovers in the fridge.
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Celery with Peanut Butter, Chickpea Edamame Salad with Lemon & Dill and Quinoa, and Roasted Edamame.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Store leftovers in the fridge.

		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Celery with Peanut Butter, One Pan Tofu, Brussels Sprouts & Cauliflower, and Roasted Edamame.
2 Tue		Make Chili Lime Tempeh & Veggies for dinner.	Store leftovers in the fridge for lunches.
			
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Celery with Peanut Butter, Chili Lime Tempeh & Veggies, and Roasted Edamame.
3 Wed		Have leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat in the oven or microwave.
		Make Oil-Free Hummus with Chopped Bell Peppers.	Divide between containers and store in the fridge for snacks.
		Make the Chocolate Cherry Chia Pudding.	Divide between containers and store in the fridge for snacks.
		Make Curried Tofu Scramble and Toast with Peanut Butter for breakfast.	
4 Thu		Pack your meals if you are on-the-go.	Curried Tofu Scramble and Toast with Peanut Butter, Chocolate Cherry Chia Pudding, Chili Lime Tempeh & Veggies, and Oil-Free Hummus with Chopped Bell Peppers.

		Make Chickpea Edamame Salad with Lemon & Dill for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Have leftover Curried Tofu Scramble and Toast with Peanut Butter for breakfast.	Reheat scramble in a frying pan or in the microwave while toasting the bread.
		Pack your meals if you are on-the-go.	Curried Tofu Scramble and Toast with Peanut Butter, Chocolate Cherry Chia Pudding, Chickpea Edamame Salad with Lemon & Dill, and Oil-Free Hummus with Chopped Bell Peppers.
		Make Tempeh, Quinoa & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
6 Sat		Make Mocha Overnight Oats.	Divide between containers, top with almonds and store in the fridge for snacks.
		Make Toast with Nut Butter, Banana & Hemp Seeds for breakfast.	
		Pack your meals if you are on-the-go.	Toast with Nut Butter, Banana & Hemp Seeds, Mocha Overnight Oats with Almonds, Tempeh, Quinoa & Broccoli, and Oil-Free Hummus with Chopped Bell Peppers.
		Make Crispy Peanut Tofu with Cauliflower Rice for dinner.	Store leftovers in the fridge for dinner tomorrow.

		Make Toast with Nut Butter, Banana & Hemp Seeds for breakfast.	
7 Sun		Pack your meals if you are on-the-go.	Toast with Nut Butter, Banana & Hemp Seeds, Mocha Overnight Oats with Almonds, Tempeh, Quinoa & Broccoli, and Oil-Free Hummus with Chopped Bell Peppers.
		Shop and prep for next week.	
		Enjoy leftover Crispy Peanut Tofu with Cauliflower Rice for dinner.	Reheat on the stove or in the microwave.

WAIVER

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