

A woman with short dark hair, wearing a blue tank top and black leggings, is smiling while cooking in a kitchen. She is using tongs to transfer food from a pan on the stove to a tray. The kitchen has white cabinets and a sink. There are lemons in a bowl on the counter and a plant in the background. The text 'FIND YOUR STRENGTH' is overlaid in white on a blue circle, and 'NUTRITION GUIDE FEMALE VEGAN' is overlaid in white on a purple circle. The 'más' logo is at the bottom center.

FIND YOUR STRENGTH

NUTRITION GUIDE
FEMALE
VEGAN

The logo for 'más' features a small pink and purple graphic above the lowercase text 'más'.

Meal Prep Tips

Meal prepping is all about preparation and setting up a routine. Pick a day of the week when you are free to do your grocery shopping and can prepare for the week. For me, Sundays work best, but depending on your lifestyle and work schedule, you'd have to pick what best accommodates you.

Believe it or not, as you get comfortable each week building that routine, you will feel so comfortable planning your meals even if you aren't the best of cooks. I must admit to you that I learned my way in the kitchen by making a lot of mistakes, burning a lot of food, and sometimes over seasoning or under seasoning certain items.

Practice makes perfect.

Recommended Meal Prepping Tools:

- Digital/Manual Food Scale
- Oven/Microwavable Friendly Tupperware
- Measuring Cups
- Measuring Spoons
- Foil Paper (Optional For Roasting And Baking On Baking Sheet)
- Saran Wrap (Optional For Sealing And Covering Bowls)
- Zip Lock Bags (Optional For To-Go Snacks)

Meal Prep Tips

If you lack time, try buying your proteins in bulk this way you can season them and save in the freezer for later use. I tend to buy exactly what I need for the week, season everything the day of my meal prep, but only cook for 2-3 days at a time saving the rest in freezer to defrost when needing to cook again.

Make sure you rely mostly on spices to season your food. The flavor can be achieved by using spices and minimize oils, sauces, and lots of sodium that contain no nutritional value but add lots of calories, and contribute to water retention and bloating. The use of salt is okay, but using garlic, pepper, thyme, oregano, parsley, smoked paprika, onion powder, onions, cilantro, red pepper flakes, curry powder, cumin, and other favorite spices, will enhance the taste without using so much sodium.

Your meals should be spaced out around 3 hours if possible and your last meal should be ingested 1 hour before heading to bed.

Meal Prep Tips (cont'd.)

If you want to use sauces like BBQ, chili sauce, teriyaki, buffalo, etc... add them by the serving size to your already cooked meal. This will help you get that flavor you want without drenching your meats in them (trust me, this is where all the calories add up, just read the labels of these sauces and prepare to be shocked). Another benefit of this technique is that while you might cook chicken breast with a neutral spice taste, you can give it a twist and change its flavor by adding a serving of any of these sauces on any given day.

Try different cooking methods as the foods will taste very different. For example, chicken breast tastes completely different when grilled then when made into a patty when it's ground, baked into meatballs, sautéed into chicken breast cubes/strips, or even tenderized like a paillard.

Use a digital scale to weigh your food specially your proteins. When you weigh the food, I suggest you do it already cooked. If you want to be very specific with your macronutrient numbers, then weigh everything by the grams/ounce on your scale. Your nutritional label gives you the grams per serving size as well as other measurement units (cups, tbs, etc).



WEEK ONE

BREAKFAST	Spelt Breakfast Bowl Protein: 23 Carbs: 85 Fats: 26 Calories: 666
AM SNACK	Protein Shake Apple Protein: 20 Carbs: 30 Fats: 1 Calories: 209
LUNCH	Green Bean Tofu Bowl Protein: 26.5 Carbs: 21.5 Fats: 7 Calories: 255
Dinner	TVP and Black Lentil Bowl Protein: 29 Carbs: 95.5 Fats: 24 Calories: 714
Snack	Pumpkin Brownies Protein: 5 Carbs: 18 Fats: 16 Calories: 236

1-1 1/2 Gallons of Water Per Day

Spelt Breakfast Bowl

Ingredients

1/2 cup cooked spelt
1 tbs peanut butter
1 tbs chia seeds
1 tbs hemp seeds
1 tsp cinnamon
1 banana

Instructions

1. Cook spelt according to package directions
2. Once spelt is cook add all other ingredients and mix

Protein Shake & Apple

Ingredients

1 scoop of (TRU Supplements) protein powder
10-12 oz water

Apple of choice

Green Bean Tofu Bowl

Ingredients

- 6 oz extra firm tofu
- 2 tbs coconut aminos
- 2 cups bok choy and green beans
- 3 oz mushrooms
- Coconut aminos/Sriracha sauce

Instructions

1. Drain water from tofu.
2. Cut tofu into cubes or crumble with hands, place in non-stick pan and cook.
3. Once tofu is cooked, add green beans, bok chow and mushrooms. Cook for another 10 minutes or until veggies are cooked.
4. Add coconut aminos and/or sriracha sauce.

TVP and Black Lentil Bowl

Ingredients

- 1/3 cup dry TVP
- 1/3 cup black lentils
- 1 sweet potato
- 3 oz small chopped red pepper
- 1 avocado

Instructions

1. Cook black lentils first according to package directions, or use canned lentils.
2. Soak TVP in hot water for 10 minutes, make sure all water is absorbed. Drain excess water.
3. Steam or roast sweet potato in vegetable broth.
4. When ingredients are cooked place in bowl and top with red pepper and avocado. Add serving of (Primal Kitchen) BBQ sauce.

Pumpkin Protein Brownies

Ingredients

- 1 can pumpkin puree
- 2 tbs pumpkin spice
- 1/2 cup unsweetened almond milk
- 1/3 cup sliced almonds, sunflower and pumpkin seeds
- 2 scoops TRU Supplements pumpkin protein powder
- 1 1/2 cup spelt flour
- 3 tbs maple syrup
- 1/4 mini vegan chocolate chips (substitute raisins)

Instructions

1. Preheat oven to 350 degrees.
2. In large bowl, thoroughly combine all ingredients. To get consistency of cookie dough, add more almond milk for desired consistency.
3. Using a brownie pan or cookie sheet, spread dough evenly about a half inch thick.
4. Bake 15-20 minutes, let cool.
5. Slice into 2 inch squares after brownies have cooled. Serving size is 2 brownies.

WEEK TWO

BREAKFAST	Overnight Oats Protein: 16 Carbs: 73 Fats: 12 Calories: 464
AM SNACK	Protein Shake Blueberries Protein: 23 Carbs: 42 Fats: 1 Calories: 269
LUNCH	Buffalo Navy Bean Bowl Protein: 19 Carbs: 79 Fats: 35 Calories: 707
Dinner	Tempeh Veggie Bowl Protein: 43 Carbs: 55 Fats: 27 Calories: 639
Snack	Blueberry Chocolate Muffins Protein: 14 Carbs: 42 Fats: 12 Calories: 332

1-1 1/2 Gallons of Water Per Day

Overnight Oats

Ingredients

- 1/2 cup dry oats
- 1/2 cup non-dairy (oat) milk
- 1 tbs chia seeds
- 1 tbs raisins
- 1 banana

Instructions

1. In container add all ingredients except banana.
2. Let sit overnight in refrigerator.
3. When ready to eat, mix and add sliced banana.

Protein Shake & Blueberries

Ingredients

- 1 scoop of (TRU Supplements) protein powder
- 10-12 oz water

- 2 Cups of blueberries (eat separately or add to protein shake)

Buffalo Navy Bean Bowl

Ingredients

- 1/2 cup navy beans
- 1/2 cup wild rice
- 2 oz broccoli
- Handful spinach (1 cup)
- 1 avocado
- 2 oz jalapeños
- 1/4 cup Primal Kitchen buffalo sauce

Instructions

1. Cook beans and rice according to package directions.
2. Once cooked, add spinach to bowl add rice beans broccoli and jalapeño. If prepping in bulk, allow rice and beans to cook before separating into bowls and adding remaining ingredients.
3. Top with buffalo sauce right before eating and mix.

Tempeh Veggie Bowl

Bowl Ingredients

6 oz tempeh
1/2 cup broccoli
3 oz millet noodles
3 oz red pepper
1/3 cup peanut sauce

Peanut Sauce Ingredients

1/3 cup peanut butter	1/4 cup brown rice syrup
1/4 cup low sodium soy sauce	1/4 tsp ground ginger
*Substitution: Tamari	1/4 tsp cayenne pepper
2 tbs water	
2 tbs rice vinegar	

Instructions

1. Steam or roast vegetables in 1 cup vegetable broth.
2. Cook millet noodles separately, according to package instructions.
3. Once all ingredients cooked, place in bowl and add peanut sauce.
4. Top with tempeh.

Blueberry Chocolate Muffins

Ingredients

9 bananas
1 1/2 cup peanut butter
1 scoop TRU Protein powder
1/2 cup cocoa powder
1 1/2 cups blueberries

Instructions

1. Preheat oven to 350.
2. In a bowl, mash bananas with fork.
3. Add nut butter, protein and cocoa powder, blueberries. Mix until well combined.
4. Add batter to muffin pan and bake at 18-20 minutes.

*2 muffins per serving

WEEK THREE

BREAKFAST	Ezekiel Breakfast Protein: 22 Carbs: 69 Fats: 33 Calories: 665
AM SNACK	Protein Shake Berries Protein: 21 Carbs: 22 Fats: 3 Calories: 199
LUNCH	Tofu Bowl Protein: 38 Carbs: 67 Fats: 36 Calories: 744
Dinner	Lentil Bolognese Protein: 41 Carbs: 66 Fats: 1 Calories: 437
Snack	No-Bake Choc-PB Cookies Protein: 8 Carbs: 22 Fats: 12 Calories: 228

1-1 1/2 Gallons of Water Per Day

Ezekiel Breakfast

Ingredients

2 slices Ezekiel bread
1/2 cup garbanzo beans
1 avocado
1 lemon
1/2 tsp paprika

1/4 tsp lemon juice
Pinch of cayenne
Salt/pepper to taste

Instructions

1. Toast Ezekiel bread.
2. In a bowl, mash beans and mix with all ingredients except avocado.
3. Add bean mixture to toast and top with avocado.

Protein Shake & Berries

Ingredients

1 scoop of (TRU Supplements) protein powder
10-12 oz water

1 cup of strawberries or raspberries (eat separately or add to protein shake)

Tofu Bowl

Ingredients

6 oz tofu
1/2 cup banza rice
4 oz cauliflower
3 oz carrots
3 oz broccoli sprouts
1 oz sesame seeds
1/4 cup herb dressing

Herb dressing ingredients

1 avocado
5 large basil leaves
1/4 cup cilantro
1/4 cup chives
1/2 cup lemon juice
1/3 red onion, chopped
2 green onions
1 clove garlic
Salt and pepper to taste

Instructions

1. Cut tofu into cubes or crumble with hands onto non-stick pan.
2. After five minutes of cooking, add cauliflower and carrots, cook for another 10 minutes or until desired texture.
3. Cook beans and rice separately, according to package instructions.
4. Prepare herb dressing (blend ingredients in food processor or high powered blender).
5. Add tofu and vegetable mix into bowl, top with sesame seeds and herb dressing.

Lentil Bolognese

Ingredients

1/2 cup dry lentils	1/8 tsp red pepper flakes
1/2 cup TVP	3/4 tsp oregano
1 cup spinach	1/3 cup tomato sauce
1 1/2 cups veggie broth	2 tbs water
1 tbsp tomato paste	
1/4 yellow onion, chopped	
2 minced garlic cloves	

Instructions

1. In a pot over medium heat, add onion, garlic and water. Cook until onions soften and water evaporates.
2. Add oregano, salt and red pepper. Cook for a minute then add lentils and tomato paste.
3. Add vegetable broth, tomato sauce and half of balsamic vinegar, stir to mix well.
4. Bring sauce to gentle boil then reduce heat and simmer for 30 minutes or until lentils are tender.
5. Stir in remaining balsamic vinegar and spinach, let simmer for 2-3 minutes more.

No Bake Chocolate Chip And Peanut Butter Cookies

Ingredients

1 1/2 cup rolled or quick oats
1/4 tsp salt
1/2 cup peanut butter
1/4 cup vegan chocolate chips
1/2 cup maple syrup
3 tbs non-dairy milk

Instructions

1. In a large bowl mix all ingredients together.
2. On a cookie sheet mold into any size cookies then place in refrigerator.

* Makes approximately 12 cookies, 2 cookies per serving

WEEK FOUR

BREAKFAST	Protein Cake Bowl Protein: 30 Carbs: 56 Fats: 4 Calories: 380
AM SNACK	Protein Shake Berries Protein: 22 Carbs: 22 Fats: 1 Calories: 185
LUNCH	Tofu Salso Bowl Protein: 37 Carbs: 72 Fats: 15 Calories: 571
Dinner	Protein Chili Protein: 46 Carbs: 103 Fats: 2 Calories: 618
Snack	Choc-PB Banana Cookies Protein: 10 Carbs: 34 Fats: 9 Calories: 257

1-1 1/2 Gallons of Water Per Day

Protein Cake Bowl

Ingredients

- 1/2 cup dry oats
- 1/2 cup non-dairy milk
- 2 tbs of raisins
- 1 scoop TRU Protein
- 1/2 banana

Instructions

1. Add oats, milk and protein powder to blender for about 30 seconds.
2. Pour into microwave safe bowl and cook for two and a half minutes.
3. Carefully take out of microwave, top with raisins and banana.

Protein Shake & Berries

Ingredients

- 1 scoop of (TRU Supplements) protein powder
- 10-12 oz water

- 1 cup of raspberries or blueberries (eat separately or add to protein shake)

Salsa Bowl

Ingredients

6 oz tofu

1/2 cup wild rice

1/3 cup green/red bell peppers

1/3 cup corn

Handful lettuce

1/2 cup salsa

Instructions

1. Cut tofu into cubes or crumble with hands onto a non-stick pan.
2. Cook wild rice and corn separately from each other.
3. Chop raw peppers and lettuce, add to a bowl.
4. Once rice, tofu and corn are cooked, add lettuce and peppers.
5. Top with 1/2 cup of (choice) salsa

Protein Chili

Ingredients

- 1 can kidney beans
- 1 can garbanzo beans
- 1/2 bag TVP
- 1 can tomato sauce
- 4 cloves of garlic
- 1 white onion
- 4 tbs chili powder

Instructions

1. In a small bowl mix chili powder, cumin, smoked paprika and cayenne.
2. Turn stove top to medium heat. In large pot, add 1 cup water and chopped onion, sauté for 5 minutes then add garlic.
3. Once onion and garlic are cooked (fragrant, water evaporated) add dry ingredients. Stir until garlic and onion are coated. Add 3 cups of water, can of tomato sauce, kidney beans, garbanzo beans and maple syrup.
4. Add TVP and let cook for 10 minutes, or until desired "chili consistency".

Chocolate Peanut Butter Banana Cookies

Ingredients

4 bananas

1 cup dry rolled oats

2 scoops TRU Supplements protein powder

1/4 cup chopped Justin's Dark Chocolate PB Cups

Instructions

1. Preheat oven to 350 degrees.
2. In large bowl, mash bananas.
3. Mix in remaining ingredients until thoroughly combined.
4. Form into cookie shapes. Using table spoon. (You can also pour into muffin tin.)
5. Bake for 20 minutes.

makes 12 cookies, 2 cookies is a serving