



MA45DAY Recipes

VEGAN

MASVIDA.IO

Recommended “Foods Allowed” and “Foods to Avoid” List

I've created a list of foods that I recommend and foods you should avoid. If you choose not to go strictly by the meal plan, this list will help you to still be successful during your lifestyle change.

Note: If there is something in the meal plan you are allergic to or simply do not like, feel free to substitute that specific carb/fat/protein with another from the foods allowed list. I highly encourage you to experiment and make this enjoyable for yourself.

CARBS

Oatmeal, Quinoa, Legumes, Sweet Potato, Potato, Whole Wheat/Multi-Grain/Sprouted Grain Bread, Squash, Buckwheat, Kamut, Teff, Amaranth, Air Popped Popcorn (examples: Skinny Pop, Pop Zero, Boom Chicka Pop)

FRUITS

Banana, Cherry, Berry, Apple, Orange, Grapefruit, Kiwi, Pineapple, Pomegranate, Lemon, Papaya, Nectarine, Plum

VEGETABLE

No discrimination! Get creative, use any vegetables you like.

PROTEIN

Lean Chicken Breast, Lean Grass Fed/Minimally Processed Beef or Bison (85-90% lean), Ground Chicken, Ground Turkey, Salmon, Any White Fish, Shrimp, Eggs, Tofu, Tempeh

FATS

Olive Oil, MCT Oil, Coconut Oil, Almonds, Cashews, Peanuts, Pistachios, Nut Butter, Greek Yogurt, Low-Fat Feta Cheese

PROTEIN

All Spices!, Mustard, Ketchup, Low Sodium Soy Sauce, Hot Sauce, Low Sugar BBQ Sauce, Hummus

THINGS TO AVOID

Fried Foods, Soft Drinks that contain sugar (may moderately consume beverages low in sugar or use sugar substitute), Milkshakes, Frappuccinos, Sugary Beverages (contain Syrups, Honey, Sugar, Agave), Highly Processed and Artificially Flavored Foods, Pastries, Crackers, Chips, Soda (Zevia, Carbonated Waters, Unsweetened Tea are okay)

Weekly Overview: Meal Prep Schedule

Make a promise to yourself that each week you'll prioritize your desires to reach your fitness goals. You can do this by preparing your meals in advance using the meal prep tips and menu that I provide. Nutrition is the most important element to improve your overall health & achieving your aesthetic goals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Grocery Shop
Meal Prep			(Optional) Meal Prep second half of week			Grocery Shop

Weekly Overview: Meal Schedule

The order of your meals is up to you! I encourage you to move them around per your schedule. Everybody is different! For example, if you workout in the evenings, you may move all meals up and have your snack/post-workout in the evening. Make it work for you so you can be successful.

UPON WAKING UP

MEAL ONE

SNACK/POST WORKOUT

MEAL TWO

MEAL THREE

Week One Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

BREAKFAST

CHOCOLATE OATMEAL

CAL 516 | FAT 23.5 | CARB 46.5 | PROTEIN 39.5

LUNCH

STUFFED SWEET POTATO W/ SOUR "CREAM"

CAL 478.63 | FAT 16.06 | CARB 63.51 | PROTEIN 23.03

SNACK/PWO

MANGO SHAKE

CAL 396.5 | FAT 14 | CARB 35 | PROTEIN 34.9

DINNER

MULTI-BEAN SALAD W/HERBS + TOAST

CAL 497 | FAT 16.18 | CARB 56.05 | PROTEIN 35.75

Week One Recipes

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CHOCOLATE OATMEAL

INGREDIENTS

1/2 cup oats	1/2 cup berries
1 1/2 cup plant milk	1/2 tbsp vegan dark chocolate chips
1 scoop (TRU) dulce de leche protein powder	1 tbsp almond butter
1/3 tbsp cocoa powder	
1 tbsp chia seeds	

INSTRUCTIONS

1. In a sauce pan, add quick oats, plant milk, chia seeds and cocoa powder. Mix well and close with a lid. Bring to a boil.
2. Turn heat to low and cook for 5 minutes. Stir regularly. Once done cooking add protein powder and stir in well until no lumps are left. If it seems too dry, add a little bit of water and cook to desired consistency. Cook for 2 additional minutes after adding the protein powder, to avoid a grainy texture.
3. Top with all the toppings and serve immediately.

Week One Recipes

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STUFFED SWEET POTATO W/ SOUR "CREAM"

INGREDIENTS

4 large sweet potatoes	1 tsp paprika
12oz impossible ground beef substitute	1/2 tsp chipotle pepper
1 cup tomato purée	1/4 tsp sea salt
1 tsp cinnamon	1/2 tsp black pepper
1/4 tsp cumin	1 poblano pepper
1/2 tsp garlic powder	1 red bell pepper
2 tsp onion powder	1/2 cup vegan cheese
	2 cups green beans as side (per serving)

INSTRUCTIONS

1. Cook Sweet potatoes until tender. Remove seeds and cut poblano pepper and bell pepper into small pieces.
2. Heat a pan to medium heat and add impossible meat. Cook for a few minutes using the spatula to break up the meat substitute.
3. Add all spices and the cut peppers into the mock meat. Keep cooking until the impossible meat is cooked through and slightly browned, make sure to stir regularly.
4. Cut whole sweet potatoes on top and spread it apart, stuff with the mock meat mixture and add cheese on top. To store let them cool down and then store in fridge, if you eat it immediately you can broil it in the oven for a few minutes until the cheese is melted and bubbly.
5. Top each with a tablespoon of Tofu Sour Cream (recipe on next page). Steam green beans and serve as a side.

* Makes 4 servings

Week One Recipes

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TOFU SOUR CREAM

INGREDIENTS

12oz firm or extra firm silken tofu
2 tbsp lemon juice
1 tbsp olive oil
1 tbsp vinegar
1/2 tsp sea salt

INSTRUCTIONS

1. Add all ingredients to a food processor or a high speed blender and process until smooth.

* Makes 1 cup=16 tablespoons=16 servings

Week One Recipes

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MANGO SHAKE

INGREDIENTS

- 1.5 cup plant milk
- 1 cup mango (fresh or frozen)
- 1.5 scoop coconut macaron protein powder
- 1 tbsp cashew butter

INSTRUCTIONS

1. Add all ingredients to a high speed blender and blend until smooth. Add 1-2 cups of ice cubes if you prefer a frozen smoothie type of texture.

Week One Recipes

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MULTI-BEAN SALAD WITH HERBS (4 SERVINGS)

INGREDIENTS

- 1 cup green beans trimmed
- 1 cup cooked black beans
- 1 cup cooked chickpeas
- 1 cup cooked kidney beans
- 1 package Super Firm High Protein Tofu

Dressing: See next page for recipe

INSTRUCTIONS

- 1) Cut green beans into 1 inch pieces and steam for 7 minutes, until cooked but still firm enough to hold its shape.
- 2) If you use canned beans, drain them and wash them. If you use dried beans, cook them based on package instructions.
- 3) Press tofu for 30 minutes to release water. Crumble tofu and cook in a non stick pan on medium high heat for 10 minutes. Make sure to stir regularly to avoid burning.

Week One Recipes

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VINAIGRETTE DRESSING

INGREDIENTS

Dressing:	1 tbsp fresh parsley
1/2 small red onion finely chopped	1 tbsp mustard
1/4 tahini or natural cashew butter	1/2 tsp sea salt
2 tbsp apple cider vinegar	1 tsp Black Pepper
1 tsp lemon juice	
1 tsp fresh rosemary	
1 tsp fresh basil	
1 tsp fresh chives	

INSTRUCTIONS

1. To prepare the dressing, finely chop the onion and all the herbs. In a bowl mix the tahini/cashew butter with the lemon juice, vinegar and mustard until smooth. If your dressing seems a bit too thick (this will depend on the type of butter you used) just add more apple cider vinegar if you like it more tangy, or water to make it a thick creamy texture. Add onion, herbs, sea salt and pepper to taste and mix.
2. Lastly add the beans and tofu and give it a good stir with a spoon to evenly distribute the dressing. Pair each serving with 1 slice of Ezekiel bread.

Week Two Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

BREAKFAST

BREAKFAST TACOS

CAL 460 | FAT 18.93 | CARB 60.4 | PROTEIN 34.6

LUNCH

MISO GLAZED TOFU BOWL

CAL 474 | FAT 16.13 | CARB 50.48 | PROTEIN 32.58

SNACK/PWO

APPLE SLICES W/ CREAM "CHEESE" SPREAD

CAL 440.42 | FAT 13 | CARB 60.42 | PROTEIN 24.83

DINNER

TEMPEH SALAD

CAL 468.13 | FAT 12.25 | CARB 47.58 | PROTEIN 31.8

Week Two Recipes

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BREAKFAST TACOS (3 SERVINGS)

INGREDIENTS

3 red potatoes, cooked	2 cups broccoli slaw (12 oz)
15 oz firm tofu	6 tbsp salsa (1 tbsp per taco)
2 tbsp nutritional yeast	3 oz "cheese" (0.5 oz per taco)
1/2 tsp turmeric	6 low carb flour tortilla (small, 2 per serving)
1/2 tsp crushed red pepper	
1/2 tsp cumin	
Sea salt and pepper to taste	

INSTRUCTIONS

1. Press tofu for 30 minutes-1 hour to drain some liquid. Crumble afterwards.
2. Cut potatoes in small cubes. Heat a non stick pan to medium heat. Add potatoes and a little bit of water. Close the lid and cook until tender, stirring occasionally. Half way through the cooking process remove the lid to brown the potatoes. Once done transfer to a container.
3. In the same pan, spray a bit of oil, add the tofu, nutritional yeast and all spices. Cook until slightly browned and resembling scrambled egg. Add into the same container as the potatoes when done.
4. In the same pan, cook the broccoli slaw until tender. Cooking it with the lid on can speed up the process. Make sure to stir occasionally.
5. Mix the broccoli slaw, cooked tofu and potatoes together until well incorporated.
6. Optionally you can heat the tortillas in the pan on both sides, fill with the mixture, add some cheese and a tablespoon of salsa and enjoy. One serving is two tacos.

Week Two Recipes

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MISO GLAZED TOFU BOWL (4 SERVINGS)

INGREDIENTS

2 cups multi grain rice, cooked (approximately .75 cups uncooked)	15oz tofu
16oz baby bella mushrooms	1/2 tbsp Garlic, minced
2 cup edamame	1 tbsp Ginger, grated
1 yellow onion	1 tbsp Red Miso Paste
	1 tbsp Agave Syrup or Maple Syrup
	1 tbsp Toasted Sesame Oil
	1/2 tbsp Lemon Juice
	1 tbsp Rice Wine Vinegar

INSTRUCTIONS

1. Press tofu for 30minutes to 1 hour to release water.
2. Preheat oven to 400 degrees Fahrenheit.
3. In a bowl, add all other ingredients to make a marinade
4. Cut tofu into cubes and coat with marinade. Let it sit for 15 minutes.
5. Line a baking sheet with parchment paper and spread out the tofu cubes.
6. Bake for 20 minutes, flipping them over halfway through. They are done when they are crispy and slightly browned on the outside.
7. Slice the mushrooms and onions. Heat a non stick pan to medium high heat and spray with oil. Add onions first and cook until browned, then add mushrooms. Add sea salt as desired at this time.

Week Two Recipes

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CREAM CHEESE SPREAD (3 SERVINGS)

INGREDIENTS

1 block 15oz firm tofu, pressed
1 scoop Vanilla Protein
4 tbsp plant milk
2 tbsp Cashew Butter
2 tbsp Lemon Juice
1/4 tsp Sea Salt
1 tbsp Vanilla Extract
2 tbsp Stevia Vanilla Syrup

INSTRUCTIONS

1. Add all ingredients to a high speed blender and process until smooth in texture. Eat 1 serving with 1 medium apple, sliced.

Week Two Recipes

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TEMPEH SALAD (4 SERVINGS)

INGREDIENTS

20oz tempeh, steamed and diced finely	1 red bell pepper
1/2 cup quinoa, dry	1 cup shredded carrots
4 tbsp coconut aminos	2 stalks green onion
1 yellow onion	8 cups kale
2 tsp garlic, minced	2 tbsp tahini
1 tbsp grated ginger root	2 tbsp lime juice

INSTRUCTIONS

1. Make sure to steam your tempeh prior to cutting, as it will soften it up and allow it to absorb flavor better. Chop steamed tempeh into small pieces.
2. Prepare quinoa based on package instructions.
3. Peel and cut the yellow onion finely. Remove seeds on bell pepper and dice into smaller pieces.
4. Heat a non stick pan on medium heat. Spray with some oil. Once hot add onions, garlic and ginger and cook for 5 minutes stirring occasionally until onions are soft.
5. Add bell pepper, carrots and tempeh and cook for another 8 minutes (enough to make sure the carrots are getting tender). Add coconut aminos and keep cooking for another 3-5 minutes.
6. Taste and add seasonings like Korean red pepper for a spicy kick if you like.
7. Set aside while preparing the salad. Wash and de-stem kale. Pat leaves dry and chop into 1/2-1 inch pieces.
8. Make a dressing with tahini, lime juice and water. Add sea salt and pepper to taste if you like.
9. Chop green onions and add tempeh mixture, kale and dressing into a bowl together and mix until well combined. Let cool down before putting into the refrigerator.

Week Three Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

BREAKFAST

PROTEIN PANCAKE + TOPPINGS

CAL 462,74 | FAT 25.15 | CARB 44.83 | PROTEIN 22.45

LUNCH

SEITAN SHEPARDS PIE

CAL 457.86 | FAT 6.4 | CARB 58.55 | PROTEIN 42.68

SNACK/PWO

"ORANGE" SHAKE & ALMONDS

CAL 494 | FAT 21.1 | CARB 31 | PROTEIN 47.7

DINNER

PITA PIZZA

CAL 418.25 | FAT 17.15 | CARB 49.2 | PROTEIN 20.35

Week Three Recipes

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PROTEIN PANCAKE + TOPPINGS (2 SERVINGS)

INGREDIENTS

1/4 cup almond flour
1/3 cup white whole wheat flour
1 scoop (TRU) dulce de leche protein powder
1 tsp baking powder
1/3 tsp sea salt
1/2 cup plant milk

Toppings (per pancake):

1/4 cup plant yogurt
1 tbsp almond butter
1/2 cup blueberries

INSTRUCTIONS

1. Add all dry ingredients into a bowl and mix until combined.
2. Add prepared flax egg and milk. Stir until just combined and no lumps are left. If the mixture seems a bit too dry, add a little bit more milk by the tablespoon to make sure you do not add too much.
3. The goal is a very thick spreadable batter. The dough will bubble up a bit and become fluffy when it sits for a few minutes.
4. Heat a non stick pan on medium low heat and spray with oil. Divide the batter into two and scoop into the pan to make a round dome. You can use a spoon or spatula to control the shape of your pancake, make it more round or spread it out more.
5. Cook until bubbles form (approximately 6-8 minutes, putting a lid on the pan will make it faster) then flip them over cooking for another 2 minutes.
6. Serve with suggested toppings.

Week Three Recipes

SEITAN SHEPHERD'S PIE (4 SERVINGS)

INGREDIENTS

Potato Layer:	1 onion chopped
5 small russet potato quartered (about 26.5oz)	1/2 tsp ground cumin
1/4 cup plant milk	1 tbsp dried basil
1/4 tsp sea salt	water as needed
1 tbsp vegan butter	3 carrots diced
Filling:	1/2 cup corn
16 oz seitan	1 bunch kale or collards chopped
1 cup portobello mushrooms	3 tbsp mirin
1 tbsp olive or avocado oil	3 tbsp tamari/soy sauce
2 garlic cloves minced	1 cup veggie stock
	sea salt and ground pepper

INSTRUCTIONS

1. Cook potatoes until tender (about 20 minutes or until a fork can pierce them easily). Drain potatoes and add into a bowl or back into the pot. Add plant milk, vegan butter and salt and mash until smooth and creamy.
2. Preheat oven to 350 degrees Fahrenheit.
3. Chop Seitan and mushrooms into large pieces, place into a food processor and pulse until coarse and crumbly.
4. In a large non stick skillet over medium heat sauté garlic and onion until soft. Add seitan mushroom mixture, cumin and basil and cook 2-3 minutes. Add water as needed to prevent sticking. Add carrots, corn, kale, mirin, tamari and stock. Stir to combine and cover. Cook for 5 minutes or until kale is tender and bright green. Season with salt and pepper to taste. Transfer to a deep dish casserole.
5. Spread mashed potatoes over vegetable mixture and bake uncovered for 25-30 minutes until sauce starts to bubble up on the sides. Let cool down a few minutes before serving.

Week Three Recipes

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"ORANGE" SHAKE + ALMONDS

INGREDIENTS

2 scoops protein
1 cup cantaloupe
1/2 cup shredded carrots
1/2 inch knob of ginger, peeled
1.5 cups of plant milk
1 cup of ice

INSTRUCTIONS

1. Add all ingredients into a high speed blender and blend until smooth. Enjoy with 1 oz of almonds on the side.

Week Three Recipes

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PITA PIZZA (5 SERVINGS)

INGREDIENTS

12oz pack impossible ground "meat" 1 cup vegan mozzarella cheese
5 whole wheat pitas Oregano, sea salt, and pepper
5 tbsp tomato sauce
1.5 cup vegetables of choice (onions, broccoli, mushrooms, bell pepper, etc)

INSTRUCTIONS

1. To prepare the meat substitute, heat a non stick pan to medium high heat and spray with oil. Add impossible meat and use a firm spatula to break up the meat into small crumbles while cooking. Add onion and garlic powder as well as sea salt and stir continuously until browned and cooked through.
2. Depending on which vegetables you choose, you can pan sear them to precook them slightly. For example, broccoli I would suggest to precook where bell peppers you can add as is on top of the pizza.
3. Preheat the oven to 375 degrees Fahrenheit.
4. Use a cookie sheet and cover it with aluminum foil. For a more crispy pizza you can also top it with a fine mesh cooling rack so the heat can get underneath the pitas.
5. At this point, you can choose to make one pizza per night and keep the ingredients separate in the fridge or cook all at once and then reheat.
6. Lay out the pitas and spread 1 tbsp of tomato sauce on each. Sprinkle oregano onto each pita. Add impossible meat, vegetables and lastly mozzarella cheese and sprinkle with sea salt and pepper. You can also use a bit of red pepper flakes if you prefer it spicy). Bake for 15-17 minutes or until cheese is melted and edges are slightly browned.

Week Four Meal Plan

Upon waking up everyday you should drink a glass of water with (optional) lemon or apple cider vinegar, along with your morning supplements. If you are doing intermittent fasting, this does not break your fast.

BREAKFAST

PB SPELT BOWL

CAL 570 | FAT 21.9 | CARB 72.3 | PROTEIN 28.1

LUNCH

RAINBOW BOWL W/TEMPEH

CAL 507.33 | FAT 19.06 | CARB 53.27 | PROTEIN 37.31

SNACK/PWO

CHOCOLATE TRUFFLES + PROTEIN SHAKE

CAL 325.88 | FAT 9.71 | CARB 31.59 | PROTEIN 30.29

DINNER

LETTUCE WRAPS W/GINGER PEANUT TOFU

CAL 485.75 | FAT 27.25 | CARB 30.84 | PROTEIN 30.12

Week Four Recipes

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PB SPELT BOWL

INGREDIENTS

- 1/2 cup spelt cooked
- 1 tbsp peanut butter
- 1 cup plant milk
- 1/2 scoop protein powder
- 1 medium banana
- 1 tbsp chia seeds
- 1 tbsp hemp seeds

INSTRUCTIONS

1. Cook spelt to package instructions.
2. In a sauce pan add plant milk and protein and whisk until combined. Bring to a boil and add peanut butter. Add cooked spelt and cook for a few minutes until mixture thickens slightly.
3. Mix in chia and hemp seeds and serve topping with sliced banana.

Week Four Recipes

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RAINBOW BOWL WITH TEMPEH (4 SERVINGS)

INGREDIENTS

1 cup multi grain rice, cooked (approximately 1/3 cups uncooked)	4 tbsp Liquid Aminos
1 cup red cabbage	4 tbsp Mirin
1 cup shredded carrots	Red pepper and pepper to taste
2 cup edamame	16 oz Tempeh, steamed
2 tbsp black sesame seeds	4 tbsp Coconut Aminos
2 tbsp white sesame seeds	

INSTRUCTIONS

1. Steam tempeh for 10 minutes. Steaming will allow for it to soften and soak up more flavor.
2. Cut tempeh in slices and pan sear each side on medium heat until slightly brown. Once it is evenly brown add coconut aminos and stir for a minute or two until you get a slight caramelized crust on the tempeh. Make sure to keep an eye on it as the sugar in the coconut aminos can burn easily.
3. Slice red cabbage finely to get longer thinner shreds. Heat a non stick pan (you can reuse the same pan that you seared the tempeh in as it will give the dish additional flavor) and add the red cabbage, shredded carrots and edamame. Pan sear for a few minutes and add mirin, liquid aminos and red pepper and pepper to taste. Cook for another 5 minutes or until you reach desired tenderness for your veggies. Remember they will be reheated so do not over cook them now.
4. Add cooked rice to the bowl, top with veggies and tempeh.

Week Four Recipes

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CHOCOLATE TRUFFLES W/ PROTEIN SHAKE

INGREDIENTS

Truffles:

1 cup prunes
50g extra dark chocolate 85%
3 oz firm tofu, pressed
1 scoop Chocolate Protein
2 tbsp Cocoa Powder

Protein Shake:

1 cup plant milk
1 cup ice
1 scoop protein

INSTRUCTIONS

1. Chop chocolate into smaller pieces. Melt chocolate either over a double boiler or in the microwave until no lumps are left. Be gentle with the melting as you do not want to burn the chocolate. In the microwave heat for 30 seconds initially and then in 10 second intervals stirring in between. Once it is almost melted do not heat anymore and just stir continuously until all the chocolate pieces have melted.
 2. In a food processor add tofu (make sure you use extra firm tofu that you pressed for at least 30 minutes prior to release as much liquid as you can. You can also use a cheese cloth and try to press the liquid out physically), protein powder and prunes and process until smooth. Add melted chocolate and process again, scraping down the sides.
 3. Refrigerate mixture for an hour. It should have hardened. Once more firm use a small cookie scoop to scoop out the truffles. Roll them in cocoa powder and store in the fridge in an air tight container until you are ready to eat them.
- * Makes 8 truffles (2 per serving). Enjoy with shake.

Week Four Recipes

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LETTUCE WRAPS W/ GINGER PEANUT TOFU

INGREDIENTS

1 block 15oz firm tofu, pressed	Dipping sauce:
1/3 cup chopped chives	1/2 cup veggie stock
1/3 cup Shredded carrots	1/4 cup crunchy peanut butter
8 leaves butter/boston lettuce or romaine	2 garlic cloves
	1 tbsp Ginger, grated
	1 tbsp lime juice
	1 tbsp maple or buckwheat syrup

INSTRUCTIONS

1. Press tofu for 30 minutes to 1 hour to release water.
 2. Preheat Oven to 350 degrees Fahrenheit.
 3. Cut tofu into 1/2 inch cubes and set into an oven safe baking dish (8"x8" or similar)
 4. Mix veggie stock, peanut butter, garlic, ginger, lime juice and syrup to make a sauce. Pour over tofu and gently stir tofu to distribute the sauce. Bake for 15 minutes, toss to distribute sauce and bake for another 15 minutes. Set aside and let cool for 30 minutes.
 5. Mix tofu with shredded carrots and chopped chives.
 6. To fill the lettuce. place the leaf onto a cutting board with the stem end closest to you. Place tofu mixture onto the middle of the leaf, fold in sides and roll the lettuce away from you until you get a little lettuce burrito. If you have smaller leaves you can also use them as a cup or boat (if you use romaine, for example). Serve at room temperature.
- * Makes 8 wraps (2 servings). Divide sauce in half.