
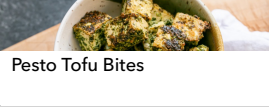





Bangin' Body Bites: 3 Day
Vegetarian

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	Mon	Tue	Wed
Breakfast	 Avocado Sweet Potato Toast with Poached Egg	 Post Workout Green Smoothie	 Greek Yogurt Parfait w/ Granola
Lunch	 Greek Chickpea Mason Jar Salad	 Lemony Chickpea & Herb Salad	 Mexican Black Bean Salad
	 Pesto Tofu Bites	 Hard Boiled Eggs	 Cucumber & Avocado Salad
Snack 2	 Classic Guacamole	 Radishes & Cottage Cheese	 DIY BBB Trail Mix
	 Carrot Sticks		
Dinner	 Spiralized Veggie Noodles with Peanut Sauce	 Cauliflower Tacos with Lime Crema	 Chickpea Stir Fry
			
Snack 3	 Blueberries	 Peach	 Blueberries

Fruits

- ☐ 5 1/8 Avocado
- ☐ 1 Banana
- ☐ 2 cups Blueberries
- ☐ 1/2 cup Lemon Juice
- ☐ 2 Lime
- ☐ 1/3 cup Lime Juice
- ☐ 1 Peach
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1 tbsp Maple Syrup
- ☐ 2 scoops Plant Based Protein Powder
- ☐ 1/4 cup Purely Elizabeth Granola

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/8 tsp Black Pepper
- ☐ 1 1/3 cups Cashews
- ☐ 1/4 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1 1/4 tsps Cumin
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/4 cup Goji Berries
- ☐ 1 tsp Greek Seasoning
- ☐ 1/3 cup Hemp Seeds
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 3/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 1 tsp Smoked Paprika
- ☐ 1/2 cup Sunflower Seeds
- ☐ 2 tsps Walnuts

Frozen

- ☐ 1/2 cup Frozen Berries

Vegetables

- ☐ 5 cups Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 2 tsps Chives
- ☐ 1/3 cup Cilantro
- ☐ 1 Cucumber
- ☐ 2 3/4 Garlic
- ☐ 1 tsp Ginger
- ☐ 1/3 Jalapeno Pepper
- ☐ 3 tsps Parsley
- ☐ 2 1/2 cups Purple Cabbage
- ☐ 1 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 2 leaves Romaine
- ☐ 1 Sweet Potato
- ☐ 3/4 Tomato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 5 cups Chickpeas

Baking

- ☐ 1 tbsp Arrowroot Powder
- ☐ 2 tsps Nutritional Yeast
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 8 Corn Tortilla
- ☐ 2 lbs Tofu

Condiments & Oils

- ☐ 3 1/2 tsps Avocado Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pesto
- ☐ 1/3 cup Tamari

Cold

- ☐ 1/2 cup Cottage Cheese
- ☐ 6 Egg
- ☐ 1 cup Plain Greek Yogurt
- ☐ 1/2 cup Unsweetened Almond Milk

Other

- ☐ 1 1/3 cups Water



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

2 scoops Plant Based Protein Powder
(vanilla is our favorite)
1 tbsp All Natural Peanut Butter
1 Banana (frozen)
1/2 cup Frozen Berries
1 cup Baby Spinach
1/2 cup Unsweetened Almond Milk (or
more as needed for desired texture)

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Greek Yogurt Parfait w/ Granola

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt (divided)
2 tbsps Walnuts (roughly chopped, divided)
1/2 cup Strawberries (chopped, divided)
1/4 cup Purely Elizabeth Granola

Directions

1

Place half the yogurt in a glass jar or bowl. Top with half the walnuts, half the strawberries, half the granola. Add the remaining yogurt, walnuts, strawberries & granola. Serve and enjoy!



Greek Chickpea Mason Jar Salad

2 servings

10 minutes

Ingredients

1/4 cup Lemon Juice
3 tbsps Extra Virgin Olive Oil
1 tsp Greek Seasoning
1 cup Chickpeas (cooked, rinsed well)
1/2 Cucumber (medium, chopped)
1/2 cup Cherry Tomatoes (halved or quartered)
2 tbsps Red Onion (finely chopped)
2 leaves Romaine (chopped)

Directions

1

In a small bowl combine the lemon juice, oil, and greek seasoning then divide between jars. Add the chickpeas to the dressing in the bottom of the jar.

2

Add the cucumber, tomatoes, and red onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!



Pesto Tofu Bites

4 servings

30 minutes

Ingredients

1 lb Tofu (extra-firm, pressed and cubed)
1/2 cup Pesto (vegan)
1/2 tsp Sea Salt

Directions

1

Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.

2

Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!



Lemony Chickpea & Herb Salad

2 servings

10 minutes

Ingredients

- 2 cups Chickpeas
- 2 tbsps Parsley
- 2 tbsps Chives
- 1/4 cup Lemon Juice
- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, small, minced)
- 2 tsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 4 cups Baby Spinach
- 2 tbsps Hemp Seeds (optional)

Directions

1

In a mixing bowl, combine the chickpeas, parsley, chives, lemon juice, oil, garlic, nutritional yeast, and salt. Mix well. Season with additional lemon juice or salt if needed.

2

Divide the baby spinach between plates or bowls and top with the chickpea salad mixture and any excess dressing. Add the hemp seeds on top (optional). Enjoy!



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Mexican Black Bean Salad

4 servings

15 minutes

Ingredients

2 cups Black Beans (cooked)
1 Red Bell Pepper (chopped)
1/4 cup Red Onion (chopped)
1 Avocado (diced)
1/4 cup Lime Juice
1/4 tsp Chili Powder
1/4 tsp Cumin
1/8 tsp Sea Salt

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.



Cucumber & Avocado Salad

1 serving

5 minutes

Ingredients

1/2 Cucumber (sliced)
1/2 Avocado
1 1/2 tsps Lemon Juice
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

Directions

1

In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!



Classic Guacamole

2 servings

15 minutes

Ingredients

- 1 2/3 Avocado (pit removed)
- 1 1/4 tbsps Cilantro (finely chopped)
- 3/4 Garlic (cloves, minced)
- 1/3 Jalapeno Pepper (seeds removed, finely chopped)
- 1 2/3 tbsps Red Onion (chopped)
- 3/4 Tomato (diced)
- 1/3 Lime (juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Directions

1

Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.

2

Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!



Carrot Sticks

1 serving
5 minutes

Ingredients

1 Carrot (medium)

Directions

1

Peel the carrot and slice it into sticks. Enjoy!



Radishes & Cottage Cheese

2 servings

5 minutes

Ingredients

1 cup Radishes (thinly sliced)
1/2 cup Cottage Cheese

Directions

1

Combine the cottage cheese and radishes in a bowl. Enjoy!



DIY BBB Trail Mix

8 servings

5 minutes

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1/4 cup Goji Berries
- 1/4 cup Unsweetened Coconut Flakes
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt

Directions

- 1 Combine ingredients in a large bowl and mix well.
- 2 Store in a mason jar. Will keep up to one month!



Spiralized Veggie Noodles with Peanut Sauce

3 servings

15 minutes

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Directions

1

Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.

2

In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.

3

To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!



Cauliflower Tacos with Lime Crema

4 servings

50 minutes

Ingredients

- 1 1/2 tbsps Avocado Oil
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 1 head Cauliflower (medium sized, chopped into florets)
- 1/3 cup Cashews (soaked, drained and rinsed)
- 1 1/2 Lime (juiced)
- 1/4 cup Water
- 8 Corn Tortilla
- 1 cup Purple Cabbage (thinly sliced)
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped, for garnish, optional)

Directions

1

Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.

2

Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water and remaining sea salt. Blend on high until smooth and creamy.

3

Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro, if using. Enjoy!



Chickpea Stir Fry

3 servings

25 minutes

Ingredients

2 tbsps Avocado Oil
2 cups Chickpeas (cooked and rinsed)
2 Carrot (peeled, chopped)
1/2 cup Red Onion (chopped)
2 stalks Celery (chopped)
2 cups Broccoli (florets, chopped)
1 cup Water
1/4 cup Tamari
1 tbsp Sesame Seeds

Directions

- 1 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 2 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 3 Divide between plates, sprinkle sesame seeds on top, and enjoy!



Crispy Baked Tofu

4 servings

40 minutes

Ingredients

1 lb Tofu ((organic, extra firm))
1 tbsp Extra Virgin Olive Oil
1 tbsp Tamari
1 tbsp Arrowroot Powder (or
cornstarch)

Directions

- 1 Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper to prevent the tofu from sticking.
- 2 To prepare the tofu: Drain the tofu and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows (see photos).
- 3 Line a cutting board with a lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel(s). Fold the towel(s) over the cubed tofu, then place something heavy on top (like another cutting board, topped with a cast iron pan or large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes (preferably more like 30 minutes, if you have the time).
- 4 Transfer the pressed tofu to a medium mixing bowl and drizzle with the olive oil and tamari. Toss to combine. Sprinkle the starch over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining.
- 5 Tip the bowl of tofu over onto your prepared baking sheet and arrange the tofu in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges. Use as desired.



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

1

Wash the berries and enjoy!



Peach

1 serving
5 minutes

Ingredients

1 Peach

Directions

- 1 Wash and enjoy whole or sliced.