



# MA60DAY MEAL PLAN

VEGETARIAN • ECTOMORPH

# "FOODS ALLOWED"

## Fruits

Strawberries, Blueberries,  
Raspberries, Pineapple, Grapes,  
Kiwi, Orange, Plum, Melon,  
Watermelon, Apples (Green Or Fuji)  
Grapefruit

## Vegetable

Broccoli, Zucchini, Brussel Sprouts,  
Cauliflower, Asparagus, Mushrooms,  
Green Beans, Bell Peppers, Sweet  
Peas, Carrots, Leafy Greens,  
Butternut Squash, Eggplant, Bok  
Choy,

## Healthy Carbs

Sweet Potato, Cous Cous, Quinoa,  
Sprouted Bread, Oatmeal, Brown/  
Wild/Black Rice, Brown Rice Cakes,  
Sprouted Multi-grain Bread, Multi-  
grain Pasta, Chickpea/Lentil Pasta

## Legumes

Chickpea, Lentils, Peas, Kidney  
Beans, Black Beans, Soy Beans, Pinto  
Beans

## Proteins

Tofu, Tempeh, Seitan, Eggs

## Dairy & Healthy Fats

Fat Free Greek Yogurt, (Plain  
Almond/Soy Dairy-Alternative  
Yogurt), Almond/Peanut/Cashew  
Butter, Avocado, Hummus,  
Unsweetened Almond or Coconut  
Milk

## Condiments

All Mustard Variations, Hot Sauce,  
Balsamic Vinegar, Avocado Oil, Soy  
Sauce, (Soy-Alternative Coconut  
Aminos), Olive Oil, Maple Syrup,  
Apple Cider Vinegar

# VEGETARIAN MEAL PLAN AM

## MENU 1

### BREAKFAST

#### Spinach Egg Scramble

- 4 Egg Whites
- 1/4 Cup Shredded Cheese
- 1 Cup Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes, Chopped

### AM Snack

- 1 Cup Non Dairy Yogurt
- 1 Cup Mixed Berries
- 1/2 Scoop Tru Supplements Protein

### LUNCH

#### Garbanzo Bean Bowl

- 3/4 Cup Garbanzo Beans
- 2 Tbsp Organicville BBQ Sauce
- 1 Cup Red & Green Bell Peppers
- 1/2 Cup Broccoli Sprouts
- 1 Cup Wild Rice

### PM Snack

- 1 Slice Ezekiel Bread
- 1 Tsp Natural Jam
- 2 Tbsp Peanut or Almond Butter
- 1 Banana

### DINNER

#### Seitan Bowl Mix

- 6oz Seitan
- 3oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower



# VEGETARIAN MEAL PLAN PM

## MENU 1

### BREAKFAST

#### Spinach Egg Scramble

- 4 Egg Whites
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- 1 Cup Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes, Chopped

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- 1 Cup Wild Rice

### PM Snack

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- 1 Cup Mixed Berries
- 1/2 Scoop Tru Supplements Protein

### DINNER

#### Seitan Bowl Mix

- 6oz Seitan
- 3oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower



# GROCERY LIST

## MENU 1

### PRODUCE

Banana  
 Bell Peppers  
 Berries, mixed  
 Broccoli Sprouts  
 Cauliflower  
 Mushroom  
 Onions  
 Poblano Pepper  
 Red and Green Peppers  
 Spinach  
 Tomatoes, grape

### CANNED/BOXED

Garbanzo Beans

### GRAINS/PASTA

Ezekiel Bread  
 Wild Rice

### REFRIGERATED

Egg Whites  
 Seitan  
 Shredded Cheese  
 Yogurt, non-dairy

### BAKING GOODS

Olive Oil Anti Adherent Spray  
 Vital Wheat Gluten\*

### CONDIMENTS

Coconut Aminos\*  
 Natural Jam  
 Organicville BBQ Sauce  
 Peanut or Almond Butter

### HERB/SPICES

Black Pepper  
 Chipotle Chili Powder\*  
 Cloves, ground\*  
 Salt  
 Smoked Paprika\*

\*Omit if buying pre-made Seitan

**TIP:**

DON'T FORGET TO PURCHASE YOUR PLANT  
 BASED PROTEIN! [GETTRUSUPPS.COM](https://www.gettrusupps.com)

# MEAL PREP

## SPINACH EGG SCRAMBLE

### Ingredients

4 Egg Whites  
1/4 Cup Shredded Cheese  
1 Cup Spinach

3oz Mushrooms  
1/2 Cup Grape Tomatoes  
Sea Salt  
Black Pepper

### Directions

1. Separate egg white from yolks in a small bowl
2. Add mushrooms, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti-adherent spray
4. Cook as an omelet or scrambled eggs.
5. Add cheese once scramble cooked.
6. May add salt and pepper to taste.

## MAKE AT HOME SEITAN

### Ingredients

2 Cups of Vital Wheat Gluten  
3/4 Tsp Salt  
3/4 Tsp Smoked Paprika

1/2 Tsp Chipotle Chili Powder  
1/2 Tsp of Black Pepper  
1/4 Tsp of Ground Cloves  
2 Cups Water  
3 Dashes of Coconut Amino

### Directions (Makes 5 Servings)

1. Pre-heat oven to 350 degrees
2. In a large bowl whisk vital wheat gluten with salt, paprika, chili powder, black pepper, and ground cloves.
3. Add water and coconut amino and work by hand to create a spongy dough. Place dough on a non stick pan and press into a rectangle shape.
4. Bake for 30 minutes.
5. Let cool before storing in refrigerator.

# MEAL PREP

## GARBANZO BEAN BOWL

### Ingredients

3/4 Cup Garbanzo Beans  
2 Tbsp Organicville BBQ Sauce  
1 Cup Red & Green Bell Peppers  
1/2 Cup Broccoli Sprouts

1/4 Cup Wild Rice

### Directions

1. Cook wild rice according to directions.
2. Rinse garbanzo beans, chop red & green bell peppers.
3. In a bowl, mix all ingredients, top with BBQ Sauce.

## NUT BUTTER ON SPROUTED TOAST

### Ingredients

1 Slice Ezekiel Bread  
1 Tsp Natural Jam  
2 Tbsp Peanut or Almond Butter

1 Banana

### Directions

1. Mix protein powder in with nut butter.
2. Toast Ezekiel Bread.
3. Top toast with all ingredients.

# MEAL PREP

## SEITAN BOWL MIX

### Ingredients

6 oz Seitan  
3 oz Whole Mushrooms  
1 Poblano Pepper  
1 Cup Cauliflower

### Directions

1. Chop mushrooms, pepper and cauliflower.
2. In pan on medium-high heat, sauté vegetables in water or olive oil spray.
3. Once vegetables are cooked add in seitan for 3-4 minutes, stirring.
4. Transfer to bowl.



# VEGETARIAN MEAL PLAN AM

## MENU 2

### BREAKFAST

#### Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 6oz Berries
- 1oz Feta

### AM Snack

#### Protein Shake

- 1 1/2 Scoops Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 1 Banana

### LUNCH

#### Power Bowl

- 4oz Seitan
- 1 Baked Sweet Potato, Medium
- 1 Tsp Parmesan Cheese
- 1 Zucchini, Small

### PM Snack

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### DINNER

#### Mexican Fiesta Bowl

- 3 oz Roasted Red Bell Pepper
- 1/2 Cup Mexican Shredded Cheese
- 1 Cup Rice
- 1/4 Cup Canned Corn
- 2 Cup Spinach

### DESSERT

- 2 Pumpkin Protein Cookies (See Recipe)



# VEGETARIAN MEAL PLAN PM

## MENU 2

### BREAKFAST

#### Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 6oz Berries
- 1oz Feta

### AM Snack

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### LUNCH

#### Power Bowl

- 4oz Seitan
- 1 Baked Sweet Potato, Medium
- 1 Tsp Parmesan Cheese
- 1 Zucchini, Small

### PM Snack

#### Protein Shake

- 1 1/2 Scoops Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 1 Banana

### DINNER

#### Mexican Fiesta Bowl

- 3 oz Roasted Red Bell Pepper
- 1/2 Cup Mexican Shredded Cheese
- 1 Cup Rice
- 1/4 Cup Canned Corn
- 2 Cup Spinach

### DESSERT

- 2 Pumpkin Protein Cookies (See Recipe)



# GROCERY LIST

## MENU 2

### PRODUCE

Banana  
 Bell Peppers  
 Berries  
 Onions  
 Red Pepper  
 Spinach  
 Sweet Potato  
 Tomatoes  
 Zucchini

### CANNED/BOXED

Canned Corn  
 Pumpkin Puree

### GRAINS/PASTA

Rice  
 Rice Cakes, multigrain  
 Spelt Flour  
 Spinach Tortilla

### REFRIGERATED

Egg Whites  
 Feta Cheese  
 Mexican Shredded Cheese  
 Parmesan Cheese  
 Seitan  
 Unsweetened Almond Milk

### BAKING GOODS

Baking Soda  
 PB2 Almond  
 Coconut Shreds  
 Olive Oil Anti Adherent Spray  
 Olive Oil (optional)  
 Vital Wheat Gluten\*  
 Vegan Chocolate Chips

### CONDIMENTS

Coconut Aminos\*  
 Jam  
 Maple Syrup  
 Peanut or Almond Butter

### HERB/SPICES

Black Pepper*	Cloves, ground*
Chipotle Chili Powder*	Garlic Powder
	Salt*

**TIP:**

DON'T FORGET TO PURCHASE YOUR PLANT  
 BASED PROTEIN! [GETTRUSUPPS.COM](http://GETTRUSUPPS.COM)

# MEAL PREP

## FETA EGG WRAP

### Ingredients

- 4 Egg Whites
- 1 Spinach Tortilla
- 1 oz Feta
- Bell Pepper, Onion, Tomato, Spinach

### Directions

1. Separate egg white from yolks in a small bowl
2. May add bell peppers, onions, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti adherent spray
4. Cook as an omelet or scrambled eggs.
5. May add salt and pepper to taste.
6. Place egg scramble in spinach tortilla.

## MAKE AT HOME SEITAN

### Ingredients

- 2 Cups of Vital Wheat Gluten
- 3/4 Tsp Salt
- 3/4 Tsp Smoked Paprika
- 1/2 Tsp Chipotle Chili Powder
- 1/2 Tsp of Black Pepper
- 1/4 Tsp of Ground Cloves
- 2 Cups Water
- 3 Dashes of Coconut Amino

### Directions (Makes 5 Servings)

1. Pre-heat oven to 350 degrees
2. In a large bowl whisk vital wheat gluten with salt, paprika, chili powder, black pepper, and ground cloves.
3. Add water and coconut amino and work by hand to create a spongy dough. Place dough on a non stick pan and press into a rectangle shape.
4. Bake for 30 minutes.
5. Let cool before storing in refrigerator.

# MEAL PREP

## HOW TO BAKE SWEET POTATO

### Directions

1. Pre heat oven to 400 degrees
2. Wash and cut ends of sweet potatoes
3. Place on top of baking sheet skin on for 35-40 mins
4. Let cool and peel skin off with fingers
5. May cook 3-4 sweet potatoes at a time and save in fridge for up to 4 days

## HOW TO ROAST VEGETABLES

### Ingredients

1 Tbs Olive Oil or Coat Vegetables Lightly  
With Olive Oil Spray  
1 Teaspoon Smoked Paprika

1 Teaspoon Garlic Powder or Fresh Minced  
Garlic  
Dash of Sea Salt To Taste  
Pepper

### Directions

1. Preheat oven to 325 degrees.
2. Wash vegetable
3. Trim the stems and slice the vegetables if needed.
4. Add in all ingredients and toss thoroughly.
5. Pour onto a baking sheet.
6. Roast in preheated oven for 30 mins, shaking pan and vegetables every 7-8 mins for even browning.

# MEAL PREP

## PUMPKIN PROTEIN COOKIES

### Ingredients

- |   |                               |
|---|-------------------------------|
| 1 1/2 Cups of Spelt Flour                                   | 1 Tbs of Pumpkin Spice        |
| 1 Can of Pumpkin Puree                                      | 1/2 Cup PB2 Almond            |
| 2 Scoops of Tru Supplement Pumpkin Pie Spice Protein Powder | 1/4 Tsp of Baking Soda        |
|   | 1/4 Maple Syrup               |
|   | 1/4 Cup Vegan Chocolate Chips |

### Directions (Makes 16 Servings)

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix all the dry ingredients then add the wet ingredients. Mix well until desired consistency. Form into cookies using a tablespoon.
3. You can also pour into a muffin tin. Bake for 15 to 20 minutes.

# VEGETARIAN MEAL PLAN AM

## MENU 3

### BREAKFAST

#### Breakfast Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes

### AM Snack

#### Protein Shake

- 1 1/2 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk

### LUNCH

#### Tofu Peanut Bowl

- 4oz Extra Firm Tofu
- 1 Cup Wild Rice
- 1 Cup Broccoli
- 2oz Mushrooms
- 4oz Green Peas
- 1/2 Serving Peanut Sauce

### PM Snack

#### Protein Shake

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

- 5oz Tempeh
- 1 Cup Quinoa
- 2oz Mushroom
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Red Pepper

### DESSERT

- 2 Pumpkin Protein Cookies



# VEGETARIAN MEAL PLAN PM

## MENU 3

### BREAKFAST

#### Breakfast Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes

### AM Snack

#### Protein Shake

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### LUNCH

#### Tofu Peanut Bowl

- 4oz Extra Firm Tofu
- 1 Cup Wild Rice
- 1 Cup Broccoli
- 2oz Mushrooms
- 4oz Green Peas
- 1/2 Serving Peanut Sauce

### PM Snack

#### Protein Shake

- 1 1/2 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

- 5oz Tempeh
- 1 Cup Quinoa
- 2oz Mushroom
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Red Pepper

### DESSERT

- 2 Pumpkin Protein Cookies





# GROCERY LIST

## MENU 3

### PRODUCE

Avocado  
 Bell Peppers  
 Broccoli  
 Mushrooms  
 Onions  
 Red Pepper  
 Spinach  
 Tomatoes, grape

### CANNED/BOXED

Green Peas  
 Pumpkin Puree

### GRAINS/PASTA

Quinoa  
 Rice Cakes, multigrain  
 Spelt Flour  
 Spinach Tortilla  
 Wild Rice

### REFRIGERATED

Egg whites  
 Tofu, extra firm  
 Shredded Cheese  
 Tempeh  
 Unsweetened Almond Milk

### BAKING GOODS

Baking Soda  
 PB2 Almond  
 Vegan Chocolate Chips

### CONDIMENTS

Braggs Aminos  
 Brown Rice Syrup  
 Jam  
 Maple Syrup  
 Rice Vinegar  
 Smooth Peanut Butter

### HERB/SPICES

Cayenne Pepper  
 Garlic Powder  
 Ginger, ginger  
 Pumpkin Spice

#### TIP:

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# MEAL PREP

## HEALTHY PEANUT SAUCE

### Ingredients

1/2 Cup of Smooth Peanut Butter  
1/4 Low Sodium Soy Sauce or Braggs  
2 Tbs of Water

2 Tbs of Rice Vinegar  
1/4 Cup Brown Rice Syrup  
1/4 Teaspoon Ground Ginger  
1/4 Tsp Cayenne Pepper

### Directions (Makes 4 Servings)

1. Combine all ingredients in a bowl and whisk until mixed

## BREAKFAST WRAP

### Ingredients

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes

### Directions

1. Separate egg white from yolks in a small bowl
2. Add mushrooms, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti adherent spray
4. Cook as an omelet or scrambled eggs.
5. Add cheese once almost fully cooked.
6. May add salt and pepper to taste.
7. Place egg scramble in spinach tortilla.

# MEAL PREP

## HOW TO BAKE YOUR TOFU

### Ingredients

16 Oz Firm or Extra Firm Organic Tofu

### Directions (Makes 4 Servings)

1. Pre heat oven to 450
2. Open tofu and drain by placing on towel and pressing a large pot on top. Let sit with pot on top for 30 minutes.
3. Cut tofu into slices or cubes.
4. Place parchment paper on baking sheet and lay tofu on top.
5. Bake for 35 - 45 minutes or until tender
6. Season with dried spices.

## PUMPKIN PROTEIN COOKIES

### Ingredients

1 1/2 Cups of Spelt Flour  
 1 Can of Pumpkin Puree  
 2 Scoops of Tru Supplement Pumpkin Pie Spice  
 Protein Powder

1 Tbs of Pumpkin Spice  
 1/2 Cup PB2 Almond  
 1/4 Tsp of Baking Soda  
 1/4 Maple Syrup  
 1/4 Cup Vegan Chocolate Chips

### Directions (Makes 16 Servings)

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix all the dry ingredients then add the wet ingredients. Mix well until desired consistency. Form into cookies using a tablespoon.
3. You can also pour into a muffin tin. Bake for 15 to 20 minutes.

# VEGETARIAN MEAL PLAN AM

## MENU 4

### BREAKFAST

#### Spelt Morning Bowl

- 1/2 Cup Spelt, Cooked
- 1 Banana
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

### AM Snack

#### Protein Yogurt

- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts
- 1 Cup Mixed Berries

### LUNCH

#### Red Lentil Bowl

- 1 Cup Red Lentils, Cooked
- 3oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 4oz Green Peas
- Handful Alfalfa Sprouts

### PM Snack

- 1 Cup Edamame, Steamed or Boiled

### DINNER

#### High Protein Chili (See Recipe)

- 1/2 Cup Red Kidney Beans
- 1/2 Cup Garbanzo Beans
- 1 Cup Textured Vegetable Protein
- 1/4 Cup Shredded Cheese

#### Power Salad (See Recipe)



# VEGETARIAN MEAL PLAN PM

## MENU 4

### BREAKFAST

#### Spelt Morning Bowl

- 1/2 Cup Spelt, Cooked
- 1 Banana
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

### AM Snack

- 1 Cup Edamame, Steamed or Boiled

### LUNCH

#### Red Lentil Bowl

- 1 Cup Red Lentils, Cooked
- 3oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 4oz Green Peas
- Handful Alfalfa Sprouts

### PM Snack

#### Protein Yogurt

- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts
- 1 Cup Mixed Berries

### DINNER

#### High Protein Chili (See Recipe)

- 1/2 Cup Red Kidney Beans
- 1/2 Cup Garbanzo Beans
- 1 Cup Textured Vegetable Protein
- 1/4 Cup Shredded Cheese

#### Power Salad (See Recipe)



# GROCERY LIST

## MENU 4

### PRODUCE

Alfalfa Sprouts	Garlic
Arugula	Kale
Banana	Mixed Greens
Bell Peppers	Mushrooms
Berries, mixed	Radicchio
Broccoli	Spinach
Carrots, shredded	Tomatoes
Cucumbers	White Onion
Edamame	

### CANNED/BOXED

Garbanzo Beans  
Green Peas  
Red Kidney Beans  
Tomato Sauce

### GRAINS/PASTA

Oatmeal  
Red Lentils  
Spelt

### REFRIGERATED

Shredded Cheese  
Textured Vegetable Protein  
Tofu  
Unsweetened Almond Milk  
Unsweetened Almond Yogurt

### BAKING GOODS

Cacao Nibs  
Chia Seeds  
Hemp Seeds  
Walnuts, Chopped  
Unsweetened Coconut Flakes

### CONDIMENTS

Balsamic Vinegar  
Dijon Mustard  
Maple Syrup  
Nutritional Yeast  
Sun Butter

### HERB/SPICES

Cayenne  
Chili Powder  
Cinnamon Powder  
Cumin  
Smoked Paprika

**TIP:**

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BASED PROTEIN! [GETTRUSUPPS.COM](http://GETTRUSUPPS.COM)

# MEAL PREP

## HIGH PROTEIN CHILI

### Ingredients

2 Cups Red Kidney Beans	4 Tbs of Chili Powder
2 Cups Garbanzo Beans	1 Tsp of Cumin
4 Cups Textured Vegetable Protein	1/2 Tsp of Smoked Paprika
1 Can of Tomato Sauce	1/8 Tsp of Cayenne
4 Cloves of Garlic	1 Tbs of Maple Syrup
1 White Onion	3 Cups of Water
	1 Cup of Shredded Cheese

### Directions (Makes 4 Servings)

1. In a large pot on stove top add 1 cup of water to onion, sauté for 5 minutes then add garlic. Once the onion and garlic is cooked add dry ingredients chili powder, cumin, smoked paprika and cayenne. Stir until garlic and onion are coated. Add in 3 cups water, 1 can of tomato sauce, kidney and garbanzo beans, maple syrup. All on medium heat. Add the tvp and let cook for 10 minutes.
2. Add one cup of the water and onion to a large pan over medium-low heat. Add garlic after 2 minutes and cook for about 6 more minutes until onion is very tender, and the broth has evaporated.
3. Put the onion and garlic into a blender. Add the rest of the ingredients and blend on high until very creamy and smooth. Add more broth to reach desired consistency, and more salt and pepper if desired.

## HOW TO BAKE YOUR TOFU

### Directions (Makes 4 Servings)

1. Pre heat oven to 450
2. Open tofu and drain by placing on towel and pressing a large pot on top. Let sit with pot on top for 30 minutes.
3. Cut tofu into slices or cubes.
4. Place parchment paper on baking sheet and lay tofu on top.
5. Bake for 35 - 45 minutes or until tender
6. Season with dried spices.

# MEAL PREP

## POWER SALAD

### Ingredients

Kale  
Spinach  
Arugula  
Mixed Greens  
Cucumbers

Tomatoes  
Shredded Carrots  
Bell Peppers  
Radicchio  
Mushrooms  
Broccoli

### Directions (Makes 1 Salad)

1. Add as many leafy greens as you want
2. I recommend making your salad as colorful and green as possible but if there is any vegetable you hate you can replace it by adding more of your favorite vegetables.
3. Lightly steam your broccoli or mushrooms if desired
4. Add all vegetables together and choose your dressing