

Vegan weight loss recipes

Smoothie 1- bulk

-total macros per serving= 339 cal - 28.9 g protein - 55.8 g total carb - 2.8 g total fat

- 1 cup wild blueberries
- 1/2 banana
- 1 frozen pitaya (dragon fruit) packet
- barley grass juice powder
- 1 cup kale or spinach
- 1 scoop chocolate protein powder
- 1 date

Smoothie 2- restrict

-total macros per serving=162 cal - 3.6 g protein - 40.1 g total carb - 0.8 g total fat

- 1 cup wild blueberries
- 1/2 banana
- 1 frozen pitaya (dragon fruit) packet
- barely grass juice powder
- 1 cup kale or spinach

Brussel sprouts kale salad with French dressing (2 servings)

-total macros per serving= 369 cal - 15.3 g protein - 83.7 g total carb - 3 g total fat

Salad ingredients:

- macros per serving= 245 cal - 14 g protein - 50.3 g total carb - 2.9 g total fat
- 2 cup lightly steamed Brussels sprouts
- 4 kale
- 1 cup lightly steamed asparagus
- 1 medium apple
- 1/4 red onion

Dressing:

- macros per serving= 124 cal - 1.3 g protein - 33.4 g total carb - 0.1 g total fat
- 4 pitted medjool dates

- 1 clove garlic
- juice of 1 lemon
- 1/2 tsp paprika
- 1/8 tsp chipotle powder

Raw broccoli and spinach cranberry salad with the poppy seed dressing (2 servings)

-total macros per serving= 375 cal - 15.3 g protein - 60.4 g total carb - 11.8 g total fat

Salad Ingredients:

-macros per serving= 177 cal - 8.5 g protein - 33.2 g total carb - 3.4 g total fat

-4 cups diced broccoli

-4 cups spinach

-1/4 to 1 cup diced red onions

-handful diced green onions

-1/4 cup cranberries

-1 tbsp pumpkin seeds

Poppy Seed Dressing:

-macros per serving= 198 cal - 6.8 g protein - 27.2 g total carb - 8.4 g total fat

-3 tbsp hemp seeds or cashews

-1/2 medium zucchini

-3 pitted medjool dates

-juice of 1 lemon

-1tsp apple cider vinegar (optional)

-dash of pink himalayan salt

-mix in 1tbsp poppy seeds

optional:

-1 clove garlic in sauce

-paprika

-black pepper

Thai salad with sweet Thai basil using bell pepper, kale, cucumbers, tomato, shredded or diced mango (1-2 servings)

-total macros per serving= 338 cal - 5.7g protein - 82.5g total carb - 1.5g total fat

Salad ingredients:

-macros per serving= 112 cal - 3.1 g protein - 24 g total carb - 1.1 g total fat

-4 cups kale

-1 Bell pepper, diced

-1/2 to 1 cucumber, diced

-1/2 cup cherry tomatoes, diced

-1 mango diced (about 1 cup)

Dressing:

-macros per serving= 226 cal - 2.6 g protein - 58.5 g total carb - 0.4 g total fat

-6 pitted medjool dates

-1/2 cup fresh thai basil

-1 inch of fresh peeled ginger

-1 clove garlic

-juice of 1 lemon

-1 tbsp coconut aminos

-1/8 tsp cumin

-1 dash curry powder

-1/8 tsp black pepper

1/8 tsp paprika

-water to thin

Pad Thai salad with pad Thai (2 servings)

-total macros per serving= 393cal - 17.6g protein - 72.9g total carb - 9.1g total fat

Salad Ingredients:

-macros per serving= 165cal - 13g protein - 32.2g total carb - 1.9g total fat

-6 cups diced Broccoli

-6 cups spinach

-1/2 cup chopped sugar snap peas

-2 cups red+green+Asian cabbage

-1 medium zucchini spiralized

-optional, fresh chopped basil

Dressing:

-macros per serving= 228 cal - 4.6 g protein - 40.7g total carb - 7.2g total fat

-3 pitted medjool dates

-2 cloves garlic

-1 inch peeled ginger

-juice of 2 limes

-1 stick celery

-1 tbsp coconut aminos

-1 tbsp sesame seeds

-1 tbsp peanut butter or hemp seeds

-red pepper flakes

-water to thin

Sushi (1 servings)

-total macros per serving= 340 cal - 15.7 g protein - 66.8g total carb - 3 g total fat

Sushi roll ingredients:

-macros per serving= 311 cal - 13.7 g protein - 62g total carb - 2.9 g total fat

-2 nori wraps

-1/2 cup Cali rice and 1/2 cup cooked quinoa mixed together

-100 g steamed Sweet potato

-2 cups spinach

-1/2 cup cucumber, cut into match sticks

-2 stocks lightly steamed asparagus

-sriracha if desired

Sushi dip:

-macros per serving= 29 cal - 2 g protein - 4.8 g total carb - 0.1 g total fat

-1 tbsp coconut aminos

-1 tbsp tamari

-1/8 tsp wasabi powder

-1/8 tsp ginger powder

-1/8 tsp garlic powder

Chickpea salad wraps (2 servings)

-total macros per serving= 286 cal - 13.3 g protein - 43.4g total carb - 7.5 g total fat

- 1/2 dry garbanzo beans or 1 can drained and washed
- 1 stalk celery, diced
- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1 tsp to 1 tbsp fresh chopped dill
- 1 tbsp tahini
- juice of 1/2 to 1 lemon
- 1 tsp garlic powder
- 1 tsp black pepper
- 1/4 tsp pink Himalayan salt
- diced fresh jalapeño to taste
- 8 lettuce leaves/boats

Cauliflower and mushroom pasta with broccoli and asparagus (3 servings)

-total macros per serving= 363 cal - 22.8g protein - 58.7g total carb - 8.7g total fat

-6 oz vegan protein pasta (banza)

-3 cups steamed asparagus or steamed broccoli

Sauce and mushrooms:

-macros per serving= 133 cal - 5.4g protein - 19.3g total carb - 4.8 g total fat

- 1/2 head cauliflower
- 1/2 to 1 cup diced sweet onion
- 4 large garlic cloves
- 1/4 raw cashews
- juice of 1 lemon

- 1 tsp pure maple syrup
- 1 tsp Italian seasoning
- 1/2 tsp black pepper
- red pepper flakes
- 1 cup chopped mushroom
- 1 tbsp coconut aminos

Mexican black bean+quinoa salad bowl (2 serving)

-total macros per serving= 390 cal - 18.2g protein - 68g total carb - 5g total fat

Salad Ingredients:

- 1/2 cup fresh cilantro
- juice of 1 to 2 lime
- 2 cups romaine lettuce or kale
- Black bean+quinoa mix:-1 cup cooked quinoa
- 1 can cooked black beans
- 1 cup diced bell pepper

- 1 cup diced yellow onion
- 1 tbsp tomato paste
- 2 cloves garlic
- 1/2 jalapeño diced finely
- 1 tbsp chili powder
- 2 tsp paprika

Spicy sesame broccoli (3 servings)

-total macros per serving= 407cal - 17.9g protein - 70.7g total carb - 6.6g total fat

Cauli+quinoa rice:

- macros per serving= 130cal - 5.6g protein - 22.7g total carb - 1.8g total fat
- 1 and 1/2 cup cooked quinoa
- 1 and 1/2 cup cauli rice

Spicy sesame broccoli:

-macros per serving= 277cal - 12.4g protein - 48g total carb - 4.8g total fat

-6 cups broccoli florets chopped into bite sized pieces

batter:

- 1 cup chickpea flour
- 2/3-1 cup water

sauce:

- 2 tbsp pure maple syrup
- 1 tsp toasted sesame oil
- juice of 1 lime
- 3 cloves minced garlic
- 1 tbsp minced ginger
- 1/3 cup coconut aminos
- 1 tbsp tomato paste
- red pepper flakes to taste

toppings:

- chopped green onion
- up to 1 tbsp sesame seeds

Tropical greens gazpacho (1 serving)

-total macros per serving= 296cal - 9.9g protein - 64.3g total carb - 1g total fat

- 5 cups fresh spinach
- 1 cup grape tomatoes
- 1 celery stalk
- 1 cloves garlic
- 1 medium orange
- 1 mango
- basil (optional)
- jalapeño (optional)
- 1 cucumber, in noodles or shreds

Mac and trees (2 servings)

-total macros per serving= 329cal - 18g protein - 62.7g total carb - 4.2g total fat

-4 oz vegan protein pasta (banza)

-2 cups steamed broccoli

Sauce:

-macros per serving= 108cal - 2.4g protein - 24.7g total carb - 0.4g total fat

-200 g sweet potato

-1/2 a large red bell pepper

-1/4 - 1/2 tsp Italian seasoning

-1 clove garlic

-truffle salt

falafel salad (3 servings)

-total macros per serving= 440cal - 23.3g protein - 77.2g total carb - 8.9g total fat

Salad ingredients:

-3 cups lettuce

-3 cups spinach

-3 cups kale

-1/2-1 cup chopped cherry tomatoes

-1/2 cup chopped cucumber

-handful chopped red onion

Falafels:

-2 can chickpeas, rinsed and drained

-1/2 cup fresh cilantro

-1/2 cup fresh parsley

-1-1 and 1/2 cup red onion

-4-6 cloves garlic

-1/2 tsp pink himalayan salt

-2 tsp cumin

-1/4 tsp black pepper

-optional: 1 jalapeño diced

Tahini sauce:

-1/2 pitted medjool date

-1 cup zucchini

-1-2 cloves garlic

-1 and 1/2 tbsp tahini

-2-4 tbsp fresh chopped dill

-2-4 tbsp fresh chopped mint

-juice of 1 lemon

-dash of pink himalayan salt

-water as needed

nori hummus wraps (2 servings)

-total macros per serving= 416cal - 23.1g protein - 63.9g total carb - 11.8g total fat

Wrap ingredients:

-macros per serving= 80cal - 7.7g protein - 14.6g total carb - 0.9g total fat

-6 sheets nori wraps

-8 cups spinach

-1 cup cucumber, cut into match sticks

-1 cup bell pepper, cut into match sticks

-1/2 cup carrot, cut into match sticks

-sliced jalapeño

-cilantro, mint, or basil

Hummus dip:

-macros per serving= 335cal - 15.4g protein - 49.3g total carb - 10.8g total fat

-1 can garbanzo/chickpeas, rinsed and drained

-2 tbsp tahini

-1 oz Sundried tomato

-2 cloves garlic

-juice of 1 large lemon

-cumin, paprika, salt

-any seasonings you prefer

Chipotle green salsa quinoa Blackbean salad (3 serving)

-total macros per serving= 372cal - 20.5g protein - 68.9g total carb - 3.4g total fat

Salad Ingredients:

-macros per serving= 341cal - 20.1g protein - 59.3g total carb - 3.4g total fat

-6 cups spinach

-6 cups kale

-1.5 cups cooked quinoa

-1.5 cup cooked black beans

-yellow bird Serrano sauce to taste

Sweet cilantro dressing:

-macros per serving= 31cal - 0.5g protein - 8.7g total carb - 0.1g total fat

-1 date

-1 cup cilantro

-1 cloves garlic

-5 fresh basil leaves

-juice of 2 limes

-Jalapeño if desired

Buffalo cauli salad with ranch (2 servings)

-Total macros per serving= 408cal - 16.8g protein - 76.9g total carb - 6.3g total fat

Salad Ingredients:

-2 cups romaine lettuce

-2 cups spinach

-1/2 cup cilantro

Buffalo Cauliflower

-macros per serving= 312cal - 12.3g protein - 63.2g total carb - 3g total fat

-1/2 head cauliflower, chopped into large bite sized pieces

Batter:

-2/3 cup chickpea flour

-1/2-2/3 cup water

Sauce:

-1/4 cup tomato paste

-2 red hot chili peppers or 1 jalapeno

-1 stalk celery

-2 cloves garlic

-2 tbsp maple syrup

-2 lemons juiced

-1 tsp paprika

Ranch sauce:

-macros per serving= 68cal - 2.3g protein - 8.8g total carb - 3.2g total fat

-2 tbsp raw cashews

-1 cup diced zucchini

-1 lemon juiced

-1 tsp onion powder

-1 tsp garlic powder

-1/2 tbsp fresh dill

-1/2 tbsp fresh parsley

-water to thin (about 1 cup)

Asparagus soup with side of country potatoes (2 servings)

-total macros per serving= 276cal - 14g protein - 61.5g total carb - 0.9g total fat

Soup:

-macros per serving= 153cal - 11.6g protein - 32.6g total carb - 0.8g total fat

-2 lb steamed asparagus

-1 cup yellow sweet onion

-3 cloves garlic

-juice of 1 lemon

-1 cup vegetable broth

-1/2 tbsp maple syrup

Country sweet potatoes:

-macros per serving= 123cal - 2.4g protein - 29g total carb - 0.1g total fat

-200 g sweet potatoes or golden potatoes

-1/2 cup diced onion

-1/2 tbsp maple syrup

-pinch of pink Himalayan salt

- pinch of black pepper
- pinch of garlic powder
- any other seasoning you want form potatoes

Green goodness chickpea and sweet potato salad (2 servings)

-total macros per serving= 408cal - 19.2g protein - 74.1g total carb - 5.4g total fat

Salad ingredients:

-macros per serving= 380cal - 17.7g protein - 68.9g total carb - 5.2g total fat

- 4 cups kale
- 2 cups Romaine lettuce
- 1 can chickpeas (or 1 cup cooked green lentils)
- 200 g steamed sweet potato
- 1/2 cup red onion, diced (or as much as wanted)
- 1/2 cups diced fresh basil

Avocado Green Goddess Dressing:

-macros per serving= 28cal - 1.5g protein - 5.2g total carb - 0.2g total fat

- 1/3 cup parsley
- 1/3 cup basil
- 1/3 cup green onion
- 1/2 medium avocado (OR 1/4 medium avocado and 1 tbsp tahini)
- 2 cloves garlic
- 1 tbsp capers
- 1 tbsp tamari
- 1 tbsp coconut aminos

Kale Tahini salad with spicy chickpeas (2 servings)

-total macros per serving= 364cal - 17.8g protein - 53g total carb - 12.4g total fat

Salad Ingredients:

-macros per serving= 256cal - 14.7g protein - 45.8g total carb - 4.2g total fat

- 6 cups kale
- red onion (as much as you want)
- 1 cup diced mushrooms
- 1 can chickpeas

-cumin, chili powder, cayenne powder, paprika, garlic powder

Tahini dressing:

-macros per serving= 107cal - 3.1g protein - 7.2g total carb - 8.2g total fat

- 2 tbsp tahini
- 1 tsp Dijon mustard
- Half a lemon juiced
- Spice mix (whatever you prefer)
- 1/2 tsp dulce flakes
- Onion & garlic powder

- Black pepper
- Dash cayenne

Protein veggie lasagna (2 servings)

-total macros per serving= 488cal - 27.2g protein - 89g total carb - 4.5g total fat

-4 oz lentil lasagna noodles

Homemade marinara sauce:

-macros per serving= 165cal - 4.9g protein - 35.6g total carb - 0.5g total fat

-1 large can whole peeled tomatoes or crushed tomatoes

-1/2 large sweet onion diced

-2 cloves garlic

-1 tbsp tomato paste

-1 tbsp maple syrup

-1 tbsp italian seasoning

-1 tsp red chili flakes

-1 tsp black pepper

-pinch of a salt

Homemade tofu ricotta: (this makes 4 servings but you only need 2, freeze the rest)

-macros per serving= 72cal - g protein - g total carb - g total fat

-1 packages silken tofu

-1 cup steamed spinach (about half a bag of frozen spinach)

-1 lemon juiced

-1 tsp garlic powder

-chili flakes to taste

-fresh basil (handful or 1 tsp dried basil)

Sauteed veggies:

-macros per serving= 61cal - 2.8g protein - 13.2g total carb - 0.4g total fat

-1/2 cup diced sweet onion

-1 zucchini diced

-1 red bell pepper diced

-2 cup broccoli diced

Directions:

-Half an onion sautéed and 1/2tablespoon of maple syrup and chili flakes after sautéing added two cloves of garlic after sautéing for a minute out and one large can of stain peeled tomatoes 1 tablespoon of Italian seasoning and more chili pepper flakes, add another 1/2 tbsp maple syrup. A dash of Himalayan salt and pepper and a tbsp tomato paste

Zucchini chili stir fry with cauli rice (2 servings)

-total macros per serving= 366cal - 21.9g protein - 70.7g total carb - 0.3g total fat

-2 cup cauliflower rice

-1 can mixed beans (black beans, kidney beans, navy beans)

- 1 can diced tomato with green chilis
- 1 can diced stewed tomatoes
- 1 yellow squash diced
- 1 large zucchini (or 2 small) diced
- 1/2 to 1 yellow onion diced
- 4 cloves garlic
- 2 tsp pure maple syrup
- chili powder and cayenne powder to taste
- a drop of pure vanilla and a dash of oregano
- optional spinach