



PlantFusion.

FIT IN 40 CHALLENGE

WEEK 1 RECIPES



In addition to breakfast, lunch, and dinner recipes, the **Fit in 40 Challenge Meal Plan** includes daily snacks to keep you satisfied. Many of the recipes include delicious and convenient PlantFusion® products to power you through your day!

Note that you can swap days and meals if desired, and even repeat a daily menu if you find one that you like better. Of course, let us know if you have any questions or comments — or if there's something you'd like to see more (or less) of. We're in this together!



#IMFULLOFCROP

BREAKFAST & SMOOTHIE RECIPES



OATMEAL WITH BERRIES & HEMP SEED

Cook 1/2 cup of oats. Add 1/2 cup of berries, 1 tbsp of hemp, chia or flax seeds & sprinkle with Cinnamon.

MACROS PER SERVING:

Calories: 286 • Protein: 11g • Carbs: 38g • Fat: 10g

CHIA SEED PUDDING WITH BERRIES

Soak and refrigerate 3 tbsp of chia seeds in 1 cup of unsweetened non-dairy milk (like hemp or coconut) overnight for convenience or for at least 1–2 hours. Top with 1/2 cup of berries and cinnamon or 1 tsp alcohol-free vanilla extract.

MACROS PER SERVING:

Calories: 265 • Protein: 10g • Carbs: 36g • Fat: 9g

SMOOTHIE RECIPES

PLANTFUSION® STRAWBERRY PROTEIN SMOOTHIE

Blend 1 scoop of your favorite PlantFusion® Complete Protein flavor with water or unsweetened non-dairy milk (like hemp or coconut) and 1 cup of frozen strawberries. If you prefer blueberries or another type of berry, you can make the simple substitution.

MACROS PER SERVING:

Calories: 149 • Protein: 22g • Carbs: 15g • Fat: 2g

PLANTFUSION® CHOCOLATE BANANA PROTEIN SMOOTHIE

Mix 1 scoop of your favorite PlantFusion® Complete Protein or Fermented Protein flavor with water or unsweetened non-dairy milk (like hemp or coconut), 1 small frozen banana and 1 tsp cacao powder.

MACROS PER SERVING:

Calories: 230 • Protein: 22g • Carbs: 31g • Fat: 2g

PLANTFUSION® PROTEIN SHAKE WITH NUTS OR AVOCADO

Mix 1 scoop of your favorite PlantFusion® Fermented Superfood Protein flavor with water or unsweetened non-dairy milk (like hemp or coconut) and grab a handful (about 24) of your favorite nuts (like almonds or cashews).

If you prefer to turn this into a delicious smoothie, skip the nuts and blend your protein with 1/4 avocado and some ice.

MACROS PER SERVING:

Calories: 305 • Protein: 26g • Carbs: 12g • Fat: 17g

PLANTFUSION® PROTEIN SHAKE WITH FRUIT

Mix 1 scoop of your favorite PlantFusion® Complete Lean Protein flavor with water or unsweetened non-dairy milk (like hemp or coconut) and grab a piece of your favorite fruit. Alternatively, you can make a fruit smoothie, blended with 1 cup of frozen fruit or a piece of fruit and some ice.

MACROS PER SERVING:

Calories: 273 • Protein: 22g • Carbs: 26g • Fat: 4g

LUNCH RECIPES

CALORIES: 200–350

PROTEIN: LOW TO MODERATE

CARBS: MODERATE

HEALTHY FATS: MODERATE TO HIGH



AVOCADO TOAST

PREP TIME: 5 minutes **SERVINGS:** 1

INGREDIENTS:

- 2 slices Glutino® (or other brand) gluten-free bread 1/2 large avocado, pitted, peeled, and sliced Handful of cherry tomatoes, sliced
- Sea salt and pepper, to taste
- Alfalfa sprouts, optional

Optional: top with 1 whole egg or smoked salmon.

DIRECTIONS:

Toast the gluten-free bread and top with avocado slices, tomatoes, sprouts (optional), and salt and pepper, to taste.

VARIATION

HUMMUS TOAST:

Replace the avocado with hummus. Top with tomatoes, cucumbers, and olives, or other veggies.

Optional: you can top with 1 whole egg (scrambled, hard boiled, or sunny-side up) or 2 to 4 oz. smoked salmon.

MACROS PER SERVING:

Calories: 278 • Protein: 5g • Carbs: 26g • Fat: 18g

MEDITERRANEAN HUMMUS WRAPS

PREP TIME: 5-10 minutes

COOK & COOL TIME: 30 minutes **SERVINGS:** 2

INGREDIENTS:

HOMEMADE CAULIFLOWER HUMMUS:

- 4 cups cauliflower florets
- 2 cloves garlic, minced
- 4 tbsp olive oil
- 1/4 tsp sea salt
- Cayenne pepper, to taste 2 Tbsp tahini
- 1 tbsp fresh lemon juice

Optional: if you prefer to replace the homemade cauliflower hummus with 6-10 tbsp homemade or a simple store-bought regular chickpea hummus, you can!

WRAPS:

- 6 large lettuce leaves
- 1/4 cup tomato, diced
- 1/4 cup cucumber, diced
- 2 tbsp black olives, chopped
- 2 tbsp tahini

DIRECTIONS:

HOMEMADE CAULIFLOWER HUMMUS:

Optional: skip this step and use a simple all-natural store bought hummus

Preheat the oven to 400°F.

Place the cauliflower and garlic in a medium bowl, drizzle with 2 tbsp of olive oil and mix well to coat. Add the salt and cayenne and continue to mix.

Spread your mix evenly on a large rimmed baking sheet.

Roast for 10 minutes then stir. Roast 10 to 15 additional minutes, or until the cauliflower is tender and beginning to brown.

Cool for 15 minutes.

In a food processor, combine the roasted cauliflower mixture, the remaining 2 tbsp of olive oil, the tahini, and lemon juice. Cover and process until completely blended and smooth. If the mixture is too thick, add water, 1 tbsp at a time, until the desired consistency is reached.

TO SERVE:

Spread the cauliflower hummus in lettuce leaves and top with tomato, cucumber, and olives, then drizzle with tahini.

MACROS PER SERVING:

Calories: 276 • Protein: 10g • Carbs: 14g • Fat: 45g

FIT IN 40 CHALLENGE - WEEK #1 RECIPES (continued)

CHOPPED COBB SALAD

PREP TIME: 5–10 MINUTES

COOK TIME: 10–15 MINUTES

SERVINGS: 1

INGREDIENTS:

- 1 bowl Romaine lettuce, chopped
- 2 grilled asparagus spears, chopped
- 1/2 cup green beans, chopped
- 1/2 cup roasted golden beets, diced
- 1/4 medium avocado, diced
- 1/2 cup cucumber, peeled and diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup corn kernels, optional
- 3/4 cup garbanzo beans, cooked and rinsed
- 1/4 cup quinoa, cooked
- 1 tsp almonds, slivered
- Sunflower seeds to sprinkle on top
- Sea salt and pepper, to taste

FOR THE DRESSING:

- 1/4 cup champagne vinegar
- 1/4 cup olive oil
- 2 tbsp Dijon mustard
- 1 clove garlic, minced
- 1 tbsp fresh lemon juice
- 1 tbsp agave nectar
- 1/2 tsp sea salt
- 1/2 tsp black pepper

Optional: feel free to add wild-caught seared tuna to your salad. Feel free to coat the tuna fillet with toasted sesame seeds before searing.

DIRECTIONS:

Mix all of the salad ingredients together in a large bowl.

Combine all of the salad dressing ingredients in a bowl and thoroughly whisk together. You can blend them in a blender for 20 seconds if you have one. This will help keep the salad dressing from separating in the bottle later if you have left overs.

Pour the desired amount of dressing over your salad.

Sprinkle with sunflower seeds and freshly ground black pepper (optional). Top with the optional fish.

MACROS PER SERVING:

CALORIES: 332 • PROTEIN: 13G • CARBS: 43G • FAT: 12G

FALAFELS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVINGS: 2

INGREDIENTS:

- 1 cup dried garbanzo beans, soaked
- 1/2 small yellow onion, sliced
- 1 clove garlic
- 1/4 bunch fresh parsley, chopped
- 1/8 bunch fresh cilantro, chopped
- 1/2 tsp cumin
- 1/8 tsp cayenne pepper
- Black pepper, to taste
- 3/4 tsp sea salt
- Juice of 1/2 fresh lemon
- 1/8 cup chickpea flour (gluten-free flour)
- 1 tsp tahini

DIRECTIONS:

Preheat the oven to 400°F, if you are using it (see below for different cooking methods).

Place the soaked chickpeas, chopped onion, and garlic into a large food processor. Process until the mixture is finely chopped, but not mush.

Add in the fresh herbs, dried spices, and lemon juice. Process again until well incorporated — the mixture should turn a bright green color.

Finally, add the chickpea flour and tahini to the food processor and pulse until well combined.

Transfer the Falafel mixture to a large bowl, and use your hands to form 10 to 14 round balls using approximately 2 Tbsp of the mixture each.

TO COOK:

In the Oven: Bake at 400°F for 18 minutes, flip, then bake for another 15 to 18 minutes.

In the Air Fryer: Bake at 350°F for 20 minutes. For an extra crispy falafel, spray the balls with some oil or a non-stick cooking spray before baking.

On the Stovetop: add 1 tsp of oil to the pan for every 5 Falafel balls. Pan-fry over medium heat, rotating the balls every 2 or so minutes, to brown all sides. This process takes about 20 minutes.

The falafel will dry out slightly in the fridge, but will keep well in a sealed container for up to five days.

Enjoy with a side of your favorite raw veggies and 3 to 5 tsp of hummus for dipping.

MACROS PER SERVING (EXCLUDING HUMMUS FOR DIPPING): CALORIES: 195 • PROTEIN: 8G • CARBS: 25G • FAT: 7G

DINNER RECIPES

CALORIES: 400-600

PROTEIN: MODERATE

CARBS: MODERATE TO HIGH

HEALTHY FATS: MODERATE TO HIGH



SIMPLE GRAIN & VEGGIE BOWL

PREP TIME: 5-10 MINUTES

COOK TIME: 5-15 MINUTES SERVINGS: 2

INGREDIENTS:

- 1 cup quinoa or lentils or 2 cups kidney, pinto, or black beans (or other gluten-free grain)
- Your favorite organic veggies, unlimited (i.e., broccoli, snow peas, carrots, peppers, etc.)
- 1-2 tbsp coconut oil
- 2 tbsp flax, sesame, avocado or coconut oil
- 1 large, sliced or diced avocado
- Your favorite seasonings (i.e., cilantro, parsley, salt, pepper, soy sauce, etc.)

Optional: feel free to add wild-caught fish or 1 whole egg to your bowl. You can sprinkle with sesame or flax seeds for some added flavor and protein!

DIRECTIONS:

Cook the quinoa or legumes, or simply open and rinse a can of cooked beans! Add your grains to your serving bowl and drizzle with 1 tbsp flax, sesame, avocado, or coconut oil.

Sauté your favorite veggies in 1-2 tbsp of coconut oil.

Add your veggies to your grain bowl, season as you please, and top with avocado and optional protein.

Get creative with your veggies and seasonings to keep this simple recipe exciting for the weeks to come!

MACROS PER SERVING:

CALORIES: 496 • PROTEIN: 9G • CARBS: 25G • FAT: 40G

FRUIT & NUT SPINACH SALAD

PREP TIME: 5-10 MINUTES SERVINGS: 2

INGREDIENTS:

- 1 large package of baby spinach or mixed greens
- Your favorite salad veggies, unlimited (i.e., cucumber, celery, cherry tomatoes, sprouts, snow peas, carrots, etc.)

- 1 apple, diced
- 1 orange, sliced
- 1/3 cup dried unsweetened cranberries
- 1/2 cup walnuts
- 1/4 cup pumpkin or sunflower seeds
- Olive oil, to taste
- Balsamic or apple cider vinegar, to taste
- Sea salt and pepper, to taste

Optional: feel free to add wild-caught seared tuna to your salad. Feel free to coat the tuna fillet with toasted sesame seeds before searing.

DIRECTIONS:

Add all of your ingredients to a large bowl and mix well. *Can't get any simpler than that!*

MACROS PER SERVING:

CALORIES: 452 • PROTEIN: 7G • CARBS: 43G • FAT: 28G

SPAGHETTI BOLOGNESE

PREP TIME: 5-10 MINUTES

COOK TIME: 10-15 MINUTES SERVINGS: 2

INGREDIENTS:

- 2 cups gluten-free spaghetti, cooked
- 3 tbsp olive oil
- 1/2 white onion, diced
- 1/2 large eggplant, diced
- 1-2 carrots, diced
- 1 cup cherry tomatoes, halved
- 1 clove garlic, minced
- Small piece of fresh ginger, crushed
- 6 oz. tofu, cubed
- Handful of cashews
- 1 jar all-natural organic tomato sauce or homemade tomato sauce
- 1 tsp nutritional yeast, optional

(recipe continued on next page)

FIT IN 40 CHALLENGE - WEEK #1 RECIPES (continued)

Optional: you can replace tofu with a ground Beyond Meat® patty if you prefer.

DIRECTIONS:

Cook the spaghetti according to the package and set aside. Coat with 1 tbsp of olive oil to keep the noodles moist.

In a wok or large pan, brown the onion, ginger, and garlic in 1 tbsp of olive oil. Add the eggplant, tomatoes, carrots, and 1 more tbsp of olive oil and cook the veggies for 5–10 minutes or to your liking.

Add the tofu and cook for 5 additional minutes.

Add the tomato sauce, nutritional yeast (optional), and cashews and cook until the sauce is hot.

Add your cooked spaghetti to your serving bowls, top with your Bolognese sauce, and mix.

MACROS PER SERVING:

CALORIES: 587 • PROTEIN: 20G • CARBS: 48G • FAT: 35G

BRAGG'S COCONUT & VEGGIE STIR-FRY WITH QUINOA & TOFU

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES SERVINGS: 2

INGREDIENTS:

- 2 cups quinoa, cooked
- 2 cups fresh broccoli florets
- 2 cups butternut squash, cubed
- Other veggies, optional
- 6 oz. tofu
- 1/3 cup red onion, diced
- 2 tsp fresh ginger, grated
- 1 clove garlic, minced
- 2 tbsp sesame oil
- 1–2 tbsp BRAGG's liquid coconut aminos
- Sea salt and pepper, to taste
- Handful unsweetened coconut flakes
- Fresh cilantro, to taste
- Sesame seeds, optional

Optional: Feel free to make this stir fry using any of your other favorite veggies! You can replace tofu with cooked shrimp if you prefer.

DIRECTIONS:

In a large wok, brown the garlic and ginger in sesame oil for about 1 minute. Add your veggies, tofu, and aminos and stir-fry for 4 to 5 minutes or until the vegetables are crisp and tender. Add the onion and stir-fry for 2 additional minutes.

Add the cooked quinoa to the serving bowls. Top with the veggie mixture, additional aminos, salt, and pepper, if desired.

Sprinkle with the coconut flakes, cilantro, and optional sesame seeds.

MACROS PER SERVING:

CALORIES: 457 • PROTEIN: 18G • CARBS: 40G • FAT: 25G

NO-MEAT KALE ENCHILADAS

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES SERVINGS: 2

INGREDIENTS:

- 1 cup cabbage
- 2 tbsp avocado oil
- 2/3 cup almonds, slivered
- 1/2 cup red or white onion, chopped
- 1/4 cup bell pepper, diced
- 1/2 cup poblano pepper, diced
- 3 cloves garlic, minced
- 6 large kale leaves
- 2 oz. soft fresh vegan cheese, crumbled
- 1/2 large avocado, halved, pitted, and peeled

SEASONINGS:

- 1 tsp paprika
- 3/4 tsp sea salt
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 3/8 tsp ground black pepper
- 1/4 cup tomato paste
- 1–2 tbsp fresh lime juice
- Fresh cilantro, chopped, to taste
- Fresh salsa, to taste

(recipe continued on next page)

FIT IN 40 CHALLENGE - WEEK #1 RECIPES (continued)

DIRECTIONS:

Preheat the oven to 425°F.

In a baking dish, mix the cabbage and 1 tbsp of avocado oil. Roast uncovered, stirring once or twice, for 10 to 15 minutes then remove the pan from the oven.

Meanwhile, in a skillet, toast the almonds over medium-low heat until lightly browned, stirring frequently. Remove the nuts from the skillet and set aside.

In the same skillet, cook the onion, bell pepper, poblano pepper, and 2 garlic cloves in the remaining 1 tbsp of oil over medium heat, stirring occasionally, for 4 to 5 minutes, or until the vegetables are tender.

Stir in the paprika, 1/2 tsp salt, oregano, cumin, and 1/4 tsp black pepper. Stir together 1/2 cup water and the tomato paste. Add to the vegetables and bring to a boil. Reduce the heat to medium-low and simmer, covered, for 5 minutes, stirring occasionally.

Remove from the heat. Stir in the cabbage and almonds. Lay the kale leaves on a flat surface. Evenly spoon the cabbage mixture onto the kale leaves and sprinkle the cheese.

Roll up the kale leaves over the filling. Place the filled kale leaves, seam sides down, in the baking dish used to roast the cabbage. Bake, covered, for 10 to 15 minutes or until heated through.

Meanwhile, in a separate bowl, combine the avocado, lime juice, the remaining garlic clove, the remaining 1/4 tsp salt, and the remaining 1/8 tsp pepper. Mash to the desired consistency.

To serve, transfer the kale enchiladas to two serving plates. Top with the mashed avocado, salsa, and cilantro.

MACROS PER SERVING:

**CALORIES: 558 • PROTEIN: 13 G • CARBS: 14 G
• FAT: 50 G**

TOMATO SPINACH SOUP WITH WHITE RICE & AVOCADO

PREP TIME: 5 MINUTES

COOK TIME: 15-20 MINUTES SERVINGS: 2

INGREDIENTS:

- 1 cup white basmati rice, cooked
- 1/4 cup olive oil plus
- 2 tbsp olive oil
- 1 cup white onion, chopped
- 1 cup red bell pepper, cut into bite-size strips
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 tsp sea salt
- 1/4 tsp red pepper flakes
- 3 cups all-natural vegetable broth or stock
- 1 15 oz. can diced tomatoes, undrained
- 2 cups fresh baby spinach
- 4-6 oz. soft fresh vegan cheese, crumbled
- Handful black or green olives, pitted and sliced
- 1 large avocado, halved, pitted, and peeled

DIRECTIONS:

In a large saucepan, heat 1/4 cup of olive oil over medium heat. Add the onion and bell pepper and cook for 3 minutes. Stir in the garlic, Italian seasoning, salt, and red pepper flakes and cook for an additional 2 to 3 minutes, stirring occasionally. Add the broth and tomatoes and bring to a boil.

Reduce the heat to medium-low and simmer, uncovered, for 10 minutes. Remove from the heat and stir in the spinach.

Ladle the soup into serving bowls, both filled with about 1/2 cup cooked rice. Top with cheese and olives and drizzle with the remaining 1 tbsp of olive oil.

Enjoy 1/4 avocado on the side or mixed in for an extra creamy texture.

MACROS PER SERVING:

**CALORIES: 521 • PROTEIN: 8G • CARBS: 30G •
FAT: 41G**