



PlantFusion.

# FIT IN 40 CHALLENGE

## WEEK 2 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 OR COCONUT YOGURT WITH BERRIES & HEMP SEEDS

Cook 1/2 cup of oats or use 1/2 cup of unsweetened coconut yogurt. Add 1/2 cup of berries or 1/2 an apple, 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 OR SPELT FLAKES CEREAL 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.

A second option is a 1/2 cup bowl of spelt flakes cereal to replace the pudding.

**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



### BLACK BEAN BURRITO

PREP TIME: 10 minutes

COOK TIME: 9–10 minutes

SERVINGS: 4–8 (enjoy 1/2 or 1 burrito per serving)

#### INGREDIENTS:

- 1 tbsp olive oil
- 2 small onions, chopped
- 1 red bell pepper, chopped
- 1 cup black beans, cooked
- 2 jalapeno peppers, diced
- 2 cups corn kernels, cooked
- 1 tsp sea salt
- Fresh cilantro, chopped, to taste
- 4 gluten-free tortillas

#### DIRECTIONS:

Warm the oil in a pan on medium heat. Add the chopped onions and sauté for 3 to 4 minutes. Add the remaining vegetables, salt and beans and sauté for 5 additional minutes. Add in the crushed cilantro leaves and remove the pan from the heat.

Spoon equal amounts of filling over each tortilla. Roll the tortillas and serve them warm with salsa, sliced avocado, and/or guacamole.

#### MACROS PER SERVING:

Calories: 369 • Protein: 17g • Carbs: 55g • Fat: 9g

### INCLUDE FROM WEEK 1:

- Avocado Toast
- Mediterranean Hummus Wraps
- Chopped Cobb Salad
- Falafels

## DINNER RECIPES

CALORIES: 400-600

PROTEIN: MODERATE

CARBS: MODERATE TO HIGH

HEALTHY FATS: MODERATE TO HIGH



### THREE BEAN CHILI

PREP TIME: 5 MINUTES

COOK TIME: 20-25 MINUTES

SERVINGS: 4

#### INGREDIENTS:

- 2 tbsp olive oil
- 1/2 cup white onions, chopped
- 2 cloves garlic, minced
- 1 15 oz. can fire roasted diced tomatoes
- 1 1/2 cups kidney beans, drained and rinsed
- 1 1/2 cups pinto beans, drained and rinsed
- 1 1/2 cups black beans, drained and rinsed
- 1 large avocado, pitted, peeled, and diced
- 1 cup water
- 2 tsp chili powder
- 1 tsp paprika
- 1 1/2 tsp cumin
- 1 tbsp hot sauce
- 1/2 tsp yellow mustard
- Sea salt and pepper, to taste

*Optional toppings: minced onions, chopped cilantro, grated vegan cheese, gluten-free crackers.*

#### DIRECTIONS:

Bring a medium-sized soup pot to medium heat with olive oil. Sauté onions and garlic for a few minutes, until fragrant.

Add the remaining ingredients (except for the optional toppings) to the pot and stir. Bring the heat to a simmer and cook for 15 to 20 minutes, allowing the chili to thicken, stirring occasionally.

*Optional: after the chili has thickened, use an immersion blender in the pot for 3 or 4 seconds to break up some of the beans and thicken the soup further. You don't want to blend the chili completely. It should still be thick and chunky. However, a few seconds with the immersion blender gives some added texture and thickens the chili even more.*

Serve in bowls with the optional toppings.

#### MACROS PER SERVING:

**Calories: 326 • Protein: 13g • Carbs: 37g • Fat: 14g**

### CABBAGE SLAW TACOS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVINGS: 2 (ENJOY 4 TACOS PER SERVING)

#### INGREDIENTS:

##### FOR THE SLAW:

- 3 cups purple cabbage, thinly sliced
- 1/4 cup vegan mayonnaise
- Juice of 1/2 fresh lemon
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp sea salt

##### FOR THE TACOS:

- 1 15 oz. can pink or red beans, rinsed and drained
- 1 8 oz. package baby bella or white button mushrooms, stemmed and diced
- 1 onion, thinly sliced
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 8 small corn or gluten-free tortillas
- Sriracha sauce
- 1 tbsp sesame seeds for garnish, optional

*(recipe continued on next page)*

# FIT IN 40 CHALLENGE - WEEK #2 RECIPES (continued)

## DIRECTIONS:

Preheat the oven to 400°F.

Line a baking sheet with parchment paper.

## TO MAKE THE SLAW:

In a large bowl, toss the cabbage with the mayonnaise, lemon juice, cilantro, and salt.

## TO MAKE THE TACOS:

In another large bowl, combine the beans, mushrooms, onion, oil, salt, and pepper. Mix well and spread out on the prepared baking sheet.

Bake for 10 minutes, toss with a spatula, and bake for an additional 10 minutes.

Lay the tortillas directly on top of the mushroom mixture and bake for 2 additional minutes to warm them.

Using tongs, transfer the tortillas to a plate. On each tortilla, spread a layer of the mushroom mixture, followed by the slaw, and then a drizzle of sriracha.

Sprinkle with sesame seeds, if desired.

## VARIATIONS

### TROPICAL TACOS:

Replace 1 cup of the cabbage with 1 cup of roughly chopped mango or pineapple.

### CILANTRO AND CABBAGE SLAW BOWL:

Instead of using tortillas, divide the slaw-and-mushroom mixture among bowls, add 1/2 cup cooked rice or quinoa and 1 cup chopped romaine lettuce to each bowl, and sprinkle with hemp and chia seeds for an extra dose of protein.

### MACROS PER SERVING:

**CALORIES: 508 • PROTEIN: 10G • CARBS: 54G • FAT: 28G**

## LENTIL & AMARANTH POWER PATTIES

**PREP TIME: 5 MINUTES**

**COOK TIME: 20 MINUTES**

**SERVINGS: 4 (ENJOY 3 PATTIES PER SERVING)**

### INGREDIENTS:

- 1 cup red lentils, soaked
- 1/2 cup amaranth
- 1/2 cup fresh parsley, chopped
- 1 onion, diced
- 2 tbsp psyllium husks (or one large egg)
- 4 tbsp nutritional yeast
- 1/2 cup gluten-free breadcrumbs
- Handful sliced black olives, optional but recommended
- Olive oil, as needed for cooking
- Sea salt and pepper, to taste

### DIRECTIONS:

Add red lentils and amaranth to a pot. Cover with water and boil for 15 minutes then strain.

Put your cooked lentils and amaranth into a large bowl and blend in all the other ingredients, except oil. If the composition is too moist, add more breadcrumbs. The patties should be easy to form.

Form about 12 patties.

Heat some oil in a non-stick frying pan. Fry the patties for 2 minutes on each side.

Put the fried patties on a plate lined with a paper towel in order to absorb all excess oil.

Can serve in a lettuce wrap with a large side of your favorite grilled veggies.

### MACROS PER SERVING:

**Calories: 307 • Protein: 20g • Carbs: 50g • Fat: 3g**

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## INCLUDE FROM WEEK 1:

- Simple Grain & Veggie Bowl
- Fruit & Nut Spinach Salad
- Spaghetti Bolognese
- BRAGG's Coconut & Veggie Stir Fry with Quinoa & Tofu
- No-Meat Kale Enchiladas
- Tomato Spinach Soup with White Rice & Avocado