

Vegetarian/Vegan Protein Day

Prep Time: 20 Min Total Time: 20 Min

Serves 1

Ingredients

- 4.5 Scoops Pea Protein Powder (sugar free)
- 2 Tbsp. Coconut Oil
- 1 Granny Smith Apple (half diced)
- 2 tsp. Konjac Flour
- 8 Droppers full Stevia or 8 pkgs. Stevia or to taste
- 2 tsp. Cinnamon
- 1 tsp. Ginger
- 2 Cups Water
- 1/2 bag Shiritaki or Miracle Noodles

Instructions

- 1 Put diced 1/2 apple and Shiritaki or Miracle Noodles (preferably a style like Orzo or something else with little chunks rather than long noodles, though that would work) into serving bowl.
- 2 Put remaining ingredients (starting with water) into blender and blend for 50 seconds.
- 3 Pour mixture into serving bowl and stir noodles & apple up to distribute evenly.

Notes

This recipe may be used as a vegan substitute for a Steak Day in Phase 3.

This has a very nearly equivalent nutritional profile to a 12 oz filet mignon!

You may also create a smoothie by modifying this recipe and simply eliminating the noodles and/or Konjac Flour. If you remove the coconut oil as well then this smoothie becomes a recipe that can be used in Phase 2.

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