

# Vegetarian Recipe Book Level Three - 2.25

6 Week Challenge



## Breakfast Recipe #1

# Sweet Potato Hash



## Ingredients

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- 1 1/2 cups diced sweet potato
- 1 cup cooked beans/legumes of choice
- 3/4 cup egg whites or 6 egg whites
- 1 cup vegetable of choice
- salt and pepper to taste

## Instructions

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1. Spray skillet with Pam cooking oil. Sauté the sweet potato, beans/legumes and vegetables until cooked.
2. Add egg whites and cook until set.
3. Season with salt and pepper.



## Breakfast Recipe #2

# Protein Packed Oats



## Ingredients

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- 1/3 cup dry rolled oats
- 3/4 scoop plant-based protein powder of choice
- 3/4 cup 0% plain Greek yogurt
- 1/2 piece of fruit or 3/4 cups berries of choice
- 1 scoop Prestige Labs Prestige Greens Powder or 1 cup vegetable of choice

## Instructions

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1. Cook oats with water.
2. Once cooked, stir in protein powder.
3. Top with Greek yogurt and fruit.
4. Serve with a side of vegetables or Prestige Labs Prestige Greens Powder.



## Breakfast Recipe #3

# Toasted Ezekiel Bread and Eggs



## Ingredients

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- 3/4 cup egg whites or 6 egg whites
- 3 slices Ezekiel bread
- salt and pepper to taste
- 1 cup vegetable of choice
- hot sauce (optional)

## Instructions

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1. Toast the Ezekiel bread slices.
2. Spray skillet with Pam. Add 1 cup of vegetables of choice and cook until tender.
3. Add egg whites to pan and cook until done.
4. Add salt and pepper to taste and hot sauce (optional)



## Breakfast Recipe #4

# Protein Packed Oatmeal Pancakes



## Ingredients

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- 1/3 cup dry rolled oats
- 3/4 scoop plant-based protein powder of choice
- 3 egg whites
- 1/2 piece of fruit or 3/4 cup berries of choice
- fat free cooking spray like Pam
- 1 scoop Prestige Labs Prestige Greens Powder or 1 cup vegetable of choice
- Walden Farms Sugar Free Pancake Syrup

## Instructions

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1. In a blender, blend the rolled oats, protein powder, egg whites, and fruit until smooth.
2. Heat fat free cooking spray like Pam in a skillet and pour the pancake batter in small rounds.
3. Cook until golden brown on both sides.
4. Top with Walden Farms Sugar Free Pancake Syrup and serve with a side of vegetables or Prestige Labs Prestige Greens Powder.



## Breakfast Recipe #5

# Quinoa Breakfast Bowl



## Ingredients

- 1 cup cooked quinoa
- 3/4 cup 0% plain Greek yogurt
- 3/4 cup berries of choice
- 3/4 scoop plant-based protein powder of choice
- 1 scoop Prestige Labs Prestige Greens Powder or 1 cup vegetable of choice

## Instructions

1. In a bowl, layer cooked quinoa, Greek yogurt and berries.
2. Add protein powder if desired for extra protein.
3. Serve with a side of vegetables or Prestige Labs Prestige Greens Powder.



## Lunch Recipe #1

# Quinoa & Vegetable Stir-Fry



## Ingredients

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- 1 cup cooked quinoa
- 1 cup mixed vegetables of choice (no peas, carrots, corn, squash, zucchini or eggplant)
- 6 egg whites or 6 oz tofu
- Bragg's Amino Acid Soy Sauce Alternative or tamari

## Instructions

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1. Spray skillet with Pam. Add egg whites or tofu and mixed vegetables and stir fry until crisp.
2. Add cooked quinoa and season with Bragg's Soy Sauce or tamari.



## Lunch Recipe #2

# Rice & Bean Burrito Bowl



## Ingredients

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- 6 egg whites or 6 oz tofu
- 1 cup cooked white or brown rice
- 1/2 cup cooked beans/legumes of choice
- 1 cup vegetables of choice
- salsa (optional)

## Instructions

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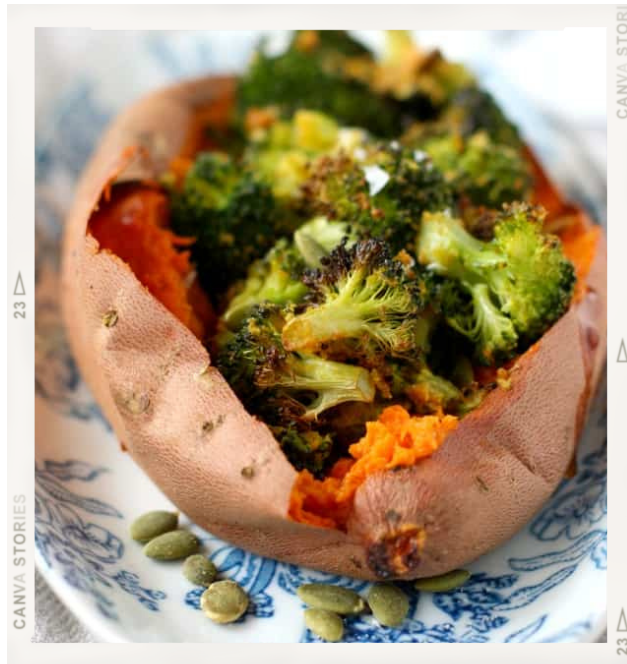
1. Sauté the mixed vegetables and egg whites or tofu in cooking oil until cooked.
2. Combine cooked rice, beans/legumes, and sautéed vegetables in a bowl.
3. Serve with salsa or guacamole if desired.





## Lunch Recipe #3

# Stuffed Sweet Potato with Cottage Cheese



## Ingredients

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- 1 small baked sweet potato
- 1 1/2 cups 0% cottage cheese
- 1 cup vegetables of choice
- salt and pepper to taste
- hot sauce (optional)

## Instructions

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1. Preheat oven to 425°F. Use a fork to poke holes into the sweet potato, set it on a baking sheet lined with foil. Roast for 40-50 minutes, or until puffed up and soft inside when pierced with a fork.
2. Slice open baked potato and stuff with cottage cheese and mixed vegetables.
3. Season with salt and pepper. Drizzle with hot sauce for extra flavor (optional).



## Dinner Recipe #1

# Vegetable Fried Rice



## Ingredients

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- 1 cup cooked cauliflower rice
- 1/2 cup vegetables of choice
- 1 1/2 tbsp olive oil
- 2 tbsp Bragg's Amino Acid Soy Sauce Alternative or tamari
- 3/4 cup egg whites or 6 oz tofu

## Instructions

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1. Sauté the mixed vegetables in olive oil until cooked.
2. Add cooked cauliflower rice and scrambled egg or tofu.
3. Season with Bragg's Soy Sauce or tamari.



## Dinner Recipe #2

# Cauliflower Rice Stuffed Peppers



## Ingredients

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- 1 1/2 bell peppers (halved and deseeded)
- 1 cup cooked cauliflower rice
- 1/2 cup broccoli
- 1 1/2 tbsp olive oil
- salt and pepper to taste

## Instructions

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1. Preheat the oven to 375°F.
2. In a bowl, mix the cooked cauliflower rice, mixed vegetables, olive oil, salt and pepper.
3. Stuff the bell pepper halves with the mixture.
4. Bake for about 20-25 minutes or until the pepper is tender.



## Dinner Recipe #3

# Loaded Greek Cottage Cheese Salad



## Ingredients

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- 1 1/2 cups 0% cottage cheese
- 1 cup vegetables of choice
- 1 1/2 tbsp olive oil
- salt and pepper to taste

## Instructions

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1. Combine cottage cheese, mixed vegetables and olive oil in a bowl.
2. Season with salt and pepper.



## Snack Recipe #1

# Berry Smoothie Bowl

\*Post-challenge recipe



## Ingredients

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- 3/4 cup blueberries
- 1 1/2 cups 0% plain Greek yogurt
- 1/8 cup nuts of choice
- 1 tbsp nut butter of choice

## Instructions

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1. Blend the berries and Greek yogurt until smooth.
2. Pour into a bowl and top with nuts and almond/peanut butter.



## Snack Recipe #2

# Greek Yogurt Parfait

\*Post-challenge recipe



## Ingredients

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- 1 1/2 cups 0% plain Greek yogurt
- 1/8 cup nuts of choice
- 1 tbsp nut butter of choice
- Walden Farms sugar-free strawberry or blueberry syrup or honey (optional)

## Instructions

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1. Layer Greek yogurt, fruit, nuts/seeds, and almond/peanut butter in a glass or bowl.
2. Drizzle with honey or Walden Farms sugar-free syrup if desired.



## Snack Recipe #3

# Nut Butter Protein Balls

\*Post-challenge recipe



## Ingredients

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- 1/2 cup nut butter of choice
- 1 1/2 scoops plant-based protein powder of choice
- 1/4 cup honey
- 1/2 cup dry rolled oats
- 1 tbsp chia seeds
- 1/4 cup mini chocolate chips (optional)
- 1/4 cup shredded coconut (optional)

## Instructions

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1. In a mixing bowl, combine the nut butter, protein powder, honey, oats, chia seeds, chocolate chips (if using), and coconut (if using).
2. Mix until the ingredients are well-combined and form a dough.
3. Roll the dough into small balls of approximately 1 inch in diameter.
4. Place the balls on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes before serving.

