



**PRESTIGELABS®**

# **RECIPE BOOK**

**VEGAN LVL 2**

**4 WEEK CHALLENGE**



# SWEET POTATO & RED POTATO HASH



## TOOLS

- Skillet
- Knife
- Spatula
- Cutting board
- Measuring cups



## PREP TIME

- 20-30 minutes

## INSTRUCTIONS

1. Spray skillet with Pam. Add tofu or tempeh, diced sweet potato and red potato to the skillet and cook over medium-high heat.
2. Cook, stirring occasionally, until the potatoes are golden brown and crispy.
3. Add in spinach.
4. Season with salt, pepper and any optional seasonings.

## INGREDIENTS

- 85g tempeh
- 113g sweet potato (diced)
- 105g red potato (diced)
- 30g spinach
- Sea salt and pepper to taste





# BEAN BREAKFAST BOWL



## TOOLS

- Bowl
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 5-7 minutes

## INSTRUCTIONS

1. In a bowl, mix vegan protein powder with vegan yogurt.
2. Top yogurt with cooked beans/legumes, and diced fruit.
3. Serve with a side of vegetables.

## INGREDIENTS

- 45g beans/legumes of choice
- 1/4 piece of fruit of choice (diced)
- 3/4 scoop of vegan protein powder of choice
- 187.5g vegan yogurt of choice
- 125g vegetable of choice





# OATMEAL WITH BERRIES



## TOOLS

- Pot
- Spoon
- Measuring cups
- Bowl
- Knife
- Cutting board



## PREP TIME

- 10-12 minutes

## INSTRUCTIONS

1. Cook rolled oats according to package instructions.
2. Mix protein powder with cooked oats and top with berries.
3. Add a side of vegetable of choice.

## INGREDIENTS

- 40g dry rolled oats
- 30g berries of choice
- 1 1/2 scoops of vegan protein powder of choice
- 125g vegetable of choice





# RED POTATO & LENTIL STEW



## TOOLS

- Pot
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 20-30 minutes

## INSTRUCTIONS

1. Heat pot to medium heat and add diced red potato and mixed vegetables. Sauté until the vegetables are soft.
2. Add cooked lentils and enough vegetable broth to cover the vegetables.
3. Simmer until the potatoes are tender.
4. Season with salt and pepper.

## INGREDIENTS

- 105g red potato (diced)
- 100g (cooked) lentils
- 125g vegetables of choice
- Vegetable broth
- Sea salt and pepper to taste



# QUINOA & BEAN SALAD



## TOOLS

- Bowl
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 5-7 minutes

## INSTRUCTIONS

1. Combine cooked quinoa, beans/legumes, and mixed vegetables in a bowl.
2. Dress with lemon juice, salt and pepper.

## INGREDIENTS

- 125g (cooked) quinoa
- 85g (cooked) beans/legumes of choice
- 125g vegetable of choice
- Pam cooking spray
- 5ml lemon juice
- Sea salt and pepper to taste





# SWEET POTATO SANDWICH



## TOOLS

- Toaster
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 7-8 minutes

## INSTRUCTIONS

1. Toast the Ezekiel bread.
2. Spread mashed sweet potato on one slice of toast.
3. Add mixed vegetables and season with salt and pepper.
4. Sandwich the two pieces of toast together.

## INGREDIENTS

- 180g mashed sweet potato
- 1 1/2 slices of Ezekiel bread
- 125g vegetable of choice
- Sea salt and pepper to taste



# LENTIL & VEGETABLE SOUP



## TOOLS

- Pot
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 15-25 minutes

## INSTRUCTIONS

1. Spray Pam or nonfat cooking spray in a pot over medium heat.
2. Add mixed vegetables to the pot and sauté until soft.
3. Add cooked lentils and vegetable broth to the pot and simmer until the vegetables are cooked to your desired level of tenderness.
4. Season with salt and pepper to taste.

## INGREDIENTS

- 100g lentils
- 125g vegetable of choice
- 720ml vegetable broth
- Sea salt and pepper to taste





# RICE & BEAN BOWL



## TOOLS

- Pot
- Spoon
- Measuring cups
- Bowl
- Knife
- Cutting board



## PREP TIME

- 20-25 minutes

## INSTRUCTIONS

1. Cook rice according to directions on package.
2. Add cooked rice, beans/legumes and mixed vegetables in a bowl.
3. Top with salsa (optional).

## INGREDIENTS

- 125g (cooked) white or brown rice
- 170g (cooked) beans/legumes of choice
- 125g vegetable of choice
- Salsa (optional)





# SPICY BEAN & RICE BOWL



## TOOLS

- Pan
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 15-20 minutes

## INSTRUCTIONS

1. Heat pan over medium heat and spray with Pam.
2. Add mixed vegetables to the pan and sauté until soft.
3. Add cooked beans/legumes and hot sauce to the pan.
4. Sauté until heated through.
5. Season with salt and pepper.
6. Serve the beans and vegetables over cooked rice.

## INGREDIENTS

- 125g (cooked) white or brown rice
- 85g (cooked) beans/legumes of choice
- 125g vegetables of choice
- Pam cooking spray
- Sea salt and pepper to taste
- Hot sauce of choice (optional)



# GREEK SALAD



## TOOLS

- Bowl
- Spoon
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 5-7 minutes

## INSTRUCTIONS

1. Combine mixed vegetables, diced avocado, and tofu in a bowl.
2. Dress with olive oil, lemon juice, salt, and pepper.

## INGREDIENTS

- 170g tofu
- 125g vegetable of choice
- 1/2 of a medium avocado
- 22ml olive oil
- 5ml lemon juice
- Sea salt and pepper to taste



# VEGAN SHEPHERD'S PIE



## TOOLS

- Pot
- Spoon
- Measuring cups
- Knife
- Cutting board
- Baking dish
- Oven



## PREP TIME

- 30-40 minutes

## INSTRUCTIONS

1. Preheat oven to 375°F.
2. Heat olive oil in a pot over medium heat.
3. Add mixed vegetables to the pot and sauté until soft.
4. Add cooked lentils and vegetable broth to the pot.
5. Simmer until the vegetables are cooked to your desired level of tenderness.
6. Season with salt and pepper. Add the lentil and vegetable mixture to a baking dish.
7. Top with mashed sweet potato.
8. Bake for 20-25 minutes or until the sweet potato is golden brown.

## INGREDIENTS

- 120g mashed sweet potato
- 125g vegetables of choice
- 100g (cooked) lentils
- 30ml olive oil
- 240ml vegetable broth
- Sea salt and pepper to taste





# GUACAMOLE WITH VEGETABLES



## TOOLS

- Bowl
- Fork
- Knife



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Mash the avocado in a bowl.
2. Slice the carrots and red pepper into sticks.
3. Dip the sticks into the guacamole.

## INGREDIENTS

- 1/2 of a medium avocado
- 60g carrots
- 60g bell pepper
- 15g celery slices (optional)



# ROASTED SWEET POTATO CHIPS



## TOOLS

- Baking sheet
- Measuring cups
- Knife
- Cutting board
- Oven



## PREP TIME

- 25-30 minutes

## INSTRUCTIONS

1. Preheat oven to 375°F.
2. Toss the sweet potato slices with cooking oil, salt, and pepper.
3. Place the slices in a single layer on a baking sheet.
4. Bake for 20-25 minutes or until the edges are crispy.

## INGREDIENTS

- 300g sweet potato (sliced thin)
- Pam cooking spray
- Sea salt and pepper to taste





# ALMOND BUTTER & APPLE SLICES



## TOOLS

- Knife
- Cutting board
- Spoon
- Measuring spoon



## PREP TIME

- 2-3 minutes

## INSTRUCTIONS

1. Spread almond butter on the fruit slices.

## INGREDIENTS

- 30g almond butter
- 1/2 of an apple (sliced)





# BERRY & OAT BARS



## TOOLS

- Bowl
- Spoon
- Measuring cups
- Baking sheet
- Oven



## PREP TIME

- 25-30 minutes

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a bowl, mix the oats, berries, nuts, butter, and protein powder (if using).
3. Spread the mixture out evenly on a baking sheet.
4. Bake for 20-25 minutes or until the edges are golden brown.
5. Cut into bars.

## INGREDIENTS

- 20g rolled oats
- 75g berries
- 30g nuts of choice
- 1 1/2 scoops of vegan protein powder of choice





# GREEN SMOOTHIE



## TOOLS

- Blender
- Measuring cups
- Knife
- Cutting board



## PREP TIME

- 3-5 minutes

## INSTRUCTIONS

1. Blend all ingredients together until smooth.

## INGREDIENTS

- **1 scoop Prestige Greens**
- 67g kale
- 1/4 piece of fruit of choice (diced)
- 120g 0% plain Greek yogurt
- 1 scoop of vegan protein powder of choice

