



PRESTIGELABS®

RECIPE BOOK

VEGETARIAN LVL 3

4 WEEK CHALLENGE





SWEET POTATO HASH



TOOLS

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



PREP TIME

- 15-20 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 200g diced sweet potato
- 170g (cooked) beans/legumes of choice
- 6 egg whites
- 150g vegetable of choice
- Sea salt and pepper to taste





PROTEIN PACKED OATS



TOOLS

- Pot
- Spoon
- Measuring cups
- Bowl



PREP TIME

- 10-12 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 27g rolled oats
- 3/4 scoop plant-based protein powder of choice
- 187g 0% plain Greek yogurt
- 1/2 fruit of choice (from approved list on Fruit Guide)
- **1 scoop Prestige Greens Powder** or 150g vegetable of choice





TOASTED EZEKIEL BREAD AND EGGS



TOOLS

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



PREP TIME

- 10-15 minutes

INSTRUCTIONS

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)

INGREDIENTS

- 6 egg whites
- 3 slices Ezekiel bread
- Sea salt and pepper to taste
- 150g vegetables of choice
- Hot sauce (optional)



PROTEIN PACKED OATMEAL PANCAKES



TOOLS

- Blender
- Measuring cups
- Skillet
- Spoon
- Spatula



PREP TIME

- 10-15 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 27g dry rolled oats
- 3/4 scoop plant-based protein powder of choice
- 6 egg whites
- 1/2 fruit of choice (from approved list on Fruit Guide)
- Fat free cooking spray like Pam
- **1 scoop Prestige Greens Powder** or 150g vegetable of choice
- Walden Farms Sugar Free Pancake Syrup



QUINOA BREAKFAST BOWL



TOOLS

- Bowl
- Spoon
- Measuring cups



PREP TIME

- 5 minutes

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.

INGREDIENTS

- 184g cooked quinoa
- 375g 0% plain Greek yogurt
- 360g fruit of choice (from approved list on Fruit Guide)
- 3/4 scoop plant-based protein powder of choice
- **1 scoop Prestige Greens Powder** or 150g vegetable of choice





QUINOA & VEGETABLE STIR-FRY



TOOLS

- Skillet
- Spoon or spatula
- Measuring cups
- Knife
- Cutting board



PREP TIME

- 10-15 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 184g (cooked) quinoa
- 150g mixed vegetables of choice (no peas, carrots, corn, squash, zucchini or eggplant)
- 6 egg whites or 170g tofu
- Bragg's Amino Acid Soy Sauce Alternative or tamari





RICE & BEAN BURRITO BOWL VEGETABLE SOUP



TOOLS

- Pan
- Spoon or spatula
- Measuring cups
- Knife
- Cutting board
- Bowl



PREP TIME

- 10-15 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 6 egg whites or 170g tofu
- 250g (cooked) white or brown rice
- 170g (cooked) beans/legumes of choice
- 150g vegetables of choice
- Salsa (optional)





STUFFED SWEET POTATO WITH COTTAGE CHEESE



TOOLS

- Oven
- Baking sheet
- Foil
- Fork
- Knife
- Cutting board
- Spoon
- Measuring cups



PREP TIME

- 45-55 minutes

INSTRUCTIONS

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).

INGREDIENTS

- 1 small baked sweet potato
- 360g 0% cottage cheese
- 150g vegetables of choice
- Sea salt and pepper to taste
- Hot sauce (optional)



VEGETABLE FRIED RICE



TOOLS

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



PREP TIME

- 10-15 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 100g (cooked) cauliflower rice
- 50g vegetables of choice
- 22 1/2ml olive oil
- 30ml Bragg's Amino Acid Soy Sauce Alternative or tamari
- 6 egg whites or 170g tofu





CAULIFLOWER RICE STUFFED PEPPERS



TOOLS

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



PREP TIME

- 30-35 minutes

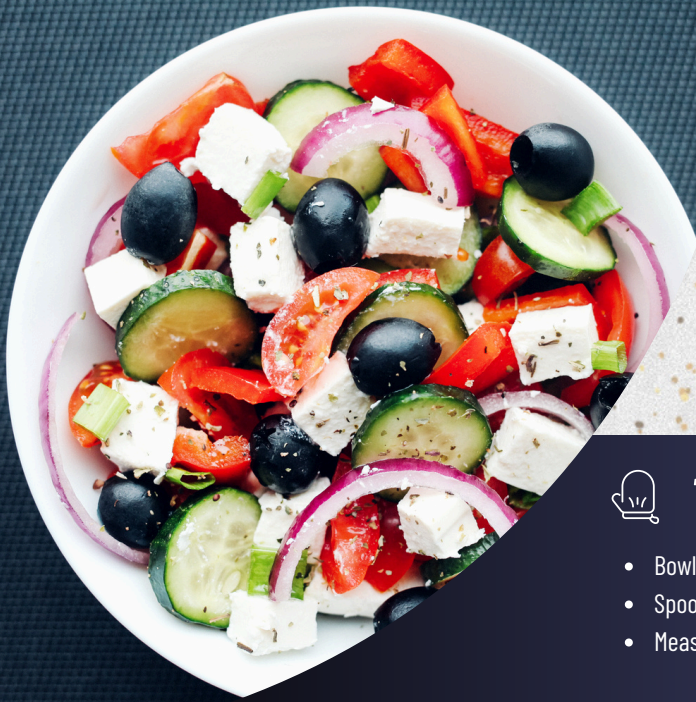
INSTRUCTIONS

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.

INGREDIENTS

- 1 1/2 bell peppers (halved and deseeded)
- 100g (cooked) cauliflower rice
- 50g broccoli
- 22 1/2ml olive oil
- Sea salt and pepper to taste





LOADED GREEK COTTAGE CHEESE SALAD



TOOLS

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



PREP TIME

- 5-7 minutes

INSTRUCTIONS

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

INGREDIENTS

- 360g 0% cottage cheese
- 150g vegetables of choice
- 22.5ml olive oil
- Sea salt and pepper to taste





BERRY SMOOTHIE BOWL

***POST-CHALLENGE RECIPE**



TOOLS

- Blender
- Bowl
- Spoon
- Measuring cups



PREP TIME

- 3-5 minutes

INSTRUCTIONS

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

INGREDIENTS

- 90g berries of choice
- 375g 0% plain Greek yogurt
- 15g nuts of choice
- 15g nut butter of choice



GREEK YOGURT PARFAIT

***POST-CHALLENGE RECIPE**



TOOLS

- Bowl or glass
- Spoon
- Measuring cups



PREP TIME

- 3-5 minutes

INSTRUCTIONS

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.

INGREDIENTS

- 375g 0% plain Greek yogurt
- 15g nuts or seeds of choice
- 15g nut butter of choice
- Walden Farms sugar-free strawberry or blueberry syrup or honey (optional)





NUT BUTTER PROTEIN BALLS

***POST-CHALLENGE RECIPE**



TOOLS

- Mixing bowl
- Spoon or spatula
- Measuring cups
- Baking sheet
- Parchment paper



PREP TIME

- 35-40 minutes (including refrigeration)

INSTRUCTIONS

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.

INGREDIENTS

- 128g nut butter of choice
- 1 1/2 scoops plant-based protein powder of choice
- 85g honey
- 40g dry rolled oats
- 15g chia seeds
- 45g mini chocolate chips (optional)
- 20g shredded coconut (optional)

