



FNF 1

Vitalized water & Optional coffee or tea
Breakfast Burrito - (See recipe at the end)
make enough tofu scramble for 3 more burritos.



FNF 2

Apple
1 Tbsp nut or seed butter



FNF 3

Mediterranean Quinoa Bowl - In a bowl, mix 1/2 cup quinoa, 1/2 cup garbanzo beans, 1/4 cup cucumber, chopped, 1/4 cup cherry tomatoes, halved, 1/4 cup fire roasted red pepper, 3 kalamata olives. Mix 2 Tbsp of hummus with 1 Tbsp of water. Drizzle over bowl. Enjoy!



FNF 4

Berry Smoothie - 1 cup plant based milk, 1/2 cup frozen berries (your fave), 1/3 frozen banana, 1 scoop vanilla protein powder



FNF 5

4 oz grilled protein - I suggest tempeh or seitan
1 cup of your favorite green vegetable, steamed i.e. brussel sprouts, green beans, asparagus, etc
1/4 cup brown rice
1 Tbsp seasoning - i.e. tamari, teriyaki, BBQ sauce or salsa



FNF 6

Dessert! This is an optional munch. If you don't feel like working out then skip this meal. However, if you sweated it out then enjoy 1 cup berries with 2 T coco-whip

See Recipes at
the end

Daily Checklist



-  Pray!
-  Stay hydrated!
-  Take a walk or go for a run
-  Stay Connected with the FNF group!

FNF 1

Vitalized water & Optional coffee or tea
2 slices of Ezekiel Toast
1 Tbsp nut/seed butter
1 Tbsp chia jam

FNF 2

Lara bar or Kind bar
(5g sugar or less)

FNF 3

Kale Super Salad - 2 cups kale (stemmed and chopped), 1 bell pepper, chopped, 1/4 onion, chopped, 2 Tbsp edamamae, 2 Tbsp blueberries, 1 Tbsp slivered almonds. Mix 1 Tbsp mustard, 3 Tbsp maple syrup, 3 Tbsp apple cider vinegar. Drizzle. Toss. Enjoy

Make enough salad to enjoy 2 more times!

FNF 4

Chocolate Banana Smoothie - 1 cup plant based milk, 1/3 frozen banana, 1 scoop vanilla protein powder, 1 tsp cocoa, 2 or 3 ice cubes. Blend. Enjoy!

FNF 5

Broiled Portobello Mushrooms - recipe at the end.
2 steamed small red potatoes
1 cup steamed green vegetable (you will love the steamer on my "[Things I love page](#)")

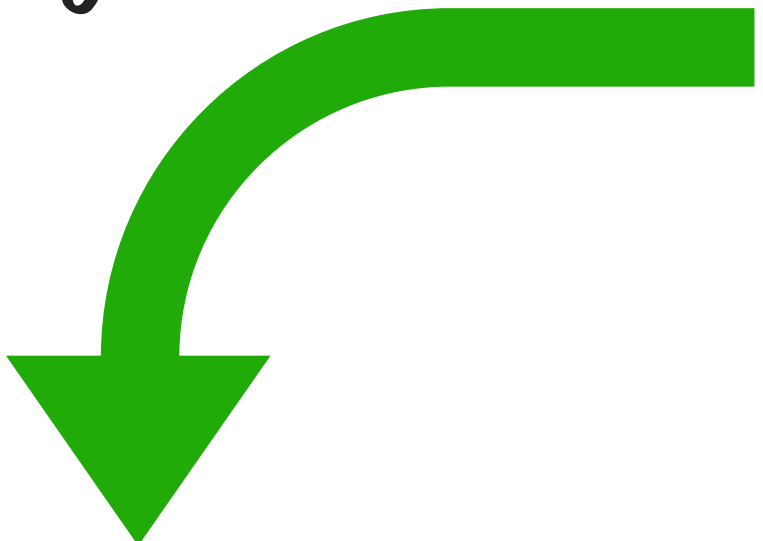
- Make enough for leftovers for lunch

FNF 6

Dessert! This is an optional munch. If you don't feel like working out then skip this meal. However, if you sweated it out then enjoy 1 avocado truffle -1 ripe avocado, mashed, 3/4 cup dark chocolate, melted, 1/2 tsp vanilla extract, pinch of salt. Mix together. Chill for 30 minutes. Roll into small balls. Roll in cocoa powder. Freeze and enjoy 1 at a time. So rich and yummy!

Be sure to double Meal 5 so you can have leftovers tomorrow!

Daily Checklist

- 
- ▶ Pray!
 - ▶ Stay hydrated!
 - ▶ Workout!
 - ▶ Stay Connected with the FNF group!

Breakfast Burritos

Follow the [Tasty Tofu Scramble](#) recipe and place 1/2 cup of scramble in 2 corn tortillas. Top with salsa if desired. Enjoy!

Perfect Portobellos

- ¼ c extra virgin olive oil
- 2 Tbsp tamari or liquid aminos
- 2 Tbsp balsamic vinegar
- 2 shallots, diced
- 4 portobello mushrooms
- 3-4 garlic cloves, minced
- 1 c fresh spinach
- 1 can of artichoke hearts
- 1 Tbsp dried basil
- 3 Tbsp sundried tomatoes, thinly sliced
- 2 Tbsp pine nuts

Cut off stem of each mushroom cap and flake out any gills. In a shallow pan, mix oil, tamari, and balsamic vinegar. Marinate the mushroom caps in the mixture for 30-60 minutes. Turn mushrooms every 10 minutes to marinade. In large skillet, heat 1/4 cup water or vegetable broth over medium heat. Add shallots and garlic. Cook 3-5 minutes until translucent. Add artichoke hearts and sundried tomatoes. Sauté for 8-10 minutes. Take off heat and stir in pine nuts, basil and spinach. Drain mushroom caps from marinade. Place in a baking dish. Spoon spinach artichoke mixture into each mushroom cap. Bake caps in pre-heated 350-degree oven for 15-20 minutes. Enjoy!

Black Bean Tacos

- ½ cup black beans, drained and rinsed
- 1/4 cup onion, diced
- 1/4 cup poblano pepper, diced
- 1 garlic clove, minced
- 1 tsp chili powder
- 1 tsp cumin
- ½ lime, juiced
- 2 Tbsp cilantro
- ¼ cup cabbage, shredded
- 2 corn tortillas
- 1 slice avocado
- pinch of salt
- 1/4 cup salsa

Saute onion, poblano and garlic in 2 Tbsp of water or veggie broth for 5 min., adding more water or broth if necessary. Add black beans, cumin, chili powder and heat for 5 more min. Remove from heat and add lime juice and salt. Serve in corn tortillas with cabbage, cilantro, a slice of avocado and salsa.