



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!