

THE PLANT-BASED ATHLETE

A Game-Changing Approach
to Peak Performance

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with Rachel Holtzman



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Calorie Density at a Glance

Let's take a look at the calorie density of common foods.

High Calorie Density	Medium Calorie Density	Low Calorie Density
1,400-4,000 cal./lb.	350-750 cal./lb.	100-300 cal./lb.
Oils	Lentils	Kale
Processed foods	Kidney beans	Spinach
Almonds	Chickpeas	Broccoli
Walnuts	Pinto beans	Carrots
Cashews	Black beans	Cauliflower
Peanut butter	Brown rice	Peas
Almond butter	Split peas	Mangoes
Cashew butter	Potatoes	Bananas
Sunflower butter	Sweet potatoes	Blueberries
Pumpkin seeds	Yams	Strawberries
Hempseeds	Tofu	Cherries
Sunflower seeds	Tempeh	Apples
Sesame seeds	Oats	Oranges

Mains	Sides	Condiments
Legumes	Greens	Herbs
Lentils	Kale	Basil
Pinto beans	Spinach	Thyme
Chickpeas	Romaine lettuce	Dill
Black beans	Swiss chard	Oregano
Kidney beans	Arugula	Parsley

Grains	Cruciferous vegetables	Spices
Rice	Broccoli	Turmeric
Quinoa	Cauliflower	Cinnamon
Wheat	Cabbage	Black pepper
Barley	Brussels sprouts	Ginger
Oats	Radishes	Peppermint
Millet	Turnips	Nutmeg

Starchy Vegetables	Nonstarchy Vegetables	Seeds
Potatoes	Carrots	Flaxseeds
Sweet potatoes	Asparagus	Sesame seeds
Plantains	Eggplant	Hempseeds
Butternut squash	Peppers	Sunflower seeds
Acorn squash	Cucumber	Pumpkin seeds
Yams	Green beans	Chia seeds
Parsnips	Mushrooms	Pomegranate seeds
Corn	Zucchini	Poppy seeds
Cassava	Onions	Watermelon seeds

Heavy Proteins	High Water-Content Fruits	Nuts
Tofu	Watermelon	Cashews
Tempeh	Berries	Almonds
Seitan (vital wheat gluten)	Oranges	Walnuts
Nut butters	Cantaloupe	Pistachios
Seed butters	Grapefruit	Hazelnuts
Textured Vegetable Protein (TVP)	Pineapple	Pecans
Soy foods	Peaches	Brazil nuts

Dense Fruits	Condiments
Avocados	Salsas
Bananas	Dressings
Jackfruit	Hummus
Plums	Guacamole
Apricots	Ketchup
Persimmons	Mustard
Pears	Tahini
Papayas	Jams

Common Snacks	Common Beverages
Crackers	Nondairy milks
Applesauce	Fruit or vegetable juice
Trail mix	Coffee
Granola	Tea
Dried fruit	Coconut water
Snack/energy/protein bars	Sparkling water
Energy gels/chews	Freshly squeezed juice
Rice cakes	Dairy-free kefir
Dairy-free yogurt	Fermented drink (kombucha)

Food	Serving	Lysine (mg)
Tempeh	½ cup	754
Seitan	3 oz.	656
Lentils	½ cup	624
Tofu	½ cup	582
Amaranth	1 cup	515
Quinoa	1 cup	442
Pistachios	¼ cup	367
Pumpkin seeds	¼ cup	360

Aminos in Action

To better illustrate how to keep tabs on your protein intake—and how easy it is to hit your optimal numbers—here are sample menus for two vegan athletes.

Troy

Troy is 5'10" tall and weighs 155 pounds (70.3 kg). He’s training to run the Boston Marathon.

His daily protein requirement is $70.3\text{ kg} \times 1.3\text{ g} = \mathbf{91\text{ g}}$.

His daily lysine requirement is $70.3\text{ kg} \times 38\text{ mg} = \mathbf{2,671\text{ mg}}$.

He meets his daily protein (including lysine) needs by eating the following.

Meal	Food	Protein	Lysine
Breakfast	2 slices whole-grain bread	7.3 g	93 mg
	2 tbsp. peanut butter	8.0 g	290 mg
	8 oz. soy milk	9.2 g	439 mg
	1 banana	1.3 g	59 mg
Snack	½ cup hummus	4.0 g	291 mg
	2 lavash crackers	4.0 g	144 mg
	1 cup veggie sticks	1.3 g	102 mg
Lunch	1 cup vegetarian baked beans	12.0 g	488 mg
	1 medium baked potato	4.3 g	263 mg
	1 cup broccoli	3.6 g	234 mg
Snack	1 orange	1.2 g	62 mg
	½ cup pistachios	8.2 g	489 mg
Dinner	5 oz. firm tofu	12.0 g	651 mg
	1 cup quinoa	8.1 g	442 mg
	½ cup peas	3.9 g	463 mg
	½ cup corn	2.3 g	272 mg
Snack	¼ cup dry-roasted chickpeas	3.6 g	243 mg
	1 cup strawberries	1.0 g	37 mg
	TOTAL	95.3 g	5,062 mg

Sarah

Sarah is 5'2" tall and weighs 125 pounds (56.8 kg). She's a powerlifter.

Her daily protein requirement is $56.8 \text{ kg} \times 1.6 \text{ g} = \mathbf{91 \text{ g}}$.

Her daily lysine requirement is $56.8 \text{ kg} \times 38 \text{ mg} = \mathbf{2,158 \text{ mg}}$.

Here's her sample menu.

Meal	Food	Protein	Lysine
Breakfast	¾ cup steel-cut oats	7.5 g	501 mg
	1 tbsp. chia seeds	2.0 g	150 mg
	1 tbsp. cocoa nibs	1.0 g	70 mg
	1 kiwifruit	1.1 g	200 mg
Snack	6 oz. soy yogurt	6.0 g	439 mg
	3 tbsp. pumpkin seeds	6.6 g	270 mg
Lunch	1 medium whole-grain bagel	10.0 g	186 mg
	2 tbsp. peanut butter	8.0 g	290 mg
	8 oz. soy milk	9.2 g	439 mg
Snack	½ cup roasted soybeans	22.6 g	427 mg
	1 orange	1.2 g	62 mg
Dinner	1 cup cooked amaranth	9.3 g	515 mg
	½ cup black beans	7.6 g	523 mg
	½ cup lentils	8.9 g	624 mg
	½ cup cooked spinach	3.0 g	115 mg
	TOTAL	104 g	4,811 mg

Nuts and Seeds

Almonds	Cashew butter	Hempseeds
Almond butter	Pistachios	Sunflower seeds
Peanuts	Walnuts	Flaxseeds
Peanut butter	Hazelnuts	Chia seeds
Cashews	Pumpkin seeds	

Legumes

Adzuki beans	White beans	Black beans
Soybeans	Split peas	Navy beans
Chickpeas	Kidney beans	Green peas
Lentils	Lima beans	

Grains

Quinoa	Buckwheat	Cornmeal
Amaranth	Oats	Bulgur
Wild rice	Kamut	
Millet	Teff	

Vegetables

Brussels sprouts	Potatoes	Broccoli
Spinach	Asparagus	Broccoli rabe
Alfalfa sprouts	Portobello	Kale
Watercress	mushrooms	Collard greens

Minimally processed plant-based protein foods

Tofu
Tempeh
Seitan
Bread made with sprouted grains
Plant-based protein drinks
Plant-based protein bars
Plant-based protein pudding
Smoothies with nuts, seeds, and leafy greens

ANDI Scorecard for Common Foods

Kale: 1,000	Lentils: 72
Collard greens: 1,000	Peaches: 65
Mustard greens: 1,000	Sunflower seeds: 64
Watercress: 1,000	Kidney beans: 64
Swiss chard: 895	Green peas: 63
Spinach: 707	Cherries: 55
Arugula: 604	Pineapple: 54
Romaine lettuce: 510	Apples: 53
Brussels sprouts: 490	Mangoes: 53
Carrots: 458	Peanut butter: 51
Cabbage: 434	Corn: 45
Broccoli: 340	Pistachios: 37
Cauliflower: 315	Oatmeal: 36
Bell peppers: 265	Shrimp: 36 (highest-ranking animal product)
Mushrooms: 238	Eggs: 31
Asparagus: 205	Walnuts: 30
Tomatoes: 186	Bananas: 30
Strawberries: 182	Almonds: 28
Sweet potatoes: 181	Avocados: 28
Zucchini: 164	White potatoes: 28
Artichokes: 145	Chicken breast: 24
Blueberries: 132	Ground beef: 21
Iceberg lettuce: 127	French fries: 12
Grapes: 119	Cheddar cheese: 11
Cantaloupe: 118	Apple juice: 11
Onions: 109	Olive oil: 10
Flaxseeds: 103	White bread: 9
Oranges: 98	Corn chips: 7
Cucumbers: 87	Cola: 1
Tofu: 82	
Sesame seeds: 74	

Fruits

(excellent fuel for before and during workouts)

Apples	Melons	Tomatoes
Oranges	Pineapple	Grapefruit
Bananas	Plums	Dates
Blueberries	Peaches	Jackfruit
Blackberries	Nectarines	Passion fruit
Raspberries	Apricots	Figs
Strawberries	Cherries	Kiwifruit
Cranberries	Grapes	Pomegranates
Mangoes		

Starchy Vegetables

(great for advanced pre-workout energy, an hour or two before training, and post-workout nutrition)

Potatoes	Acorn squash	Plantains
Yams	Butternut squash	Peas
Sweet potatoes		

Low-Starch and Nonstarchy Vegetables

(great for post-workout nutrition)

Beets	Lettuce	Artichokes
Carrots	Brussels sprouts	Cucumbers
Corn	Broccoli	Onions
Green beans	Cauliflower	Radishes
Kale	Asparagus	Zucchini

Legumes

(great for post-workout nourishment and satiety)

Lentils	Pinto beans	Black-eyed peas
Kidney beans	Black beans	Adzuki beans
Garbanzo beans	Split peas	Lima beans
Soybeans	Fava beans	

Grains and Pseudograins

(great for pre-workout energy and post-workout nutrition)

Brown rice	Buckwheat*	Millet*
White rice	Barley	Spelt
Oats	Amaranth*	Bulgur
Quinoa*	Wild rice*	

*Quinoa, buckwheat, amaranth, and millet are technically seeds known as “pseudograins”—they resemble grains, are enjoyed as grains, and deliver many of the same benefits as grains. Similarly, we put wild rice in the grain category, even though it's technically an aquatic plant and is considered to be a vegetable in some parts of the world. Similarly, the tomato is actually a fruit and peanuts are legumes, but we tend to classify tomatoes as vegetables because of the way we use them and classify peanuts as nuts.

Daily Fat Guidelines

To ensure that you’re keeping your fat intake in check and you’re not including too many unhealthy fats in your diet, our recommendations are that you try to do the following:

- Keep your fat-derived calories to 15 to 25 percent of your daily diet.
- Limit saturated fats to less than 5 percent of those calories.
- Limit trans fats to as close to zero as possible.
- Try to include more sources of omega-3 and omega-9 while being vigilant about not overdoing it on omega-6 (especially from oils and processed foods). The optimal ratio of omega-6 to omega-3 ranges from 4:1 to 3:1. Note that some foods naturally contain omega-3 and omega-6 essential fats, such as walnuts and hemp seeds.

High-fat plant-based foods include the following:

Omega-3

Flaxseeds	Navy beans	Flaxseed oil
Chia seeds	Brussels sprouts	Fortified foods such
Walnuts	Avocados	as soy beverages
Tofu		

Omega-6

Tofu	Hempseeds	Olive oil
Walnuts	Pumpkin seeds	Palm oil
Almonds	Hulled sesame seeds	Hempseed oil
Cashews	Whole-grain breads	Grapeseed oil
Peanut butter	Cereals	Safflower oil
Sunflower seeds	Olives	Avocado oil

Omega-9

Olive oil	Macadamia oil
Sunflower oil	Almonds

Saturated Fat

Coconut (meat, yogurt, butter, oil)

Foods Rich in Vitamin C

Lemons	Mandarins	Tangerines
Oranges	Pomelos	Tangelos
Limes	Kumquats	Blood oranges
Grapefruits	Clementines	

Foods Rich in Iron

Tofu	Hempseeds	Spinach
Tempeh	Flaxseeds	Broccoli
Lentils	Cashews	Brussels sprouts
Peas	Pine nuts	Potatoes
Chickpeas	Almonds	Mushrooms
Black-eyed peas	Macadamia nuts	Olives
Kidney beans	Kale	Amaranth
Lima beans	Swiss chard	Quinoa
Pumpkin seeds	Collard greens	Oats
Sesame seeds	Beet greens	

Foods Rich in Fat-Soluble Vitamins

Vitamin A:

Sweet potatoes	Other leafy greens	Cantaloupe
Kale	Carrots	Black-eyed peas
Spinach		

Vitamin E:

Sunflower seeds	Peanuts	Kiwifruit
Almonds	Spinach	Mango
Hazelnuts	Broccoli	

Vitamin K:

Kale	Parsley
Spinach	Fermented foods

Vitamin D:

Exposure to sunlight 'a natural' non-food' non-supplement form of Vitamin D'

Plant-Based Meal Builders at a Glance

Mains	Sides	Condiments
Legumes	Greens	Herbs
Lentils	Kale	Basil
Split peas	Spinach	Thyme
Pinto beans	Collard greens	Dill
Chickpeas	Mustard greens	Oregano
Lima beans	Romaine lettuce	Rosemary
Black beans	Swiss chard	Parsley
Navy beans	Arugula	Mint
Kidney beans	Butter lettuce	Cumin
Soybeans	Beet greens	Coriander
Adzuki beans	Bok choy	Cardamom

Grains	Cruciferous Vegetables	Spices
Rice	Broccoli	Turmeric
Quinoa	Cauliflower	Cinnamon
Wheat	Cabbage	Black pepper
Barley	Brussels sprouts	Ginger
Oats	Radishes	Peppermint
Millet	Turnips	Nutmeg
Rye	Rutabaga	Fennel
Bulgur	Watercress	Cloves
Buckwheat	Rapini	Paprika
Teff	Maca	Cayenne pepper

Starchy Vegetables	Nonstarchy Vegetables	Seeds
Potatoes	Carrots	Flaxseeds
Sweet potatoes	Asparagus	Sesame seeds
Acorn squash	Eggplant	Hempseeds
Butternut squash	Peppers	Sunflower seeds
Taro	Cucumber	Pumpkin seeds
Yams	Green beans	Mustard seeds
Parsnips	Mushrooms	Chia seeds
Corn	Zucchini	Poppy seeds
Plantains	Onions	Pine nuts
Pumpkin	Okra	Sorghum

Heavy Proteins	High Water-Content Fruits	Nuts
Tofu	Watermelon	Cashews
Tempeh	Strawberries	Almonds
Seitan	Oranges	Walnuts
Peanut butter	Cantaloupe	Hazelnuts
Almond butter	Grapefruit	Peanuts*
Cashew butter	Raspberries	Pistachios
Protein pudding	Pineapples	Pecans
Protein smoothies	Peaches	Brazil nuts
Plant-based jerky	Blackberries	Coconut
Bean chili or soup	Blueberries	Macadamias

*Technically a legume

Dense Fruits	Sauces and Spreads
Avocados	Salsas
Bananas	Dressings
Jackfruit	Hummus
Breadfruit	Guacamole
Passion fruit	Ketchup
Grapes	Mustard
Pears	Relishes
Mangoes	Tahini
Guavas	Chutney
Dragon fruit	Jams

Common Recipes	Common Snacks	Common Beverages
Vegan mac and cheese	Flaxseed crackers	Almond milk
Spinach quinoa pasta	Applesauce	Oat milk
BBQ tempeh bowl	Fig bars	Rice milk
Spaghetti squash	Trail mix	Soy milk
Curried lentil stew	Granola	Tea
Latin bowl	Dried fruit	Coconut water
Vegan queso	Protein pudding	Sparkling water
Mediterranean bowl	Snack bars	Freshly squeezed juice
Whole-wheat pizza	Rice cakes	Kombucha
Vegan lasagna	Dairy-free yogurt	Probiotic drink

Muscle-Building Meal Plan Template

Breakfast		
2 mains	2 sides	1 condiment
<hr/>		
Snack 1		
2–3 sides		
<hr/>		
Lunch		
2 mains	2 sides	1 condiment
<hr/>		
Snack 2		
1–2 sides		
<hr/>		
Dinner		
2 mains	2 sides	2 condiments
<hr/>		
Snack 3/Dessert		
1 side	1 condiment	
<hr/>		
Daily Totals		
6 mains	10–12 sides	5 condiments

Based on this template, a sample muscle-building meal plan might look like the following (remember to adjust for your own portion sizes, based on your individual caloric needs):

Breakfast		
1 large roasted sweet potato 'main'	Bowl of oatmeal 'main'	½ cup strawberries 'side'
	½ cup blueberries 'side'	Handful of walnuts 'condiment'
<hr/>		
Snack		
1 banana 'side'	Handful of grapes	
1 peach 'side'	'side'	
<hr/>		
Lunch		
Bowl of mashed cauliflower “potatoes” 'main'	Veggie burger 'main'	Cucumber 'side'
	Romaine lettuce 'side'	Optional side salad of leafy greens

Snack		
Handful of sliced carrots 'side'	Handful of sliced bell peppers 'side'	
Dinner		
Bowl of curry 'main'	onions 'side'	Sprinkle of cashews 'condiment'
Bowl of brown rice 'main'	Handful of chopped zucchini 'side'	Black pepper 'condiment'
Handful of sliced		Optional side salad of leafy greens*
Snack/Dessert		
½ cup pineapple 'side'	Coconut flakes 'condiment'	

*Note that side salads can be added to any meal, since they are low in calories but add lots of nutrition with the addition of leafy green vegetables, and they are specifically recommended for lunch or dinner or both.

Fat-Burning Meal Plan Template

Breakfast		
1 main	2 sides	1 condiment
Snack 1		
1 side		
Lunch		
2 mains	1 condiment	Optional side salad of leafy greens
2 sides		
Snack 2		
1 side	1 condiment	
Dinner		
2 mains	2 condiments	Optional side salad of leafy greens
2 sides		
Daily Totals		
5 mains	8 sides	5 condiments

Given this example, a sample fat-burning meal plan might look like the following (remember to adjust for your own portion sizes, based on your individual caloric needs):

Breakfast

Green smoothie 'main'	Handful of raspberries 'side'	Sprinkle of flaxseeds 'condiment'
Banana 'side'		

Snack

Bowl of cubed watermelon 'side'

Lunch

1 baked potato 'main'	Drizzle of tahini sauce 'condiment'
½ cup lentils 'main'	
½ cup green beans 'side'	Optional side salad of leafy greens

Snack

1 sliced cucumber 'side'	Dollop of hummus 'condiment'
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Dinner

Bowl of brown rice 'main'	½ cup sliced eggplant 'side'	Chutney 'condiment'
½ cup cubed baked tofu	Sprinkle of pine nuts 'condiment'	Optional side salad of leafy greens
1 cup broccoli 'side'		

Three Meals That Make It Easy

To help you put it all together, we've devoted the next chapter to even more sample meal plans, along with a glimpse into the food journals of some elite plant-based athletes. But we also want you to see how easy it is to assemble meals that satisfy your macro needs and put a ton of nutrition on your plate. After all, it's one thing to learn how to eat, and it's quite another to actually do it. These "recipes" plus some strategic grocery shopping will guarantee that you'll pretty much always have something to reach for when you're hungry.

Smoothie or Oatmeal

With a smoothie you can get any (or all) of these high-micronutrient foods in a single meal:

- Berries and other fruits
- Flaxseeds and other nuts
- Greens
- Green or white tea leaves or matcha powder
- Turmeric (use a ¼-inch slice of the fresh root)
- Beans (People actually do this! White beans and silken tofu don't add much bean flavor but give smoothies rich creaminess.)

Giant Salad with Beans and Nut-Based Dressing

Start with a big bowl of greens, throw on beans, mix in a bunch of other veggies, and top it off with a creamy, satisfying healthy-fat-based dressing such as Cucumber Avocado Dressing or Caesar Dressing. In a salad, you can include the following:

- Greens
- Cruciferous and other vegetables
- Onions (red, white, scallions, pickled, etc.)
- Beans
- Nuts and seeds

- Turmeric
- Fruits
- Whole grains or pseudograins (that's right—try tossing in some brown rice, farro, or quinoa for an extra-satisfying salad)

A Grain, a Green, and a Bean

It doesn't get simpler than this. When you structure your meal around these three foods, you not only hit your macros and optimal nutrient density; you also have a ton of variety to choose from. Just a few examples:

Stir-Fry

The grain: brown rice, rice noodles, or quinoa

The green: bok choy or broccoli

The bean: tofu, tempeh, black beans, or adzuki beans

Tacos

The grain: corn or whole-wheat tortillas

The green: lettuce or cabbage

The bean: crumbled tempeh or black beans

Pasta

The grain: whole-wheat, brown rice, or quinoa pasta

The green: arugula, basil (especially for pesto), or steamed kale

The bean: fava or cannellini beans

A Smoothie

The grain: oats

The green: baby spinach or kale (baby varieties tend to be the most tender and subtle in flavor)

The bean: silken tofu or even white beans

The Classic

The grain: up to you

The green: any!

The bean: whatever you've got

Grocery Shopping Lists

As we wrap up this chapter, we want to leave you with some sample grocery lists so you will feel equipped to master the grocery store as a plant-based athlete. You can see from the lists that follow—curated from some of our featured athletes—how you can easily be prepared to make a green smoothie or a bowl of oatmeal covered in fruits and nuts without a lot of prior planning. Have the foods on hand for a dish featuring a grain, a green, and a bean, and have tasty whole-food options that will help you avoid the temptation of eating processed, packaged, or fast food when hunger strikes.

Robert's Grocery Shopping List

For Robert, the equation is simple: as his friend Chef AJ says, “If it’s in your house, it’s in your mouth.” So one of the preemptive steps in creating a healthy nutrition program is to surround ourselves (our kitchen, pantry, cupboards, shelves) with the healthiest foods, so we’re not tempted to eat chips and salsa and chocolate bars (Robert is guilty as charged) when taking a break from working at home. Robert has what he calls the Rule of 3, which includes three specific categories of foods making it onto his shopping list, to ensure a variety of fresh and frozen produce, canned and bulk goods, staple foods, seasonal foods, and some treats, since even athletes enjoy desserts and sweets. It’s a healthy relationship to have with food to not exclude some of your favorite foods, so long as they are relatively harmless with just some added sugars or a higher concentration of calories for such treats. This shopping list is designed to last for a week or two; obviously, some foods such as dry bulk goods will last longer than others, such as fresh berries. When supplies start to get low, Robert simply replenishes his stock, not necessarily following the exact volume of grocery shopping each time but filling in gaps, where necessary, to keep ample options available at home. And he often swaps out some foods for others, such

as getting different fruits, often depending on what's on sale or what meals are planned for the week ahead.

Robert's "Rule of 3" Grocery Shopping List

- 3 types of seasonal fruit (berries, cherries, nectarines)
- 3 types of annual fruit (bananas, apples, oranges)
- 3 types of green vegetables (romaine lettuce, broccoli, kale)
- 3 types of other vegetables (potatoes, sweet potatoes, carrots)
- 3 types of grains (rice, oats, quinoa)
- 3 types of grain-based foods (pasta, bread, crackers)
- 3 types of legumes (lentils, pinto beans, garbanzo beans)
- 3 types of canned legumes (kidney beans, black beans, refried pinto beans)
- 3 types of nuts (almonds, cashews, walnuts)
- 3 types of seeds (hempseeds, flaxseeds, chia seeds)
- 3 types of frozen foods (mixed berries, mixed vegetables, plant-based frozen entrees)
- 3 types of packaged foods (organic chips, plant-based meat, snack bars)
- 3 types of condiments (salsa, guacamole, hummus)
- 3 types of canned or jarred condiments (pickles, olives, artichoke hearts)
- 3 types of snacks and treats (chocolate bars, nondairy ice cream, fruit chews)
- 3 types of staples (tofu, avocado, prepackaged vegan meals)
- 3 types of beverages (almond milk, sparkling water, zero-calorie natural soda)

From this list, Robert can make many of his absolute favorite meals: burrito bowls; hearty soups with potatoes, beans, and kale; pasta dishes with olives and greens; oatmeal with fruit and nuts; tofu and vegetable stir-fries; plant-based burgers; seasonal fruit salads; green

salads with beans, olives, and artichokes; plant-based pizza or lasagna; tofu scramble; and dozens or hundreds of other options. The point of the Rule of 3 is to have variety to give ourselves options so we don't get bored or end up eating the same things day after day. If you're just not in the mood for berries, it's nice to have other fruit on hand to choose from. If you've enjoyed way too many potatoes lately, maybe broccoli, brussels sprouts, or peppers are something you're in the mood for instead. If you're tired of rice and beans and vegetables, have some quinoa with lentils and herbs and spices. And if you simply can't decide what to make, don't make anything at all and just heat up a prepared vegan entrée such as a burrito or pizza, or enjoy a wrap or vegetable sushi. The objective, of course, is to have plentiful, delicious options and to select your own favorite foods. Robert's samples listed earlier reflect his favorites, and though he emphasizes a whole-foods diet, he still does have some frozen burritos, chocolate bars, fruit chews, and nondairy ice cream from time to time, and that's part of what makes a plant-based diet so practical, doable, and adventurous. There is no deprivation or sacrifice, but there is a world of possibilities out there, and Robert's sample grocery list is testament to that. Of course, many foods are omitted from this list because it's just a sample. One could easily swap in nut butters, ketchup, mustard, tempeh, seitan, sports supplements, bulk grains and legumes, nondairy cheeses and yogurts, and plenty of other foods. This is just a transparent sample of what Robert reaches for at the grocery store on a weekly or biweekly basis. It may seem like a lot of food—seventeen categories of three items for a total of fifty-one items—but we've all been there many times: at the grocery store with a full cart, or carts, and we've spent a little more than planned, but in this case the food lasts for a while, and the next trip is only a fraction of the purchase to fill in the gaps. And in Robert's scenarios, he's shopping for a family of two, himself and his wife (plus snacks for their little plant-based dogs, whose favorite food is tofu—true story).

Matt's Grocery Shopping List

Here's a basic vegan grocery list that covers all the general foods a plant-based athlete would need. If you're new to the plant-based diet, don't freak out. There's a lot of green here and maybe a few other ingredients you don't typically purchase, and that's totally fine. Maybe leave some of them off for now and try out just a few new items at a time. (Note: These include a few items you obviously don't buy at every trip to the store, but they're good to keep around for cooking.)

- **Fruit:** apples, oranges, bananas, pineapples, fresh berries, frozen mixed berries (for smoothies), lemons, limes, tomatoes, avocados, Medjool dates
- **Fresh vegetables:** romaine lettuce, spinach, broccoli, kale, celery, cucumbers, bell peppers, jalapeño peppers, onions, carrots, garlic, basil, parsley, cilantro
- **Starchy vegetables:** potatoes, sweet potatoes
- **Canned or dried fruits and vegetables:** diced tomatoes, raisins
- **Legumes:** lentils, chickpeas, black beans (preferably dry, but sometimes in BPA-free cans for convenience)
- **Nonwheat grains:** brown rice, quinoa (not technically a grain), granola, steel-cut oats
- **Wheat products:** whole-wheat bread, pasta, pitas, bagels, and wraps; low-sugar breakfast cereals
- **Nuts and seeds:** almonds, cashews, walnuts, flaxseeds, chia seeds
- **Spreads and pastes:** hummus, nut butters, tahini (sesame seed paste)
- **Oils:** olive oil, toasted sesame oil
- **Vinegars:** apple cider vinegar, balsamic vinegar, red wine vinegar
- **Protein powder:** if you're going to get one, be sure it's low in heavy metals (as is Complement Protein)
- **Plant-based milks:** almond is my favorite
- **Tea and coffee**
- **Soy products:** tofu, tempeh, tamari, or soy sauce

- **Other snacks (limited):** tortilla chips, salsa, popcorn kernels
- **Plant-based meat (optional and limited):** Amy's frozen veggie burgers, veggie meat slices
- **Miscellaneous:** maple syrup, dark chocolate, Miyoko's plant-based butter
- **Complement** (a daily supplement for the hard-to-find nutrients in a plant-based diet, available at www.lovecomplement.com)

Sonya Looney's Grocery Shopping List

Sonya Looney is a world champion mountain biker you'll read about soon.

When it comes to grocery shopping, I try to keep my pantry stocked with several types of whole grains and a few different types of canned beans, and I keep a variety of nuts and seeds in my freezer. You'll see these varieties in my grocery list, but I don't buy them every week. I also keep at least one loaf of bread and one block of tempeh in my freezer in case of emergencies. I always have at least one type of greens in my fridge. I opt to get locally grown fruits and vegetables as much as possible, but in the winter I get my produce at the grocery store. I use nuts and seeds in bowls, but I also use them to make sauces. I have a wide variety of spices in my cabinet and most frequently use turmeric, cumin, basil, chili powder, smoked paprika, and oregano.

From this list, I can easily make bowls, burritos, snacks, and pasta dishes.

Fruits and Veggies

Arugula	Mushrooms, especially shiitake
Mixed greens or power greens	Fresh berries
Cherry tomatoes	Apples, peaches, whatever fruit is in season
Onions	Green onions
Garlic	Sweet potatoes
Broccoli	Olives
Red bell peppers	
Avocados	

Grains and Breads

Sprouted spelt	Silver Hills Bakery sprouted
Whole-grain farro	whole-grain bread
Steel-cut oats	Mary's Gone Crackers seed-
Black rice	based crackers

I choose sprouted grains as much as possible because they have a much higher nutrient density. I also choose whole grains instead of fast-cooking grains because they have their shell intact—that also means more fiber!

Proteins

Smoked tofu	Lentils
Regular tofu	Hemp hearts
Tempeh	Ground flaxseed
Soft tofu (for sauces)	Walnuts
Black beans	Cashews
Chickpeas	Almonds

Cold Section

Soy milk	Vegan cheese as a treat
Almond milk	

Other

Peanut or almond butter	Herbal teas
Coffee	

Vanessa Espinoza's Grocery Shopping List

I like to eat as fresh as possible, so going to the grocery store is a twice-a-week event for me. My refrigerator is stocked mostly with fresh veggies and tofu and tempeh all the time. I really focus on putting foods together rather than eating a ton of recipe dishes. Recipes tend to have more ingredients and unwanted calories, full of oil, salt, and sugar. I never cook with oil but rather cook, roast, or steam my veggies in

vegetable broth. This saves hundreds of calories weekly. With just tofu and veggies you can make so many different dishes. This is my meal prep a few times a week. I just change the flavor each day so I don't get tired of eating the same flavor. This a great way to mix things up. I will add salsa one day, BBQ sauce the next, or just a mix of spices to add different flavor.

I love to keep fresh and frozen fruit in my house at all times. Fruit is typically my midmorning snack after breakfast. It's quick and easy and very satisfying. Grains such as quinoa, millet, kamut, and spelt are some of my favorites for breakfast. I just add a scoop of peanut butter, banana, chia seed, hempseed, and cinnamon. This makes a very hearty and satisfying breakfast. It gives me energy to last all morning.

I'm on the go the entire day, so I always pack my lunch and snacks. I really try to keep it simple: fresh fruit, veggies, nuts, seeds, protein bars, and protein shakes. I always keep a huge bowl of raw nuts (no oil or salt) in the refrigerator. This is a great quick and easy snack to have on hand. My dinners vary weekly, but this is a meal that I prep a few times a week. My staple for dinner is always veggies and some type of tofu or tempeh or beans or bean pasta. I do enjoy veggie burgers and faux meats. I don't eat them every day, but I enjoy some of these foods a few times a week.

This is what I typically shop for when I go to the grocery store.

Veggies

Cabbage	Cauliflower	Spinach
Squash	Bok choy	Kale
Poblano peppers	Onions	Avocados
Zucchini	Garlic	Sweet potatoes
Peppers		

Fruit

Bananas	Wild blueberries	Mangoes
Watermelon	Strawberries	Apples
Pineapple	Raspberries	

Grains

Quinoa	Teff	Amaranth
Millet	Fonio	Wild rice
Spelt	Kamut	Oats

Proteins

Tofu	Seitan
Tempeh	Jackfruit
Textured vegetable protein	Red and green lentil pasta
Legumes	Faux meats, veggie burgers

Nuts and Seeds

Walnuts	Cashews	Sunflower seeds
Peanuts	Brazil nuts	Chia seeds
Almonds	Pumpkin seeds	Hempseeds
Pecans		

Teas and Coffee

Four Sigmatic coffee	Hibiscus tea	Moringa tea
Matcha green tea	Rooibos tea	

Plant-Based Milks

Soy	Oat	Almond
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Other

Veggie broth	Sriracha sauce
Peanut butter	Spices—Flavor God and Feast
Nutritional yeast	Mode seasonings, garlic and
Protein bars	onion powders, garlic and
Protein powder	onion salts, cumin, smoked
BBQ sauce	paprika, marjoram, and dill
Salsa	

Julia Murray's Grocery Shopping List

When it comes to eating plant-based, it's all about the flavors, sauces, spices, and textures.

Condiment staples are something I have in my kitchen at all times. A combo of just a couple of these, or using one or two as the base of a sauce, can make any bland-tasting veggie into a delicious and extravagant gourmet-tasting dish with little effort.

Bragg Liquid Aminos or tamari (or coconut aminos)	Apple cider vinegar
Nutritional yeast	Sriracha
Maple syrup	Miso paste
Balsamic vinegar	Tahini
	Pickle juice!

(When in doubt, add Bragg Liquid Aminos and nutritional yeast to anything savory to make it *delish*.)

Here are a few tips for when you're hitting the grocery store:

- Variety is key. If you want a healthy gut microbiome, remember to stock up on different plants, grains, and legumes that you've never tried before. Do this often and your gut bacteria will flourish (this is a good thing). The number one precursor to a healthy gut microbiome is the diversity of plants you eat. Simple hack? Pick up something new each time you're at the store, use your old friend Google, and cook it up.
- Get into buying frozen fruits and veggies! They are just as nutritious as fresh produce, sometimes even more so because they're frozen at the ripest stage, plus they're cheaper. Stock your freezer so your smoothies are packed to the brim with whole-plant goodness.
- Make friends with your produce manager for affordability. Usually there are "imperfect" fruits and veggies just behind the door of the warehouse in the grocery store. Ask someone who works there if there's anything in the back that can't be sold anymore. Typically

they'll give it to you for half price or free! Take it home and freeze it for later use.

- Buy in bulk when you can, and bring your own jar (weigh it before filling) or bags to the store.
- Buy local if you can. Do you have farmers markets or any farms around you that do veggie boxes? Order up! Chances are these are the most nutritious veggies you'll ever eat—grown in organic soil with minimal traveling time.

A DAY IN THE LIFE OF A PLANT-BASED ATHLETE

We've spent the previous nine chapters giving you all the basics you need to add some rocket fuel to your athletic training—namely the plants and how to use them, but also how to make sure your body is ready to receive the highest level of training you ask of it. Now we want to turn it over to the athletes and let them show you firsthand how they're putting all the pieces together. From how they schedule their workouts to how they're eating throughout the day to their favorite recovery methods, this chapter is a coveted glimpse inside the minds of the people who are putting a plant-based diet to the test.

Robert Cheeke, Bodybuilder

MORNING

Morning routine: I start my day by going outside in the backyard with our dogs, getting sunshine, fresh air, and checking email while eating fruit and drinking water or hibiscus tea. Having dogs helps develop routines, including daily dog walks. During winter months, I still go outside with our dogs to start my day, but just for brief periods, and then have breakfast and check email indoors.

Breakfast: Oatmeal or overnight oats, sometimes a breakfast burrito or fruit, such as seasonal berries, cherries, or sliced stone fruit. Occasionally I'll have a breakfast cereal, or something like bagels or muffins, but my breakfast mainly consists of oats and fruit.

Snack: Fruit, such as bananas, applesauce, berries, or a snack bar.

AFTERNOON

Lunch: Burrito bowl with brown rice, pinto beans, avocado, lettuce, tomato, and salsa. A burrito bowl is probably the meal I have the most often, and when I have ingredients prepared in bulk, such as batches of brown rice and beans, I can simply add in the toppings, which sometimes also include olives, peppers, and different varieties of beans and salsas.

Snacks: Fruit, such as berries, bananas, apple slices, and oranges, or a snack bar.

Workout 1: A thirty- to sixty-minute dog walk. In addition to time in the backyard with our dogs, I go on a dog walk every afternoon, often just before heading to the gym, making the dog walk part of my warm-up for a weight-training workout.

EVENING

Pre-workout fuel: Two bananas and water.

Workout 2: One-hour weight-training workout, typically focused on two muscle groups per workout, such as biceps and triceps, back and shoulders, or legs and abs. I often complete about 20–30 total sets, depending on the muscle groups trained and the length of the workout, often aiming for about 4–5 sets per exercise, completing 8–12 reps per set. I often do a bit of warm-up or cooldown, which may include using the StairMaster, elliptical trainer, stationary bike, and foam roller and sometimes stretching in a steam room or sauna.

Post-workout replenishment: Usually fruit for immediate replenishment, and then dinner, since I work out in the evenings. That often includes snacking on some berries or clementine or mandarin oranges while dinner is being prepared.

Dinner: Pad Thai or Thai fried rice. Thai food and Mexican food are my favorite international cuisines and the types of food I eat the most, when not having soup, pasta, plant-based burgers, burritos, or other common dinner themes. Thai food makes its way into my diet every month, if not every week, in one form or another—fresh rolls, Thai salad, fried rice, curry, pad Thai.

Dessert: I often enjoy a popsicle at the end of the day, especially during summer, occasionally some nondairy ice cream or something chocolate, but my favorite desserts are typically fruit (sliced nectarines or orange slices before bed).

Recovery routine: With a history of lower back soreness related to sports injuries sustained over the decades of being an athlete, I often take a hot shower after my evening workout to put heat on my lower back. I'm also a massive fan of basketball, so when I'm not writing late into the night, I take relaxation time after my workout, shower, and dinner to rest while watching my favorite sport on television as a way to destress and wind down.

Matt Frazier, Marathoner and Ultrarunner

MORNING

Morning routine: I have a cup of coffee within an hour of waking up; I typically don't have anything else until 11:00 a.m. or so, unless I'm trying to build muscle and gain weight. Sometimes I do a forty-minute yoga and meditation routine, but not always.

Breakfast: A twenty-four-ounce smoothie with frozen berries, cherries, mangoes, bananas, walnuts, and flaxseeds.

AFTERNOON

Lunch: Big salad with a cup of chickpeas. I usually make my salad with one part green leaf lettuce and one part cruciferous or bitter greens such as baby kale, plus red cabbage, carrots, and celery and cashew ranch dressing, tahini garlic dressing, or oil and vinegar. (If I have leftovers available from the previous night's dinner, I usually eat those instead of a salad and then eat a salad with dinner.)

Snack: Bananas or oranges, trail mix, hummus with cabbage or broccoli.

Pre-workout fuel: One or two Medjool dates, or eight ounces of fruit juice mixed with eight ounces of water, or one rice cake.

Workout: If I'm not training for anything in particular but want to maintain or improve general fitness, I alternate days between workouts A and B:

—Workout A: Two to three four-minute hill repeats with five-minute rest intervals and five-minute warmup and cooldown.

—Workout B: Six to eight one-minute “sprint” repeats with two-minute rest intervals and five-minute warmup and cooldown.

After each A or B workout day, I do an easy run or walk for thirty minutes.

For strength and more cardio, I do a simple, 20-minute kettlebell routine of 100 one-armed swings (in sets of 10) and 10 Turkish get-ups, alternating sides.

Post-workout replenishment: Rice cake and an eight-ounce glass of tart cherry juice immediately following my workout. Then a larger meal an hour or two later.

EVENING

Dinner: Most often some variation of “a grain, a green, and a bean.” It can take the form of chickpea-pasta stew with kale; BBQ tempeh tacos with cabbage; tofu stir-fry with bok choy and brown rice; pasta with red sauce, chickpeas, and broccoli; and many other variations.

Dessert: None, unless you count a beer or glass of wine after dinner.

Before bed, I take supplements (Complement and turmeric).

Recovery routine: Lots of good sleep due to blackout curtains, no screens in bed, and no food or alcohol near bedtime. I do active recovery only during heavy training periods. When I do, it's twenty minutes of foam rolling and mobility exercises in front of the TV.

Korin Sutton, Nineteen-Time Champion Bodybuilder

MORNING

Breakfast: Vegan Omelet.

Morning routine: Yoga once or twice a week.

AFTERNOON

Lunch: Protein shake with Clean Machine brand Clean Green Protein and pea protein.

Snack: Mango, strawberries, avocados, dates, and peanut butter.

Pre-workout fuel: Coffee and Clean Machine brand Clean BCAA, Cell Block 80, and Ahiflower Oil; maca powder, L-arginine, L-citrulline, American ginseng, L-tryptophan, and tribulus.

Workout: High-intensity interval training (HIIT) and hypertrophy training five times per week doing a split routine—for example, chest and triceps, legs, push or pull days.

Post-workout replenishment: Tofu scramble made with tofu, bell peppers, kale, mushrooms, onions, garlic, turmeric, black salt, and liquid aminos.

EVENING

Dinner: Soup with seitan, vegetables, nutritional yeast, and vegetable broth.

Dessert: Strawberry ice cream made with frozen strawberries, almond milk, stevia, and vegan cream cheese. (Just once in a while.)

Recovery routine: Yoga twice per week, fifteen to thirty minutes of meditation every day, ten minutes of stretching four to five days per week, and ten to thirty minutes of walking three to four times per week.

James Wilks, Mixed Martial Arts Champion

MORNING

Breakfast and Pre-workout fuel: Overnight oats.

Workout: Weight training, martial arts, swimming, or sprint repeats.

Post-workout replenishment: Green smoothie or homemade protein bar.

AFTERNOON

Lunch: Hummus and vegetables on whole wheat pita or leftovers from dinner the night before.

EVENING

Dinner: Lentil pasta with vegetables, lentil cottage pie, or vegetable lasagna.

Recovery routine: Myofascial release on a foam roller or lacrosse ball.

Dotsie Bausch, Olympic Silver Medal–Winning Track Cyclist

MORNING

Breakfast: Seven-grain sprouted toast with smashed avocado, chili flakes, and a sprinkle of salt and lemon juice.

AFTERNOON

Lunch: A big salad made with chopped kale, creamy dairy-free dressing (such as Annie’s Goddess Dressing), a handful of roasted or plain chickpeas, shredded carrots, and diced onions.

Snacks: Raw veggies (carrots, jicama, celery, cucumber, mushrooms, peppers, etc.) and hummus or tahini and edamame with sea salt.

Pre-workout fuel: Water and half of my “epic” smoothie with oat milk, ice, loads of blueberries and raspberries, one banana, a scoop of almond butter, cacao nibs, and chia seeds. (The other half is my primary post-workout meal.)

Workout: One of the following, in no particular order, depending on my mood: lifting in my garage gym, spin class, hot yoga, power walk with the dogs, or an intense mountain bike ride with my very fast hubby :-).

Post-workout replenishment: The other half of my epic smoothie.

EVENING

Dinner: Quick curry made by simmering veggies (broccoli, bell peppers, onion, carrots, etc.) and chickpeas, tofu, or tempeh in a store-bought curry sauce (try Maya Kaimal brand) and tossing in spinach at the end. Served over black or brown rice.

Dessert: Pinot noir with dark chocolate.

Kätlin Kukk, Estonian National Champion Cyclist

MORNING

Breakfast: Raw buckwheat with molasses, nuts, and fruit, or a protein smoothie.

Pre-workout fuel: Banana and dates.

Workout: Three-hour endurance ride or three-hour gym session, sprint session, or technical abilities session.

Post-workout replenishment: Protein smoothie.

AFTERNOON

Lunch: Veggies (boiled or raw), hummus, mixed legumes with a lot of different spices.

Snacks: Frozen or fresh fruit, berries, or dates.

EVENING

Dinner: Veggie soup (I love vegan Tom Kha and beetroot soup).

Dessert: I usually don't have dessert, but if I want to, I will make chocolate pudding with avocados and dates or "nice" cream.

Recovery routine: Massage, stretching, yoga, swimming, sauna, napping, walking in fresh air.

John Joseph, Ironman Triathlete

MORNING

Water upon waking, plus E3Live blue-green algae supplement.

Breakfast: On days when a run follows, it's an acai bowl with organic

fruit and berries, hempseeds, and nut butter. If a bike ride follows, it's oatmeal, berries, and nuts.

Workout 1: One-hour run.

Post-workout replenishment: Organic plant-based protein powder with some organic greens to boost the alkalinity, plus organic berries in a recovery shake, along with an organic iron supplement and an omega 3-6-9 supplement for essential fats.

Snack: Raw chia seed pudding with coconut cream and hempseeds, or something like avocado toast with nutritional yeast, organic raw food snack bars, or even a raw salad with avocado or fruit.

AFTERNOON

Lunch: Protein power bowl with brown rice, greens, avocado, BBQ tempeh, nutritional yeast, coconut aminos, and soaked almonds.

Pre-workout fuel: Two bananas, a tube of nut butter, and one or two organic raw food bars.

Workout 2: Three- to four-hour bike ride, using sports gels for additional fuel along with water.

Post-workout replenishment: Cooldown followed by meditation, bringing the heart rate down, and a shower; dinner within an hour of finishing on the bike.

EVENING

Dinner: Big bowl of organic rice and organic red lentils with spices and a bunch of vegetables, or a burrito, an organic plant-based pizza, or BBQ tofu or a lentil chili with homemade cornbread and steamed broccoli.

Dessert: Raw organic mousse with avocado, coconut, and cacao.

Recovery routine: Myofascial release, trigger point therapy, cooldown stretching, foam rolling, and using a rebounder to flush the lymphatic fluid through my system. Additional recovery techniques include hot tub to cold shower routine, Epsom salts, infrared sauna, compression boots, and working with trainers to help recover from hours of training.

Darcy Gaechter, World Record–Holding Kayaker

MORNING

Warm-up: I try to do a routine of sit-ups, push-ups, and pull-ups first thing every morning. This is not a hard-core workout, more like maintenance. I do 10 pull-ups, 200 sit-ups (I mix up the variety every day), and usually three sets of 20 push-ups. I find if I don't do it right when I wake up, I won't do it.

Breakfast: Granola with banana, berries, and hemp milk.

Pre-workout fuel: Breakfast (granola with fruit and hemp milk) or a snack bar.

Workout: Being self-employed, I feel like I always have an overwhelming amount of work to do, but it's also super important for me to get out every single day. I usually go kayaking. Class V kayaking is always a good workout, so I don't have to plan too much on training objectives if I'm paddling a hard river! But if I'm paddling on an easier river, I'll make sure to catch tons of eddies and work on my technique and strength throughout the day. Kayaking workouts during the week are usually just one or two hours long; on full days out they can be six to eight hours. If I can't kayak, I mountain bike or trail run.

Post-workout replenishment: I'm always starving after a big workout, and a big bowl of beans and rice usually makes me feel good. If I don't have time to cook, I'll eat a Crunchy Peanut Butter Clif Builder's Protein Bar or a big handful of nuts or dried fruit.

AFTERNOON

Lunch: Veggie burger—love the fake meat trend and how successful they've been in getting their products into fast-food chains, but I still prefer the grain- and bean-based veggie burgers.

Snacks: Dried figs, sunflower seeds, apples.

EVENING

Dinner: Burrito bowl with lightly fried tofu, Bragg Liquid Aminos, crushed red pepper flakes, pinto beans, brown rice, avocado, tomato, onion, bell pepper, and blue corn tortilla chips.

Recovery routine: I'm pretty bad about all of this . . . I continually try to work a stretching routine into my daily schedule, but so far, I've failed to make it a habit!

David Rother, Professional Triathlete

MORNING

Workout 1: Light 10K run or swimming, maybe followed by a stability workout.

Breakfast: Overnight oats with sprouted cereals and fresh fruits. Lots of it!

Workout 2: If it's a "heavy" training day, I'll also bike ride, two to four hours, at different intensities.

AFTERNOON

Lunch: Easily digestible carbs like quinoa or rice with fried vegetables.

Power nap: 20 to 40 minutes.

Snack: Double Espresso with a little sweetness like banana bread

Workout 3: Running. Either a long run (up to 35K) or a speed or interval session.

Post-workout replenishment: A shake with crushed ice, water, a little bit of almond milk, and vegan protein powder.

EVENING

Dinner: Mixed baked vegetables with lots of legumes, plus a large salad and tofu, topped with seeds.

Snack: Handful of nuts and a bit of dark (80%) chocolate.

Dessert: On a really hard day: Vegan Ben and Jerry's on the couch!;

Recovery routine: One hour of physical therapy and stretching. On a cold day, 30 to 45 minutes of sauna.

Christine Vardaros, Professional Cyclist

MORNING

Breakfast: Chopped Granny Smith apple and banana, $\frac{1}{4}$ –2 cups oats (depending on training day), 1 tablespoon flaxseeds, 1 tablespoon chia seeds, lukewarm water.

Snack: Seasonal fruit.

Pre-workout fuel: PB&J or oatmeal with spoonful coconut oil.

Workout: Anywhere from 2 to 6 hours training on the bike.

Nutrition during workout: Hammer bars or gels or drinks or dried figs, mangos.

Post-workout replenishment: PB&J or oatmeal.

AFTERNOON

Lunch: Veggie or lentil soup with hummus and/or avocado on corn cakes.

EVENING

Dinner: Vegetable stir-fry or curry with black rice.

Dessert: “Nice” cream: 2 frozen bananas, handful frozen cherries, 1 tablespoon lemon juice. Blend well, then add some crushed walnuts and dark chocolate chips.

Recovery routine: Lying on the floor, legs in the air against the wall, for ten to twenty minutes.

Julia Murray, Former Olympic Skier and Plant-Based Nutritionist

MORNING

Pre-morning workout fuel: Water and medicinal mushrooms (Stay Wyld Cordyceps and Lion’s Mane and Turkey Tail).

Workout: 5-minute yoga and 10-minute circuit and 30- to 45-minute run

Post-workout replenishment: Overnight oats (oats, buckwheat, raisins, cinnamon, chia or hemp or ground flaxseeds, oat milk), a dollop of coconut yogurt, berries, and banana. Complement brand supplements.

AFTERNOON

Lunch: I’m usually still full from my late breakfast! Maybe some hummus and veggies, or apple and dates.

Snacks: Green Smoothie (greens to the brim, 1 to 2 frozen bananas, cup of berries, turmeric and ginger root, pinch of pepper, medicinal mushroom blend, Complement Protein powder.

Pre-afternoon workout fuel: Smoothie!

Afternoon workout: It varies between a one- to two-hour mountain bike ride, another run, paddleboard, or in the winter, ski touring.

Post-workout replenishment: snack bites made with oats and dates, or leftover smoothie.

EVENING

Dinner: Big salad (romaine, spinach, tomato, avocado, green onions, sunflower seeds, plus my pickle dressing). Then it varies—brown rice pasta or quinoa noodles with veggies and tempeh, a roasted veggie and tofu bowl with miso-tahini dressing, a loaded baked potato, veggie curry, or veggie burgers.

Dessert: vegan cookie, dark chocolate, banana “ice cream,” an apple, or some frozen grapes.

Recovery routine: Stretching.

Jehina Malik, IFBB Professional Bodybuilder

MORNING

Breakfast: Rolled oats with 1½ tablespoons crunchy peanut butter.

AFTERNOON

Lunch: Two Gardein brand vegan chick’n cutlets and brown rice.

Snack: Fruit bowl and cashews.

EVENING

Pre-workout fuel: Handful of cashews.

Workout: One hour of weight training, three to four sets of fifteen to twenty reps (leg days are closer to one hour and thirty minutes).

Post-workout replenishment: Handful of cashews, followed by dinner.

Dinner: Large chickpea salad with romaine lettuce, arugula, parsley, onions, different-colored peppers, cucumbers, and spinach.

Dessert: None usually, but a treat would be vegan Ben and Jerry’s ice cream in a cone.

Recovery routine: Stretching in the sauna or in the hot tub.

Vanessa Espinoza, Professional Powerlifter, Champion Boxer

MORNING

Breakfast: Quinoa with peanut butter, banana, chia seeds, hemp-seeds, and cinnamon.

Snack: Peanut butter and jelly sandwich, fruit, or a fruit smoothie.

Pre-workout fuel: A cup of mushroom coffee or TRU Supplements pre-workout drink.

Workout 1: I strength train for one hour and thirty minutes. I focus on one body part a day. I train with many rep ranges; some days it's very heavy for 1 to 5 reps, other days it's 10 to 20 reps, and other days it's 25-plus reps. I change up my routine often, but my volume is always high. During my workout I sip on BCAAs (branched-chain amino acids).

Post-workout replenishment (lunch): Protein shake.

Snack: Roasted peas.

EVENING

Dinner: Tofu or tempeh, roasted or steamed vegetables, wild rice with coconut aminos.

Dessert: Homemade protein brownies or protein cookies.

Workout 2: Some type of sprint workout. For example: ten 100-meter, ten 50-meter, ten 20-meter, and ten 10-meter sprints, or boxing/hitting the heavy bag.

Post-workout replenishment: Protein drink.

Recovery routine: Ice and stretching.

Robbie Balenger, Ultrarunner

MORNING

Pre-workout fuel: Water. I tend to eat dinner late in the evening, so I use that fuel to carry me through the first one and a half hours of my run.

Workout: Ten- to twenty-mile run.

Mid-workout replenishment: A whole-food bar such as Crafted Energy.

Post-workout replenishment: Muesli with fruit and berries and oat or cashew milk. And more water.

AFTERNOON

Lunch: Often a black bean and potato burrito with sautéed veggies, wrapped with fresh greens and topped with Valentina hot sauce—never forget the Valentina . . .

Snacks: I’m not much of a snacker, but sometimes nuts such as cashews, almonds, and pecans.

EVENING

Dinner: I’m a big fan of Asian noodle bowls with seared tofu, as well as rice and beans with fresh and cooked veggies.

Dessert: NadaMoo! vegan ice cream.

Nick Squires, International Champion Powerlifter

MORNING

Breakfast: Pancakes and Beyond Sausage with bananas and black coffee.

AFTERNOON

Lunch: Tofu or seitan with ancient grains and steamed broccoli or sautéed brussels sprouts.

Snacks: Protein cookie or bar (Munk Pack or Clif Builder’s Protein Bar); cucumbers and hummus.

Pre-workout fuel: Protein bar or protein cookie.

Workout: Two to three hours of lifting centered on squat, bench, or deadlift and then accessories.

EVENING

Post-workout replenishment/dinner: Burger time! Of course I love Beyond Burgers, but I’m really into Trader Joe’s Turkeyless Protein Patties right now too. If it’s not burgers, it will be pasta with “meatballs” and a spinach salad.

Dessert: I'm not usually a dessert guy, but I've been known to take down a pint or two of vegan Ben and Jerry's ice cream, especially during bulking months.

Recovery routine: Hot baths, easy bike rides.

Sophie Mullins, British 100K Ultramarathon Champion

MORNING

Breakfast: Oats, chia seeds, turmeric, blueberries, and homemade oat or almond milk.

Pre-workout fuel: Apple and two small cookies (made from the left-over plant milk pulp and fruit and ginger).

Workout 1: Run: 5K easy warm-up, 12K surge run (twelve reps of one minute fast, four minutes focused effort (no recovery), easy cooldown.

AFTERNOON

Post-workout replenishment/lunch: Brown rice, beans, spring onions, butternut squash, broccoli, carrot, soy sauce.

Snack: Fruit such as a plum or nectarine.

Workout 2: A 5K to 10K recovery run; twenty minutes of body-weight exercise and foam rolling.

EVENING

Dinner: Lentils, leeks, parsnips, carrots, broccoli, homemade hummus, avocado, pine nuts.

Snack: If I'm hungry I'll have some air-popped popcorn or granola with homemade plant milk.

Recovery routine: Foam rolling.

Rip Esselstyn, Former Professional Triathlete, Swimming World Record Holder

MORNING

Workout 1: One-hour morning swim. I always have a better day when I can get a nice workout in in the morning. If I don't, I don't

feel as grounded. I feel a little lethargic; I don't feel as sharp mentally; and I don't feel as lean and mean and ready to tackle the day.

Post-workout replenishment/breakfast: Rip's Big Bowl.

AFTERNOON

Lunch: Red lentil dal with onions, garlic, scallions, herbs, and spices such as turmeric over pearl barley with half an avocado, arugula, and spinach.

Workout 2: One hour of mountain biking.

EVENING

Workout 3: Some form of body-weight exercise at home, such as push-ups, pull-ups, planks, and sit-ups.

Post-workout replenishment/dinner: Rice and bean extravaganza, which includes brown rice, black beans, bell peppers, sliced tomatoes, water chestnuts, corn, salsa, mangoes, low-sodium tamari, and avocado.

Recovery routine: Relaxing, spending time with family.

Sonya Looney, World Champion Mountain Biker

MORNING

Breakfast: Steel-cut oats with hemp hearts, ground flaxseed, maple syrup, and berries.

Pre-workout fuel: Two pieces of sprouted whole-grain bread with almond butter or peanut butter.

Workout: My workouts are usually two- to three-hour mountain bike rides on weekdays and, if time allows (my time is a little different now that I'm a new mom), longer on weekends.

AFTERNOON

Post-workout replenishment/lunch: Instead of a recovery drink I have a meal, usually a bowl with whole grains, veggies, and legumes or leftovers from dinner the night before.

Snack: Fruit—I love apples and oranges. Sometimes I'll have avocado toast or a mini version of a meal.

EVENING

Dinner: Burritos, burrito bowls, quinoa/broccoli wraps, pasta dishes with veggies, homemade cashew-based sauce, and a legume.

Dessert: Chocolate bar or cookies I make at home.

Recovery routine: I like using compression boots, light yoga or foam rolling, and breathing and visualization for recovery. To be honest, I should spend more time on recovery, but it's really hard as a mom, pro athlete, and business owner!

Brendan Brazier, Ultramarathoner

MORNING

Workout 1: Thirty-minute run.

Breakfast: Banana-ginger-pear cereal with almond milk.

Morning snack: Energy bar.

AFTERNOON

Lunch: Spicy black-eyed pea quinoa pizza.

Afternoon snack: Smoothie.

Pre-workout fuel: Vega pre-workout energy drink.

Workout 2: One hour of weight training or one hour of cycling.

Post-workout replenishment: Vega recovery shake.

EVENING

Dinner: Cucumber pesto salad with tomato basil dressing.

Dessert: Crunchy cinnamon plantain strips.

Recovery routine: Foam rolling, ice baths, and stretching.

Natalie Matthews, IFBB Professional Bikini Competitor

MORNING

Breakfast: Overnight oats or granola with fruit.

Morning supplements: Vegan multivitamin (contains B₁₂, D₃, and

omegas), plus creatine monohydrate for strength and performance.

Pre-workout fuel: Coffee or a protein “Frappuccino” made with coffee, a scoop of protein powder, and pea milk.

Workout 1: Sixty- to ninety-minute weight-training workout, focusing on training one or two muscle groups such as back and shoulders.

Post-workout replenishment: Edamame or garbanzo beans or vegan protein bar.

AFTERNOON

Lunch: Macro bowl with grilled tofu, greens, potato hash, sauerkraut, tomatoes, sprouts, and Edamame-Spinach Hummus.

Snack: Mushroom chips (store-bought; I get the Snaklins brand).

Pre-workout fuel: Fruit or a caffeinated energy drink, if needed.

Workout 2: Cardio workout, such as thirty to sixty minutes on the treadmill, surfing, a functional fitness class, or hiking outside for some fresh air.

EVENING

Dinner: A bowl of Sloppy Vegan Chili topped with a drizzle of vegan high-protein queso, avocado, and two small corn tortillas; or homemade seitan with broccoli and queso.

Dessert: Blueberries and a piece of dark chocolate.

Recovery routine: Take nighttime supplements: ginger and turmeric complex for recovery and ashwagandha and magnesium for sleep and muscle recovery.

Laura Kline, World Champion Duathlete

MORNING

Pre-workout fuel: Banana and plenty of water.

Workout 1: Fifteen minutes of glute and hip activation exercises before heading out for a ten-mile run with speed intervals on the track.

Post-workout replenishment: Unived Elite Recovery drink (I enjoy it while I cool down with the foam roller).

Breakfast: I'll have muesli in the warmer months and oatmeal in the colder months. I start with rolled oats and add in all kinds of nutrient-dense toppings such as coconut shreds, dried and/or fresh fruits, nuts or nut butter, chia, flaxseeds or hempseeds, and dairy-free milk or hot water. It's basically a big hearty bowl with everything I need to refuel after my morning workout. I also like this breakfast because it is easy to find a healthy muesli or oatmeal while traveling, or the ingredients to make your own!

AFTERNOON

Lunch: I typically have a green and grain bowl. I'll start with a heaping base of romaine, spinach, or kale, then add a grain such as quinoa, rice, or farro. I'll top that with whatever veggies I have on hand, such as tomato, broccoli, cucumber, or beets. I'm a big fan of tempeh, so I'll usually add strips of sautéed tempeh, but I'll also sometimes use beans. Next is half an avocado—need those healthy fats! I'll top everything with a homemade tahini dressing or a healthy vinaigrette.

Pre-workout fuel: In the late afternoon I will have an apple with nut butter to fuel me for my afternoon workout.

Workout 2: Sixty minutes on the bike trainer with a few hard intervals mixed in followed by a sixty-minute strength and mobility routine at the gym.

Post-workout nourishment: If it's a light workout I'll have another piece of fruit along with a recovery drink—most often I'll have a kiwifruit or some watermelon, depending on the season. If my second workout is a long or intense one, I'll make a smoothie. This is my go-to: $\frac{1}{4}$ cup beet juice, $\frac{1}{2}$ cup tart cherry juice, splash of apple cider vinegar, $\frac{1}{2}$ tablespoon of hemp hearts, 1 scoop of chocolate protein powder with greens, 1 frozen banana, $\frac{1}{2}$ cup frozen blueberries.

EVENING

Dinner: Once I've showered and completed my recovery protocol, it's time for a small dinner. I like to have a warm, hearty bowl like my coconut, quinoa, and sweet potato curry.

Dessert: Yes, I do sometimes enjoy a sweet treat when I'm in peak training. In the summer months, I'll make my own ice cream using coconut milk and dates and top that with some fresh fruit. Another favorite I like to keep on hand are the Healthy Fudge Bars I like to make.

Recovery routine: After my first workout, I spend time on the foam roller and follow a hip routine (Myrtl) to keep everything loose. After my second workout, I spend another half hour using rolling tools for deeper muscle recovery work, then spend fifteen to thirty minutes in compression boots.

Yassine Diboun, Record-Setting Ultrarunner

MORNING

Pre-workout fuel: Coffee, banana.

Workout 1: I do a forty-five-minute functional fitness workout: lunge variations, push-ups, squat variations, lots of core work, burpees.

Post-workout replenishment: Granola, banana, coconut milk yogurt, berries.

Supplement routine: I take a Complement B₁₂, D₃, EPA, DHA, calcium, and magnesium drink and sometimes a multivitamin or Immu-Core. Sometimes during heavy training, I take an amino acids supplement, omega supplement, and occasionally BeetElite before intense workouts. I usually just rely on whole foods, though.

AFTERNOON

Lunch: Rice and beans bowl that includes organic tempeh, onions, broccoli, shiitake mushrooms, zucchini, olive oil, and Swiss chard with Frank's RedHot sauce.

Workout 2: Afternoon run for an hour or two, followed by some sort of cross-training or mobility work.

Post-workout replenishment: Granola, banana, coconut milk yogurt, berries.

Snacks: Corn chips and Yumm! Sauce, grapefruit. I also drink a lot of the Circulatory Blend Tea from Brew Dr. In the summer, I brew it and chill it in the fridge to make iced tea. I add vanilla stevia to it. It's spicy and sweet!

EVENING

Dinner: Brown rice pasta with roasted garlic marinara sauce and vegetables such as peppers, onions, mushrooms, and broccoli and nutritional yeast.

Meagan Duhamel, Olympic Gold Medal–Winning Figure Skater

Note: After winning the gold medal in the 2018 Olympics, Meagan retired and started a family. This is what her routine was like for a decade as an elite world-class athlete.

MORNING

Before breakfast: Upon waking, I walked my dogs and did a short yoga movement session. I needed this to get my back mobile; otherwise it would be stuck all day long.

Pre-workout fuel: Overnight oats with blueberries.

Workout 1: Two hours on the ice with my pairs skating partner, Eric Radford. We worked on technical elements, choreography, and basic skating skills.

Post-workout replenishment: In between my two hours of morning training, I had a fifteen-minute break. I would usually have a green smoothie during this time. My favorite was spinach, bananas, mango, chia seeds, and omega fatty acid oils.

AFTERNOON

Lunch: Something simple, like crackers and hummus, trail mix, and a homemade muffin or bar.

Workout 2: My workouts changed every day. On Mondays and Wednesdays, I had one hour of strength and conditioning. Tues-

days, one hour of Pilates; Thursdays, one hour of eccentrics; and Fridays, thirty minutes of cardio.

Post-workout replenishment: Pineapples with hempseeds.

EVENING

Dinner: My favorite dinner options were lasagna with spinach and tofu ricotta cheese, shepherd's pie with sweet potatoes and lentils, and a quinoa casserole.

Recovery routine: In the afternoon, massage, osteopathic work, acupuncture, or physical therapy with my sports therapist. In the evening, a warm bath with Epsom salts.

Mary Schneider, Marathoner

MORNING

Breakfast: One cup of coffee with oat milk creamer. Oatmeal: oats, one banana, 1 tablespoon nut butter, 1 tablespoon hemp hearts, $\frac{1}{4}$ cup blueberries.

Pre-workout fuel: Breakfast, as just described.

Workout: One- to two-hour run.

Post-workout replenishment: Large Ultimate Green Smoothie for recovery.

AFTERNOON

Lunch: Large salad, bowl, or soup. For a bowl, I have a carbohydrate-heavy source as the base, such as quinoa, millet, rice, potatoes, or some combination, and then I add a combination of greens and other vegetables, tossing it with a sauce.

EVENING

Dinner: Spaghetti Squash with Tempeh Bolognese Sauce—I eat that one all the time, and I sometimes sub in gluten-free pasta. Or I could make a deconstructed burrito bowl, as that is another favorite—rice, beans, and sautéed veggies with avocado and salsa. I do the same thing with a loaded sweet potato.

Dessert: None (occasionally dark chocolate, but I go months without dessert, as I don't have much of a sweet tooth).

Recovery routine: My recovery routine is my Ultimate Green “recovery” Smoothie, which contains bananas, mixed berries, spinach or kale, hemp hearts, flaxseed meal, and chia seeds. I don’t use any protein powder.

Andreas Vojta, Olympic Runner

MORNING

Workout 1 (fasted): For easy runs, I often train before breakfast if I don’t feel really hungry. I just think it’s a great energizer to wake up and train, and it feels good to start the day with breakfast after completing my workout.

Training times vary from 7:30 to 11:00 a.m., depending on when I wake up and how much sleep I need (I don’t use an alarm; I just wake up naturally when my body is ready). I also try to get the important non-running-related stuff done in the morning, as I feel more concentrated and focused then.

Post-workout replenishment: I usually go for a quick snack, like a banana, an apple, or a slice of bread with a spread, such as peanut butter.

Breakfast: I keep my breakfast basically the same every morning. Therefore, it’s kind of my ledger at the start of the day. The base of my breakfast is 100 grams of oats and 10 grams of ground flaxseed, soaked in soy milk overnight. In the morning, I top it up with berries, cocoa nibs, and cinnamon. A delicious breakfast that I look forward to every morning!

Workout 2 (Option A): I usually have about two additional strength sessions every week, which I execute after my easy morning run. On days I do not have a strength training session, I do a speed workout, or fast session.

Snack: Here, I also go with an easily prepared food, such as bread with peanut butter or jam or some cereal. These foods are not really healthy, but they get you some calories and carbs quickly and easily and are therefore perfect when you get a little hungry as an athlete.

AFTERNOON

Fast session: If I have an intense session ahead, in the morning I usually do a little thirty-minute warm-up with some strides and mobility exercises to get ready for the hard runs that I usually do in the afternoon.

Workout 2 (Option B): When there's an intense training session ahead, I try to eat three to four hours before my workout, which I usually do around 4:00 p.m. I try to relax a little bit after my lunch or even have a little power nap. That also gives me time to mentally focus on the workout ahead. Then I'm ready to go, and I leave my house about an hour before the start of the training to get to the track with public transport.

Post-workout replenishment: I try to get my nutrients in as quickly as possible, via either a meal or a chocolate shake on my way home from the track.

Lunch: I don't eat a similar dish every time but rather use what's available at the moment. But there's a guideline for which foods I always try to combine, which are grains, legumes, veggies, and some nuts and seeds. Grains fuel your carbohydrate storage, and combined with protein-rich legumes, they have a great amino acid profile. Vegetables add many important micronutrients, and nuts are a great source of unsaturated fat and protein.

EVENING

Dinner: This is pretty much the same as lunch, combining my main food groups, as just mentioned. I like to cook bigger portions so I have some food left and can just heat it up for dinner. This is important if I have an intense session in the afternoon and need to get my dinner in as fast as possible to ensure an optimal recovery.

Dessert: I'll be honest, I'm a dessert guy and like to try new stuff as often as possible. Whether it's a homemade dessert or a chocolate bar from the store, my body craves some sweet stuff after the main meal. I often just eat sweet cereal as a dessert in the evening. Many people think professional athletes are "not allowed" to eat any

dessert, but if you do it to the right extent, I don't think it impacts your performance. I would struggle mentally to completely kick sweet desserts out of my diet.

Recovery routine: When I'm back home from an intense session, I try to get into recovery mode as soon as possible. That means a lot of lying down and sleeping. I also go through the workout again in my head and try to recreate how it felt, what was good and what I should do better next time.

RECIPES

You've spent an entire book reading about how beneficial and health-promoting plants can be, and now you get to enjoy the fact that whole-plant-based meals are also incredibly delicious. Just as there's no shortage of plant foods to choose from when assembling your meals, there's no limit to how they can be paired with herbs, spices, and condiments. Whether it's to fuel your workouts or to enjoy as a relaxing meal with friends and family, you'll find that meals made with whole plants have the unique ability to feed both body and spirit.

This chapter is dedicated to some of our favorite recipes, as well as those of the athletes we've heard from throughout the book. These are the meals that they reach for again and again, and they range from hearty and nourishing to downright decadent. There are plenty of options to choose from as you begin assembling your new plant-based meal plans, so choose what sounds tastiest to you and feel free to customize to suit your preferences. (All of these recipes have ingredients that can be swapped out, especially the fruits and vegetables as the seasons change.) Go ahead—get inspired, get hungry, and fuel up.

BREAKFAST

Ultimate Green Smoothie

Contributed by Mary Schneider, marathoner

From her book Green Body Cookbook

This is my “kitchen sink” go-to smoothie for after the hardest of workouts to make sure I have the biggest anti-inflammatory kick start on recovery. A smoothie with the right combination of green leafy vegetables and fruits packed with vitamins, minerals, and antioxidants is the single best way to reduce inflammation in your body. And by replacing your glycogen stores with all of the fruit in the smoothie, you allow your body to recover faster. Each ingredient in this smoothie has a specific nutritional purpose, and they all come together for a delicious, dessert-like drink that you will never get tired of!

Serves 2

- 3 frozen bananas**
- 1 cup frozen blueberries**
- 1 cup frozen pineapple**
- 1 cup frozen strawberries**
- 2 large kale leaves, stems removed**
- 1 large handful of spinach**
- 2 cups water or nondairy milk of choice (use nondairy milk for a more calorie-dense option)**
- 1 tablespoon hemp hearts**
- 1 tablespoon flaxseed meal**
- ½ teaspoon ground ginger (or thumb-sized piece of peeled fresh ginger)**
- ¼ teaspoon ground turmeric (or thumb-sized piece of peeled fresh turmeric root)**
- Pinch of freshly ground black pepper**

Add all ingredients to a high-speed blender and blend on high for 1 minute or until completely smooth.

Nutritional Totals per Serving:

Calories: 387

Fat: 7.7 g

Protein: 7.5 g

Fiber: 14.4 g

Carbohydrates: 80.7 g

High-Energy Fruit Smoothie with Greens

Contributed by Robert Cheeke, bodybuilder

This is a supersized smoothie that's perfect for breakfast, especially if you're making it pre-workout and finishing it off post-workout. It delivers a potent combination of high-energy complex carbohydrates from fruit and leafy greens to fuel your training, along with antioxidants to help reduce inflammation afterward. This also makes a great snack during the day, especially when you're looking for something quick. Feel free to add even more fruits and greens—the goal is to get in the most nutrient-rich foods.

Serves 1

1 cup coconut water

1 ripe banana, plus 1 additional, if desired

1 cup frozen blueberries

1 cup frozen mangoes

1 cup frozen raspberries

1 cup leafy greens such as spinach

1 cup kale

½ cup ice, plus more, if desired

In a high-speed blender, combine the ingredients with 1 additional cup of water and blend until smooth. To make a creamier smoothie, add a second banana or more ice. To thin the consistency, add more water until the desired consistency is reached.

Nutritional Totals per Serving:

Calories: 564

Fat: 5.2 g

Protein: 8.5 g

Fiber: 25.2 g

Carbohydrates: 137.7 g

Chia Seed Blueberry Maple Pudding

Contributed by Brendan Brazier, ultramarathoner

From his book Thrive Energy Cookbook

Easily digestible and packed with antioxidants, this energizing pudding is a beautiful start to any morning. It's also a great post-workout breakfast option. You can use frozen blueberries in a pinch, but fresh is preferred.

Serves 2

- 1 cup unsweetened almond milk**
- 1 tablespoon maple syrup**
- ½ teaspoon latte spice mix**
- ¼ cup chia seeds**
- 1 cup fresh blueberries, plus a few more for garnish**
- 1 small handful slivered almonds**

In a medium bowl or jar, combine the almond milk, maple syrup, latte spice mix, and chia seeds. Let the mixture sit for fifteen minutes, stirring once or twice. Garnish with fresh blueberries. Enjoy now or store in a lidded container in the fridge for up to two days.

Nutritional Totals per Serving:

Calories: 206

Fat: 9.4 g

Protein: 5.4 g

Fiber: 9.8 g

Carbohydrates: 28.2 g

Farro Sweet Rice Bowl

Contributed by Vanessa Espinoza, powerlifter

I love farro because it is very nutrient dense, contains a ton of antioxidants, and is high in protein and fiber. It also has a slightly nutty flavor, which pairs well with a sweeter flavor profile. You could enjoy this rice pudding-like bowl for breakfast, a snack, or even dessert.

Serves 1

- 1 cup freshly cooked farro**
- 1 cup unsweetened almond milk**

1 tablespoon raisins

1 teaspoon ground cinnamon

When the farro has finished cooking (just follow the directions on the package), add the almond milk, raisins, and cinnamon. It's best to chill the mixture overnight before enjoying.

Nutritional Totals per Serving:

Calories: 250

Fat: 3 g

Protein: 7 g

Fiber: 7 g

Carbohydrates: 52 g

Finger-Lickin' Friggin' Good French Toast

Contributed by John Joseph, triathlete

I love the smell of French toast in the morning. The cinnamon and all the other good sh*t. What you won't find with this recipe are chicken periods (eggs), artery-clogging milk, or butter. This joint is 100 percent plant-based and f*cking delicious. There's also some protein, as we used silken tofu in the batter. So get down with this, but you still gotta work out like a beast. *One tip:* Use a very thick, sturdy bread or your joints will fall apart. Make the slices about ¾ inch thick. For a killer breakfast, you have my permission to serve this with some Field Roast brand morning sausages and some coconut yogurt and fruit.

Serves 2 hungry mofos

1½ cups silken tofu

½ cup full-fat coconut milk

½ cup almond milk

1 tablespoon millet flour

1 tablespoon ground flaxseed

¼ cup cornstarch

1 tablespoon pure maple syrup, plus more for serving

1 tablespoon nutritional yeast

1 teaspoon vanilla extract
1 teaspoon cinnamon
¼ teaspoon nutmeg
Pinch of Himalayan salt
8 slices of bread
Coconut oil, for the pan
Vegan butter, for serving
Fresh berries, for serving
Coconut yogurt, for serving
Field Roast or other plant-based sausages, for serving

In a high-speed blender combine everything but the bread and coconut oil. Blend thoroughly until smooth—get all the lumps out 'cause lumps are for chumps.

Heat a skillet over medium-low heat and add a teaspoonful of coconut oil. Dip a slice of your bread into the batter and place it in the skillet. Let it cook to a golden brown, with crispy edges. Flip and repeat. When all is said and done, serve these with vegan butter, maple syrup, fresh berries, sweetened coconut yogurt, and sausages. You're very f*cking welcome!

Nutritional Totals per Serving (excluding optional extras
such as butter, berries, yogurt, or sausages):

Calories: 737.5

Fat: 23.4 g

Protein: 33.1 g

Fiber: 12.3 g

Carbohydrates: 97.1 g

Rip's Big Bowl

Contributed by Rip Esselstyn, swimmer and firefighter

From his book The Engine 2 Cookbook

This has been my mainstay breakfast for more than twenty years. I never get sick of it, and no two bowls are ever quite the same, depending on which fruits are in season and the milk substitute I have on hand. Let your appetite be your guide for the size of the bowl. If you don't have any nondairy milk, use

water (the fruits blend with it and give the bowl a sweet taste). Add any fresh or frozen fruit such as peaches, cherries, mangoes, blueberries, or red grapes.

Serves 1

- ¼ cup old-fashioned oats**
- ¼ cup Grape-Nuts or Ezekiel brand equivalent**
- ¼ cup bite-size shredded wheat**
- ¼ cup Uncle Sam Cereal**
- 1 tablespoon ground flaxseed**
- 2 tablespoons raisins**
- ½ handful of walnuts**
- 1 banana, sliced**
- 1 kiwifruit, sliced**
- 1 grapefruit**
- ¾ cup nondairy milk of choice**

In a medium bowl, toss all the ingredients together except the grapefruit and milk. After cutting the grapefruit in half, use a small, sharp knife to remove the segments. Add the segments to the top of the bowl and squeeze in the juice. Top with the milk.

Nutritional Totals per Serving:

Calories: 711

Fat: 15 g

Protein: 18.2 g

Fiber: 22.9 g

Carbohydrates: 142.1 g

Buckwheat Pancakes

Contributed by James Newbury, CrossFit Athlete

Not only are these free of dairy and refined sugar, but they're also grain free because buckwheat, unlike its name suggests, is a protein-packed pseudograin.

Makes about 8 pancakes

- 1 cup buckwheat flour**
- 1 cup nondairy milk**

1 teaspoon baking powder
1 teaspoon apple cider vinegar
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon
Coconut oil for cooking

In a large bowl, combine the flour, milk, baking powder, apple cider vinegar, vanilla, and cinnamon and whisk until smooth.

Heat a pan or griddle over medium-high heat. Add a tablespoon of coconut oil and ladle ¼ cup batter into the pan. Cook until the edges begin to brown and the batter bubbles, about 2 minutes. Flip and repeat on the second side. Continue with the remaining batter.

Nutritional Totals per Serving (2 pancakes):

Calories: 122.5

Fat: 2.7 g

Protein: 4.15 g

Fiber: 3.1 g

Carbohydrates: 22.1 g

Champ Oatmeal

Contributed by Sonya Looney, mountain biker

This is my daily breakfast recipe, which keeps me fueled until lunch. Feel free to add other berries for boosted antioxidant power (I love dried goji berries for this) or walnuts for extra omega-3s.

Serves 2

1 cup steel-cut oats (I like Bob's Red Mill)
¼ cup ground flaxseed
1 cup blueberries
2 tablespoons hemp hearts
2 tablespoons pure maple syrup

In a small pot, combine the oats with 3 cups of water. Bring to a simmer over medium heat and cook for 10 minutes, stirring occasionally, until the

water is absorbed. Top with the flaxseed, blueberries, hemp hearts, and maple syrup, and enjoy.

Nutritional Totals per Serving:

Calories: 601

Fat: 21 g

Protein: 18.8 g

Fiber: 20.4 g

Carbohydrates: 89.1 g

Overnight Oats

Contributed by James Wilks, mixed martial artist

Prep this the night before a busy morning when you know you won't have time to make a hot breakfast. Experiment with different fruits, nut butters, and plant milks to keep it fresh and exciting.

Serves 1

1 medium banana, mashed with a fork

1 cup soy milk, preferably unsweetened

½ cup rolled oats

1 tablespoon ground flaxseed

2 tablespoons hempseeds

1 tablespoon peanut butter

1 cup frozen mixed berries

Combine ingredients, stir, and place in the fridge overnight. Enjoy in the morning.

Nutritional Totals per Serving:

Calories: 639

Fat: 26.7 g

Protein: 26.8 g

Fiber: 16.3 g

Carbohydrates: 82.8 g

Banana Nut Protein Granola

Contributed by Natalie Matthews, bikini competitor and fitness model

The secret ingredient in this high-protein, no-oil granola is textured vegetable protein (TVP), which lends a hearty chewiness that gets dressed up in sweet,

satisfying flavor. Use it to add crunch and protein to your favorite smoothie bowls, nondairy yogurt, or fruit bowls. Just be careful not to eat the whole batch before you know what hit you!

Makes 8 ½-cup servings

2 cups rice or kamut puffs

1½ cups TVP

1 cup rolled oats

½ cup walnuts

½ tablespoon ground cinnamon

½ teaspoon sea salt

2 ripe bananas, mashed into a puree

½ cup baking stevia or sweetener of choice

¼ cup pure maple syrup

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.

In a large mixing bowl, combine the rice puffs, TVP, oats, walnuts, cinnamon, and salt. Stir until well combined. Using a spatula, fold in the mashed bananas, stevia, and maple syrup. Mix until well combined.

Spread the granola evenly over the baking sheet. Place it on the middle rack of the oven and bake for 35 minutes or until golden brown. Stir the granola every 10 minutes.

Before you start pounding it by the handful, let the granola cool completely. This is what gives the granola its crunch!

Nutritional Totals per Serving:

Calories: 205

Fat: 5 g

Protein: 12 g

Fiber: 8 g

Carbohydrates: 28 g

Kamut Peanut Butter Bowl

Contributed by Vanessa Espinoza, powerlifter

I typically have this breakfast kamut bowl after my morning lifting session because it provides so many nutrients including protein, fiber, and good

complex carbohydrates. The chia seeds in particular are a very powerful antioxidant, have a ton of fiber, and are high in omega-3s. Hempseeds also deliver fiber, omega-3s, magnesium, zinc, and iron. And cinnamon is great for fighting inflammation and regulating blood sugar while adding nice flavor.

Serves 1

½ cup cooked kamut flakes

1 banana, sliced

1 tablespoon peanut butter

1 tablespoon chia seeds

1 tablespoon hempseeds

1 teaspoon ground cinnamon

Add the cooked kamut (just follow the directions on the package) to a bowl and top with the banana slices and peanut butter. Sprinkle with the chia seeds, hempseeds, and cinnamon.

Nutritional Totals per Serving:

Calories: 384

Fat: 17 g

Protein: 20 g

Fiber: 18 g

Carbohydrates: 59 g

Robert's Bodybuilding Trail Mix

Contributed by Robert Cheeke, bodybuilder

When I was twenty-one years old (twenty years ago), I was an enthusiastic vegan bodybuilder. I had transformed from a skinny farm kid to a soon-to-be champion bodybuilder, and I made my own trail mix to help me bulk up and build plant-based muscle. I would mix and match nuts, seeds, and fruits to get concentrated sources of nutrition for breakfast or a snack without the added sugars or other fillers and additives often found in energy and protein bars. I would go to my local co-op or grocery store that had bulk bins and select an assortment, which I could change up to make sure I was getting diverse nutrients while always keeping things interesting.

If you're someone who is focusing on building muscle, and especially if

smoothies aren't really your thing, this trail mix is the perfect solution to boost your daily caloric intake. You can also pour it into a bowl, add fresh fruit and nondairy milk, and eat it as a cereal.

Serves 4

1 cup store-bought or homemade vegan granola (without honey)

½ cup almonds

½ cup walnuts

½ cup raisins

½ cup dried figs

¼ cup sunflower seeds

¼ cup pumpkin seeds

Fresh fruit, optional

Nondairy milk, optional

In a large bowl, combine the granola, almonds, walnuts, raisins, figs, sunflower seeds, and pumpkin seeds. Mix well, then transfer to a resealable bag or container. Enjoy as is or add it to a bowl with fruit and milk.

Nutritional Totals per Serving (without added fruit or
nondairy milk):

Calories: 515

Fat: 32.4 g

Protein: 13.9 g

Fiber: 8.8 g

Carbohydrates: 51.1 g

Simple Tofu Scramble

*Contributed by **Natalie Matthews**, bikini competitor and fitness model*

The tofu scramble is perhaps the most iconic vegan breakfast recipe in existence. Whether it's made at home or enjoyed at a plant-based restaurant, for most vegans, this scramble is synonymous with brunch. And nothing says weekend relaxation like the smell of the peppers, onions, spices, and the sound of sizzling tofu in the pan. Topping this with salsa and serving with toast or tortillas is highly recommended, along with your favorite weekend beverage.

Serves 2

- 1 block extra-firm tofu, crumbled**
- 1 medium red bell pepper, seeded and chopped**
- 1 medium orange bell pepper, seeded and chopped**
- ¼ cup chopped onion**
- 1 cup raw spinach**
- 2 tablespoons nutritional yeast**
- 2 teaspoons adobo seasoning**
- 1 tablespoon mild salsa, for serving (optional)**
- Toast or tortillas, for serving (optional)**
- Nut butter on bread, for serving (optional)**

Heat a nonstick pan over medium-high heat. Add the crumbled tofu and cook for 5 minutes, stirring frequently to prevent sticking. Stir in the peppers, onion, spinach, nutritional yeast, and adobo seasoning. Cook until the spinach has wilted and turned dark green, 1 to 2 minutes.

If desired, top with salsa and serve with toast or tortillas.

Nutritional Totals per Serving (excluding optional sides):

Calories: 266

Fat: 12.9 g

Protein: 28.9 g

Fiber: 6.3 g

Carbohydrates: 16 g

Vegan Omelet

Contributed by Korin Sutton, bodybuilder

When I ate meat, I also consumed eggs pretty much every day. An omelet was one of my favorite breakfasts, but once I went vegan, I gave up omelets for good and never looked back. I tried egg replacements like tofu scrambles, but I was never able to replicate the taste and texture of an omelet . . . until now. I have officially made the ultimate vegan omelet! Now you can have your vegan egg omelet and eat it too. I hope you'll love it as much as I do.

Serves 1

Olive oil spray (1 second for each spray)

⅓ cup bell peppers, seeded and chopped

½ cup curly kale, chopped

¼ cup white onions, chopped

½ cup shiitake mushrooms, chopped

2 garlic cloves, minced

1 Field Roast sausage

½ cup plus 1 tablespoon JUST Egg brand vegan egg

1 slice smoked vegan Gouda-style cheese (I like Follow Your Heart)

Place a cast-iron skillet over medium heat and spray with the olive oil spray.

Add the peppers, kale, onions, mushrooms, and garlic to the skillet and sauté until the peppers are tender, about 7 minutes. Add the sausage and cook until warmed through, another 2 minutes. Set aside.

Place a nonstick skillet over medium heat and spray with the olive oil spray. Add the JUST Egg and cook until it just begins to brown around the edges, about 1 minute. Place the Gouda in the middle of the cooked JUST Egg along with the sauteed vegetables and sausage. Fold the edges of the omelet over the filling. Let the omelet cool slightly before eating.

Nutritional Totals per Serving:

Calories: 523

Fat: 31 g

Protein: 38.6 g

Fiber: 5.2 g

Carbohydrates: 22 g

LUNCH

Chickpea Salad Sandwich

Contributed by Sonya Looney, mountain biker

I like eating this for lunch after a ride or for a snack. The crunchy texture is one of my favorite things about it! The salad also keeps well in the fridge, so it's great for making in advance. I try to include as many servings of beans as I can because they are one of the healthiest foods on the planet and incredible for your gut flora too. This recipe is also super easy to make, which is a bonus for the time-crunched person!

Makes 1 sandwich

- 1 (15.5-ounce) can chickpeas, drained**
- 3 celery stalks, chopped**
- ½ cup chopped red bell pepper**
- ½ cup chopped fresh dill**
- ⅓ cup diced red onion**
- ¼ avocado, smashed**
- 3 tablespoons Dijon mustard**
- 2 garlic cloves, minced**
- Juice of ½ lemon**
- 2 teaspoons fresh dill or ½ teaspoon dried**
- 1 teaspoon white wine vinegar**
- Sea salt and freshly ground black pepper to taste**
- Fresh greens, for serving (optional)**
- Sprouted whole-grain bread, for serving (optional)**

In a medium bowl, mash the chickpeas with a fork until chunky. Add the remaining ingredients and stir, seasoning with salt and pepper to taste. Enjoy as a salad or on toasted sprouted whole-grain bread with greens.

Nutritional Totals per Serving (including two slices of sprouted bread):

Calories: 553

Fat: 13 g

Protein: 27.1 g

Fiber: 23 g

Carbohydrates: 86.6 g

Vegan Bodybuilding Burrito Bowl

Contributed by Robert Cheeke, bodybuilder

This is one of the ultimate bodybuilding and muscle recovery meals, with an ideal balance of carbohydrates, proteins, fats, and fiber. Prepare brown rice, pinto beans, and black beans in batches so you can have the base of this meal multiple times per week, adding toppings such as lettuce, tomato, and avocado to make your burrito bowl take on unique flavor and texture every time you eat it. It's perfect for lunch, dinner, or post-workout.

Serves 1

1 cup cooked brown rice

½ cup cooked (or canned and rinsed) pinto beans

½ cup cooked (or canned and rinsed) black beans

1 avocado, sliced

1 tomato, sliced

1 handful of romaine lettuce, chopped

1 jalapeño, sliced (seeded if you prefer less heat, or omit altogether)

1 pepperoncini, sliced (omit if you don't like spicy)

Combine the cooked rice and beans, then top with other ingredients as desired.

Nutritional Totals per Serving:

Calories: 735

Fat: 25 g

Protein: 23.5 g

Fiber: 30 g

Carbohydrates: 112 g

Fiona's Feast

Contributed by Fiona Oakes, marathoner

I find this soup to be a wonderfully filling, simple-to-prepare, and satisfying meal, which is easily digestible and convenient after a long run or day outside with the animals. I have to say, I am a big fan of seasonal, locally sourced produce, so I will adapt recipes to suit availability. But I am an “all-year-round” eater when it comes to food, as my work and training regime never really change with the seasons or weather, and the demands on my body remain pretty constant.

Serves 1

1 teaspoon extra-virgin olive oil

1 medium onion, chopped

1 cup lentils, washed and drained

1 cup diced root vegetables, such as potatoes, carrots, or celeriac

1 cup peas

2 cups vegetable stock

1 teaspoon ground turmeric

Sea salt and pepper to taste

Herbs or spices for serving, such as basil or coriander (optional)

Heat the olive oil in a medium pot over medium heat. Add the onions and sauté until tender, about 5 minutes. Add the lentils, root vegetables, peas, and stock and simmer until the vegetables are soft, about 20 minutes.

Transfer the mixture to a blender and blend until smooth. Return the soup to the pot, bring to a simmer, and season with salt and pepper to taste. Remove from the heat and serve with a garnish of your choice.

Nutritional Totals per Serving:

Calories: 618

Fat: 6.7 g

Protein: 31.6 g

Fiber: 28.3 g

Carbohydrates: 113.2 g

Western BBQ GoodBowl

Contributed by Dotsie Bausch, cyclist

Used with permission by chef Jason Wrobel

This hearty bowl is for the meat and potatoes lovers—though this version is made entirely from plants, doesn't require a barbecue, and won't leave you feeling weighed down afterward. Crispy barbecue-marinated tempeh provides protein along with savory baked beans, which sit on top of seasoned roasted potatoes and a bright, tangy, dairy-free cabbage slaw. This bowl is sure to be a hit with the pickiest of eaters—adults and children included.

Serves 2

For the Roasted Potatoes:

- 2 large white, russet, or red potatoes, diced**
- ¼ cup low-sodium vegetable broth or 2 tablespoons olive or grapeseed oil**
- 2 teaspoons dried rosemary or 1 tablespoon chopped fresh rosemary**
- 1 teaspoon sea salt**
- 1 pinch freshly ground black pepper**

For the BBQ Baked Beans:

- 2½ cups store-bought vegetarian/vegan baked beans (such as Amy's, Sprouts, Pacific, or Bush's brand)**

For the Coleslaw:

- 1 (9-ounce) bag store-bought preshredded coleslaw mix**
- 2 teaspoons pure maple syrup**
- 1 tablespoon apple cider vinegar**
- 2 teaspoons fresh lemon juice**
- ¼ cup dairy-free mayonnaise (such as Follow Your Heart Veganaise, Sir Kensington's, or Thrive Market brand)**
- 1 pinch sea salt**
- 1 pinch freshly ground black pepper**
- 2 teaspoons whole caraway or fennel seeds**

For the BBQ Tempeh:

2 teaspoons avocado or coconut oil

**1 package store-bought premarinated smoky tempeh bacon strips
(such as Lightlife brand)**

Make the roasted potatoes: Preheat the oven to 425°F. In a medium baking dish or roasting pan, combine the potatoes with the broth or oil, rosemary, salt, and pepper. Toss to coat the potatoes. Roast for 45 minutes, until the potatoes are golden brown and crispy around the edges. Set aside.

Make the coleslaw: While the potatoes are roasting, add the coleslaw mix to a medium bowl. In a small mixing bowl, whisk together the maple syrup, apple cider vinegar, lemon juice, dairy-free mayo, salt, and pepper. Pour the dressing over the coleslaw mix, add the caraway or fennel seeds, and toss well to combine. Set aside.

Make the BBQ tempeh: In a small sauté pan, warm the oil over medium-low heat and add the tempeh bacon strips. Cook on each side for 3 to 4 minutes, until crispy around the edges. Set aside.

Assemble: In a medium serving bowl, make a bed of the roasted potatoes and add a few heaping spoonfuls of baked beans, followed by the coleslaw and 2 to 3 strips of the BBQ tempeh.

Nutritional Totals per Serving:

Calories: 364

Fat: 11.1 g

Protein: 18.8 g

Fiber: 13.3 g

Carbohydrates: 50.3 g

Minestrone Soup

Contributed by Meagan Duhamel, figure skater

Making a creative, healthy lunch these days is getting harder and harder. Between work, playtime, day-care visits, training (or attempting to train) and an occasional crying baby, my hands seem tied. This minestrone soup can be prepped in advance, making it easy to store in the fridge or freezer and warm up for a hearty midday meal. Or if you want to make it fresh for

dinner one night, you can prep the vegetables in advance, then cook off the rest of the soup before mealtime. Despite the effort, this minestrone soup recipe is absolutely amazing. I can't believe I only discovered it now. It is definitely going to be a staple in my household. Enjoy it with your favorite bread, or maybe a grilled vegan cheese sandwich!

Serves 4

- 1 tablespoon margarine (I like Becel Vegan)**
- 2 tablespoons olive oil**
- 1 small yellow onion, chopped**
- 1 cup diced carrots**
- 1 cup diced celery**
- 2 chopped zucchini**
- 1 (14.5-ounce) can petite diced tomatoes (not drained)**
- 1 (15.5-ounce) can kidney beans, drained and rinsed**
- 1 (14.5-ounce) can tomato sauce**
- 5 cups vegetable broth**
- 1 tablespoon dried basil**
- 2 teaspoons dried parsley**
- 1 teaspoon dried oregano**
- 1 teaspoon sea salt**
- ½ teaspoon freshly ground black pepper**
- 1 cup spinach leaves (about two small handfuls)**
- 1½ cups small shell pasta (I like GoGo quinoa pasta)**
- Bread or sandwich, for serving (optional)**

In a large pot over medium heat, melt the margarine with the olive oil. Add the onion, carrots, celery, and zucchini and cook for 10 minutes, stirring occasionally, until tender.

Stir in the tomatoes, beans, tomato sauce, broth, and spices. Bring to a low boil, then reduce to a simmer and cook for 15 minutes.

Add the spinach and pasta and cook until the pasta is al dente, 10 to 15 minutes. Enjoy warm, or cool to room temperature and store in the fridge for up to 1 week or the freezer for up to 1 month.

Nutritional Totals per Serving:

Calories: 423

Fat: 12.3 g

Protein: 16.8 g

Fiber: 13.6 g

Carbohydrates: 66.3 g

Vegan Taco Bowl

Contributed by Korin Sutton, bodybuilder

With a macro-friendly balance of protein, carbohydrates, and fats, this epic taco bowl makes for a great post-workout meal any day of the week. It also makes a great lunch entrée any time of year, and you just can't go wrong with tacos. I especially like that it has six different vegetables in it for added nutrient density from superfoods such as garlic, onions, mushrooms, and leafy greens. And with two servings, I can enjoy all of it after a super-long workout or save some for dinner or the following day. With the meaty and cheesy texture, this makes a great meal to introduce to nonvegans as well, and it's sure to give them something to *taco bout*.

Serves 2

Olive oil spray

1 cup chopped shiitake mushrooms

1 cup seeded and chopped bell peppers, any color

2 large garlic cloves, chopped

⅔ cup chopped white onion

1 package Lightlife Smart Ground Crumbles

Dash of cayenne pepper (optional)

4 cups shredded romaine lettuce

12 grape tomatoes, chopped

2 tablespoons Tofutti Sour Cream

¼ cup shredded vegan cheese (I like Daiya)

Heat a large pan over medium heat and spray with the olive oil spray. Add the mushrooms, peppers, garlic, and onion and sauté until soft, about 7 minutes. Set aside.

In a nonstick pan over medium heat, brown the Smart Ground crumbles. Add the cayenne pepper if you want things spicier.

Build your taco bowl starting with the romaine, then the Smart Ground, sautéed veggies, tomatoes, sour cream, and cheese.

Nutritional Totals per Serving:

Calories: 368

Fat: 10.7 g

Protein: 36.7 g

Fiber: 16.7 g

Carbohydrates: 31.3 g

Summer Pasta Salad

Contributed by Robert Cheeke, bodybuilder

This is one of my favorite summer meals, but the truth is, it can be enjoyed anytime. The nice thing about eating this pasta salad during warmer months is that it's so refreshing because it's enjoyable at room temperature or chilled. It's filled with vegetables such as tomatoes and spinach, along with some of my favorite toppings to put on anything, including black olives and artichoke hearts. By using red lentil pasta, which has only one ingredient (red lentil flour), this dish is naturally rich in carbohydrates and protein, and it also has heft and texture to make for a very satisfying and filling meal. After a midafternoon summer workout, I may eat two or three bowls of this pasta salad. This is also an excellent meal to serve at a gathering with people new to a plant-based diet because all ingredients are recognizable for vegans and nonvegans alike, as it contains only real foods, plus it's gluten free and really, really tasty.

Serves 6

1 (8-ounce) package red lentil pasta

2 cups spinach, chopped

1 pint of sweet cherry or grape tomatoes, cut into halves or thirds

1 (14-ounce) can artichoke hearts, drained and diced

½ large bell pepper, seeded and diced

1 (6-ounce) can black olives, drained and sliced

1 (15-ounce) can garbanzo beans, drained and rinsed

⅓ to ½ cup Italian dressing

Freshly ground black pepper to taste

Bring a large pot of water to a boil and cook the lentil pasta according to the package instructions.

While the pasta cooks, prep the remaining ingredients as directed.

Drain the pasta and rinse under cold water. Transfer to a large mixing bowl. Add the vegetables and beans. Pour enough dressing over the salad to coat, then toss to combine. Season with pepper to taste. Store any leftovers in the fridge for up to one week.

Nutritional Totals per Serving:

Calories: 346

Fat: 8.5 g

Protein: 17.5 g

Fiber: 13.8 g

Carbohydrates: 54 g

Latin GoodBowl

Contributed by Dotsie Bausch, cyclist

Used with permission by chef Jason Wrobel

Like a kick to your meal? This Latin-inspired GoodBowl brings the heat—along with robust nutrition to keep you fueled throughout your day. You can also turn down the spice level by going light on the jalapeño and chili peppers. Made with “meaty” cauliflower lentil taco filling, fresh romaine, crunchy plantain chips, and cool cashew sour cream, this bowl beats takeout by a long shot!

Serves 1

For the Sour Cream:

**1¾ cups store-bought dairy-free sour cream (such as Tofutti,
Follow Your Heart, or Kite Hill brand)**

2 tablespoons fresh lemon juice

2 teaspoons apple cider vinegar

¾ teaspoon sea salt

For the Quinoa:

- ½ cup low-sodium vegetable broth
- 2 tablespoons diced white onion
- ½ cup finely chopped red, green, or yellow bell peppers (or any combination)
- 1 small carrot, diced
- 1 cup store-bought precooked frozen or shelf-stable quinoa (such as Trader Joe's or Ancient Harvest brand)
- 2 tablespoons salsa or pico de gallo

For the Cauliflower Lentil Taco Filling:

- 2 teaspoons low-sodium vegetable broth or olive oil
- ¼ cup finely diced white onion
- 1 teaspoon seeded and finely minced jalapeño pepper
- 2 cups store-bought cauliflower rice (such as Sprouts, Trader Joe's, or Green Giant brand)
- 1 garlic clove, finely minced
- 1 teaspoon chili powder, divided
- ½ teaspoon ground cumin, divided
- ¼ teaspoon ground coriander, divided
- 3 tablespoons tomato paste
- ½ cup canned or shelf-stable lentils, drained and thoroughly rinsed (such as Trader Joe's brand)
- Sea salt and freshly ground black pepper to taste

For Assembly:

- ½ head romaine lettuce, chopped
- ½ avocado, diced
- 1 cup cherry tomatoes, halved
- 1 bag store-bought roasted plantain chips (such as Trader Joe's, Thrive Market, or Goya brand)
- ¼ cup chopped fresh cilantro

2 tablespoons store-bought preroasted pepitas (a.k.a. pumpkin seeds, such as Trader Joe's brand), toasted in a dry pan until fragrant

Salsa

Make the cashew sour cream: Combine all the ingredients in a small bowl and whisk vigorously until well combined. Cover and store in the refrigerator until ready to use, up to one week.

Make the quinoa: In a medium saucepan, combine the vegetable broth, onion, bell pepper, and carrot and sauté over medium-low heat until onion is translucent, about 5 minutes. Add the quinoa, cover the pan, and simmer on low heat for an additional 3 to 4 minutes, until the water in the pan has evaporated. Fluff with a fork, remove from the heat, and stir in the salsa or pico de gallo. Set aside.

Make the Cauliflower Lentil Taco Filling: Add the vegetable broth or olive oil to a medium skillet over medium heat. Sauté the onion and jalapeño until the onion is translucent and the jalapeño has softened, 5 to 7 minutes. Add the cauliflower rice, garlic, ½ teaspoon of the chili powder, ¼ teaspoon of the cumin, and ⅛ teaspoon of the coriander and cook for 5 minutes. Stir in the tomato paste and cook for another 4 to 5 minutes, until the cauliflower is tender. Add the lentils and the remaining chili powder, cumin, and coriander. Season with salt and pepper to taste. Reduce the heat to low and cook for another 4 minutes, until the flavors have melded. Mash the lentils with a fork to break them down into a “ground beef” consistency.

Assemble: In a medium serving bowl, make a bed of quinoa, and then add the cauliflower lentil taco filling, shredded romaine lettuce, diced avocado, cherry tomatoes, and a small handful of plantain chips. Garnish with fresh cilantro and toasted pepitas. Add a dollop of sour cream and salsa.

Nutritional Totals per Serving:

Calories: 431	Fat: 10.4 g
Protein: 17 g	Fiber: 17 g
Carbohydrates: 72 g	

Kale Yeah Caesar Salad

Contributed by Mary Schneider, marathoner

From her book Green Body Cookbook

Eat this salad when you are feeling like you really need to boost your intake of greens. Kale is a nutritional powerhouse. It is high in many nutrients, including iron; and iron absorption is increased when you pair it with vitamin C (in this case, lemon juice). And for those of you who aren't kale lovers quite yet, this salad with its plant-based take on Caesar dressing will get you there. One of the secrets is to "massage" the leaves with lemon juice fist, which makes them more tender.

This is a great lunch salad, or it can be served as a side with dinner.

Serves 2

For the Roasted Chickpeas:

- 1 (15.5-ounce) can chickpeas**
- 2 tablespoons nutritional yeast**
- ½ teaspoon onion powder**
- ½ teaspoon garlic powder**
- ½ teaspoon sea salt**

For the Caesar Dressing:

- 2 avocados**
- 2 teaspoons diced garlic (about 2 cloves)**
- 1 teaspoon Dijon mustard**
- 1 (7-ounce) container of capers, not drained**
- 2 tablespoons fresh lemon juice**
- ¼ teaspoon sea salt**
- ¼ teaspoon freshly ground black pepper**

For Assembly:

- 1 large bundle of kale (I prefer curly kale)**
- 2 tablespoons lemon juice**
- 2 tablespoons hemp hearts**
- 2 tablespoons nutritional yeast**

Make the chickpeas: Preheat the oven to 400°F. Drain and rinse the chickpeas, but reserve 1 tablespoon of the liquid from the can. (This is also called aquafaba.) Add them to a medium bowl and toss them with the nutritional yeast, seasonings, and reserved aquafaba until well coated. Spread the seasoned chickpeas over a baking sheet in a single layer and bake for 30 minutes, or until they're browned and crisp. Set aside.

Make the dressing: Combine all the ingredients in a blender and blend until smooth, scraping down the sides as needed. If necessary, thin the dressing with 1 tablespoon of water at a time.

Assemble: In a large bowl, drizzle the lemon juice over the kale and use your hands to firmly squeeze the leaves until they are tender and beginning to give up their green juices. Toss the kale with the dressing, sprinkle with the hemp hearts and nutritional yeast, and top with roasted chickpeas.

Nutritional Totals per Serving:

Calories: 512

Fat: 29.4 g

Protein: 17.5 g

Fiber: 26.1 g

Carbohydrates: 56.2 g

Spinach-Tofu Quinoa Pasta Bowl

Contributed by Vanessa Espinoza, powerlifter

This dish checks all the boxes—it's quick to pull together for lunch; it's packed with nutrition; and it's got big flavor thanks to the simple dressing—though if you want a lower-calorie meal, you could make this dish without it.

Serves 4

For the Dressing:

¼ cup red wine vinegar

3 tablespoons extra-virgin olive oil

2 garlic cloves, minced

1 tablespoon dried oregano

1 teaspoon low-sodium soy sauce

For the Pasta:

2 cups quinoa pasta

¾ cup tofu

1 handful of spinach

1 handful of alfalfa sprouts

Make the dressing: In a medium bowl, whisk together the ingredients and set aside.

Make the pasta: Cook the pasta according to the package instructions. Rinse, drain, and return to the pot. Add the tofu, spinach, and alfalfa sprouts. Toss to combine, drizzle the dressing on top (if using), and toss again.

Nutritional Totals per Serving (without dressing):

Calories: 257

Fats: 4 g

Protein: 10 g

Fiber: 5 g

Carbohydrates: 51 g

Nutritional Totals per Serving (with dressing):

Calories: 357

Fat: 14 g

Protein: 10 g

Fiber: 5 g

Carbohydrates: 52 g

Acai Bowl

Contributed by Korin Sutton, bodybuilder

It doesn't get much better than an acai bowl. The tartness from berries and the fresh fruit goodness mixed with the crunch of granola makes me want to have this dish any time of day in the warm climate of Florida, where I live. Many people rely on smoothies to get a mix of lots of different fruits with high antioxidant content all in one meal. But smoothies can get old after a while, especially if you have one every single day. So a bowl with all the same fruits but with some added texture is the perfect replacement for your morning or afternoon smoothie. An acai bowl is also an excellent fuel source because of all the carbohydrates and fruit sugar, so working out within an hour of eating this bowl should leave you feeling powered up to tackle the challenge, as well as the rest of the day.

Serves 2

2 packets (198 g) unsweetened acai berries

1 frozen ripe banana

¼ cup unsweetened almond milk

2 cups granola

1 cup (144 g) strawberries, rinsed and sliced

1 cup (144 g) blueberries, rinsed

1 tablespoon stevia

1 tablespoon coconut flakes

Combine the acai, banana, and almond milk in a high-powered blender. Blend until smooth and thick. You may need to use your blender's tamper for this.

Transfer the mixture to a bowl and add toppings as desired.

Nutritional Totals per Serving:

Calories: 744

Fat: 34.2 g

Protein: 15.9 g

Fiber: 15.9 g

Carbohydrates: 103 g

Plant-Based Power Bowl

Contributed by Pamela Fergusson, RD, PhD

Try this hearty bowl after your next long ride, run, gym session, or swim. You'll be licking your lips and building muscle too. It uses kasha as a base, which is toasted buckwheat (you could just toast your buckwheat in a dry pan for a few minutes to get the same effect). I love buckwheat because, like quinoa, it is a complete protein (meaning it contains all of the essential amino acids) but is a domestic crop in North America and does not need to be imported. Buckwheat is also rich in fiber, magnesium, iron, and copper.

This bowl does call for the extra step of making your own sunflower seed sour cream, but I highly recommend you make a batch of it ahead of time (along with roasting the sweet potatoes and cooking the kasha) and keep it in your fridge to drizzle over bowls, baked potatoes, and vegan nachos.

Most people reach for cashews when they want to make a creamy sauce or dressing, but sunflower seeds make a great, lower-cost swap, are higher in protein, and are better for the environment because they require less water to grow.

Serves 1

For the Sunflower Seed Sour Cream:

- 1 cup raw sunflower seeds, soaked overnight or boiled, then rinsed**
- 1 tablespoon fresh lemon juice**
- 2 teaspoons apple cider vinegar**
- ½ teaspoon sea salt, plus more to taste**

For the Bowl:

- 1 sweet potato, diced into 1½-inch cubes (leave skin on)**
- 2 teaspoons extra-virgin olive oil (optional)**
- 1 cup kasha, or buckwheat toasted in a dry pan until fragrant**
- 2 cups vegetable stock, or water if preferred**
- ½ cup cooked (or canned and rinsed) black beans**
- ½ cup corn kernels**
- ½ cup diced red peppers**
- ½ small avocado, diced**

Make the sour cream: In a blender, combine the ingredients with ½ cup water and blend for 2 minutes until completely smooth. You might need to scrape down the sides of the blender with a spatula. Adjust the seasoning with additional salt, if desired. Refrigerate until ready to use, up to 3 days.

Make the bowl: Preheat the oven to 440°F. Line a baking sheet with parchment paper.

Either toss the sweet potato with the oil, or place it directly on the lined baking sheet if you prefer cooking with no oil. Bake for 25 to 30 minutes, stirring halfway through.

In a small saucepan, combine the kasha or toasted buckwheat with 2 cups of vegetable stock or water. Bring to a boil, reduce to a simmer, and cover. Cook until all the liquid is absorbed, about 12 minutes.

Make a layer of ½ cup kasha in a bowl and add the beans, corn, peppers,

and avocado, along with ½ cup of the roasted sweet potatoes. Drizzle ¼ cup sunflower seed sour cream over the top. Store leftover sweet potatoes and kasha in the fridge in a covered container for up to 5 days.

Nutritional Totals per Serving:

Calories: 1,501 Fat: 94.8 g

Protein: 49.1 g Fiber: 37 g

Carbohydrates: 138.5 g

Ayurvedic Mosh-Down Meal

Contributed by John Joseph, triathlete

The best things about this dish, which is traditionally called kichiri, is how inexpensive it is, how great it tastes, and how nutritious it is. When I was a Hare Krishna monk (circa 1982) and started feeding the homeless plant-based meals in New York City, we made this. With some greens and bread, it provided all the nutrition anyone needed for their day. It's all in the spicing, which is abundant as f*ck. So do yoga mantras over it while you cook in order to keep that PMA (positive mental attitude).

Serves 6

For the Chapatis:

3 cups whole-wheat flour

1½ teaspoons sea salt

½ cup melted vegan butter, plus more for serving

1½ cups lukewarm water

For the Stew:

2 tablespoons coconut oil

2 tablespoons organic vegan butter (I like Miyoko's), divided

2 fresh chilis, seeded and minced

3 teaspoons cumin seeds

2 teaspoons grated fresh ginger

2 teaspoons ground coriander

2 teaspoons ground turmeric

4 cups cubed and peeled eggplant
3 cups cauliflower florets
8 tomatoes, chopped
4 cups stemmed and chopped spinach
2 cups cooked (or canned and rinsed) chickpeas
3 teaspoons Himalayan pink salt

For the Rice:

1 teaspoon coconut oil
½ teaspoon vegan butter
1 teaspoon ground turmeric
3 cups white basmati rice
½ cup whole cashews
1½ teaspoons sea salt

Make the chapatis: In a large bowl, combine the flour and salt. Slowly add the butter and water as you stir with a wooden spoon. When you have a soft, moist dough, transfer it to a clean, dry surface. Knead the dough with your hands for 8 to 10 minutes. Cover the dough with a clean, damp cloth and let it rest for 2 hours.

When ready to cook your meal, separate the dough into pieces the size of a golf ball and form them into balls. You should have about 20 of them.

Flour a clean, flat surface and roll out the balls until they're flat and about ¼-inch thick. Heat a medium skillet over medium heat. Place a chapati in the pan and cook it for 30 seconds. Use tongs to flip it and cook for another 30 seconds. Flip it one more time and cook until the edges of the chapati start turning up. Over the open flame of another burner, use the tongs to transfer the chapati directly over the flame, putting the side down that was previously facing up. It should immediately puff up and fill with air. After a few seconds, flip and let it continue to puff. Remove and douse with a little extra butter if you want. Repeat with the remaining chapatis.

Make the stew: In a large saucepan over medium heat, heat the oil and 1 tablespoon of the butter. When melted, toss in your chilies, cumin seeds, ginger, coriander, and turmeric and toast for 30 seconds, or until fragrant.

Add the eggplant and cook until it begins to get soft and browned. Stir in the cauliflower and cook until slightly tender, about 5 minutes. Add the tomatoes and spinach, and stir to combine.

Pour in the chickpeas, salt, and $\frac{3}{4}$ cup water. Reduce the flame to medium-low, cover, and simmer for 10 minutes. Stir in the remaining tablespoon of butter. Continue cooking, stirring occasionally so it doesn't stick, until the water cooks out. You're done when your stew is nice and thick.

Make the rice: In a medium pot over medium heat, combine the oil and butter. Add the turmeric, followed by the rice. Stir to combine and cook for 3 minutes, making sure the rice doesn't burn.

Add the cashews and salt along with 6 cups of water. Bring to a boil, stir, and reduce the heat to low. Cover the pot and cook for 15 to 20 minutes, until there is very little water left at the bottom of the pot, practically none. Remove the pot from the heat and set aside, still covered. The heat will evaporate the rest of the water, leaving your rice fluffy.

Nutritional Totals per Serving:

Calories: 725

Fat: 33.7 g

Protein: 19.7 g

Fiber: 16.8 g

Carbohydrates: 95 g

Legendary Tuscan Potato Soup

Contributed by Robert Cheeke, bodybuilder

This is one of the all-time great soups that my wife has been making for years. When we have guests over, this is always a crowd-pleaser, for vegans and nonvegans alike. Though we typically make this Italian soup for dinner and serve it with ciabatta bread and a side salad, since it's usually just the two of us, we end up enjoying this amazing soup for lunch over the next few days. Therefore, we actually consume it as a midday meal more often than as a dinner entrée. Soups are always versatile and can be enjoyed for lunch any day of the week, any time of year, and this is no exception. But it's particularly nice during winter, served hot with chunks of potatoes in it.

This particular soup is packed with flavor, largely because of the plant-based Italian sausages. The recipe makes a huge batch, which you will appreciate because you can reheat it and enjoy it for days to come.

Serves 8

- 1 package of Field Roast brand Italian sausages (4 sausage links)**
- 1 large onion, diced**
- 4 garlic cloves, minced**
- 8 cups vegetable broth**
- 4 large russet potatoes, diced**
- ½ cup plant-based heavy cream (such as Silk, Ripple, or Califia Farms)**
- 2 teaspoons liquid smoke (optional)**
- 1 bunch of curly kale, leaves stripped from the stems and chopped**
- Kosher salt and freshly ground black pepper to taste**

Chop the sausages into small bite-sized pieces. In a large pot over medium heat, lightly brown the sausage and transfer it to a bowl.

In the same pot (which should have some fat residue from the sausage) over medium heat, cook the onions until they begin to brown, about 6 minutes. Add the garlic and cook just until fragrant, about 1 minute. Stir in the broth and potatoes. Bring the pot to a boil, reduce to a simmer, and cook until the potatoes are fork-tender, about 20 minutes.

Add the cream, along with the liquid smoke if using. Add the sausage back to the pot, along with the kale. Cook until the kale turns vibrant green, about 2 minutes. Stir, taste, and adjust the seasoning with salt and pepper if desired.

Serve on its own or with bread such as ciabatta, French, or sourdough. Or, of course, a green salad.

Nutritional Totals per Serving:

Calories: 341	Fat: 10.7 g
Protein: 18 g	Fiber: 5.7 g
Carbohydrates: 44.5 g	

DINNER

Mediterranean GoodBowl

Contributed by Dotsie Bausch, cyclist

Used with permission by chef Jason Wrobel

This bowl is layered with so many flavors and textures, you could easily eat this every night of the week and not get bored. It's loaded with za'atar-spiced rice pilaf, fresh arugula salad, gem-colored steamed beets, creamy cucumber tzatziki, and crunchy chickpeas.

Serves 2

For the Roasted Chickpeas:

1½ cups store-bought preroasted chickpeas (such as Biena brand)

For the Tzatziki Sauce with Cucumbers:

½ cup unsweetened plain nondairy yogurt (soy, almond, or coconut)

½ large English cucumber or 2 Persian cucumbers, finely chopped

½ teaspoon apple cider vinegar or lemon juice

1 tablespoon chopped fresh dill or 2 teaspoons dried dill

¼ teaspoon sea salt

For the Rice Pilaf:

1 tablespoon low-sodium vegetable broth, nondairy butter, or olive oil

2 tablespoons minced onion

1 small clove of garlic, minced

2 cups store-bought precooked frozen or shelf-stable white basmati or brown rice (such as Trader Joe's or Seeds of Change brand)

⅛ teaspoon ground turmeric

⅛ teaspoon ground cumin

¼ teaspoon smoked paprika

¼ cup finely chopped fresh parsley

Sea salt and freshly ground black pepper, to taste

For the Arugula Salad:

2 cups wild or baby arugula

½ cup diced tomato

½ cup sliced cucumber

1 tablespoon extra-virgin olive oil

1½ tablespoons fresh lemon juice

1 tablespoon za'atar spice mix or ground sumac

Sea salt and freshly ground black pepper to taste

For Assembly:

⅓ cup sliced red onion

⅓ cup sliced cooked beets

¼ cup black or kalamata olives, pitted

**⅓ cup crumbled nondairy feta cheese (such as Violife brand),
optional**

2 tablespoons store-bought hummus or baba ganoush, optional

**2 tablespoons raw, unroasted pine nuts or almonds from bulk
section or a bag, toasted in a dry pan until fragrant**

½ cup store-bought roasted chickpeas

Make the tzatziki: Combine all the ingredients in a medium bowl, stir until well combined, cover, and refrigerate until ready to use. This will keep in the fridge for up to 3 days.

Make the rice pilaf: In a small skillet, warm the vegetable broth over low heat. Add the onions and sauté until translucent, about 5 minutes. Add the garlic and sauté for another minute, until fragrant. Add the cooked rice, turmeric, cumin, and paprika. Stir to combine and heat through, about 5 minutes. Stir in the parsley and season to taste with salt and pepper. Remove from the heat and set aside.

Make the salad: In a medium bowl, combine the arugula, tomato, and cucumber. Drizzle with the olive oil and lemon juice and sprinkle with za'atar, salt, and pepper.

Assemble: In a medium serving bowl, make a bed of arugula salad. Add a few scoops of rice pilaf and a dollop of tzatziki sauce. Top with the red onion, cooked beets, olives, dairy-free feta (if using), hummus (if using), toasted pine nuts, and a few tablespoons of the roasted chickpeas.

Nutritional Totals per Serving:

Calories: 372

Fat: 7.8 g

Protein: 12.6 g

Fiber: 9.8 g

Carbohydrates: 64.5 g

Curried Chickpeas

Contributed by Robert Cheeke, bodybuilder

One of the most protein-dense legumes out there is the mighty chickpea. They're even shaped like little shredded biceps! Chickpeas are a great post-workout food because they help with muscle repair and growth. And legumes in general are an outstanding foundation for a meal, especially once you've added in some herbs and spices. These curried chickpeas are great over rice, which together with the chickpeas contribute plenty of replenishing carbohydrates, proteins, fats, and fiber. Add a side salad of leafy greens for added nutrition and drizzle a citrus dressing to help the absorption of iron, and you've got a powerhouse meal. Don't shy away from making it spicy—the added heat will encourage you to hydrate more!

Serves 4

1 yellow onion, chopped

2 garlic cloves, minced

1 (13.6-ounce) can lite coconut milk

4 cups (or two 15.5-ounce cans, rinsed) garbanzo beans (chickpeas)

1 (14.5-ounce) can diced tomatoes (preferably fire-roasted)

2 cups diced Yukon gold potatoes, boiled until tender

1 tablespoon tomato paste

1 tablespoon curry powder

1 tablespoon garam masala

½ teaspoon crushed red pepper flakes, plus more to taste

2 cups spinach

Brown rice or whole-wheat pita for serving

In a large pan over medium-high heat, add 1 tablespoon of water and sauté the onions and garlic until tender, about 3 minutes. Add more water to the pan if necessary to prevent burning. Add the tomato paste, curry powder, garam masala, and red pepper flakes and mix well. Add remaining ingredients, except for the spinach. Cook until the mixture is heated through and the flavors have melded, stirring occasionally, about 10 minutes. Add the spinach and cook for another 5 to 10 minutes, until the spinach is wilted and the flavors have come together. Adjust the seasoning to taste, adding more crushed red pepper flakes if desired.

Serve over brown rice or whole-wheat pita.

Nutritional Totals per Serving

(excluding rice or whole-wheat pita):

Calories: 489

Fat: 21 g

Protein: 16.3 g

Fiber: 16.6g

Carbohydrates: 65.3 g

E2 Black Beans and Rice

Contributed by Rip Esselstyn, swimmer and firefighter

From his book The Engine 2 Cookbook

This staple dinner dish is as basic as they come and, oh, so good. Just like my morning bowl of cereal, I've been eating this meal for more than three decades. This is also a great meal to serve when you're having extra guests over for dinner.

Serve with healthy chips or warm corn tortillas.

Serves 4

2 (15.5-ounce) cans black beans, rinsed and drained

1 to 1½ cups vegetable stock or water

2 cups cooked brown rice

1 tablespoon Bragg Liquid Aminos

1 teaspoon chili powder
2 to 3 tomatoes, chopped
1 bunch green onions, chopped (white and green parts)
1 (8-ounce) can water chestnuts, drained
1 cup corn, fresh, frozen, or canned
2 red, yellow, or green bell peppers, seeded and chopped
1 bunch cilantro, rinsed and chopped
1 avocado, sliced
Store-bought salsa or tamari to taste

In a medium pot, heat the beans with the stock or water, liquid aminos, and chili powder.

To serve, place several big spoonfuls of the brown rice onto large plates and ladle the beans on top. Add generous handfuls of chopped vegetables, cilantro, and avocado on top of the beans. Add salsa or tamari to taste.

Nutritional Totals per Serving:

Calories: 474

Fat: 8.3 g

Protein: 18.8 g

Fiber: 24.7 g

Carbohydrates: 85.6 g

Curried Lentil Stew

Contributed by Mary Schneider, marathoner

From her book Green Body Cookbook

This is probably my favorite soup because it has potent anti-inflammatory properties. The curries in this dish are what give it superpowers, as the mix of spices work together to promote good digestion and a healthy metabolism, relieve pain and inflammation, boost the immune system, and improve bone health. This soup is also full of nutrients from the vegetables and protein from the lentils.

I like to prep a batch of this soup in advance and heat it up for lunch during the week. You can also serve it over a bowl of rice to make a heartier dinner meal.

Serves 2

- 4 cups vegetable broth or water (vegetable broth is preferred for depth of flavor)**
- 3 large carrots, chopped**
- 2 large stalks of celery, chopped**
- 1 large yellow onion, chopped**
- 2 teaspoons diced garlic (about 2 cloves)**
- ¼ teaspoon red pepper flakes or ¼ teaspoon cayenne pepper for heat (optional)**
- 1 (15-ounce) can full-fat coconut milk**
- 1 (15-ounce) can diced tomatoes**
- 1 cup uncooked lentils**
- 2 tablespoons curry powder**
- 1 teaspoon sea salt**
- ¼ tsp ground turmeric**
- ¼ teaspoon freshly ground black pepper**
- 1 dried bay leaf**
- 2 overflowing cups of spinach, chopped**
- Brown rice for serving (optional)**

Heat a large pot over medium heat. Add 1 to 2 tablespoons of the vegetable broth or water and sauté the carrots, celery, and onion until just tender, 5 to 7 minutes. Add the garlic and red pepper or cayenne, if using, and sauté for another 2 to 3 minutes, until the vegetables have softened further.

Stir in the remaining broth or water, coconut milk, diced tomatoes, lentils, curry, salt, turmeric, pepper, and bay leaf. Bring the soup to a boil, cover, and reduce the heat to a simmer. Cook for 30 minutes.

Remove the bay leaf and discard. Add the spinach and stir until it wilts. If you prefer a thinner soup, adjust the consistency by adding ½ cup of water at a time. Serve as is or over a bowl of brown rice.

Nutritional Totals per Serving (excluding brown rice):

Calories: 832

Fat: 34.6 g

Protein: 32.3 g

Fiber: 27.6 g

Carbohydrates: 110.2 g

Spaghetti Squash with Tempeh Bolognese Sauce

Contributed by Mary Schneider, marathoner

From her book Green Body Cookbook

I love this recipe because it is more nutrient dense than your typical pasta dish. Pasta is a minimally processed food, whereas spaghetti squash—whose texture mimics pasta—is not processed at all. Plus, it contains so many vitamins and minerals, including B vitamins, folate, potassium, omega-3s and omega 6s, calcium, iron, phosphorus, and zinc. And it's naturally gluten free! You can certainly sub in your favorite boxed pasta, which is what I do when I'm pressed for time and still want a healthy homemade meal.

This recipe is great any time, but I like to use it as a recovery meal after a hard workout to rebuild muscle and thereby boost recovery. If you are a strength athlete and looking to build muscle, it is an especially helpful dish to incorporate because it is high in protein. An 8-ounce package of tempeh has 2 servings, with 20 grams of protein per serving!

Serves 2

1 medium spaghetti squash

1 teaspoon sea salt, divided

1 teaspoon garlic powder, divided

½ teaspoon freshly ground black pepper

1 (25-ounce) jar of store-bought marinara sauce of choice (or more if you like it saucy!)

1 teaspoon diced garlic (about 1 clove)

½ teaspoon red pepper flakes

1 (8-ounce) package of tempeh, diced

½ teaspoon paprika

½ teaspoon dried basil

½ teaspoon dried oregano

1 (8-ounce) package of cremini mushrooms (or sub the same serving size of another vegetable of choice, such as squash or zucchini), sliced

Nutritional yeast for serving (optional)

Preheat the oven to 400°F. Line a large baking sheet with foil and set aside. (This will help with cleanup!)

Cut the spaghetti squash in half lengthwise, scoop out the seeds, and discard. Sprinkle the flesh of the squash with ½ teaspoon of the salt, ½ teaspoon of the garlic powder, and the pepper. Place the squash cut-side down on a baking sheet and bake for 40 minutes.

Meanwhile, heat a large saucepan over medium heat. Add 2 tablespoons of the marinara sauce, just enough to lightly coat the bottom of the pan. Once the sauce begins to bubble, add the garlic and red pepper flakes. Stir and let the sauce infuse for 1 minute.

Add the tempeh and 1 more tablespoon of the sauce, enough so that the tempeh is lightly coated. Stir in the paprika, basil, oregano, and remaining ½ teaspoon of salt and garlic powder and cook, stirring continuously, for 3 to 5 minutes, until the tempeh heats through. If the tempeh begins to stick, stir in another tablespoon or two of marinara.

Push the tempeh mixture to one side of the pan. On the other side, add 2 more tablespoons of sauce and the sliced mushrooms. Stir to combine and sauté for 3 to 5 minutes, until the mushrooms (or vegetable of your choice) are tender. Stir the tempeh periodically during this time so it doesn't stick.

Stir together the mushrooms and tempeh and add the remaining marinara sauce. Reduce the heat to low, just to keep the sauce warm and to help meld the flavors. Stir occasionally until the squash is ready.

When the spaghetti squash is cooked, carefully use a spatula to flip the squash cut-side up. Be mindful that this will release hot steam from beneath the squash. Allow the squash to cool for several minutes, then use a fork to shred the flesh.

Add the "spaghetti" to a large bowl and top with the tempeh Bolognese. If desired, sprinkle with nutritional yeast.

Nutritional Totals per Serving:

Calories: 578	Fat: 21 g
Protein: 35.2 g	Fiber: 18 g
Carbohydrates: 78.4 g	

Sloppy Vegan Chili

Contributed by Natalie Matthews, bikini competitor and fitness model

Part sloppy joe, part chili, what's not to love? Serve it on some cornbread, make a sloppy sandwich, or serve it up with chips and vegan queso. Don't forget the napkins!

Serves 10

- ½ cup water (4 ounces)**
- ¼ cup minced onion**
- 3 garlic cloves, minced**
- 2 (15.5-ounce) cans of black beans, rinsed**
- 1 cup textured vegetable protein (TVP)**
- 1 cup tomato sauce**
- ½ cup tomato paste**
- 2 tablespoons coconut sugar**
- 2 tablespoons mustard (any kind will work)**
- 1½ tablespoons white vinegar**
- 2 teaspoons chili powder**
- 2 teaspoons cumin**
- 2 teaspoons dried or fresh oregano**
- 1 teaspoon salt**
- 4 cups vegetable broth or water**

In a large pot over medium heat, add the ½ cup of water and the onion. Cook until the onion becomes translucent, about 5 minutes. Add the garlic and cook until it turns golden, stirring constantly to prevent burning, about 3 more minutes.

Stir in the beans, TVP, tomato sauce, tomato paste, coconut sugar, mustard, vinegar, chili powder, cumin, oregano, and salt. Add the vegetable broth or water and stir until well combined. Bring to a boil, cover, and reduce to a simmer. Cook for 20 minutes, remove from the heat, and serve.

Nutritional Totals per Serving:

Calories: 155

Fat: 1 g

Protein: 11 g

Fiber: 9 g

Carbohydrates: 27 g

Black Bean Veggie Burger Patties

Contributed by Brendan Brazier, ultramarathoner

From his book Thrive Energy Cookbook

Here's a classic protein-rich black bean burger staple. It's delicious paired with vegan cheddar cheese, such as Mind-Blowing (Nut-Free) Vegan Cheese Sauce, and layered on a bun with all your favorite veggie toppings, crumbled over grains, or just eaten on its own. Keep a batch of these in the fridge so that a tasty burger is never more than a few minutes away.

Makes 10 patties

2 cups cooked (or rinsed canned) black beans

1 cup rolled oats

⅔ cup cooked whole-grain brown rice

⅓ cup nutritional yeast

¼ cup shredded Daiya or your favorite cheddar-style dairy-free cheese

1 large onion, grated (or chopped in a food processor)

1 large handful of fresh cilantro leaves, chopped

2 tablespoons ground coriander

1 tablespoon paprika

1 tablespoon grainy mustard

2 tablespoons tamari sauce

1 teaspoon sea salt, plus more to taste

1 to 2 cups fresh breadcrumbs from sprouted bread (I like Silver Hills Chia Bread for a gluten-free option)

Coconut oil for frying

In a medium bowl, combine the black beans, oats, rice, nutritional yeast, and cheese. Mix thoroughly with your hands.

In a blender, combine the onion, cilantro, coriander, paprika, mustard, and tamari. Blend just until mixed.

Add the onion mixture to the bean mixture; add salt and mix well. Adjust the seasoning with more salt, if desired. Add the breadcrumbs and mix with your hands until the mixture is firm to the touch and no longer sticky. You

will find that the breadcrumbs and oats absorb the moisture and it will become harder to mix.

Form the mixture into 10 patties, $\frac{3}{4}$ -inch thick. Heat a skillet over medium heat. Add a little coconut oil and fry the patties until lightly brown, about 1 minute per side.

Store in a covered container in the fridge for up to 5 days.

Nutritional Totals per Serving:

Calories: 226

Fat: 3.6 g

Protein: 10.1 g

Fiber: 8.9 g

Carbohydrates: 39 g

Garden “Meatballs”

Contributed by Breana Wigley, bikini competitor

These lentil-based “meatballs” are packed with flavor and take minutes to make. Grab your favorite legume or bean and enjoy them with your favorite pasta. This is a great recipe to make in an air fryer if you have one. Otherwise, they’re just as delicious baked in the oven.

Serves 2 (makes 8 meatballs)

For the Meatballs:

2 cups vegetable broth or water

Sea salt, to taste

1 cup lentils

$\frac{1}{4}$ cup diced carrots

$\frac{1}{4}$ cup peas

$\frac{1}{4}$ cup chopped mushrooms

$\frac{1}{4}$ cup chopped onions

2 tablespoons tomato paste

**2 tablespoons vital wheat gluten, breadcrumbs, or chickpea flour
for a gluten-free option**

1 tablespoon vegan Worcestershire sauce or Dale’s liquid marinade

$\frac{1}{2}$ teaspoon extra-virgin olive oil

For the Sauce:

- 1 jar store-bought marinara sauce**
- 1 tablespoon nutritional yeast**
- ½ tablespoon garlic powder**
- ½ tablespoon onion powder**
- ½ tablespoon dried oregano**
- 1 teaspoon cane sugar (optional)**

For Assembly:

- 1 package of your favorite noodles**

Make the meatballs: Preheat the oven to 375°F, if making the meatballs in the oven. In a medium pot, bring the broth or water to a boil. Add a pinch of salt and the lentils. Cook according to the package instructions until the lentils are tender, 20 to 25 minutes. Drain and set aside.

In another small pot, bring 2 cups of water to a boil. Add a pinch of salt and add the carrots and boil for 2-3 minutes. Add the peas and boil until just tender, about 1 minute. Drain and set aside.

In a food processor, combine the cooked lentils, carrots, and peas with the mushrooms, onions, tomato paste, wheat gluten (or alternative), and vegan Worcestershire sauce. Pulse until the mixture is just combined. Don't overmix or it will get mushy; three to four pulses will do the trick.

Form the mixture into 8 meatballs. They should be roughly 1- to 1½-tablespoons-sized.

If making the meatballs in an air fryer, line the air fryer with foil and coat it with the oil. Air fry on 375°F for 12 to 13 minutes, checking after 10 minutes. The meatballs should be golden brown and cooked through.

Otherwise, line a baking sheet with foil and coat it with the oil. Bake for 20 minutes, until the meatballs are golden brown and cooked through.

Allow the meatballs to cool slightly before removing them from the foil; otherwise, they may stick.

Make the sauce: In a medium pot over medium-low heat, combine the marinara sauce with the nutritional yeast, garlic powder, onion powder, oregano, and sugar, if using. Simmer for 5 to 7 minutes, stirring frequently.

When the flavors have melded, add the meatballs, coating them in the sauce.
Serve over pasta.

Nutritional Totals per Serving:

Calories: 588

Fat: 7.1 g

Protein: 36.2 g

Fiber: 17.7 g

Carbohydrates: 102.4 g

Asian Noodle Bowl

Contributed by Sonya Looney, mountain biker

This is one of my favorite bowls because it comes together quickly, is loaded with a variety of vegetables, and is super satisfying. I highly recommend doubling or tripling the peanut sauce and storing it in the fridge for future ready-in-a-minute meals.

Serves 2

For the Peanut Sauce:

4 tablespoons peanut butter

2 tablespoons tamari or soy sauce

Juice of 1 lime

2 teaspoons chili garlic sauce

For the Noodles:

1 (8-ounce) package smoked tofu, sliced

1 (9-ounce) package buckwheat soba noodles (or any whole grain, if you want to avoid noodles)

1 cup shiitake mushrooms, sliced

½ cup bean sprouts

½ cup shredded carrots (you can buy them shredded to save a step)

½ red or orange bell pepper, seeded and sliced

Black sesame seeds, for serving

Make the peanut sauce: Combine all the ingredients in a blender with 2 tablespoons of water and blend until smooth. Set aside.

Make the noodles: In a large nonstick pan over medium-low heat, dry-fry

the smoked tofu until warmed through, about 3 minutes. Remove the tofu from the pan and set aside. Add 1 tablespoon of water to the pan and add the mushrooms. Sauté until tender, about 5 minutes.

Cook the soba noodles according to the package instructions. Add them to the bottom of your bowl and top with the mushrooms and tofu. Add the peanut sauce, toss to coat, and top with the sprouts, carrots, peppers, and sesame seeds.

Nutritional Totals per Serving:

Calories: 500

Fat: 23.7 g

Protein: 32.4 g

Fiber: 12.2 g

Carbohydrates: 51 g

Vegan Mac & Cheese with Carrot-Potato Cheese Sauce

*Contributed by Julia Murray, former Olympic skier,
plant-based nutritionist*

You won't miss butter, cheese, and cream thanks to this reinvention of a comfort food classic. Not only are you taking out foods that aren't doing your health any favors; you're also adding high-nutrient ingredients such as carrots, potatoes, and nutritional yeast. Nutritional yeast has a nutty, cheeselike flavor; is loaded with minerals, vitamins, and antioxidants; and is particularly good at repairing cell damage and decreasing inflammation.

Serves 4

For the Carrot-Potato Cheese Sauce:

3 medium russet potatoes, peeled and chopped

4 large carrots, chopped

1 garlic clove

1 teaspoon onion powder

¼ cup miso paste

⅛ cup Dijon mustard

¾ cup nutritional yeast

Juice of 1 lemon

1 teaspoon apple cider vinegar

¾ cup unsweetened, unflavored soy milk

Sea salt and freshly ground black pepper, to taste

For the Pasta:

1 large head of broccoli, chopped into florets (save stalks for your next hummus plate as dippers!)

1 (16-ounce) package of pasta of choice

1 teaspoon avocado oil or other high-heat oil of choice

1 package vegan sausage (I use Field Roast brand)

Smoky Vegan Parmesan or store-bought vegan parmesan for serving

Make the Carrot-Potato Cheese Sauce: In a steamer or a large pot with a couple inches of water on the bottom, steam the potatoes and carrots until you can easily pierce them with a fork, 10 to 15 minutes.

Transfer them to a blender and combine with the remaining ingredients. Blend until smooth. You may need to use the tamper to get it going, but it'll get silky after a couple minutes.

In a steamer or large pot with a couple of inches of water at the bottom, steam the broccoli until tender, about 5 minutes. Set aside.

Cook the pasta for 1 minute less than the package instructions.

Meanwhile, heat the oil in a large pan over medium heat. Add the sausage and cook, flipping every minute or so until evenly browned and warmed through, about 5 minutes. Set aside.

Strain the pasta, then add it to the pan with the sausage. Toss in the broccoli and smother with the cheese sauce. Mix until everything is well coated and creamy, sprinkle with vegan parm, and serve.

Nutritional Totals per Serving (including cheese sauce):

Calories: 960

Fiber: 37.5 g

Protein: 57.6 g

Carbohydrates: 167.9 g

Fat: 13.9 g

3-Bean Tempeh Chili

Contributed by Robert Cheeke, bodybuilder

This chili is delicious, filling, and quick and easy to make, and it hits the mark for low calories and high nutrient density. It makes a big batch and tastes even better the next day, so it's perfect for cooking over the weekend and eating throughout the week. You could also transfer it to smaller containers and store it in the freezer until you're ready to defrost and reheat. It never gets old because you can load it up with your favorite toppings. Enjoy it after a workout or for lunch or dinner.

Serves 4

2 cloves garlic, minced

½ onion, diced

3 stalks celery, diced

3 carrots, diced

½ green bell pepper, seeded and diced

1 (8-ounce) package tempeh, crumbled

1 tablespoon ground cumin

½ tablespoon chili powder (use less if you prefer less heat)

**1½ cups cooked (or one 15.5-ounce can, drained and rinsed)
black beans**

**1½ cups cooked (or one 15.5-ounce can, drained and rinsed)
pinto beans**

**1½ cups cooked (or one 15.5-ounce can, drained and rinsed)
red kidney beans**

1 (14.5-ounce) can diced tomatoes (preferably fire roasted)

1 (4.5-ounce) can roasted green chilies

1 cup frozen or fresh corn

Sliced avocado for serving (optional)

Sliced tomato for serving (optional)

Shredded romaine lettuce for serving (optional)

Sliced black olives for serving (optional)

Crushed red pepper flakes to taste (optional)

Bread or crackers for serving (optional)

In a large pot over medium heat, add 2 tablespoons water and sauté the garlic, onion, celery, carrots, and pepper for 5 minutes, or until the vegetables have started to soften. Add the crumbled tempeh, cumin, and chili powder and continue to cook for a few more minutes as the flavors come together, adding water as needed to prevent burning. Add the remaining ingredients plus 1 cup of water, reduce the heat to low, and simmer until heated through and thickened slightly, about 20 minutes.

Serve with your toppings of choice and, if desired, a side of bread or crackers.

Nutritional Totals per Serving (excluding optional toppings):

Calories: 465

Fat: 8.7 g

Protein: 32.2 g

Fiber: 23.9 g

Carbohydrates: 71.3 g

Raise-the-Roof Sweet Potato–Vegetable Lasagna

Contributed by Rip Esselstyn, swimmer and firefighter

From his book The Engine 2 Cookbook

I prepared this lasagna for my first cooking demonstration at the new Whole Foods Market Culinary Center in Austin, Texas. Tim Lafuente, an award-winning chef who is also an Austin firefighter, asked me to join him at this event, where he made an angel hair pasta with chicken, bacon, butter, and oil. Firefighters are competitive, so the demonstration quickly turned into a contest. No one was declared the winner, but I walked away with my head high because the lasagna was a smashing success: another triumph for plant-happy cuisine!

This lasagna is so good that my wife and I chose this to be the main dish at our wedding reception.

Serves 10

1 onion, chopped

1 small head of garlic, all cloves chopped or pressed

8 ounces mushrooms, sliced

1 head of broccoli, chopped
2 carrots, chopped
2 red bell peppers, seeded and chopped
1 (15.5-ounce) can of corn, rinsed and drained
1 (16-ounce) package firm tofu
½ teaspoon cayenne pepper
1 teaspoon chopped fresh oregano
1 teaspoon chopped fresh basil
1 teaspoon chopped fresh rosemary
2 (24-ounce) jars store-bought pasta sauce
2 (16-ounce) boxes whole-grain lasagna noodles
16 ounces frozen spinach, thawed and drained
2 sweet potatoes, cooked and mashed
6 Roma tomatoes, sliced thin
1 cup raw cashews, ground

Preheat the oven to 400°F. In a wok or nonstick pan over high heat, add a tablespoon of water and sauté the onion and garlic until tender, 3 minutes. Add the mushrooms and cook until they become limp and give up their liquid, about 5 minutes. Transfer the mushroom mixture to a large bowl with a slotted spoon. Reserve the mushroom liquid in the pan.

Add the broccoli and carrots to the pan and cook for 5 minutes, until just tender but not mushy. Transfer to the bowl with the mushrooms. Sauté the peppers and corn until just soft, about 3 minutes, and add them to the vegetable bowl.

Drain the tofu by wrapping it in paper towels. Carefully crumble it into the bowl with the vegetables. Add the spices and toss to combine.

Cover the bottom of a 9-by-13-inch casserole dish with a layer of sauce. Add a layer of noodles and then cover the noodles with more sauce. (The noodles will cook in the sauce as the lasagna bakes, saving you time and hassle.) Evenly spread the vegetable mixture over the sauced noodles. Cover with another layer of noodles and another dressing of sauce. Spread the spinach over the second layer of sauced noodles. Cover the spinach with the

mashed sweet potatoes, followed by another layer of sauce, a final layer of noodles, and one last layer of sauce. Arrange the sliced tomatoes over the top of the lasagna, cover the pan with foil, and bake for 45 minutes. Remove the foil, sprinkle the top of the lasagna with the cashews, and bake for another 15 minutes. Let the lasagna rest at room temperature for 15 minutes before serving.

Nutritional Totals per Serving:

Calories: 612

Fat: 14.5 g

Protein: 29.5 g

Fiber: 18.3 g

Carbohydrates: 101.9 g

Taco Bake

Contributed by Breana Wigley, bikini competitor

This simple Taco Tuesday-inspired dish is great for feeding a family, entertaining guests, or just making batch meals for yourself. You can spice things up by serving this over tortilla chips or multigrain tortillas or go with fresh, crisp greens.

And you don't have to wait until Tuesday to make it; any day is a great day for a taco bake.

Note: If you don't have instant rice, you can use another variety. Just bake for 45 minutes, or until the rice is tender.

Serves 6

2 tablespoons vegetable oil of choice (I like grapeseed oil), divided

8 to 10 ounces protein of choice (tofu, seitan, tempeh)

1 packet of taco seasoning

2 cups seeded and sliced bell pepper (I like a mix of red and green)

1 yellow onion, sliced

1 cup instant rice

2 cups vegetable broth

1 to 2 (15.5-ounce) cans black beans (low-sodium), drained and rinsed

1 cup frozen corn kernels
1 (10-ounce) can RO-TEL brand fire-roasted tomatoes
2 cups fresh spinach
2 tablespoons shredded dairy-free cheese
Chopped red onion for serving
1 ripe avocado, mashed, for serving
Chopped fresh cilantro for serving

Preheat the oven to 400°F. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add your protein of choice and season with a generous pinch of the taco seasoning. Cook for 7 to 8 minutes or until the protein is cooked through. Transfer to a small bowl and set aside.

Add 3 tablespoons of water to the skillet over medium-high heat. Add the bell peppers and onions and season with a pinch of the taco blend. Cook until the peppers are tender and the onions are slightly translucent, 5 to 7 minutes. Remove the pan from the heat and set aside.

Lightly oil a medium casserole dish with the remaining oil. (You may not need an entire tablespoon.) Spread the rice evenly over the bottom of the dish and pour over the veggie broth. Next, create a layer of the beans and sprinkle them with the remaining taco seasoning. Add a layer of the cooked protein, followed by the corn, fire-roasted tomatoes, spinach, pepper and onion mixture, and, finally, the shredded cheese. Do not stir to combine! You want your taco bake to have beautiful layers of all the ingredients.

Tightly cover the dish with foil and bake for 30 to 35 minutes, until the rice is tender and has absorbed all the liquid. Remove the foil and bake for an additional 10 to 15 minutes, or until the cheese is bubbly and slightly browned.

Top with red onion, mashed avocado, and a sprinkle of cilantro.

Nutritional Totals per Serving:

Calories: 287

Fat: 8.1 g

Protein: 14.5 g

Fiber: 12.3 g

Carbohydrates: 42.7 g

DESSERT

Healthy Fudge Bars

Contributed by Laura Kline, duathlete

Dessert?? Yes, I do sometimes enjoy a sweet treat when I'm in peak training. For when the craving strikes, I keep these date-based fudge bars on hand.

Serves 8

1 cup pitted dates

½ cup almonds

¼ cup walnuts

½ cup unsweetened cocoa powder, divided

2 ripe bananas

¼ cup almond butter

¼ cup agave nectar

Soak the dates in warm water for 30 minutes, then drain.

In the bowl of a food processor, combine the dates, almonds, walnuts, and ¼ cup of the cocoa. Blend until the mixture is well combined. Press the mixture into the bottom of a 9-by-5-inch or 8-by-8-inch baking pan and set aside.

Wipe out the bowl of the food processor and combine the bananas, almond butter, agave, and remaining ¼ cup cocoa powder. Blend until the mixture is well combined. Spread it evenly over the date mixture and freeze for at least 30 minutes before cutting into 8 equal bars. These should be stored in the freezer—just pop one out and let it thaw when you want one!

Nutritional Totals per Serving:

Calories: 232.8

Fat: 11.6 g

Protein: 5.8 g

Fiber: 6.8 g

Carbohydrates: 34 g

Raw Frozen Banana Truffles

Contributed by Matt Frazier, ultramarathoner

These truffles, created by my sister, Christine, are what I like to call “sneaky healthy.” With very little added sugar plus some healthy fat from tahini, you get a sweet, satisfying ice cream-like bite. It also doesn’t hurt that bananas help store glycogen in your muscles and use it for fuel.

Makes about 14 1-inch truffles

4 very ripe frozen bananas, chopped

2 tablespoons tahini

4 teaspoons maple syrup

2 teaspoons alcohol-free vanilla extract

½ teaspoon sea salt

⅓ cup cocoa powder

½ cup shredded unsweetened coconut, finely chopped

½ cup walnuts, finely chopped

In a stand mixer fitted with the paddle attachment or a blender, combine the bananas, tahini, maple syrup, vanilla, and salt. Mix until smooth and creamy. Taste and adjust the sweetness with more agave if desired.

Pour the mixture into three pint-sized containers and freeze until solid, 4 hours up to overnight.

When ready to make your truffles, spread the cocoa, coconut, and walnuts over individual plates. Remove one container of the banana mixture from the freezer. Using a melon baller or mini ice cream scoop, create a bite-size truffle from the frozen banana mixture. Roll the truffle in one of the toppings to coat. Repeat with the remaining truffles—working as quickly as possible—then return the coated truffles to the container and freeze once again. Repeat the process with the second and third containers of the banana mixture.

Freeze the truffles until firm, about 1 hour, before serving. Or store them in the freezer for up to 2 weeks.

Nutritional Totals per Serving (based on 14 servings):

Calories: 99

Fat: 6.1 g

Protein: 2 g

Fiber: 2.6 g

Carbohydrates: 11.4 g

Avocado Mousse

Contributed by James Newbury, CrossFit athlete

This sweet treat takes minutes to throw together and delivers the kind of creamy, chocolaty decadence that you need every once in a while, not to mention healthy fats from the avocado and calcium, iron, magnesium, and antioxidants from the cacao.

Serves 1

- 1 avocado**
- 1 tablespoon raw cacao**
- 1 tablespoon pure maple syrup**
- 1 pinch of sea salt**
- Dash of almond milk**

Blend everything together in a food processor or blender until smooth. Eat immediately or chill in the fridge for a more fudgelike consistency.

Nutritional Totals per Serving:

Calories: 378	Fat: 28.1 g
Protein: 4 g	Fiber: 11 g
Carbohydrates: 32.5 g	

Sweet Potato Brownies

Contributed by Meagan Duhamel, figure skater

This recipe's secret weapon: sweet potatoes! High in vitamins A, B₅, B₆, and C; potassium; and fiber, sweet potatoes are incredibly versatile. Here is a yummy and chocolaty brownie recipe chock-full of sweet potato nutrients.

Makes 16 brownies

- 1 cup coconut sugar**
- ¾ cup mashed sweet potatoes**
- ½ cup nut butter (I like peanut butter)**
- ½ cup cacao powder**
- ⅓ cup all-purpose flour (I use Bob's Red Mill gluten-free blend)**

- 1 teaspoon baking powder**
- 1 teaspoon vanilla extract**
- ½ cup chocolate chips or chunks**

Preheat the oven to 350°F. In a large bowl, combine the sugar, sweet potatoes, nut butter, cacao, flour, baking powder, and vanilla. Mix well. Fold in the chocolate chips.

Pour the batter into a 9-by-9-inch baking dish and bake for 40 minutes, until the edges are crisp and the center is gooey but cooked through. Let the brownies cool for 15 minutes before slicing into 16 equal bars.

Nutritional Totals per Serving:

Calories: 183	Fat: 6.7 g
Protein: 4.9 g	Fiber: 4.1 g
Carbohydrates: 29 g	

Protein Pudding

Contributed by Vanessa Espinoza, powerlifter

Once again, here's more proof that you don't have to go without when you're eating a plant-based diet. Not only can you satisfy your sweet tooth; you can also satisfy your daily macro needs.

If you don't have a high-speed blender, you will need to soak the cashews overnight, and this pudding is best served chilled after a few hours—so it does require a little advance planning. But otherwise, it's very easy to make.

Serves 4

- 1 cup cashews**
- 1 package silken tofu**
- 2 scoops chocolate protein powder (I like TRU plant-based protein powder)**
- 2 tablespoons pure maple syrup**
- 2 tablespoons cocoa powder**
- 1 teaspoon vanilla extract**

In a blender, add 1 cup of water with all the ingredients. Blend until smooth.

Nutritional Totals per Serving:

Calories: 345

Fat: 18 g

Protein: 26.8 g

Fiber: 2.2 g

Carbohydrates: 21.3 g

Banana Bread

Contributed by Christine Vardaros, cyclist

Banana bread is one of my favorite treats to make. As a vegan for more than twenty years, I don't feel I'm ever missing out on anything, as I focus on lots of variety with my meals. But since I typically eat for athletic performance, focusing primarily on healthy, whole-plant foods, banana bread is a guilty pleasure of mine, especially after a grueling race or when I have a day off from training. To make it even more decadent, you can sprinkle it with a crumble topping before it bakes—though it's just as delicious without it. I hope you love it as much as I do!

Makes 1 loaf

Serves 6

For the Crumble Topping (optional):

2 tablespoons all-purpose flour

½ teaspoon cinnamon

¼ teaspoon nutmeg

1 tablespoon margarine, coarsely chopped

For the Banana Bread:

¼ cup soy milk

1 teaspoon apple cider vinegar

1 cup all-purpose flour

1 cup whole-wheat flour

½ cup granulated sugar

½ cup brown sugar

½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon sea salt
3 ripe bananas, mashed
½ cup margarine, softened, plus more for greasing the pan
1 teaspoon vanilla extract

Make the crumble topping: In a small bowl, combine the flour, cinnamon, nutmeg, and margarine. Stir until the mixture takes on a crumbly consistency.

Make the banana bread: Preheat the oven to 350°F. Grease a loaf pan with margarine or line it with parchment paper. Set aside.

In a small bowl, combine the soy milk and apple cider vinegar. Set aside.

In a large bowl, combine the flours, sugars, baking soda, cinnamon, nutmeg, and salt. Mix well. Fold in the soy milk and vinegar, mashed bananas, softened margarine, and vanilla. Mix until well combined.

Pour the batter into the prepared loaf pan. If adding the topping, evenly crumble it over the batter. Bake for 1 hour to 1 hour and 15 minutes, until a toothpick or sharp knife inserted into the center comes out clean.

Nutritional Totals per Serving
(without optional crumble topping):
Calories: 382 Fat: 16 g
Protein: 5.9 g Fiber: 4.6 g
Carbohydrates: 56.4 g

Coconut Caramel Cookies

Contributed by Christine Vardaros, cyclist

This is my go-to recipe when I need to get into a happy zone. Whether it is the day after a race when I didn't perform well, or a day after I rocked a training or a race, this cookie never, ever fails to lift my spirits. And the best thing about it is that it is (almost) guilt free!

Note: You could also dip the bottom of each cookie in chocolate for an extra chocolate kick. Just increase the melted chocolate to $\frac{1}{3}$ cup and the coconut oil to $\frac{3}{4}$ teaspoon. Dip the base of each cookie in the chocolate first, then lay them on the tray and drizzle the remaining chocolate over the top.

Serves 4

$\frac{1}{2}$ teaspoon coconut oil, plus more for greasing

1 cup shredded unsweetened coconut

1 cup dates

$\frac{1}{4}$ cup dark chocolate chips or bar

Preheat the oven to 375°F. Lightly grease a baking sheet or large plate with the coconut oil and set aside.

Spread the coconut over a clean, dry baking sheet and toast it in the oven until golden brown, about 3 minutes. Keep a close eye on it so as not to burn it.

In a blender, combine the toasted coconut with the dates and blend until the mixture comes together. Form the mixture into 2-inch balls and arrange them on the prepared baking sheet or plate. Flatten them slightly with your thumb. Freeze for 20 minutes.

Melt the chocolate (30 seconds in the microwave does the trick). Stir in the coconut oil. Drizzle the mixture over the cookies, then return the cookies to the freezer until the chocolate is set, at least 10 minutes.

Nutritional Totals per Serving:

Calories: 267

Fat: 19.5 g

Protein: 2.9 g

Fiber: 5.3 g

Carbohydrates: 23.6 g

CONDIMENTS, DIPS, AND DRESSINGS

Cucumber Avocado Dressing

Contributed by **Brendan Brazier**, *ultramarathoner*

From his book Thrive Energy Cookbook

A clever and tasty way to pack more vegetables into your salad.

Makes 8 ¼-cup servings

2 medium English cucumbers, peeled and coarsely chopped

1 ripe avocado, peeled and coarsely hopped

2 large handfuls fresh cilantro leaves

2 medium garlic cloves, peeled

½ cup fresh lime juice

¼ cup plus 2 tablespoons grapeseed oil

¼ cup plus 2 tablespoons filtered water

1½ tablespoons sea salt, plus more to taste

¼ teaspoon freshly ground black pepper

In a blender, combine all the ingredients. Blend on high speed until smooth and creamy. Season with salt to taste. Keep in a sealed container in the fridge for up to 1 week.

Nutritional Totals per Serving:

Calories: 132

Fat: 12.9 g

Protein: 0.8 g

Fiber: 1.9 g

Carbohydrates: 5 g

Shiitake Bacon

Contributed by **Matt Frazier**, *ultramarathoner*

Sometimes you just need a little something chewy, salty, and smoky. Make a batch of these crispy mushroom bits and you'll have the perfect finishing touch for stir-fries, grain bowls, salads, soups, and tofu scrambles.

Makes about 1 cup

8 ounces shiitake mushrooms, thinly sliced

1 tablespoon extra-virgin olive oil

½ teaspoon sea salt

⅛ teaspoon freshly ground black pepper

Pinch of sweet smoked paprika

Preheat the oven to 350°F. On a baking sheet, toss the mushrooms with the olive oil, salt, pepper, and paprika. Bake for 25 minutes, or until crispy on the outside and still barely chewy on the inside.

Nutritional Totals per Serving (1 cup):

Calories: 197

Fat: 14.6 g

Protein: 5.1 g

Fiber: 5.7 g

Carbohydrates: 15.6 g

Smoky Vegan Parmesan

*Contributed by Julia Murray, former Olympic skier,
plant-based nutritionist*

Any of your savory dishes will benefit from a sprinkle of this better-than-the-real-thing “cheese.” Cashews provide you with 100 percent of your copper needs (crucial for metabolizing iron and fueling energy production in the body); paprika (which is ground-up red pepper) is packed with antioxidants and anti-inflammatory properties, and sunflower seeds are another amazing source of copper, in addition to vitamin E and vitamin B₆, which helps break down fats and protein and improves cardiovascular function.

Makes 4 ¼-cup servings

¾ cup raw cashews

1 tablespoon sunflower seeds

¼ cup nutritional yeast

1 teaspoon garlic powder

¼ teaspoon smoked paprika

¾ teaspoon sea salt

In a mini food processor or a blender or spice grinder, blend the ingredients until the mixture resembles a parmesan-like consistency. It should take about 30 seconds. Store in a covered container in the fridge for up to 3 weeks.

Nutritional Totals per Serving:

Calories: 204

Fat: 12.4 g

Protein: 12.6 g

Fiber: 4.6 g

Carbohydrates: 13.7 g

Mind-Blowing (Nut-Free) Vegan Cheese Sauce

*Contributed by Julia Murray, former Olympic skier,
plant-based nutritionist*

This is an all-purpose sauce that not only scratches the itch when you want something gooey and cheesy but also delivers tons of nutrition thanks to cauliflower, carrots, onions, and garlic. Mix it into pasta, drizzle it over vegetables, serve it as a dip, or just eat it by the spoonful.

Makes 4 ¾-cup servings

1 medium head cauliflower, roughly chopped

6 medium carrots, chopped

½ large sweet onion, diced (or 1 tablespoon onion powder)

2 garlic cloves (or 1 tablespoon garlic powder)

¾ cup nutritional yeast

1 tablespoon Dijon mustard

1 tablespoon miso paste

¼ teaspoon ground turmeric

**⅛ teaspoon smoked paprika (optional, but it lends a nice
smoky flavor)**

**1 cup unsweetened almond milk (or any other plain plant-based
milk)**

Use a steamer or a large pot with an inch of water in the bottom to steam the cauliflower and carrots until tender, about 10 minutes.

Meanwhile, in a large pan over medium heat, add a tablespoon of water and sauté the onion and garlic until tender and turning golden brown, about 7 minutes. (Skip this step if using onion and garlic powder.) Add more water to the pan as needed if the vegetables begin to stick. Once the vegetables have browned, add 1 to 2 tablespoons water to the pan while scraping up any brown bits from the bottom with your wooden spoon or spatula.

Combine the onion and garlic mixture, cauliflower, and carrots in a blender with the remaining ingredients. Blend until smooth. If serving as a dip, transfer the sauce to an oven-safe dish and broil on high for 3 minutes, until golden and bubbly.

Nutritional Totals per Serving:

Calories: 264

Fat: 3.5 g

Protein: 27.5 g

Fiber: 16.6 g

Carbohydrates: 35.6 g

Edamame-Spinach Hummus

Contributed by Natalie Matthews, bikini competitor and fitness model

It's not shocking news that hummus is a healthy snack, but this recipe takes it to the next level and is packed with more nutrients than any hummus you could buy at the store. It's is a great way to sneak in some extra greens and has added protein from the edamame. Eat this with raw vegetables or spread on a sandwich.

Makes 6 servings

1 cup shelled edamame

1 cup fresh spinach

3 tablespoons fresh lemon juice

2 tablespoons tahini

1 tablespoon nutritional yeast

1 teaspoon agave nectar

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon sea salt

Combine all the ingredients in a food processor or blender. Blend thoroughly on high until smooth. Store in a covered container in the refrigerator for up to 1 week.

Nutritional Totals per Serving:

Calories: 76

Fat: 3.7 g

Protein: 5.1 g

Fiber: 2 g

Carbohydrates: 6.5 g