



15 MOUTHWATERING MEATLESS MEALS FOR EVERY PHASE

VEGETARIAN & VEGAN RECIPES FOR THE **FAST** METABOLISM DIET

HAYLIE POMROY



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Breakfast

PHASE 2

Tofu Scramble with Veggies (vv)*

PHASE 2

Tempeh Breakfast Skillet (vv)

PHASE 2

Garden Veggie Omelet (v)

PHASE 3

Poached Eggs in Tomato Sauce with Chickpeas (v)

*NOTE: Phase 2 recipes that include tofu, tempeh, or soy beans/edamame are approved *only* for vegans or vegetarians who do not eat eggs.

V=VEGETARIAN

VV=VEGAN

VEGAN

Tofu Scramble with Veggies

SERVES 3

Whenever tofu is used, it's important to include lots of cruciferous vegetables to help metabolize the phyto-estrogens found in soy.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

| | |
|--|---------------------------------------|
| 1 tablespoon vegetable broth or water | 2 level tablespoons nutritional yeast |
| 1 cup packed kale, torn into pieces | ½ teaspoon tamari |
| ½ cup diced yellow onion | ¼ teaspoon onion powder |
| ½ cup diced red, orange, or yellow bell pepper | ¼ teaspoon garlic powder |
| 1 14-ounce block firm tofu, patted dry | Sea salt |
| | Freshly ground black pepper |

1. In a large nonstick skillet over medium-high heat, heat the vegetable broth. Sauté the kale, onion, and bell pepper until the onions soften and the kale begins to wilt, about 4 minutes. Crumble the tofu into the pan (about ½-inch pieces), folding it into the veggies. Stir to combine with veggies and heat through.

2. Stir in the nutritional yeast, tamari, onion powder, and garlic powder. Season with salt and pepper to taste and serve.



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VEGAN

Tempeh Breakfast Skillet SERVES 2

Tempeh is made of fermented soy, so it's an easy-to-digest complex protein for vegans.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 15 minutes

| | |
|--|-------------------------------|
| 8 ounces tempeh, cut into ½-inch cubes | 1 tablespoon balsamic vinegar |
| ½ cup diced red bell pepper | 3 cups baby spinach |
| ½ cup diced yellow onion | Pinch ground nutmeg |
| ½ cup 1-inch asparagus pieces | Freshly ground black pepper |
| 2 cups sliced button mushrooms | Sea salt |

In a large nonstick skillet over medium-high heat, sauté the tempeh until browned, about 5 minutes. Push the tempeh to the side of the pan. Add the red bell pepper, onion, and asparagus. Sauté for 2 minutes, or until the onions begin to soften. Add the mushrooms and continue to cook the veggies for another 2 minutes (the mushrooms will begin to give up their water). Stir the tempeh back into the mixture. Add the balsamic vinegar, cover and simmer for 1 minute. Stir in the baby spinach. Add nutmeg, salt, and pepper to taste and serve.



PHOTO BY TARA TUCKWILLER

VEGETARIAN

Garden Veggie Omelet

SERVES 1

Swap any other Phase 2 veggies in this versatile breakfast.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

¾ cup broccoli florets

¼ cup diced zucchini

2 tablespoons diced red onion

2 tablespoons diced red bell pepper

Sea salt and freshly ground black pepper to taste

3 egg whites, lightly beaten

- 1.** Heat a nonstick skillet over medium heat. Sauté the broccoli, zucchini, red onion, and red bell pepper until crisp-tender, about 3 minutes. Remove the vegetables to a bowl and season them with salt and pepper.
- 2.** Place the skillet back onto the stove and reduce the heat to medium-low. Add the beaten egg whites. As they start to set, use a spatula to lift the edges, letting uncooked whites flow to the bottom of the skillet. Cook until the center is set but still moist.
- 3.** Spread the vegetables on one side of the omelet. Fold the other side of the omelet over and slide it onto a plate to serve.



PHOTO BY TARA TUCKWILLER

PHASE 2

BREAKFAST

VEGETARIAN

PHASE 2

BREAKFAST

Poached Eggs in Tomato Sauce with Chickpeas

SERVES 4

This tangy egg dish looks gorgeous too. Serve with a side salad and fruit for a Phase 3 lunch, or with fruit and pita halves for breakfast.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 40 minutes

| | |
|---------------------------------------|--|
| ¼ cup olive oil | 1 28-ounce can whole peeled tomatoes, crushed by hand, juices reserved |
| 1 medium yellow onion, finely chopped | Sea salt and freshly ground black pepper |
| 4 garlic cloves, coarsely chopped | 4 large eggs |
| 1 jalapeño, seeded, finely chopped | 1 tablespoon chopped fresh flat-leaf parsley |
| 1 15-ounce can chickpeas, drained | 1 tablespoon chopped fresh cilantro |
| 2 teaspoons Hungarian sweet paprika | 4 sprouted-grain pita halves, warmed |
| 1 teaspoon ground cumin | |

1. Preheat the oven to 425°F. Heat the oil in a large ovenproof skillet over medium-high heat. Add the onion, garlic, and jalapeño and cook, stirring occasionally, until the onion is soft, about 8 minutes. Add the chickpeas, paprika, and cumin and cook for 2 minutes longer.
2. Add the crushed tomatoes and their juices. Bring the mixture to a boil; reduce the heat to medium-low, and simmer, stirring occasionally, until the sauce thickens slightly, about 15 minutes. Season to taste with salt and pepper.
3. Crack eggs one at a time and place them over the sauce, spacing them evenly apart. Transfer the skillet to oven and bake until the whites are just set but the yolks are still runny, 5 to 8 minutes. Garnish with parsley and cilantro. Serve with pita for dipping.



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Lunch/ Dinner

PHASE 1

Lentil and Quinoa Salad with Herbs (vv)*

PHASE 1

Loaded Sweet Potatoes with Black Beans (vv)

PHASE 2

Spicy Confetti Salad with Soybeans (vv)

PHASE 2

Kale Salad with Fennel and Tofu (vv)

PHASE 2

Asparagus and Mushroom Frittata (v)

PHASE 3

Kabocha and Black Bean Stew (vv)

PHASE 3

Spiced Indian Chickpeas (vv)

PHASE 3

Greek Eggplant and Zucchini with White Beans (vv)

*NOTE: Phase 2 recipes that include tofu, tempeh, or soy beans/edamame are approved *only* for vegans or vegetarians who do not eat eggs.

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VEGAN

Lentil and Quinoa Salad with Herbs

SERVES 16

This refreshing salad is great for summer and it makes a LOT. Each serving is a generous 2½ cups.

PREP TIME: 30 minutes ■ **TOTAL TIME:** 45 minutes

| | |
|--|--|
| 1½ cups quinoa | ½ cup chopped fresh dill |
| ¼ teaspoon plus 1 teaspoon sea salt | 2 garlic cloves, minced |
| 1 cup green lentils | Juice of 2 large lemons |
| 1 cup diced red bell pepper | Zest of 1 lemon |
| ½ red onion, diced | 2 teaspoons ground cumin |
| ½ cup chopped green onions | 1 teaspoon freshly ground black pepper |
| 1 large bunch parsley, stemmed and chopped | ½ cup diced tomatoes |
| ½ cup chopped fresh mint | ½ cup cucumber, peeled, seeded and diced |

1. Rinse the quinoa thoroughly in a mesh strainer. Place it in a large saucepan over medium heat. Stir to let the water evaporate and toast the quinoa slightly, about 1 minute. Add 3 cups of water and ¼ teaspoon of sea salt to the pan and bring it to a boil. Turn the heat to low, cover and simmer for 15 minutes. Leaving the quinoa covered, remove it from the heat and let it stand for 5 minutes. Uncover and fluff the quinoa with a fork.
2. Meanwhile, in a separate medium saucepan, combine the lentils with 2 cups of water. Bring it to a boil. Turn the heat to low, partially cover and simmer for 15 minutes or until all of the water is absorbed.
3. Combine the cooked quinoa and lentils in a large mixing bowl and allow them to cool (or refrigerate to speed up the process).
4. When the quinoa mixture has cooled, mix in the red bell pepper, red onion, green onion, parsley, mint, dill, and garlic. In a jar or small bowl with a lid, combine the lemon juice, lemon zest, cumin, 1 teaspoon sea salt, and black pepper. Shake to combine. Pour over the lentil and quinoa mixture and stir to combine. Adjust the seasonings of needed. Just before serving, top the salad with diced tomatoes and cucumber.

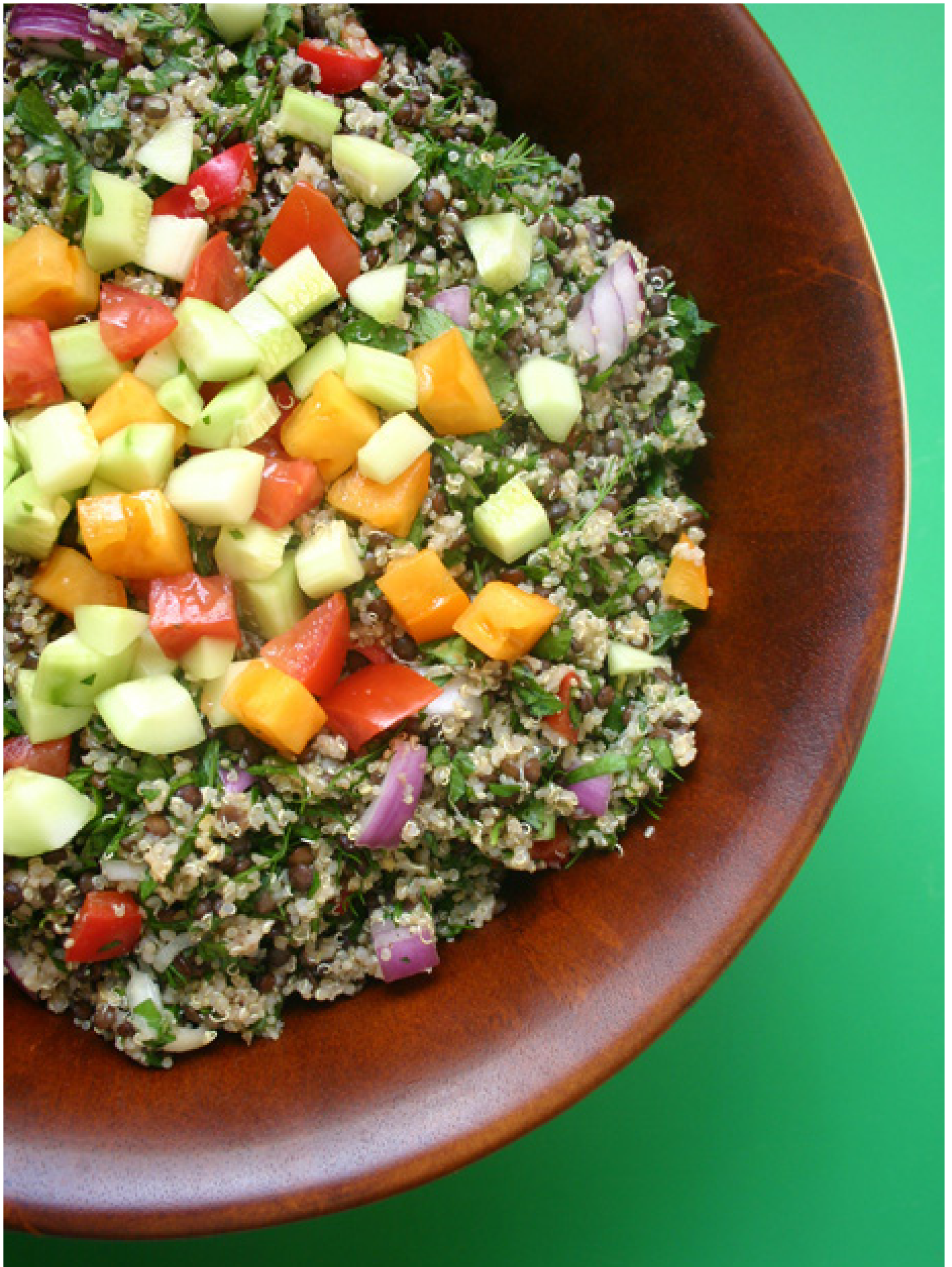


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VEGAN

Loaded Sweet Potatoes with Black Beans

SERVES 6

This filling Phase 1 lunch or dinner also works in Phase 3 (add a healthy fat, like sliced avocado).

PREP TIME: 10 minutes ■ **TOTAL TIME:** 30 minutes to 1 hour

- | | |
|---------------------------------|---|
| 6 medium sweet potatoes | 1/8 teaspoon ground nutmeg |
| 1 medium yellow onion, diced | 1/4 teaspoon freshly ground black pepper |
| 2 teaspoons minced garlic | 1/2 teaspoon sea salt |
| 2 teaspoons dried oregano | 3 tablespoons vegetable broth or water |
| 1 teaspoon fennel seed, crushed | 1 14.5-ounce can fire-roasted tomatoes |
| 1 teaspoon ground cinnamon | 2 15-ounce cans black beans, drained and rinsed |
| 1 teaspoon ground cumin | Green onion or chives, for serving |



PHOTO BY TARA TUCKWILLER

- 1.** Preheat the oven to 450°F. Scrub the potatoes, wrap each one in foil, and bake them for 1 hour. (Or, you can microwave the sweet potatoes on high for 8 minutes, flipping the potatoes halfway through the cooking time.)
- 2.** Meanwhile, make the black beans: In a medium saucepan over medium-high heat, sauté the onion, garlic, oregano, fennel seed, cinnamon, cumin, nutmeg, pepper, and salt in vegetable broth until the onion softens, about 5 minutes. Stir in the tomatoes with their juice and the beans, turn the heat to medium-low, cover, and cook until the tomatoes and beans have broken down slightly, about 15 minutes. Uncover the pot and turn off the heat (the bean mixture will thicken as it cools slightly).
- 3.** Cut a lengthwise slit on one side of each sweet potato. Scoop out flesh into a bowl and mash well. Refill each skin with the mashed sweet potato. Top with $\frac{2}{3}$ cup of the bean mixture and a sprinkling of snipped chives or green onion.

NOTE: This bean mixture keeps and freezes well. The leftovers are especially great stuffed into a tortilla with lettuce and green onion for a lunch wrap.

VEGAN

Spicy Confetti Salad with Soybeans

SERVES 2

This simple salad gets its spice from pepperoncini. Add more if you like it hotter. This salad packs well, making it great for lunch or picnics.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 50 minutes (includes refrigerator time)

1 cup shelled soybeans (edamame)
1 cup diced red bell pepper
½ cup diced red onion
1 cup 1-inch pieces trimmed
yellow wax beans
2 pepperoncini, seeded and diced

DRESSING:

½ cup peeled, seeded, diced cucumber
1 garlic clove
1 tablespoon apple cider vinegar
2 teaspoons minced fresh cilantro
1 teaspoon minced fresh dill
½ teaspoon stevia or xylitol
⅛ teaspoon salt

Steam the edamame for 3 minutes, and then rinse with cold water. Combine them with all the salad ingredients in a mixing bowl. Set aside. Blend the dressing ingredients in a blender until smooth. Fold the dressing into the bean mixture. For best results, refrigerate for 30 minutes.

NOTE: Swap another type of bean (kidney beans work especially well) for the soybeans and this recipe also works for Phases 1 and 3.



PHOTO BY TARA TUCKWILLER

VEGAN

Kale Salad with Fennel and Tofu

SERVES 2

The large amounts of kale and fennel in this recipe work to make the plant estrogens in the tofu more bioactive, helping to minimize the hormone-mimicking properties of soy.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 20 minutes

FOR THE SALAD:

8 ounces extra firm tofu
4 cups kale, stemmed and torn into small pieces
1 cup fennel, thinly sliced
2 shallots, thinly sliced

FOR THE DRESSING:

2 tablespoons tamari
2 tablespoons apple cider vinegar
1 teaspoon freshly grated ginger
½ teaspoon stevia or xylitol

-
1. Cut the tofu into ¼-inch thick slices and pat them dry. In a nonstick skillet over medium-high heat, brown the tofu slices, about 4 minutes on each side. Set them aside.
 2. Meanwhile, in a large bowl, combine the kale, fennel, and shallots. In a jar or lidded bowl, combine the tamari, vinegar, ginger, and stevia or xylitol. Shake until the dressing is well combined.
 3. Top the salad with the cooled tofu slices. Drizzle with the salad dressing.



PHOTO BY TARA TUCKWILLER

VEGETARIAN

Asparagus and Mushroom Frittata

SERVES 2

Flavorful mushrooms like oyster and shiitake work especially well here.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 15 minutes

| | |
|--|--|
| 1 cup asparagus pieces, sliced diagonally into 2-inch sections | ¼ teaspoon sea salt |
| 1 cup sliced fresh mushrooms | Freshly ground black pepper to taste |
| 1 green onion, white and green parts sliced | 6 egg whites, lightly beaten |
| | 2 tablespoons packed fresh basil leaves, cut in chiffonade |

1. Preheat the oven to 325°F.
2. In a nonstick pan over medium-high heat, sauté the asparagus and mushrooms until the asparagus is nearly crisp-tender, about 3 minutes. Add the green onion and sauté for 1 more minute. Stir in the salt and pepper and then pour in the egg whites. Sprinkle the basil on top. Place the pan into the oven and bake for 5 minutes or until the center of the frittata is set and the edges pull away from the pan.
3. Slide the frittata out of the pan onto a plate or cutting board. Slice it into wedges and serve.



PHOTO BY TARA TUCKWILLER

VEGAN

Kabocha Squash and Black Bean Stew

SERVES 6

Kabocha squash has a potato-like texture, and because its skin is edible, you save lots of prep time. If you can't find kabocha, butternut squash is a good substitute.

PREP TIME: 20 minutes ■ TOTAL TIME: 40 minutes

PHASE 3

LUNCH/DINNER

| | |
|-----------------------------|---|
| 2 tablespoons olive oil | 1 large kabocha squash (about 5 pounds), seeded and chopped into 1-inch chunks (no need to peel)* |
| 1 tablespoon cumin seeds | 4 cups low-sodium, organic vegetable broth |
| 2 garlic cloves, minced | 2 15-ounce cans black beans, drained and rinsed |
| 1 large yellow onion, diced | ½ teaspoon sea salt |
| ½ cup diced red bell pepper | Freshly ground black pepper |
| 1 teaspoon dried oregano | 1½ avocados, sliced |
| ½ teaspoon paprika | ¾ cup raw sunflower seeds |
| ½ teaspoon ground cinnamon | |
| ¼ teaspoon ground cloves | |

1. In a large soup pot, heat the olive oil on medium-high heat. Add the cumin seeds and cook until fragrant, about 1 minute. Add the garlic, onion, and red bell pepper. Sauté until the onions soften, about 4 minutes. Add the oregano, paprika, cinnamon, and cloves. Stir to coat the vegetables. Add the squash and stir to coat it with spices. Add the vegetable broth, along with enough water to just cover the squash. Bring the soup to a boil; cover and turn the heat to low. Simmer for about 15 minutes or until the squash is tender. Add the black beans and heat through. Season the soup with salt, pepper, and additional paprika if desired.

2. Spoon the soup into serving bowls. Top each serving with ¼ avocado, sliced, and 2 tablespoons of sunflower seeds.

*NOTE: If you can't find kabocha squash, you can substitute peeled butternut squash.



PHOTO BY TARA TUCKWILLER

VEGAN

Spiced Indian Chickpeas SERVES 6

Enjoy this dish all on its own for lunch, or serve with quinoa for dinner.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 30 minutes

PHASE 3

LUNCH/DINNER

| | |
|---|---|
| 2½ tablespoons grapeseed or olive oil | ½ teaspoon ground cloves |
| 1 medium yellow onion, finely chopped | ⅛ to ¼ teaspoon cayenne pepper (⅛ teaspoon will be milder; ¼ teaspoon will be nicely hot) |
| 8 garlic cloves, minced | 1 teaspoon sea salt |
| 1 3-inch piece fresh ginger, peeled and minced (about ⅓ cup) | 2 tablespoons tomato paste |
| 1½ teaspoons ground cinnamon | 2 15-ounce cans chickpeas, drained (⅔ cup liquid reserved) |
| 1½ teaspoons garam masala | Chopped tomatoes, red onion, cilantro, and lemon wedges, for serving |
| 2 teaspoons ground cumin | |
| 1 teaspoon ground coriander | |

1. Heat a large skillet over medium heat and swirl in the oil. Add the chopped onion, garlic, and ginger. Sauté until the onion is soft and lightly golden, 5 to 6 minutes.
2. In a small bowl, combine the cinnamon, garam masala, cumin, coriander, cloves, cayenne, and salt. Add to the onion mixture and cook and stir the spices to lightly toast, about 1 minute. Stir in the tomato paste and cook for another minute to combine. The color should be dark red.
3. Add the chickpeas and reserved liquid. Stir to combine. Reduce heat to medium-low, cover, and cook for 5 minutes. Uncover and cook for another 2 minutes. Remove the pan from the heat and let it sit for a minute to allow the beans to soak up the spice flavors. Serve with chopped tomatoes, red onion, cilantro, and lemon wedges.



PHOTO BY TARA TUCKWILLER

VEGAN

Greek Eggplant and Zucchini with White Beans

SERVES 6

This casserole definitely takes some prep time, but it's worth it. To save some time, you could use hummus in place of the white-bean topping.

PREP TIME: 40 minutes ■ TOTAL TIME: 1 hour and 5 minutes

PHASE 3

LUNCH/DINNER

FOR THE SAUCE:

- ¼ cup olive oil
- 3 garlic cloves, minced
- 4 large shallots, thinly sliced
- ½ cup low-sodium, organic vegetable broth
- 2 15-ounce cans crushed tomatoes with juice
- 2 teaspoons dried oregano
- ¼ teaspoon ground cinnamon
- 1 bay leaf
- Sea salt

FOR THE CASSEROLE:

- 1 tablespoon extra-virgin olive oil, plus more for brushing
- 3 medium zucchini (1½ pounds), sliced lengthwise ¼ inch thick
- 2 long, narrow eggplants (1½ pounds), peeled and sliced lengthwise ⅓ inch thick

Salt and freshly ground pepper

FOR THE TOPPING:

- 1 15-ounce can Great Northern beans, drained
- 2 garlic cloves, peeled
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 2 teaspoons chopped fresh parsley
- 1 teaspoon dried oregano
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ⅓ cup coarse sprouted-grain bread crumbs (about 1 slice ground in food processor)
- Chopped fresh parsley, for garnish

1. First, make the sauce: In a large, heavy-bottomed saucepan, combine the olive oil and garlic over medium heat. Let the garlic sizzle for about 30 seconds, then add the shallots and cook until they're soft and translucent, about 4 minutes. Add the broth and simmer until it's slightly reduced, about 3 minutes. Add the crushed tomatoes, oregano, cinnamon, and bay leaf. Partially cover the pan and simmer over medium-low heat for 12 to 14 minutes, stirring occasionally. The sauce should reduce slightly. Turn off the heat, remove the bay leaf, and season with salt to taste.

- 2.** While the sauce simmers, roast the eggplant and zucchini: Preheat the oven to 425°F. Brush olive oil on two large baking sheets (you can line them with foil first for easier cleanup). Arrange the zucchini and eggplant slices in a single layer, brush them with oil, sprinkle with salt and pepper to taste, and bake for 15 minutes, until tender.
- 3.** Make the topping: Blend all of the topping ingredients in a food processor until smooth.
- 4.** Assemble the casserole: Brush a large, shallow baking dish (about 10 by 15 inches) with olive oil. Lay half of the eggplant in the dish and spread one-fourth of the tomato sauce on top. Layer half of the zucchini on top, followed by another one-fourth of the tomato sauce. Repeat the layers with the remaining eggplant, zucchini and sauce. Spread the topping evenly over the casserole. Mix the breadcrumbs with 1 tablespoon of olive oil and sprinkle them over the casserole. Bake it in the upper third of the oven for 20 minutes. Let it stand for 5 minutes, then sprinkle with chopped fresh parsley and serve.



PHOTO BY TARA TUCKWILLER

Snacks

PHASE 2

Creamy Green Goddess Dip (vv)*

PHASE 2

Turkish Roasted Red Pepper Eggs (v)

PHASE 2

Edamame “Margarita” (vv)

*NOTE: Phase 2 recipes that include tofu, tempeh, or soy beans/edamame are approved *only* for vegans or vegetarians who do not eat eggs.

V=VEGETARIAN

VV=VEGAN

VEGAN

Creamy Green Goddess Dip

SERVES 5 (ABOUT 1/3 CUP PER SERVING)

This creamy dip is a tasty Phase 2 snack. Adjust the spices to change the flavor. Try adding lime and cilantro instead of the lemon and parsley for a twist.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

| | |
|--|-------------------------------|
| 1 14-ounce package silken tofu | 1/2 cup chopped fresh parsley |
| 1 cup steamed, shelled, and cooled edamame | 1/2 teaspoon ground cumin |
| Juice of 1 lemon | 1/2 teaspoon sea salt |
| | Any Phase 2 veggies |

1. Blend all ingredients in a blender or food processor until smooth.
2. Serve with celery, blanched and cooled green beans, endive spears, or any other Phase 2 veggies.



PHOTO BY TARA TUCKWILLER

VEGETARIAN

Turkish Roasted Red Pepper Eggs

SERVES 3

This roasted red pepper filling is inspired by a Turkish meze made with roasted hot peppers. This sweet, smoky version makes a great Phase 2 veggie dip, too.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 35 minutes

1 large red bell pepper, stem and seeds removed

½ teaspoon balsamic vinegar

½ teaspoon ground cumin

1 teaspoon sweet paprika

¼ teaspoon freshly ground black pepper

Pinch cayenne pepper

¼ teaspoon sea salt

6 hard-boiled eggs, halved, yolks removed

Minced fresh parsley

1. Preheat the broiler to high. Cut the red pepper lengthwise into quarters. Place them skin side-up on a foil-lined baking sheet. Broil for 8 to 10 minutes, checking often, until the skins are completely blistered and mostly blackened. Remove the baking sheet from the oven, fold the aluminum foil around the peppers to seal tightly, and let the peppers steam for 20 minutes.

2. When they're cool enough to handle, slip the skins off of the peppers and place them in a food processor with the balsamic vinegar, spices, and salt. Pulse until everything is smooth. Taste and adjust the seasonings if needed. Stuff the filling into the egg white halves, sprinkle with minced fresh parsley, and serve.



PHOTO BY TARA TUCKWILLER

VEGAN

Edamame “Margarita”

SERVES 4

Lime isn't just a garnish in this recipe. It actually plays a vital role in helping your liver metabolize the plant estrogens in soy.

PHASE 2

SNACKS

PREP TIME: 10 minutes ■ **TOTAL TIME:** 40 minutes (includes chilling time)

1 14-ounce package frozen edamame
(soybeans) in their shells
Coarse sea salt

Lime wedges
Red pepper flakes (optional)

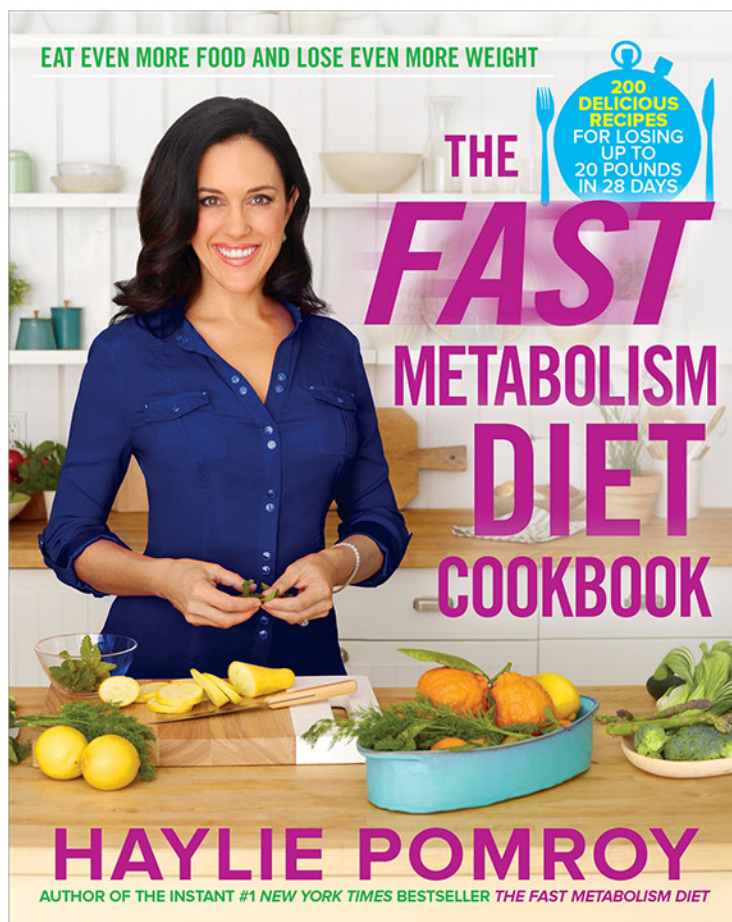
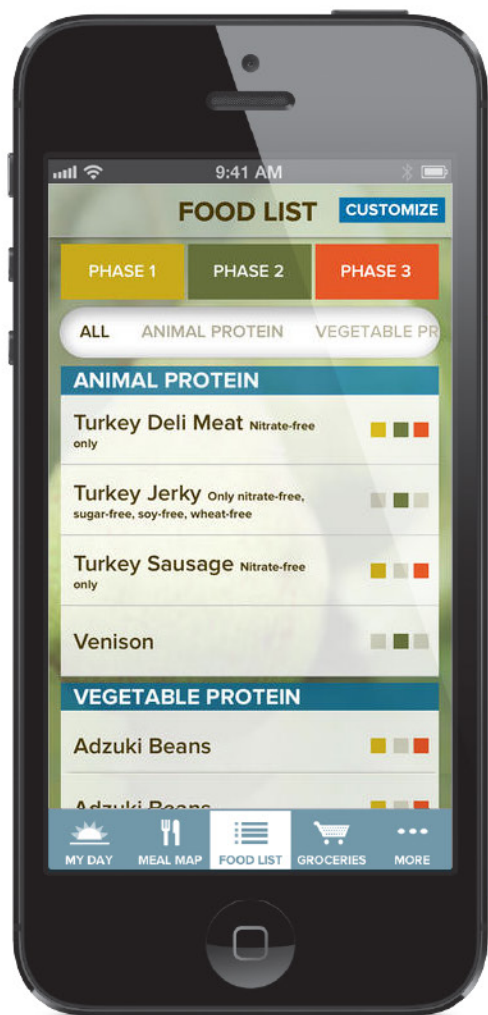
1. Add a teaspoon of sea salt to a large pot of water and bring it to a boil. Add the frozen edamame and boil for 4 to 5 minutes. (Or, you can bring water to a boil in a steamer and steam the pods for 5 minutes.) Drain the edamame in a colander and immediately rinse them with cold water.
2. Refrigerate the edamame until they are chilled, about 30 minutes. Serve the pods in chilled margarita glasses with a sprinkle of coarse sea salt, lime wedges, and red pepper flakes (optional).



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