

GREEN FOR SIX-PACK ABS!

21 Vegetarian and Vegan Diet Recipes!
For Weight Loss, Building Lean Muscle and Boosting Your Energy

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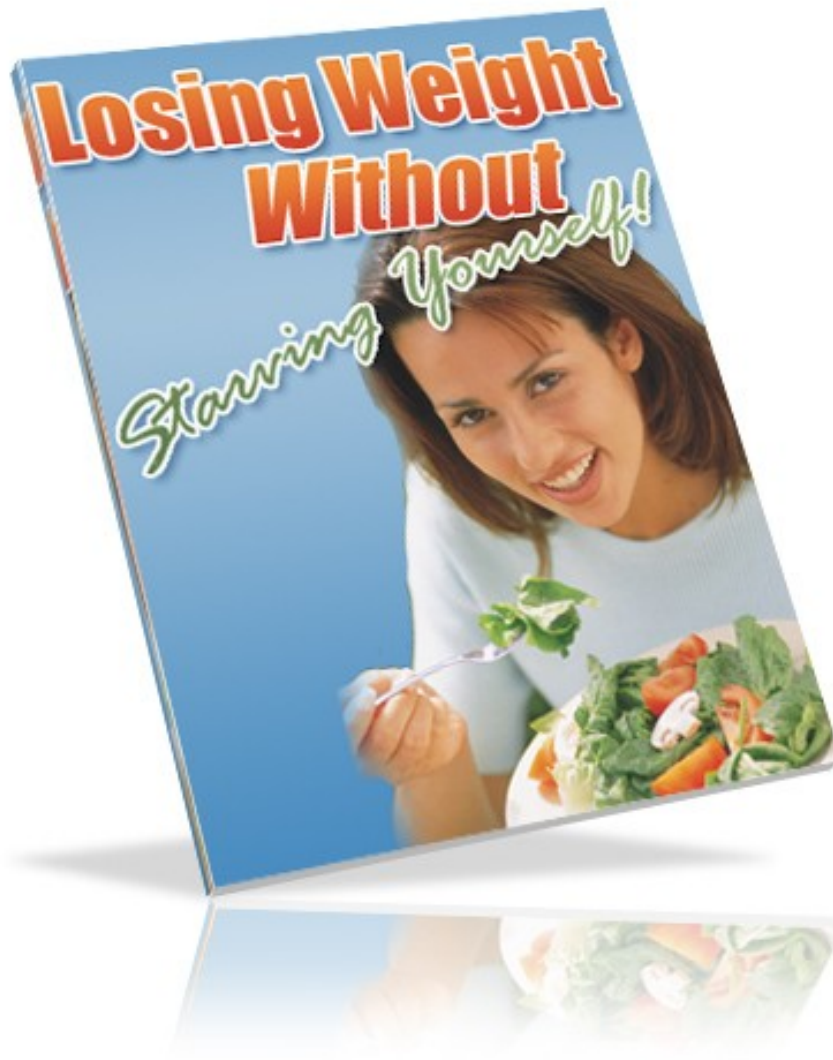
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Introduction

I want to thank you and congratulate you for your interest in the book, *“Green for Six-Pack Abs!”*

In the following pages you will discover how to prepare delicious and nutritious vegan recipes that will give you energy and promote lean muscle mass!

Let all of your fitness dreams come true by combining the vegan diet with a surefire fitness program that will help you form those washboard six pack abs!

There is no denying the fact that six pack abs are not easy to obtain, but with the right techniques it is definitely possible for anyone, especially you! You can find a lot of information on how to lose weight and tone your muscles online, and you can even sign up for gym membership, walk up to your trainer, and boldly declare that your goal is to get six pack abs. They will certainly be glad to help you out!

Of course, your diet is just as important as your workout routine, for only with the right diet would you be able to get rid of the layers of fat that are concealing those abs. Remember, no matter how many times you do sit-ups, they won't show until you get rid of those fats! The vegetarian or vegan diet will certainly speed things up for you, because with it you can get rid of excess fat faster than omnivores and carnivores can.

One major concern among aspiring vegetarians and vegans, though, is the misconception that there is not enough protein in this type of diet. Lentils, peanut butter, whole wheat, and rice are only some of the examples that contain the essential amino acids and healthy fats that promote lean muscle mass. One of the healthiest foods on earth is quinoa. It is a staple in the vegan diet and a favorite among fitness buffs because of its high protein and fiber content, not to mention complex carbs that will give you a lot of energy for your highly intensive workouts.

This recipe book will provide you with delicious, high protein dishes that will promote your workout program for those abs. Specifically, you can have high protein breakfast, lunch, dinner meals, and even snacks that are all vegan! All of the recipes in this book are easy to prepare and call for the use of everyday kitchen items. Many of the recipes can even be cooked in bulk and stored in the refrigerator for easy reheating. Now, all you will need to do is to buy your ingredients at the grocery store.

Have fun on your journey to becoming a lean, mean, and green muscle machine!

Thanks again for your interest in this book, I hope you enjoy it!

Chapter 1: BREAKFAST

Creamy Roasted Red Pepper Baked Omelet

Treat yourself to this creamy omelet with savory roasted red pepper fresh from the oven after your early morning workout—perfect with a side of sliced plantain and a hot cup of black coffee or green tea.

Number of Servings: 4

What You Will Need:

- 1 Tbsp extra virgin olive oil
- 1/4 cup thinly sliced roasted red pepper
- 5 large eggs (or 1 cup egg substitute for vegan)
- 1/4 cup 2 percent plain Greek yogurt or chilled coconut cream
- 1/4 cup milk, organic skimmed or almond
- 1 small garlic clove, minced
- 1/2 tsp dried crushed basil
- 1/2 shallot, diced
- 1/3 tsp kosher salt

- 1/4 tsp freshly ground black pepper
- 1/8 tsp garlic powder
- *Optional:* 3 oz Brie

How to Prepare:

1. Set the oven to 400°F to preheat.
2. Whip out a large bowl and beat the egg or egg substitute together with the milk, yogurt or coconut cream, dried basil, garlic powder, salt, and pepper. Continue to whisk everything until thoroughly blended.
3. Place an ovenproof frying pan over medium low flame and heat the extra virgin olive oil. Once hot, add the garlic and saute until you can sniff its aroma.
4. Stir the shallot into the pan and saute until it becomes translucent, which would take about 2 minutes.
5. Pour the egg mixture into the frying pan and set heat to medium. Cook for about 5 minutes, or until the bottom and the edges of the egg mixture has set.
6. Scatter the sliced roasted red pepper all over the top of the omelet, followed by the Brie if you chose to add it.
7. Transfer the frying pan into the preheated oven, then bake for about 8 to 10 minutes, or until the top is fluffy and pale golden.
8. Take the omelet out of the oven and set aside to cool for about 3 minutes. Slice into four equal pieces, then serve.

Luscious Almond Pancakes

Who does not like protein pancakes and some crisp vegan bacon for breakfast? Certainly, this is a meal fit for kings! Let this be your reward after your routinely abs-centered workout. Best served with hot black coffee and almond butter on the side.

Number of Servings: 2

What You Will Need:

- 2 1/2 Tbsp almond meal
- 1/3 cup and 1 1/2 tbsp whole wheat flour
- 1 tbsp soft silken tofu
- 1 tsp apple cider vinegar
- 1/2 tsp pure vanilla extract
- 1/2 tsp pure almond or orange extract
- 1/2 tbsp flaxseed oil
- 1/2 tbsp maple syrup
- 1/3 cup and 1 1/2 tbsp almond milk
- 1/4 tsp baking soda
- 1/4 tsp baking powder

- 1/4 tsp ground cinnamon
- 1/8 tsp sea salt

How to Prepare:

1. Stir together the milk and apple cider vinegar in a mixing bowl, then set aside for about 2 minutes. This will turn it into a vegan version of buttermilk.
2. Place the soft silken tofu inside a food processor and blend until smooth. Stir it into the vegan buttermilk mixture, followed by the flaxseed oil, extracts, and maple syrup.
3. Gently stir in the almond meal, whole wheat flour, cinnamon, baking soda, salt, and baking powder into the mixture. Be careful not to over-mix; a few lumps are perfectly alright.
4. Set the bowl of pancake batter aside for 5 minutes.
5. Place a nonstick griddle over medium high flame. Once hot, reduce heat to medium low.
6. Use a ladle to scoop the batter onto the hot griddle. Cook for about 2 minutes per side, only flipping over once the uncooked top becomes bubbly.
7. Divide the pancakes into two servings and serve at once.

Chia Seed and Blueberry Mason Jar Mornings

Wake up to this delightful pudding in a jar that you can enjoy as a healthy breakfast for slow workout days. It will also serve as a refreshing snack or even as a dessert. You can also use any other berry you prefer.

Number of Servings: 3

What You Will Need:

- 6 oz frozen blueberries
- 2 tbsp pure maple syrup
- 6 oz soft silken tofu
- 2 tbsp white chia seeds
- 1/4 tsp vanilla extract
- 3 oz fresh blueberries

How to Prepare:

1. Thaw the frozen blueberries in a blender. Blend until it becomes a smooth consistency.
2. Add the maple syrup and tofu into the blender and pulse until just combined.
3. Fold the vanilla extract and chia seeds to the mixture.
4. Transfer the covered blender container into the refrigerator, covered. You can also

transfer the mixture into a bowl and cover it. Keep in the refrigerator for a minimum of 3 hours; best chilled for 12 hours.

5. Prepare three small mason jars, then divide the fresh blueberries among them. Pour the chia seed mixture into the containers, on top of the blueberries.
6. Seal the jars and refrigerate for up to 3 days.

Baked Banana and Peanut Butter Porridge

This flavorful and power-packed breakfast in a bowl can be enjoyed on a regular basis. Treat it as an instant pick-you-upper right after your early morning cardio to trim down your waistline.

Number of Servings: 2

What You Will Need:

- 3/4 cup traditional rolled oats
- 1 overripe banana
- 1/2 cup almond or 1 percent milk
- 2 1/2 tbsp creamy peanut butter (or almond butter)
- 1/2 tsp ground cinnamon
- 1/4 tsp baking powder
- 1/16 tsp salt
- 1/8 tsp ground nutmeg
- 1 1/2 tbsp maple syrup
- 1/4 tbsp vanilla extract
- 1/2 tbsp ground flaxseed

- 1 1/2 tbsp warm water

How to Prepare:

1. Set the oven to 375°F to preheat. Coat a small baking dish with nonstick cooking spray and set aside.
2. Mix together the oats, baking powder, salt, cinnamon, and nutmeg in a mixing bowl.
3. In a separate bowl, use a fork to mash the banana, then mix in the milk, peanut butter or almond butter, vanilla extract, and maple syrup.
4. In a small bowl, mix together the ground flaxseed and warm water, then pour the mixture into the banana mixture and combine well.
5. Gradually stir the oat mixture into the banana mixture until everything is combined.
6. Pour the mixture into the prepared baking dish and bake for 25 to 30 minutes, or until golden brown and set.
7. Place on a cooling rack for 3 minutes, then slice in half and serve at once.

Chapter 2: SOUPS AND STEWS

Caribbean Inspiration Black Bean Soup

This delicious soup combines the elements of a traditional Caribbean flavor, including lime, cumin, red pepper, turmeric, and other such surprises. It is a great meal to enjoy if you do not have enough time to prepare a full-blown main course with sides. You may cook twice the amount, divide it in separate containers, and store them in the freezer for easy reheating throughout a busy week.

Number of Servings: 3

What You Will Need:

- 1 tbsp canola oil
- 1/2 small red onion, minced
- 2 small garlic cloves, minced
- 1/4 tsp sea salt
- 1 1/2 cups vegetable broth
- 1 small red bell pepper, cored and diced
- 8 oz canned black beans, unsalted
- 1 tbsp freshly squeezed lime juice
- 1/2 tbsp dried oregano

- 1/2 tbsp ground cumin
- 3/4 tsp paprika
- 1/4 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes
- 1/2 bay leaf
- 1/8 tsp ground turmeric
- 1/2 small avocado

How to Prepare:

1. Drain the canned black beans thoroughly, then transfer into a colander and rinse under cold running water. Set aside to drain.
2. Place a soup pot over medium flame and add the canola oil. Once hot, stir in the garlic and saute until you can sniff the aroma, which will take about half a minute.
3. Stir in the onion and some of the salt. Saute until the onion becomes tender, then stir in the red bell pepper and saute until bell pepper is tender.
4. Add the broth into the pot, then stir in the black beans, bay leaf, lime juice, black pepper, cumin, oregano, paprika, red pepper flakes, and turmeric.
5. Stir in the remaining salt, then cover the pot and allow the soup to simmer for about 20 minutes.
6. With a slotted spoon, fish out the bay leaf and discard.
7. If desired, you can pour half of the soup into a blender or a food processor, or use

an immersion blender to puree the mixture. Reheat the soup afterwards if you have decided to go through this step.

8. Ladle the soup into three bowls, then slice the avocado into cubes and divide the cubes among the three servings. Serve at once.

Classic Root Vegetable and Seitan Stew

This stew is a family favorite and can fill you up and give you the protein and energy that you need before and after a highly intensive workout—perfect for a post-gym dinner.

Number of Servings: 2

What You Will Need:

- 1 1/2 tbsp canola oil
- 1 1/2 tbsp almond or all purpose flour
- 2 oz chopped cremini mushrooms
- 1/3 cup chopped carrot
- 6 oz seitan, sliced into bite-sized pieces
- 2 small garlic cloves, minced
- 1/2 dried bay leaf
- 1/4 cup chopped turnip
- 1/4 cup chopped parsnip
- 1/4 cup chopped celery
- 1/2 small onion, chopped
- 3 shiitake mushroom caps, sliced thinly

- 1/8 tsp dried thyme
- 1/8 tsp dried ground rosemary
- 1/8 tsp paprika
- 2 tbsp dry red wine or vegetable broth
- 1 1/4 cups vegetable broth, low sodium
- *Optional:* 4 oz roasted potato spuds
- 1/8 tsp sea salt
- 1/8 tsp freshly ground black pepper

How to Prepare:

1. On a dish, mix together the flour, salt, and pepper. Dredge the sliced seitan into the mixture, tapping off any excess.
2. Place a pot over medium flame and heat a tablespoon of the canola oil. Cook the seitan in the pot for about 6 minutes, or until the pieces are golden brown all over.
3. Add the rest of the canola oil into the pot, then stir in the mushrooms, carrot, onion, celery, parsnip, turnip, shiitake mushroom caps, garlic, bay leaf, paprika, rosemary, and thyme.
4. Saute the mixture for about 4 minutes, or until the vegetables are almost tender. Take care not to burn the garlic. If it starts to brown, reduce to low flame.
5. Stir the 2 tablespoons of dry red wine or broth into the mixture, then scrape the bottom of the pan to loosen up and stuck bits.

6. Pour the vegetable broth into the pot, then increase the heat until the liquids are boiling. Once it starts to boil, reduce the heat to medium low until it only simmers.
7. Partially cover and cook for 20 minutes, then add the roasted potato spuds and cook for an additional 8 minutes. Once all of the root vegetables are fork tender, take out the bay leaf and serve.

Popeye's Favorite Spinach Soup

On days when you just don't feel like working out but you also don't want to gain weight, this simple recipe will save your day! It is flavorful, it has protein, and it won't pack on the pounds.

Number of Servings: 3

What You Will Need:

- 1/2 tbsp extra virgin olive oil
- 4 cups vegetable broth
- 1 small yellow onion, diced
- 1 1/2 celery ribs, diced
- 1 large head of broccoli, chopped
- 2 bunches spinach, chopped
- 7 oz silken tofu, drained
- 1 1/2 cups unsweetened soy milk
- 1/2 tsp freshly ground black pepper
- 1/4 tsp cayenne pepper
- 1/8 tsp salt

How to Prepare:

1. Pour the vegetable broth into a saucepan and place over high flame to boil.
2. In the meantime, place a frying pan over medium high flame and heat the olive oil. Once hot, stir in the onion and celery with the salt. Saute for about 3 minutes, or until tender and translucent.
3. Once the vegetable broth is boiling, put the broccoli in it and cook for about 2 minutes or until the pieces become vividly green. Add the spinach and cook for 1 minute or until wilted.
4. Scrape the onion and celery with the olive oil into the saucepan with the broccoli. Remove the saucepan from the heat, then stir in the soy milk and set aside to cool slightly.
5. Put the silken tofu in a bowl and break it up with your hands. Scrape the tofu into the saucepan, then season with salt and pepper.
6. Using an immersion blender, food processor, or regular blender, blend the slightly cooled soup until all the ingredients are pureed.
7. Return the soup into the saucepan if you didn't use an immersion blender, then place over the medium flame to heat through. Adjust the seasoning, then stir well and serve.

Hearty Sunny Fire-Roasted Tomato Soup

This warm soup will be perfect for cold evenings with the family. What you will like about this version is that it is a blend of different tomatoes and has a protein-filled twist to it. Enjoy!

Number of Servings: 3 to 4

What You Will Need:

- 2 tbsp olive oil
- 1/4 yellow onion, minced
- 2 large garlic cloves, minced
- 14 oz canned fire-roasted tomatoes
- 14 oz canned unsalted crushed tomatoes
- 1/3 cup sun-dried tomatoes, chopped
- 1/2 cup almond milk or 1 percent milk
- 1 cup vegetable broth
- 1/2 tbsp water
- 1 tsp maple syrup
- 1/2 tbsp all purpose or almond flour

- 1/2 tbsp dried rosemary
- 1 tbsp herbes de Provence
- 1/8 tsp each: crushed red pepper, freshly ground black pepper, and white pepper
- 1/2 cup pearl barley
- 8 oz canned unsalted navy beans, rinsed and drained thoroughly

How to Prepare:

1. Place a saucepan over medium flame and heat the olive oil. Stir in the garlic and saute until aromatic. Stir in the onion and saute until soft and translucent.
2. Stir in the sun-dried tomatoes and saute until tender, which will take about 3 minutes.
3. Meanwhile, combine the water and flour in a bowl. Then, stir it into the saucepan along with the remaining tomatoes, followed by the milk and broth, spices, barley, beans, and maple syrup.
4. Stir the mixture to combine, adjusting the seasoning, if needed. Cover and set to low flame. Let simmer for 20 minutes, or until the barley becomes puffed. Serve at once.

Chapter 3: MAIN COURSE MEALS

Vegan's Dream Come True Lasagna

What? A vegan lasagna? But what about the cheese? Try this recipe and taste for yourself the ingenuity of this one-of-a-kind lasagna that is good for the muscles sans the dairy. Be careful not to eat this on a daily basis, though! Variety is still the key to building your six-pack abs, after all.

Number of Servings: 3

What You Will Need:

- 4 whole wheat lasagna noodles
- 1/2 tbsp chopped fresh basil

For the Filling:

- 1 garlic clove, minced
- 1 tsp dried basil, divided
- 1 tsp dried oregano, divided
- 1/8 tsp sea salt
- 7 oz extra firm tofu

- 1/4 cup roasted cashews, unsalted
- 2 tbsp nutritional yeast
- 1/2 zucchini, chopped
- 1/2 red bell pepper, cored and chopped
- 1/4 yellow onion, chopped
- 4 oz sliced white mushrooms
- 1/2 tbsp olive oil
- 1/8 tsp freshly ground black pepper

For the Sauce:

- 1/2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 14 oz canned crushed tomatoes with basil
- 1 tbsp tomato paste
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 tsp sea salt

- 1/8 tsp crushed red pepper flakes

How to Prepare:

1. Place the cashews in a heat-resistant bowl and add freshly boiled water. Set aside for 40 minutes.
2. Meanwhile, set the oven to 400°F to preheat.
3. Combine the zucchini, red bell pepper, mushrooms, and onion on a rimmed baking sheet, then drizzle the olive oil all over and season with a bit of salt and the black pepper. Toss to coat.
4. Spread the vegetables into a single layer, then place in the oven to roast for about 15 to 20 minutes.
5. Transfer the softened cashews into a food processor and add half each of the dried oregano and basil, followed by the salt, garlic, and nutritional yeast. Pulse until the mixture forms into a paste, then transfer into a mixing bowl.
6. Add the tofu into the cashew paste, then crumble using a fork or better yet, your fingers. Set aside.
7. Place a pot over medium flame and heat the olive oil. Once hot, stir in the garlic and cook until aromatic.
8. Stir in the tomatoes, the remaining oregano and basil, then the tomato paste, red pepper flakes, and a bit of salt into the pot.
9. Increase the heat to bring the mixture to a boil. Once boiling, set heat to low, then cover and let the sauce simmer for about 8 to 12 minutes.
10. Take the roasted vegetables out of the oven and set aside on a cooling rack.
11. Set the oven to 350°F to preheat.

12. Prepare the lasagna noodles based on manufacturer's instruction.
13. To assemble the lasagna, prepare a small baking dish and first add some of the sauce. Arrange two cooked lasagna noodles on top, followed by some of the cashew mixture, then some of the veggies, and finally the sauce. Repeat to create the second layer on top. The final layer should be a combination of the sauce and the cashew mixture.
14. Cover the baking sheet using aluminum foil. Place in the oven and bake for 25 minutes.
15. Take out the foil and check to see if lasagna is ready. If not, return to the oven and bake for about 8 minutes, or until it is cooked to a desired consistency.
16. Take the lasagna out of the oven and slice into three even servings. Sprinkle the fresh basil on top, then serve.

Sauteed Kale and Special Tofu

This foolproof dinner recipe is high in protein and nutrients. Enjoy it on its own or complemented with a light side dish. The best part of all? Even meat lovers will love it.

Number of Servings: 6

What You Will Need:

- 1/3 cup all purpose or whole wheat pastry flour
- 3 tbsp canola oil
- 1/3 cup minced shallot
- 5 garlic cloves, minced
- 6 cups chopped kale
- 3 tbsp minced sun-dried tomatoes
- 21 oz diced tomatoes, juices retained
- 2/3 cup vegetable broth
- 1/3 cup dry white wine or vegetable broth
- Juice of 1 small lemon
- 3 tbsp chopped fresh basil
- 1/8 tsp sea salt

- 1/8 tsp freshly ground black pepper

For the Special Tofu:

- 1 1/2 lb extra firm tofu
- 2/3 cup vegetable broth
- 1/3 cup dry white wine or vegetable broth
- 3 tbsp nutritional yeast
- 1 1/2 tbsp olive oil
- 3 garlic cloves, minced
- 1 1/2 tsp dried poultry seasoning
- 3/4 tsp onion powder
- 3/4 tsp sea salt
- 1/3 tsp garlic powder
- 1/8 tsp ground white pepper

How to Prepare:

1. First make the special tofu. Excluding the tofu, combine all of the ingredients listed under Special Tofu in the prepared baking dish. Once combined, place the tofu in the mixture and turn to coat all over. Refrigerate for at least an hour.

2. Once you are ready to bake, set the oven to 400°F to preheat. Coat a glass baking dish using nonstick cooking spray. Place the baking dish into the oven and bake for 20 minutes. Flip over the tofu and bake for an additional 20 minutes, then remove from the oven and set aside.
3. Reduce the oven temperature to 350°F.
4. On a dish, combine the flour and pepper, then place the baked special tofu in it and turn to coat.
5. Place a frying pan over medium high flame and heat the oil. Once hot, cook the tofu for 3 minutes per side, or until golden brown. Transfer into a baking dish and place in the oven to keep from getting cold.
6. Saute the garlic in the same frying pan and saute until aromatic. Then, stir in the sun-dried tomatoes, diced tomatoes and its juices, the broth, wine, and kale. Let simmer for 12 minutes, or until the kale becomes tender.
7. Turn off the heat and stir in the lemon juice and basil. Season with salt and black pepper to taste, then add the sliced tofu on top and serve.

Southeast Asian-Style Grilled Tempeh with Pineapple and Green Onion

This refreshing yet protein-packed main course meal will titillate your taste buds and make you think of the tropical beaches in Southeast Asia. Speaking of beaches, you should continue to work hard on those abs and you are sure to flaunt them at your next beach getaway.

Number of Servings: 4

What You Will Need:

- 10 oz tempeh, sliced
- 1 tbsp extra virgin olive oil
- 1/4 cup hoisin sauce
- 1 tbsp coconut aminos or low sodium organic soy sauce
- 2 1/2 tbsp freshly squeezed orange juice
- 1 1/2 tbsp freshly squeezed lemon juice
- 1/4 pineapple, peeled and sliced into rings
- 6 oz green beans, rinsed and drained thoroughly
- 1 red bell pepper, cored and quartered

How to Prepare:

1. Mix together the olive oil, orange and lemon juices, coconut aminos or soy sauce,

and hoisin sauce in a bowl. Add the diced tempeh and set aside.

2. Preheat the grill or place a grill pan over medium high flame. Once hot, lift the marinated tempeh from the bowl with a pair of tongs and transfer them to the grill or pan.
3. Grill for 2 to 3 minutes, or until browned all over.
4. Grill the sliced pineapples alongside the tempeh, then transfer them directly onto the serving platter.
5. Place the grilled tempeh beside the grilled pineapple and cover with aluminum foil to keep warm.
6. Meanwhile, place the green beans and bell peppers in a bowl and add just enough of the marinade to coat.
7. Prepare the grill pan and add the vegetables. Grill until fork tender and slightly charred.
8. Transfer the grilled vegetables to the serving platter and arrange artfully with the tempeh and pineapple. Serve at once.

Vegan Spaghetti and Protein Nut-Balls

For days when you are just craving for spaghetti. Enough said.

Number of Servings: 4

What You Will Need:

- 8 oz whole wheat spaghetti
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 14 oz canned crushed tomatoes
- 2 tbsp chopped red onion
- 2 tbsp chopped fresh basil
- 1/4 tsp red pepper flakes
- 1/4 tsp sea salt

For the Protein Nut-Balls:

- 1 slice toasted whole wheat bread
- 1/2 cup water
- 8 oz canned navy beans, rinsed and drained thoroughly

- 1/4 cup black lentils, rinsed and drained
- 3 oz sliced shiitake mushrooms
- 1 garlic clove
- 1 tbsp grated nut-based vegan cheese, Parmesan flavored
- 1/4 cup unsalted raw walnuts, chopped
- 1/4 cup each: chopped fresh basil, chopped fresh parsley
- 1/2 tsp sea salt
- 1/8 tsp onion powder
- 1/2 tbsp ground flaxseed
- 1/2 tbsp warm water
- 2 tbsp whole wheat flour

How to Prepare:

1. First make the protein nut-balls. In a saucepan, mix together the water and lentils. Place over medium high flame and bring to a low boil.
2. Once boiling, reduce to low flame and cover. Let simmer for 15 to 20 minutes, adding more water if necessary. Turn off the heat once tender, but not turned into mush.
3. Put the toasted bread into the food processor and grind until powdery. Transfer the cooled lentils into the food processor and add the walnuts, mushrooms, beans,

basil and parsley, onion powder, salt, garlic, and nut-based cheese. Process until smooth but not turned into mush.

4. In a small bowl, combine the warm water and ground flaxseed, then add it into the food processor and mix it with the walnut mixture.
5. Set the oven to 350°F to preheat. Coat a rimmed baking sheet with nonstick cooking spray.
6. Transfer the mixture into a mixing bowl and knead in the flour with your hands. Form them into balls at about 2 tablespoons per ball.
7. Arrange the balls on the prepared baking sheet and then bake for about 30 minutes, or until golden brown and firm.
8. Meanwhile, cook the pasta based on the instructions on the package.
9. Place a saucepan over medium flame and heat the olive oil for the sauce. Once hot, stir in the garlic and saute until aromatic. Stir in the onion and salt and cook until onion is tender.
10. Stir in the tomatoes, basil, and red pepper flakes. Increase the heat to a boil, then reduce to low flame and allow the sauce to thicken and simmer for about 12 minutes.
11. Combine the sauce and pasta in a serving bowl, then divide into four servings. Top each serving with an even number of meatballs and serve.

Chapter 4: SIDES

Basic Mediterranean Style Quinoa

Quinoa is a favorite side dish staple among vegans and vegetarians because it is so easy to make and complements almost any type of vegan main dish out there, be it roasted vegan hot dogs or a bowl of hot bean soup. Perfect for helping to build muscles without the trans fats!

Number of Servings: 2

What You Will Need:

- 1/2 tbsp extra virgin olive oil
- 1/2 cup quinoa, rinsed and drained thoroughly
- 1/4 red onion, minced
- 7 oz canned diced tomatoes, unsalted
- 1 cup vegetable broth
- 2 tbsp chopped fresh cilantro
- 1/4 tsp crushed red pepper flakes

How to Prepare:

1. Place a saucepan over medium flame and add the extra virgin olive oil. Once the

oil is hot, stir in the red onion and saute for about 2 minutes, or until it becomes translucent.

2. Stir the quinoa into the saucepan with the onion until it becomes toasted, which will take about 2 minutes.
3. Add the vegetable broth, then stir in the tomatoes, red pepper flakes, and cilantro.
4. Increase the heat to bring the mixture to a low boil. Once boiling, set heat to medium low and let it simmer for about 15 minutes, or until the quinoa has fully absorbed the broth and becomes fluffy.
5. Fluff up the cooked quinoa with a fork, then divide between two plates and serve with your favorite main course or as is.

Baked Lentil Barbecue

This savory side dish tastes absolutely divine even when you pair it with a less flavorful dish, such as baked sweet potato. It is protein-packed, which can help you get those abs, stat!

Number of Servings: 4

What You Will Need:

- 2 1/4 cups water, divided
- 1 cup dried green lentils
- 2 small carrots, peeled and minced
- 1 tsp extra virgin olive oil
- 1/4 cup ketchup, preferably organic
- 1/4 cup chopped red onion
- 2 tbsp tomato paste
- 1 tbsp each: liquid smoke, Worcestershire sauce (vegan), maple syrup, and Dijon mustard
- 2 tbsp apple cider vinegar
- 3/4 tsp onion powder
- 1/4 tsp sea salt

- 1/4 tsp cayenne pepper

How to Prepare:

1. Wash the lentils in a colander under cold running water. Remove any sediments and set aside to drain thoroughly.
2. Transfer the lentils into a pot and add the 2 cups of water. Place over medium high flame and bring to a boil.
3. Once boiling, reduce heat until it is simmering. Continue to cook for about 20 minutes, uncovered, or until the lentils are barely tender. Pour in more water to prevent drying out.
4. Once the lentils are cooked, drain in a steel colander and set aside.
5. Place a frying pan over medium high flame and heat the olive oil. Once hot, stir in the carrots and onion and reduce heat to medium flame. Cover and stir occasionally as you cook for about 5 minutes, or until carrots are tender and onion is translucent.
6. Meanwhile, set the oven to 350°F to preheat.
7. In a small ovenproof dish, combine the water, apple cider vinegar, maple syrup, liquid smoke, mustard, tomato paste, ketchup, and mustard. Mix well, then stir in the salt, cayenne pepper, and onion powder.
8. Transfer the cooked carrots and onion into the dish, then the lentils. Mix everything until lentils and carrots are coated.
9. Place the dish into the oven and bake for 20 minutes. Best served hot.

Garlic and Chives Mashed Potatoes

This melt-in-your-mouth side dish will instantly make any meat-substitute main course taste like a five-star meal.

Number of Servings: 2

What You Will Need:

- 5 red potatoes, cubed
- 1/4 cup almond milk
- 1/4 cup margarine
- 1 1/2 tsp minced garlic
- 1/6 tsp garlic powder
- 1/8 tsp dried chives
- *Optional:* 1 tbsp maple syrup

How to Prepare:

1. Place the cubed potatoes into a small pot and add just enough water to cover them. Stir in half of the minced garlic, then set heat to medium high and let the mixture boil for 10 minutes.
2. Drain the boiled potatoes, then stir in the margarine. With a potato masher or a fork, mash everything together.

3. Mash the almond milk, garlic powder, remaining garlic, and maple syrup, if using, into the potato mixture.
4. Mix well, then serve.

Middle Eastern Lentil Rice

This side dish is a favorite among vegan fitness buffs because of its high energy and protein content, which can also make it a great pre- or post-workout meal.

Number of Servings: 3

What You Will Need:

- 1/2 tbsp extra virgin olive oil
- 1/3 cup dry brown jasmine rice
- 1/3 cup dry green lentils
- 1 1/2 cups vegetable broth, plus more
- 3 oz sliced leek
- 1 white onion, chopped
- 2 garlic cloves
- 1/4 tsp each: sea salt, paprika, ground cumin, ground cinnamon, ground coriander
- 1/8 tsp cayenne pepper
- 1 tbsp chopped fresh cilantro or parsley
- 1 tbsp chopped fresh mint
- 1 tbsp freshly squeezed lemon juice

- Zest of 1/2 lemon

How to Prepare:

1. Rinse the lentils and rice thoroughly, removing and sediments.
2. Combine the lentils and rice in a rice cooker and add the broth. Stir, then cover and cook for 30 minutes, or until puffed and tender. If you don't have a rice cooker, follow the cooking instructions on the rice packaging.
3. Place a frying pan over medium flame and heat the oil. Once hot, saute the leek and onion for about 8 minutes, or until browned.
4. Stir in about 3/4 tablespoon of vegetable broth, then stir in the spices, salt, and garlic. Continue to cook for about 3 minutes or until the spices are aromatic.
5. Transfer the cooked lentil rice into a bowl and spoon the spiced onion over it. Gently mix everything with a rubber spatula.
6. Before serving, stir in the lemon juice and zest, and cilantro or parsley. You can store it in the refrigerator for up to 72 hours in an airtight container. Always reheat before you serve.

Roasted Garlic and Butternut Squash

This homey yet incredibly tasty side dish tastes amazing on its own or with your favorite main course. And if you have any food cravings, a spoonful would be enough to kick those to the curb.

Number of Servings: 3

What You Will Need:

- 1 1/2 cups peeled and cubed butternut squash
- 1 garlic clove, minced
- 1 1/2 tbsp extra virgin olive oil
- 1/8 tsp sea salt
- 1/8 tsp freshly ground black pepper

How to Prepare:

1. Set the oven to 350°F to preheat. Lightly grease a rimmed baking sheet with nonstick cooking spray.
2. In a bowl, combine all of the ingredients together. Toss until the squash is completely coated.
3. Spread the squash mixture onto the baking sheet in an even layer.
4. Bake for 20 minutes, or until hot and tender. Serve at once.

Chapter 5: SNACKS

Berry Almond Chia Seed and Quinoa Granola

Making your own granola means you can choose whatever ingredients you like. At the same time, you get to save a lot of money because buying your own ingredients and preparing granola in bulk is a lot cheaper than buying commercial vegetarian and vegan granola. Customize this recipe to your liking. Best served with unsweetened soy milk or 1 percent milk.

Number of Servings: 7

What You Will Need:

- 1/2 cup uncooked quinoa
- 1 tbsp coconut oil
- 1 tbsp chia seeds
- 1 cup steel cut rolled oats
- 1/4 cup almond butter
- 1/4 cup unsweetened coconut flakes
- 1/4 cup chopped raw almonds
- 1/4 cup unsweetened applesauce, preferably organic
- 1/8 cup raw pumpkin seeds

- 2 tbsp brown sugar
- 1 1/2 tbsp honey or maple syrup
- 1/4 tsp almond extract
- 1/4 cup dried berries, such as cranberries, blueberries, raspberries and/or cherries
- 1/8 tsp sea salt

How to Prepare:

1. Set the oven to 300°F to preheat. Cover a rimmed baking sheet with baking paper and set aside.
2. Choose a large bowl and in it you should combine the quinoa, almonds, coconut flakes, pumpkin seeds, chia seeds, salt, and brown sugar very well.
3. Place a small saucepan over medium flame and add the coconut oil and almond butter. Mix well until melted, then turn off the heat.
4. Add the honey or maple syrup, applesauce, and almond extract into the coconut oil and almond butter mixture.
5. Fold the coconut oil mixture into the quinoa mixture until everything is evenly distributed.
6. Spread the mixture on the prepared baking sheet until it is an even layer, then bake until golden brown in the oven for 25 to 30 minutes, stirring once every 5 to 6 minutes.
7. After the granola is baked, transfer the baking sheet on a cooling rack and let cool completely for at least 30 minutes.
8. Once cooled, add the dried berries and mix well.

9. Transfer the granola into an airtight container and store in a cool and dry place. Measure out approximately half a cup per serving.

Cacao and Almond Nibbles

This simple treat is a delight to almond fans everywhere who want to enjoy something that is one step above their favorite regular, toasted nuts. Enjoy it as a pre-workout snack.

Number of Servings: 5

What You Will Need:

- 1/2 tsp warm water
- 1/2 tsp corn starch
- 2 tbsp cacao nibs
- 2 tbsp loose light brown sugar
- 1 cup roasted whole almonds
- 1/2 tsp pure vanilla extract
- 1/2 tbsp maple syrup
- A dash of salt
- *Optional:* 1/2 tsp instant coffee powder

How to Prepare:

1. Set the oven to 325°F to preheat. Cover a rimmed baking sheet with baking paper and set aside.

2. In a coffee grinder, combine the sugar, cacao nibs, salt, and coffee powder, if using. Grind until fine.
3. Combine the warm water and cornstarch in a glass bowl until the corn starch is completely dissolved. Add the maple syrup and vanilla extract, then stir to mix.
4. Place the almonds into the mixture and turn to coat.
5. Stir the cacao mixture into the bowl with the almonds until evenly combined.
6. Spread the coated almonds on the prepared baking sheet, then place in the oven and toast for 7 minutes.
7. Carefully shake the baking sheet to disturb the almonds, then toast again for about 3 to 4 minutes, or until the coated almonds look more dry.
8. Set the baking sheet on a cooling rack and allow to cool completely. Once cooled, transfer into an airtight container and refrigerate for up to 14 days. Ideally, divide into five servings in separate containers to avoid overeating.

Cocoa and Date Protein Bites

Here is a little something to enjoy not just after dinner, but also before and after a workout. These tasty bites pack a punch because they also include two varieties of seeds. Enjoy!

Number of Servings: 4

What You Will Need:

- 2 1/2 tbsp sesame seeds
- 2 1/2 tbsp hemp seeds (substitute with chopped walnuts)
- 2 1/2 tbsp cocoa powder
- 2 1/2 tbsp dark chocolate chips, 85 percent cacao, dairy free
- 1/2 cup finely chopped dates
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/8 tsp sea salt

How to Prepare:

1. Simply combine all of the ingredients in a food processor or blender and pulse until it becomes a thick paste.
2. With a tablespoon, scoop out the paste and form into balls. Arrange the balls on a

tray that could fit inside your freezer.

3. Once the entire mixture has been divided into balls, freeze them for at least 20 minutes. Serve chilled and store any excess in a covered container in the freezer for up to 2 weeks.

Vegan Vanilla Ice Cream

Say goodbye to cheat day and hello to vegan ice cream day! Don't let your food cravings get in the way of your workout progress. Whip up this really easy vegan ice cream dish and enjoy!

Number of Servings: 2

What You Will Need:

- 1 cup light coconut milk
- 1/3 cup agave nectar
- 3/4 tsp vanilla bean paste
- 2/3 cup soy milk

How to Prepare:

1. Combine all of the ingredients in a mixing bowl, then pour it into an ice cream maker.
2. Set the ice cream maker to churn for 30 minutes, then transfer the mixture into a container and place it in the freezer.
3. Let the ice cream freeze for a minimum of 4 hours, then serve.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to become healthier and to achieve your fitness goals without compromising the vegan lifestyle.

Also, don't forget to get *YOUR FREE BONUS BOOK* at the end of this book!

The next step is to keep moving forward and continue to build the right habits that will help you reach your washboard abs goal!

Thank you and good luck!

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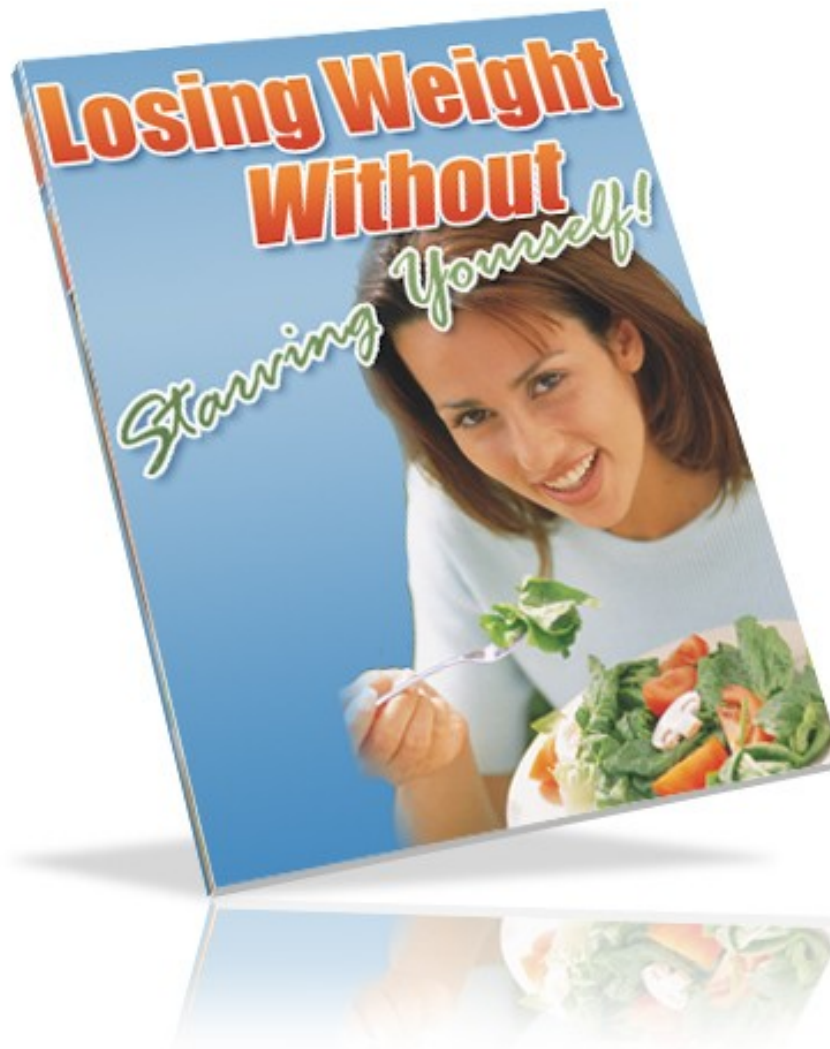
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Inside these pages is a wealth of information about losing weight and still feeling like you're cheating on your diet. What can you find?

- Information about metabolism and why it controls your weight loss.
- Putting yourself into the right mindset to lose weight
- What foods you can eat
- What foods you CAN'T eat
- How to shop for the right foods

- And much, much more!

This book takes the advice of nutritionists, diet experts, and even the Mayo Clinic to offer YOU the best advice around on how to lose weight and not feel hungry in the process. After all, that's why most people hate the thought of dieting.

Some people think that eating salads every day is the only way to lose weight. Well, it's a good start, but, really, truly, how long do you think it will take before you dread the mere sight of a lettuce leaf?

The truth is that salads alone just can't satisfy the needs of the average person. It'll work for a while, but you run the risk of falling hopelessly off your diet – and quickly at that!

Believe it or not,

You Can Enjoy Regular Food And Still Lose Weight!

It's true! I didn't think so either until I read this book! The secret to losing weight without starving yourself is right here inside these pages. Plus it gives you some excellent advice on what foods you should eat, portion sizes, number of meals and exercise regimens. In fact, you will read about:

- A great fat burning exercise workout
- Toning exercises
- Exercise to banish cellulite
- Walking for weight loss
- And other forms of exercise to help you along!
- When there are over fifty percent of our fellow Americans who are out there struggling with their weight, there's really no reason NOT to buy this book.



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