

JACKED

VEGAN

RECIPE BOOK



JACKED VEGANS

BY JULIAN HIERRO

Welcome!

In this Book you can find many recipes of **Meals, Desserts, Snacks** etc that are **ALL vegan** + **macro friendly** to assist you in your fitness Journey.



- High Protein



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Protein Berry Smoothie

INGREDIENTS	PROTEIN	NET CARBS	FATS
1 cup Frozen Strawberries			
1/2 cup Almond Milk			
1 tbsp Almond Butter			
5 drops Vanilla Extract			
1 tbsp Chia Seeds			
1 scoop Protein Powder			
3 pieces Ice Cubes			
1 pinch Cinnamon			
TOTAL RECIPE:	28.5	23.8	13.9



INSTRUCTIONS:

- Combine everything in a high powered food processor and process until smooth



Protein Choc Smoothie

INGREDIENTS	PROTEIN	NET CARBS	FATS
1 ripe Banana	1	22	
2 tbsps Hemp Seeds	5.2	6.4	7.2
1/4 cup Oats	1	4	1
2 tbsps Nut Butter	6	4	8
1 tbsp Chia Seeds	2	5	4
2 tbsps Cacao Powder	6	18	2
2 cups Unsweetened Almond Milk	2	2	4
TOTAL RECIPE:	23	61	26.2



INSTRUCTIONS:

- Add banana, hemp seeds, oats, nut butter, chia seeds, cacao powder, and almond milk and blend on high until creamy and smooth, scraping down sides as needed.
- Add ingredients as you wish to adjust taste.
- Enjoy immediately!





Pre-workout Smoothie

INGREDIENTS	PROTEIN	NET CARBS	FATS
5 large Strawberries			
1 1/2 cup Unsweetened Coconut Milk		1	2
1/3 cup Fresh Mango		16	1
3/4 scoop Beetroot Powder		12	1
1/2 inch Piece of Ginger			
1 scoop Vanilla Falcon Protein Powder	30		
TOTAL RECIPE:	28.5	29	13.9



INSTRUCTIONS:

- Combine everything in a high powered food processor and process until smooth





Coconut Chocolate Chip Tofu Shake



INGREDIENTS	PROTEIN	NET CARBS	FATS
1 box Firm Silken Tofu	25		5
2/4 cup Unsweetened Chocolate Almond Milk			2
1 cup Ice			
2 Tbsp Sugar-free Coconut Syrup			
1 Tbsp Coconut Flakes		1	3
1 tsp Vanilla			
1 1/2 Tbsp Dark Chocolate Vegan Chips		9	9
TOTAL RECIPE:	25	10	20

INSTRUCTIONS:

- Whir tofu through vanilla in a blender until smooth, then pulse in the chocolate chips.



Bulletproof Banana Protein Coffee

INGREDIENTS	PROTEIN	NET CARBS	FATS
Coffee			
1 scoop Protein Powder (Vanilla)	~28		
1 small Frozen Banana	1.3	22	0.4
Plant Based Milk (optional)		12	
TOTAL RECIPE:	30	22	0.4



INSTRUCTIONS:

- Make a Black Coffee
- Blend together with protein powder and a frozen banana.
- Add Plant Based Milk if you desire (As long as it fits your macros)



Smoothie Bowl

INGREDIENTS	PROTEIN	NET CARBS	FATS
1 lb box Silken Tofu	20	5	10
Protein Powder	30	5	3
3/4 cup Frozen Strawberries		11	
3/4 cup Frozen Blueberries		17	
2 1/2 Tbsp Pure Maple Syrup		33	
Fresh Chopped Mint			
TOTAL RECIPE:	50	70	13
PER PORTION (2 portions):	25	35	7



INSTRUCTIONS:

- Combine everything but mint in a high powered food processor and process until smooth
- Stir in Mint
- Portion out and top as desired



Smoothie

Pr-oatmeal

INGREDIENTS	PROTEIN	NET CARBS	FATS
Vegan Pre-made Protein Shake	25	9	
1/2 cup Old Fashioned Oats		23	
Pinch Salt	1.3	22	
1 tsp Cinnamon			
TOTAL RECIPE:	25	32	



INSTRUCTIONS:

- Bring the protein shake to a simmer in a small saucepan.
- Add oats and seasonings and continue cooking and stirring until thickened.
- Remove from heat and allow to sit to further thicken.
- Potential toppings and add-ins:

If you want to get **fat**: nuts, nut butter, coconut flakes, almond milk
For more **carbs**: fresh fruit, chocolate chips (if you also get fat), etc.
For more **protein**: use more shake, drink it on the side, or stir in protein powder during the cooking process.



Peanut Butter Chia Overnight Oats

INGREDIENTS	PROTEIN	NET CARBS	FATS
3/4 cup Rolled Oats	7	40.5	4
2 Tbsp Chia Seeds	4	10	8
1/2 tsp Cinnamon			
Pinch of Sea Salt			
1 cup Unsweetened Vanilla Plant Based Milk			
1/2 cup Water			
1 tsp Vanilla Extract (optional)	1	2	1
1 ripe Banana, mashed	1	22	
2 tbsp Vegan Protein Powder	~10		
TOTAL RECIPE:	23	76	13



INSTRUCTIONS:

- Add oats chia seeds, cinnamon and sea salt to a mason jar and mix well. Add in almond milk, water, vanilla and mashed banana. Stir until combined.
- In a small bowl, mix PB powder with water, until creamy. You can double the ingredients for extra peanut butter-y flavour! Stir "peanut butter" mixture into mason jar. You can add toppings now or in the morning!
- Refrigerate overnight for at least 4 hours and enjoy!



Seedy Hummus Toast

INGREDIENTS	PROTEIN	NET CARBS	FATS
2 slices Wheat Bread		4	
1/4 cup Hummus	4	8	10
1 Tbsp Hemp Seeds	2	3	4
1 Tbsp Roasted Sunflower seeds	1	1	2
TOTAL RECIPE:	7	16	16



INSTRUCTIONS:

- Toast bread, top with hummus, hemp seeds and sunflower seeds.





Waffled Tofu

INGREDIENTS	PROTEIN	NET CARBS	FATS
Vegetable Oil Cooking Spray			
1 1/2 Tbsp Orange Marmalade		12	
1 Tbsp Stone Ground Dijon Mustard		6	
1 Tbsp Vegan Hoisin Sauce		9	
2 tsp Maple Syrup			
1 tsp Dried Thyme			
14 oz Brick Extra Firm Tofu (pressed)	41	9	18
1 Tbsp Finely chopped pecans			6
TOTAL RECIPE:	41	36	24
PER PORTION (2 portions):	20	18	12



INSTRUCTIONS:

- Spray a waffle iron generously with vegetable oil cooking spray.
- Combine orange marmalade through thyme and stir to make the coating.
- Slice tofu brick into 3 or 4 "steaks" and brush both sides with sauce.
- Transfer to preheated and sprayed waffle iron.
- Check after 4 minutes. Remove when lightly browned and firm.
- Sprinkle with chopped pecans for added crunch.



Hearty Bolognese Style Marinara

with "Not-meatballs"

INGREDIENTS	PROTEIN	NET CARBS	FATS
12 oz Faux-beef crumbles	60	18	
1 medium Carrot, finely chopped		4	
1 stalk of Celery, finely chopped			
1/2 Onion, finely chopped			
S&P, to taste			
Vegan Broth, as needed			
1 jar Veggies-only Pasta Sauce			
8 oz Vegan Faux-meatballs	39	18	5
1 tsp Dried Oregano			
1 tsp Dried Fennel seeds, (optional)			
TOTAL RECIPE:	99	40	5
PER PORTION (2 portions):	25	10	1



INSTRUCTIONS:

- In a dry skillet over medium heat, cook faux beef crumbles with veggies and salt + pepper
- Add broth, as needed, to prevent sticking. Cook 5-8 minutes, or until veggies are tender.
- Add in pasta sauce and faux meatballs with spices, if using. Cook for an additional 5-8 minutes until thickened.



Lentil Soup



INGREDIENTS

- 1/4 cup **Extra Virgin Olive Oil**
- 2 **Carrots, peeled + chopped**
- 2 tsp **Ground Cumin**
- 1/2 tsp **Dried Thyme**
- 1 cup **Lentils, picked over + rinsed**
- 4 cups **Vegetable Broth**
- 2 cups **Water**
- 1.5 tbsp **Lemon Juice**
- 1 medium **White Onion, chopped**
- 4 **Garlic Cloves, pressed**
- 1 tsp **Curry Powder**
- 1 large can (28 oz) **Diced Tomatoes**
- Pinch of **Red Pepper flakes**
- Ground **Black Pepper**
- 1 tsp **Salt**
- 1 cup **chopped Collard Greens**

INSTRUCTIONS:

- Warm the olive oil in a large pot over medium heat.
- Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
- Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.
- Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	50	70	13
PER PORTION (2 portions):	25	35	7

- are tender but still hold their shape.
- Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
- Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. For spicier soup, add another pinch or two of red pepper flakes.
- Serve while hot



Squash Chipotle Chili

with Avocado



INGREDIENTS	PROTEIN	NET CARBS	FATS
1 tbsp Olive Oil			13
1 medium Red Onion, chopped			
2 red bell peppers, chopped	2	14	
1 small Yellow Squash, peeled & chopped	2	5	
4 Garlic Cloves, pressed			
1 tbsp Chili Powder			
1 tsp Ground Cumin			
1/4 tsp Ground Cinnamon			
1 bay Leaf			
7 oz Black Beans, rinsed + drained	42	119	
1 small can (14 oz) Diced Tomatoes	6	12	
2 cups Vegetable Broth		2	
1 Avocadoes, diced	2	16	19
3 Corn Tortillas (optional)			
TOTAL RECIPE:	99	40	5
PER PORTION (2 portions):	25	10	1

**INSTRUCTIONS:
NEXT PAGE**



Squash Chipotle Chili with Avocado

INSTRUCTIONS:

- In a 4- to 6-quart stockpot over medium heat, warm the olive oil until shimmering. Add the onion, bell pepper and yellow squash and cook, stirring occasionally, until the onions are turning translucent.
- Turn the heat down to medium-low and add the garlic, chili powder, 1/2 tablespoon chopped chipotle peppers, cumin and cinnamon. Cook, stirring constantly, until fragrant, about 30 seconds. Add the bay leaf, black beans, tomatoes and their juices and broth. Stir to combine and cover for about 1 hour, stirring occasionally.
- You'll know your chili is done when the yellow squash is nice and tender and the liquid has reduced a bit, producing the hearty chili consistency we all know and love. Remove the bay leaf and add salt to taste.
- To make the crispy tortilla strips: stack the corn tortillas and slice them into thin little strips, about 2 inches long by 1/4 inch wide. Warm a drizzle of olive oil in a medium pan over medium heat until shimmering. Toss in the tortilla slices, sprinkle with salt and stir. Cook until the strips are crispy and turning golden, stirring occasionally, about 4 to 7 minutes. Remove tortilla strips from skillet and drain on a plate covered with a piece of paper towel.
- Serve the chili in individual bowls, topped with crispy tortilla strips and plenty of diced avocado. I added a little sprinkle of red pepper flakes (optional). Cilantro would be nice as well. You might want to serve this along with some chipotle hot sauce (Tobasco makes one) for the spice addicts like myself.



Zoodles Marinara



INSTRUCTIONS:

- Heat oil in large pan over medium heat. Add onions and leave for 5 minutes. Add garlic and leave for 1 minute, stirring frequently. Add tomatoes, tomato paste, basil, salt, pepper and cayenne pepper and stir to combine. Continue cooking until sauce reaches a simmer, reduce heat to low + continue to let the sauce simmer for 15 minutes.

INGREDIENTS	PROTEIN	NET CARBS	FATS
2 Tbsp Extra Virgin Olive Oil			28
1/2 cup diced White Onions	2	7	
6 garlic cloves peeled + minced	2	6	
1 can (28 oz) diced Tomatoes	1	2	
2 Tbsp Tomato Paste	1	6	
1/2 cup chopped Basil Leaves			
1 1/2 tsp salt			
1/4 tsp Black Pepper			
Pinch of Cayenne Pepper			
2 large Zucchini, spiralized (OR Pasta for muscle gain phase)	8	20	2
TOTAL RECIPE:	14	41	30
PER PORTION (2 portions):	3.5	10	7

- Add in spiralized zucchini and toss until evenly coated in sauce, cook for extra 2-3 minutes until zoodles slightly soften.
- Enjoy with protein Shake of your choosing as dessert to add extra protein in the meal!





Buffalo "Not-Chicken" Skillet



INGREDIENTS	PROTEIN	NET CARBS	FATS
1/2 tsp Garlic Powder			
1/2 tsp Onion Powder			
1/2 tsp Dried Onion Flakes			
1/2 tsp Dried Dill			
1/2 tsp salt + 1/2 tsp pepper			
3/4 Tbsp Powdered Soy Milk	2		1
4 oz Vegan Cream Cheese	7	4	21
2 bunches Celery, chopped			
30 oz " No Evil No Chicken "	252	84	12
Vegan Broth, as needed			
14 Tbsp Low Carb Vegan Wing Sauce		14	7
TOTAL RECIPE:	261	102	41
PER PORTION (2 portions):	26	10	4

INSTRUCTIONS:

- Mix dry spices with powdered soy milk
- Stir into vegan cream cheese
- Sauté celery and faux-chicken pieces in vegan broth, to keep from sticking, until celery is tender and "chicken" is browned and heated through
- Add low car wing sauce and heat through
- Season to taste with salt + pepper.



Tofurky Roast



INGREDIENTS

1 Tofurky Thawed in Fridge for 24 hours	1.5 tsp Thyme, Oregano, Sage, and rosemary
3 tbsp Olive Oil	2 tbsp Soy Sauce
1 tbsp Maple Syrup	1 clove Garlic

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	177	227	93
PER PORTION (2 portions):	29.6	37.3	15.5

INSTRUCTIONS:

- Preheat oven to 350F
- Use a knife or scissors to carefully cut off one of the end clips. Run the thawed Tofurky roast under warm water as you loosen and remove the plastic
- Prepare the baste in a small bowl. Mix together olive oil, soy sauce, maple syrup, minced garlic + herbs
- If cooking vegetables, toss them with 3 tablespoons of baste. Arrange vegetables in your baking dish
- Put a piece of parchment paper in the centre of your baking dish. Add the tofurky roast and cover with half of the baste
- Cove the baking dish tightly with aluminium foil
- Cook for 1 hour and 20 minutes. Check for doneness at 1 hour. Pour remaining baste over tofurky and cook for an additional 10-15 minutes



South-West Tofu Scramble



INGREDIENTS

15 oz can **Black Beans (rinsed + drained)**
 1/2 cup **rough chopped Clinatro**
 1 lb **Extra Firm Tofu**
 1 tsp **Smoked Paprika**
 1/4 cup **Nutritional Yeast**

1 small **onion**
 3 cloves **Garlic**
 2-3 **Roma Tomatoes**
 1 tsp **Cumin**
 1/4 tsp **Turmeric**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	68	108	12
PER PORTION (2 portions):	17	27	3

INSTRUCTIONS:

- Dice onion and mince garlic
- In a large pan over medium heat, sauté onion with a little salt for 7-8 minutes
- Meanwhile, crumble tofu and dice tomatoes.
- Add garlic to pan and cook for 30 seconds. Add crumbled tofu and tomato. Cook about 10 minutes, stirring occasionally.
- While the tofu is cooking, put cumin, paprika and turmeric in a small bowl. Add 1-2 Tbsp water, stir to combine.
- Add seasonings and yeast to the pan. Stir well to combine.
- Add beans as you please.
- Add cilantro and cook another 3 minutes or until beans are heated
- through serve with salsa/ avocado if you wish.



Lebanese Lemon-Parsley Bean Salad



INGREDIENTS

2 (15 Oz) **Cans Red Kidney Beans, rinsed and drained**

1 small **Red Onion**

1 medium **Cucumber**

2 tbsp **Fresh Dill**

1/4 cup **Lemon Juice**

Pinch of **Red Pepper Flakes**

1 can **chickpeas, rinsed and drained**

2 stalks **Celery**

3/4 cup **chopped Parsley**

1/4 cup **Olive Oil**

3 cloves **Garlic, pressed or minced**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	60	174	66
PER PORTION (2 portions):	10	29	11

INSTRUCTIONS:

- In a serving bowl, combine beans, chickpeas, onion, celery, cucumber, parsley and dill.
- In a small bowl, whisk together olive oil, lemon juice, garlic + salt + pepper flakes until emulsified. Pour dressing over the bean and vegetable mixture and toss thoroughly.
- Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers should keep well, covered and refrigerated, for several days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.



Vegan Kebab



INGREDIENTS

9 oz **Seitan**
1 **Red Onion**
1/2 **Yellow Bell Pepper**
6 **Pita Bread**
1/2 **Red Bell Pepper**
6 **Romaine Lettuce Leaves**

For Marinade:

1 tsp **Onion Powder**
2 tsp **Cumin Powder**
1 tbsps **Soy Sauce or Tamari**
2 tsp **Garlic Powder**
1 tsp **Curry Powder**
4 tbsps **Tahini**
1 tbsps **Lemon Juice**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	77.5	238	13
PER PORTION (2 portions):	15.5	39.8	2.2

INSTRUCTIONS:

- Cut seitan and veggies into strips. Set aside
- Mix all marinade ingredients into a bowl. Add seitan and mix well.
- Cover the bowl and let sit in the fridge for 1-2 hours.
- Preheat oven to 355 F or 180 C
- Place seitan onto a baking tray with some parchment paper and bake for 25 minutes, stirring every 10.

Chilli Tofu Ramen



INGREDIENTS

4 tbsp **Low-salt Soy Sauce**
pinch of **Ground Ginger**
3 tsp **Sesame Oil**
1/2 tbsp **Rapeseed Oil**
2 **Courgettes, Sliced horizontally into strips**

2 tbsp **Soft Brown Sugar**
2 tbsp **Mirin**
350g **Block Very Firm Tofu** (see tip below) **cut into thick slices**
200g **Broccoli**

Black and white Sesame Seeds to serve

NUTRITION	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	48	72	32
PER PORTION (2 portions):	12	18	8

INSTRUCTIONS:

- Mix soy sauce, sugar, ginger and mirin with 1 tsp sesame oil and brush it over the tofu. Put them in a large dish and pour over any leftover marinade. Chill for 1 hr.
- Heat a griddle pan. Mix the remaining sesame oil with the rapeseed oil and brush the courgette slices and broccoli. Griddle them for 7-10 mins or until they are tender and then set aside and keep warm.
- Griddle the tofu slices on both sides until they turn brown and go crisp at the edges. Serve the tofu on a bed of the veg with the remaining marinade and scatter over the sesame seeds.



Tofu Breakfast Tacos



INGREDIENTS

1 (14.0 oz) package Extra-firm Tofu, Drained	1/4 cup Whole Wheat Flour
1/4 cup Nutritional Yeast	2 tsps Onion Powder
1/2 tsp Garlic Powder	1/4 tsp Ground Turmeric
2 Tbsp Soy Sauce	8 Corn Tortillas, warmed
	1/4 cup Prepared Salsa

NUTRITION

	<i>PROTEIN</i>	<i>NET CARBS</i>	<i>FATS</i>
TOTAL RECIPE:	68	124	28
PER PORTION (2 portions):	17	31	7

INSTRUCTIONS:

- Drain tofu and place the block on a plate
- Cover with another plate and weight the top with a food can
- Let stand for 20-30 minutes to extract excess liquid
- Pour off liquid
- Crumble tofu and place it in a bowl
- Sprinkle with flour, yeast, onion powder, garlic powder and turmeric and toss
- Sprinkle soy sauce and toss again
- Heat a large skillet or non stick pan over medium heat until hot
- Add tofu mixture and cook, stirring and scraping the bottom of the pan frequently to prevent sticking
- Serve with tortillas and salsa





Perfect Tofu Scramble



INGREDIENTS

- 1 x 14 oz **Brick Firm Tofu**
- 2 Tbsp **Nutritional Yeast**
- 1/2 tsp **Turmeric**
- 1/2 tsp **Paprika**
- 1 tsp **Coconut Oil or Vegetable Oil**
- 1/4 cup **Non-dairy Milk**
- 1 **Shallot, minced**
- 1/4 tsp **Sea Salt**
- 1-2 tbsp **Chopped Green Onion (optional)**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	80	32	44
PER PORTION (2 portions):	20	8	11

INSTRUCTIONS:

- Rinse and drain the water from the package of tofu. Pat the brick of tofu with a paper towel to absorb any excess water.
- Add coconut oil to a non-stick pan or cast iron skillet over medium heat and fry shallot for about 1 minute, until soft.
- Crumble the tofu by hand into small pieces into the frying pan. Heat and fry together for another 2 to 3 minutes, then start adding in the spices, sea salt, and nutritional yeast. Cook for another 4 minutes until most of the liquid is absorbed and you're starting to see some browning on the tofu.
- Add non-dairy milk and cook for another 2 minutes. During these last couple of minutes add ground pepper and green onion if you like.





Mongolian Seitan



INGREDIENTS

For Sauce:

- 2 tsp **Vegetable Oil**
- 3 cloves **Minced or grated Garlic**
- 1/2 cup **Low-sodium Soy Sauce**
- 1 tsp **Corn-starch**
- 1/2 tsp **Minced or Grated Ginger**
- 1/3 tsp **Red Pepper Flakes**
- 1/2 cup + 2 tbsp **Coconut Sugar**
- 1 tbsp **Cold Water**

For Seitan:

- 1 and 1/2 tbsp **Vegetable Oil**
- 1 lb **Seitan Cut into 1 inch pieces**

Sesame Seeds to serve

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	150	132	60
PER PORTION (2 portions):	25	22	10

INSTRUCTIONS:

- Heat the vegetable oil in a small saucepan over medium heat. Add the ginger and garlic; stir constantly. After 30 seconds, add the five spice (if using) and red pepper flakes, and cook for 30- 60 seconds more, until fragrant.
- Add the soy sauce and coconut sugar and stir well. Reduce the heat to medium-low, and let simmer until the coconut sugar is dissolved and slightly reduced, about 5-7 minutes, stirring occasionally.
- Whisk together the corn-starch and cold water, then add it to the pan and stir. Cook for 2-3 more minutes, until the sauce becomes glossy and thickened slightly. Reduce the heat to the lowest setting and

keep simmering gently until ready to add to the seitan.

To make the seitan and finish the vegan Mongolian beef:

- In a skillet, heat the vegetable oil over medium-high heat. Add the seitan and cook, stirring frequently, for about 4-5 minutes or until slightly browned and crisped around the edges.
- Reduce the heat to low and add the sauce to the pan. Stir to coat all of the seitan pieces, and continue cooking until the sauce has adhered to the seitan. Remove from the heat and serve hot, with rice and/or vegetables of choice, and garnished with sesame seeds and scallions if desired.





Curried Tofu Scramble with Spinach



INGREDIENTS

1 tsp Olive Oil	1 Onion, Diced
3 cloves Garlic, minced	1 container of Firm/ Extra Firm Tofu, pressed and crumbled
1 tsp Curry Powder	2 Tomatoes, diced
1/2 tsp turmeric	Salt & Pepper, to taste
1 bunch Fresh Spinach	

NUTRITION

	<i>PROTEIN</i>	<i>NET CARBS</i>	<i>FATS</i>
TOTAL RECIPE:	40	16	22
PER PORTION (2 portions):	20	8	11

INSTRUCTIONS:

- Gather ingredients.
- Sauté the garlic and onion in olive or canola oil in a large skillet.
- Allow to cook for 3 to 5 minutes, or until the onion starts to get soft.
- Add the crumbled tofu and give it a quick stir.
- Add the curry powder, turmeric, cumin and salt and pepper to the skillet, stirring well to make sure the spices coat the tofu well.
- Cook for 2 to 3 minutes, then add

- the diced tomatoes, and allow to heat, stirring frequently for another 3 minutes or so, until tofu is hot and slightly crispy on the outside. (You may need to add a bit more oil if needed during the cooking process.)
- Add the spinach, cover the pan and cook for 1 to 2 minutes, just until the spinach is wilted, stirring well.





Red Cabbage Salad with Curried Seitan

INGREDIENTS

Dressing:

1/2 cup **Prepared
Mango Chutney**

1/3 cup **Creamy
Natural Peanut butter**

Salad

6 cups **Shredded
Red Cabbage**
(1/2 small head)

1 Tbsp
Olive Oil

3 **Green Onions,**
thinly sliced
(1/2 cup)

1 8-oz. pkg. **Seitan,**
**cut into bite-size
strips**

3/4 tsp **Mild Curry
Powder**

1 small **Cucumber,**
**sliced into thin half
moons** (3/4 cup)

3 cloves **Garlic, minced**
1 Tbsp



NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	50	58	32
PER PORTION (2 portions):	25	29	16

INSTRUCTIONS:

- To make Dressing: Blend chutney, peanut butter, and 1/3 cup water in blender until smooth. Set aside.
- To make Salad: Heat 2 tsp. oil in large skillet over medium heat. Add seitan, and season with salt, if desired. Sauté 5 to 7 minutes, or until browned. Add garlic and remaining 1 tsp. oil, and sauté 30 seconds. Sprinkle with curry powder, and sauté 2 minutes more. Remove from heat, and keep warm.





Protein Pasta with White Sauce



INGREDIENTS	PROTEIN	NET CARBS	FATS
1/2 box Spinach Fettuccine Noodles	21	111	3
2 Italian Style Vegan Sausages	21	20	30
1/2 cube Tofu	3		
1/2 cup Onion, finely chopped			
1 tsp Olive Oil			13
4 cloves Garlic, whole			
1/2 tsp Salt			
1/2 tsp Onion Powder			
1 tsp Parsley			
1/4 tsp Thyme			
1/4 tsp Rosemary			
1 tsp Vegan Mayo			4
2 tbsp Nutritional yeast			
1/2 cup Water			
TOTAL RECIPE:	45	131	50
PER PORTION (2 portions):	23	65	25

INSTRUCTIONS:

- Sauté the chopped onions in a pan over medium heat with about 1 tsp oil. After they begin to soften, add the garlic and sauté another few minutes until both are soft.
- Remove from the heat and in a food processor, combine tofu, onions and garlic and blend until smooth.
- Add the rest of the ingredients for the sauce to the food processor and blend until smooth and well combined.
- Cook pasta according to package directions
- Slice vegan sausages on a bias and sauté in the pan over medium heat for a few minutes on each side. Add sauce to the pan and cook until warmed throughout



Chili Garlic Baked Parsnip Fries



INGREDIENTS	PROTEIN	NET CARBS	FATS
2 lb Parsnips	4	69	
1/2 tsp Olive Oil			7
1 Tbsp Chili Powder			
2 tsp Garlic Powder			
1 tsp Sea Salt			
TOTAL RECIPE:	4	69	7

INSTRUCTIONS:

- Preheat oven to 425F
- Line two baking trays with parchment paper
- Peel the parsnips and trim off the tops and ends
- Slice into fries, keeping them as consistently sized as possible for best results
- Add them to a bowl with oil and spices and toss to combine
- Spread fries on baking sheets in one layer
- Bake for 20-25 minutes, flip fries then bake for another 10-12 minutes.



Chocolate Chip TVP Prookies



INGREDIENTS	PROTEIN	NET CARBS	FATS
TVP	25	6	
1 Banana		20	
Pinch of Salt			
1 tsp Vanilla			
1 1/2 Tbsp Vegan Mini Chop Chips		12	8
TOTAL RECIPE:	25	38	8

INSTRUCTIONS:

- 375° oven. Line a baking sheet with parchment.
- Mash the banana and stir in TVP, salt, vanilla and chips.
- Form 6 large, flat cookies.
- Bake on prepared pan for 15-20 minutes, until solid and lightly browned.
- Remove to cooling racks to cool completely.





Oreo Protein Pudding Parfait



INGREDIENTS	PROTEIN	NET CARBS	FATS
12.3 oz box Silken Tofu Lite Firm	20		
Vegan Protein Powder	30	8	
3 Oreos, crushed		32	9
Non-dairy Whipped Topping (optional)			
TOTAL RECIPE:	50	40	9
PER PORTION (2 portions):	25	20	5

INSTRUCTIONS:

- Whisk tofu with protein powder until smooth
- Layer in your parfait glass with crushed Oreos
- Top with whipped topping, if using





Chocolate & Hazelnut Vegan Protein Bars



INGREDIENTS

1/2 cup **Pea Protein Powder**

2 Tbsp **Date Syrup**
(or your syrip sweetener of choice)

4 Tbsp **Cocoa**
Stevia drops
to taste

6 Tbsp **Almond Milk**

5 heaping Tbsp **Smooth Almond Butter**

1/4 cup **Chopped Hazelnuts**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	64	80	48
PER PORTION (2 portions):	8	10	6

INSTRUCTIONS:

- In a medium-size bowl, mix all the ingredients using a spatula until you get a dough that you can shape with your hands. If your dough is too wet or sticky, add a bit more of the cocoa powder and/or pea protein.
- Divide this dough into 8 balls and then shape them into rectangles. You can do this individually or, if you prefer, you can flatten the entire batch of dough onto a non-stick tray, put a sheet of parchment paper on top, roll it with a rolling pin, and then slice the dough into 8 bars.



No Bake Protein Bars



INGREDIENTS

1.5 cup Rolled Oats	1/2 cup Vegan Protein Powder
1/2 cup Rice Crisp Cereal	1/4 tsp Fine Grain Salt
1/2 cup Natural Nut Butter	1/2 cup Maple Syrup
1 tsp Pure Vanilla Extract	3 Tbsp Mini Dark Chocolate Chips
	1/2 tbsp Coconut Oil

NUTRITION	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	16	32	8
PER PORTION (2 portions):	2	4	1

INSTRUCTIONS:

- Line an 8-inch square pan with a piece of parchment paper. Mix the oat flour, protein powder, rice crisp, and salt together in a large bowl.
- Add in the nut butter, maple syrup, and vanilla. Stir well to combine. If the mixture is a bit dry, add a splash of non-dairy milk and mix again.
- Press into pan and roll out with a pastry roller until smooth. Pop into the freezer.
- Melt the chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth.
- After freezing the bars for about 5-10 minutes, remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set. Store in the freezer for a week or longer in an air-tight freezer bag or container.



Skinny Choc Chips Cookies



INGREDIENTS

2 Tbsp
Coconut Flout

1/4 cup
**Granulate monk
Fruit sweetener**

3 Tbsp
Oat Fiber

Dash of **Salt**

1/4 cup
Peanut Flour

1 Tbsp
**Sugar Free
Chocolate Chips**

3 dashes
Cinnamon

6-7 Tbsp **Water**

1 Tbsp
Sugar Free Chocolate Chips

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	16	32	8
PER PORTION (2 portions):	2	4	1

INSTRUCTIONS:

- Preheat oven to 350F, line baking sheet with parchment paper, set aside.
- Combine coconut flour, peanut flour, sweetener, oat fiber, cinnamon and salt in a mixing bowl and whisk with a fork.
- Add in 6 Tbsp water + Vanilla extract, stir. If dough isn't fully moist, add in more water.
- Stir in chocolate chips.
- Form dough into 8 balls place on baking sheet, flatten them and bake for 12 minutes.



Sweet Potato, Quinoa & Bean Burger

INGREDIENTS

1 Sweet Potato	1 tsp Rosemary
1/3 cup (60g) Quinoa, raw	1/2 tsp Chili Flakes
1 1/2 Tbsp Olive Oil	14 oz (400g) can Kidney Beans, drained

NUTRITION	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	5	22	6



INSTRUCTIONS:

- Preheat oven to 410°F (210°C) and cut the sweet potato into 3/4 inch (2cm) pieces. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.
- Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.
- Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.
- Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).



Curried Tofu Salad



INGREDIENTS

7 oz. (200g) **Tofu**,
drained, crumbled

1 small **Onion**, diced

1/4 cup (30g)
Raisins

1/4 cup (30g)
Almonds, chopped

2 **Celery Sticks**,
chopped

1 tsp **Curry Powder**

3 Tbsp
Vegan Mayonnaise

1 Tbsp **Dill**,
chopped

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	6	11	13

INSTRUCTIONS:

- Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.
- Store in the fridge for up to 4-5 days.



Sesame Tempeh Stir-fry



INGREDIENTS

- 7 oz (200g) **Tempeh**, cut into cubes
- 1 Tbsp **Ginger**, grated
- 1 Tbsp **Sesame Oil**
- 3 Tbsp **Tamari or Soy Sauce**
- 2 **Carrots**, chopped/cut into thin strips
- 1 **Bell Pepper**, sliced
- 1 Tbsp **Olive Oil**
- 2 cloves **Garlic**, crushed
- 1 Tbsp **Rice Wine Vinegar**
- 1/2 **Broccoli Head**, Florets
- 1 Tbsp **Sesame Seeds**, to garnish
- 3 cups (585g) **Brown Rice**, cooked
- Spring Onion/Chives**, to garnish
- 2 Tbsp **Maple Syrup**

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	17	54	13

INSTRUCTIONS:

- Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.
- In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.
- Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.
- Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.
- Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.
- Once ready, serve with 3/4 cup cooked brown rice, sesame seeds, and sliced spring onion or chives.



Temp~~h~~ Bolognese



INGREDIENTS

8 oz. (225g)
Penne, uncooked

3 cloves
Garlic, minced

1 **Red Bell Pepper, minced**

14 oz (400g) can
Chopped Tomatoes

1 Tbsp **Olive Oil**

1 Tbsp
Apple Vinegar

1 medium **Onion, chopped**

7 oz (200g) **Tempeh, crumbled**

2 Tbsp
Tomato Puree

1 tsp **Mixed Herbs**

Fresh Basil, for serving

NUTRITION

	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	19	62	10

INSTRUCTIONS:

- Cook pasta according to instructions on the packaging.
- Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.
- Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.
- To serve, divide pasta and Bolognese between plates and garnish with basil.



Tofu Pad Thai



INGREDIENTS

For Sauce:

1/4 cup (60ml) Tamari	1/4 cup (60ml) Maple Syrup
3 Tbsp Water	2 Tbsp Rice Vinegar
2 Tbsp Peanu Butter	1 Tbsp Sriracha

For Tofu:

7 oz (200g) Firm Tofu, Cubed	
1 Tbsp Coconut Oil	1 Tbsp Flour

For Pad Thai:

8 oz (225g) Thick Rice Noodles	1 Tbsp Coconut Oil
1/4 cup (30g) Peanuts, chopped, to serve	2 large Carrots, sliced into ribbons/matchsticks
3 cloves Garlic, minced	2 handfuls Bean Sprouts
3 Spring Onions, sliced (green part)	2 Shallots, chopped
	1 Lime, cut into wedges

INSTRUCTIONS:

- Mix all the sauce ingredients in a bowl and set aside.
- In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.
- Cook the noodles according to instructions on the packaging.
- Heat the coconut oil in a wok or large skillet over medium- high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.
- Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.
- Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and

NUTRITION	PROTEIN	NET CARBS	FATS
TOTAL RECIPE:	15	68	18

top with the green part of the spring onions. Serve with peanuts and lime wedges.

PRESSING TOFU:

- Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.





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