Recipe Macro & Ingredient **summary**

*Common allergens are **bolded** (in grey). Substitutions are given for **soy-free bean** replacement options. In addition, to make recipes soy-free, swap pea milk for soymilk and coconut aminos for tamari. Nuts, nut butters, and nut flours can be replaced with seed options (hemp, pumpkin, and sunflower). Recipe-specific allergen options are given on recipe pages and in the comprehensive Recipe Macro & Ingredient Summary that can be downloaded from keto4vegans.com/resources.*

Additional ingredient swaps (⇄) can easily be made to suit your needs. For example: allulose ⇄ granulated sweetener of choice, apple cider or rice vinegar ⇄ red/white wine vinegar, coconut or olive oil ⇄ neutral-flavored oil of choice, coconut milk ⇄ plant-based cooking cream, Herbes de Provence ⇄ Italian seasoning, kala namak ⇄ normal salt, MCT oil powder ⇄ mayonnaise, tamari ⇄ soy sauce or liquid aminos.

Note, unless said otherwise, herbs are dried versions and spices are ground versions.

Lightly Lemony Breakfast Bars: allulose, **almond butter**, **almond flour**, baking powder, **Brazil nuts**, chia seeds, coconut (dried), coconut oil, flaxseed meal, lemon extract, lemon zest, lemon juice, protein powder (vanilla), pumpkin seeds, salt, **soymilk**, zucchini.

Carb-boosters: **Leveled-Up Lemon Bars** (with lemon gel topping - agar agar powder, allulose, lemon juice) or **Jammy Lemon Bars** (with *Berry Jam* topping)

All Variations: [omit: lemon juice, lemon extract, lemon zest]

Gently Gingerbread Breakfast Bars: allspice, cinnamon, cloves, ginger;

Mildly Mocha Breakfast Bars: cocoa powder, coffee (instant)

Pleasantly Peanut Breakfast Bars: [omit almond butter, coconut, and pumpkin seeds] peanuts (oil, roasted, salted), peanut butter ;

Kinda Cookie Breakfast Bars: chocolate chips, cinnamon, hemp hearts, peanuts (oil-roasted, salted), walnuts

Veggie Delight Breakfast Bars: [omit: allulose, coconut, coconut oil, protein powder (vanilla)] black pepper, carrot, cumin, dill (dried), garlic powder, nutritional yeast flakes, protein powder (plain pea), olive oil, olives (sliced, black or green), onion (fresh & powder), oregano, thyme, walnuts. **Carb-boosters:** sun-dried tomatoes or potato

Orange Spice Flax Muffins: baking powder, chickpea flour, cinnamon, cloves, cocoa powder, coconut (dried), coconut oil, flaxseed meal, monk fruit powder (pure), nutmeg, orange zest and/or orange extract, protein powder (plain pea or **soy**), salt, vanilla extract, vinegar (wine), xanthan gum (optional).

Carb-boosters: orange juice, dried cranberries,

Mexican Hot Chocolate Muffins: [omit cloves, nutmeg, orange zest] cayenne pepper, cocoa powder

Everything Bagel Muffins - [omit cocoa powder, coconut, cinnamon, cloves, nutmeg, monk fruit, orange zest, vanilla extract] black pepper, Everything Bagel seasoning, garlic powder, nutritional yeast flakes, onion powder, oregano, poppy seeds, sesame seeds, thyme. **Carb-boosters:** sun-dried tomatoes

Cocoa/Cinnamon Crumble Muffin Toppers: allulose, cinnamon or cocoa, coconut oil, walnuts

N'oatmeal Porridge: **almond flour**, **Brazil nuts**, chia seeds, cinnamon, coconut (dried), flaxseed meal, hemp hearts, nutmeg, salt, **soymilk**, vanilla extract.

Sweet & Creamy N'oatmeal Porridge: allulose, MCT oil powder;

Chocolate N'oatmeal Porridge: allulose, cocoa powder, MCT oil powder (optional)

Carb-boosters: fruit toppings

Southwest Breakfast Hash: chili powder, cumin, garlic, jalapeño peppers, mushrooms (white), olive oil, onion, pumpkin seeds, red bell peppers, salt, **soybeans** or **black beans**, **TVP crumbles** (preferably pea-based).

Carb-boosters: corn (canned)

All Variations: [omit chili powder, cumin, jalapeño peppers, red bell peppers]

Herby Asparagus Breakfast Hash: asparagus, Herbes de Provence

Herby Broccoli or Green Bean Breakfast Hash: [omit pumpkin seeds] almonds, broccoli or green beans, Herbes de Provence. **Carb-boosters:** sun-dried tomatoes

Lebanese Hushwee Breakfast Hash: [omit pumpkin seeds] carrot, celery, Lebanese 7 spice blend, pine nuts, zucchini. **Carb-boosters:** peas (green, frozen)

Ensalada Fresca Topper or Side: avocado, cilantro, jalapeño peppers, lime juice, onion, tomatoes, salt.

Pumpkin Pie Smoothie: ice, pumpkin purée (canned), pumpkin spice, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat).

Snickerdoodle Frappé: allulose, cinnamon, ice, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat), vanilla extract.

London Fog Frappé: allulose, Earl Grey tea, ice, keto honey or maple syrup or allulose, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat), vanilla extract.

Versatile VWG Bread, etc.: flaxseed meal, olive oil, pumpkin purée (canned), **vital wheat gluten**, yeast (baking, instant), salt, and one of these flours: **almond**, chickpea, **lupin**, **peanut** (defatted), protein powder (plain pea or **soy**), **sesame** (defatted).

Carb-boosters: chickpea flour

Lupin & Caraway Seed Cracker: baking powder, black pepper, caraway seeds, cayenne pepper, chia seeds, flaxseed meal, hemp hearts, **lupin flour**, nutritional yeast flakes, olive oil, poppy seeds, salt, **sesame seeds**, **soymilk**, vinegar (apple cider).

Chickpea & Caraway Seed Crackers: [omit lupin flour] chickpea flour

Palak Shorba: bay leaf, black pepper, coconut milk (canned, full-fat), cumin (seeds or ground), garlic, ginger (fresh), Jwala chili pepper or crushed red pepper flakes, lemon juice, mushrooms (white), nutritional yeast flakes, olive oil, onion, salt, **soymilk**, spinach, vegetable broth or bouillon cube.

Carb-boosters: [omit spinach] carrot

Cauliflower Shorba: [omit spinach] cauliflower

Mushroom Shorba: [omit spinach] mushrooms

Dijon Duo Bean Salad: **almonds** (slivered or sliced), green beans, olives (black or green, sliced), onion, *Sham Chèvre*, **soybeans** or **pinto beans** | with Dijon Dressing: allulose, garlic, ginger (fresh), **mustard** (Dijon), olive oil, onion powder, salt, vinegar (apple cider).

Dijon Asparagus & Green Olive Salad: [omit green beans] asparagus

Carb-boosters: dried cranberries or sun-dried tomatoes

Spinach & Raspberry Salad: **pecans**, raspberries, *Sham Chèvre*, spinach | with Raspberry Vinaigrette: allulose, garlic, olive oil, onion, oregano, raspberries, salt, vinegar (wine).

Creamier Dressing: MCT oil powder

Carb-boosters: extra onion, avocado, and blackberries

East Asian Seedy Greens: bok choy, hemp hearts, lettuce (mixed greens), red bell pepper, **sesame seeds** | with Sesame Soy Dressing: allulose, garlic, ginger (fresh), mayonnaise, **sesame oil**, **tamari**, vinegar (rice).

Carb-boosters: extra snow peas and red bell pepper

Kale Con Crouton Salad: apricots or peach or nectarine or strawberries, kale, **sesame seeds**, *Versatile VWG Bread croutons* | with Tangy Sesame Hemp Dressing: allulose, garlic, hemp hearts, lemon juice, **sesame oil**, **tamari**, vinegar (apple cider).

With Pumpkin Seeds: [omit croutons] pumpkin seeds

With Bread & Butter: [omit croutons] *Versatile VWG Bread*, buttery spread

With Crackers: [omit croutons] *Lupin & Caraway Seed Crackers*

With Pumpkin Seeds & Chèvre: [omit croutons] pumpkin seeds & *Sham Chèvre*

With Croutons & Chèvre: *Sham Chèvre*

Carb-boosters: dried cranberries or *Versatile VWG Bread* croutons made with chickpea flour

Sriracha Romaine Slaw: cabbage (green) or coleslaw mix, cilantro, green onions, jalapeño peppers, lettuce (Romaine), pumpkin seeds | with Sriracha Dressing: black pepper, garlic, lemon juice, mayonnaise, **miso paste**, nutritional yeast flakes, onion powder, salt, **soymilk**, sriracha, vinegar (apple cider).

Dijon Romaine Slaw: *Dijon Dressing*,

Sesame Soy Romaine Slaw: *Sesame Soy Dressing*

Carb-boosters: [omit Romaine] red cabbage and carrots

Sriracha Green & Bean Salad: celery, cilantro, cucumber, green onions, jalapeño peppers, olives (sliced, black or green), pumpkin seeds, **soybeans** or **black beans** | with Sriracha Dressing: black pepper, garlic, lemon juice, mayonnaise, **miso paste**, nutritional yeast flakes, onion powder, salt, **soymilk**, sriracha, vinegar (apple cider).

Poké Chopped Salad: avocado, cauliflower (riced or to rice), cucumber, **edamame** (shelled, fresh or frozen) or **chickpeas**, hemp hearts, onion, pumpkin seeds, radishes | with Sriracha Mayo Dressing: lemon juice, mayonnaise, sriracha.

Carb-boosters: mango or papaya or pineapple or white rice or quinoa or chickpea rice/risoni

Hummus & Pepita Kale: kale, olive oil, pumpkin seeds, salt, **sesame seeds** | with Hummus Dressing: cumin, garlic, lemon juice, nutritional yeast flakes, olive oil, salt, **soybeans** or **chickpeas** or storebought **hummus**, **soymilk**, **tahini**.

Carb-boosters: pomegranate arils or [omit pumpkin seeds] pistachios (roasted, salted)

Liberally, Lasagna: black pepper, **Brazil nuts**, crushed red pepper flakes, cumin, garlic powder, lemon juice, marinara, mushrooms (white), nutmeg, nutritional yeast flakes, olive oil, onion powder, pumpkin seeds, salt, **soymilk**, spinach, **tofu** (extra-firm) or **chickpea lasagna noodles**, **TVP crumbles** (preferably pea-based), zucchini.

Spinach Fauxcotta Tart: black pepper, **Brazil nuts**, crushed red pepper flakes, cumin, garlic powder, lemon juice, nutmeg, nutritional yeast flakes, olive oil, onion powder, pumpkin seeds, salt, **soymilk**, spinach, *Tart Crust*, **tofu** (extra-firm) or **TVP crumbles** (pea-based).

Knock-Off Nature's Burger: black pepper, celery salt, chia seeds, curry powder, garlic powder, hemp hearts, Herbes de Provence, nutritional yeast flakes, onion powder, paprika, parsley (dried), protein powder (plain pea or **soy**), psyllium husks (whole), sage, **sesame seeds**, sunflower seeds, **tamari**, **TVP crumbles** (preferably soy-based).

Afghan Beans on Cauli-Hemp Rice: black pepper, cardamom, cauliflower (riced or to rice), coriander (seeds or ground), cumin (seeds or ground), garlic, hemp hearts, Jwala chili pepper or crushed red pepper flakes, mint (dried), mushrooms (white), nutritional yeast flakes, olive oil, onion (fresh & powder), parsley (dried), red bell pepper, salt, **soybeans** or **kidney beans** (or kidney beans and pea-based TVP crumbles), spinach, tomato sauce (canned), turmeric.

Carb-boosters: white rice or quinoa or chickpea rice/risoni

Boosted Refried Beans: black pepper, cumin, garlic (fresh & powder), nutritional yeast flakes, olive oil, onion (fresh & powder), oregano, salsa, salt, **soybeans** or **black beans**, **soymilk**.

Bean & Sheese Wraps: avocado, *Boosted Refried Beans*, lettuce (iceberg), pumpkin seeds, salsa, *Sham Chèvre*

Refried Bean Soup: black pepper, bouillon or vegetable broth, cumin, garlic (fresh & powder), nutritional yeast flakes, olive oil, onion (fresh & powder), oregano, salsa, salt, **soybeans** or **black beans**, **soymilk**.

Sun-Dried Tomato & Mushroom Quiche: agar agar powder, black pepper, green onions, Herbes de Provence, kala namak, mushrooms (white), nutritional yeast flakes, olive oil, olives (black or green, sliced), sun-dried tomatoes (in oil), *Tart Crust*, **tofu** (extra-firm).

Baycon Artichoke Quiche: [omit: mushrooms, green onion, sun-dried tomatoes, olives] artichoke hearts, *Baycon Crumbles* (see *BAT'L Ships*)

Tart Crust: almond flour, coconut oil, hemp hearts, nutritional yeast flakes, protein powder (plain pea or **soy**), salt.

BAT'L Ships: alfalfa sprouts, avocado, lettuce (little gem), tomato | with Baycon Crumbles: black pepper, coconut (dried), coconut oil, cumin, garlic powder, liquid smoke (optional), mushrooms (white), nutritional yeast flakes, onion powder, paprika, **tamari**, **TVP crumbles** (preferably pea-based) | and Mayo Sauce: cayenne pepper, cumin, dill, garlic powder, lemon juice, lettuce (little gem), mayonnaise, MCT oil powder, onion powder, **soymilk**.

BAHT'L Ships: [omit: Mayo Sauce] *Soybean, Lupini, or Chickpea Hummus*

Tofu Baycon Strips: black pepper coconut oil, cumin, garlic powder, liquid smoke (optional), nutritional yeast flakes, onion powder, paprika, **tamari**, tofu (extra firm)

Pretend Polenta: **almond flour**, flaxseed meal, garlic, ground **lupin**, Herbes de Provence, lemon juice, nutritional yeast flakes, olive oil, salt, **soymilk**.

Polenta with Marinara & Veggies: marinara, mushrooms (white), olives, olive oil, *Pretend Polenta*, tomatoes (grape), zucchini

Chili Peanut Noodles: broccolini, cilantro, coconut milk (canned, full-fat), garlic, ginger (fresh), green onions, kale, lime juice, **peanut butter**, **peanuts** (oil-roasted, salted), sambal oelek (chili paste), shirataki noodles, **tamari**.

Chili Peanut Tofu Chowder: [omit shirataki noodles] bouillon or vegetable broth, tofu (extra-firm) [omit tofu for soy-free]

Carb-boosters: [omit broccolini] broccoli

Shiitake Asparagus Sheet Pan Dinner: asparagus, **hazelnuts** (blanched), mushrooms (shiitake), nutritional yeast flakes, olive oil, salt, seasoning blend of choice, ***Soybean Hummus*** or ***Lupin Hummus***, **tofu** (extra-firm) or **chickpeas**.

Easy Sheet Pan Seasoning: black pepper, cayenne pepper, cumin, garlic powder, onion powder, paprika

Soybean Hummus: cumin, garlic, lemon juice, nutritional yeast flakes, olive oil, salt, **soybeans** or **lupini beans** or **chickpeas** (and plain pea protein powder), **soymilk**, **tahini**.

Berry Jam: agar agar powder, allulose, berries (blackberries, raspberries, strawberries), salt.

Jam'n Sheese Tart: allulose, *Berry Jam, Sham Chèvre, Tart Crust,* vanilla extract.

Pumped-Up Nut Butter: coconut oil, hemp hearts, nut or seed butter (**almond**, **peanut**, Sunbutter), protein powder (vanilla or plain pea or **soy**).

Sham Chevre: agar agar powder, **Brazil nuts**, hemp hearts, lemon juice or lactic acid powder, **macadamia nuts**, nutritional yeast flakes, salt, **soymilk**, vinegar (apple cider).

Carb-boosters: [omit: Brazil nuts, macadamia nuts, hemp hearts] cashews, coconut oil (refined)

Herb & Garlic Chèvre: garlic, Herbes de Provence

Almond Chèvre: [omit: Brazil nuts, macadamia nuts, hemp hearts] almonds, coconut oil (refined)

Sunflower Seed Chèvre: [omit: Brazil nuts, macadamia nuts] coconut oil (refined), sunflower seeds

Jalapeño Popper Tart: chives or green onion tops, cumin, garlic, jalapeño peppers, oregano, *Sham Chèvre, Tart Crust*, **TVP crumbles** (preferably pea-based).

Stuffed Mushroom Tart: crushed red pepper flakes (optional), garlic, Herbes de Provence, mushrooms (white), *Sham Chèvre, Tart Crust*, **TVP crumbles** (preferably pea-based).

Jackfruit Tu-Nah Salad: black pepper, capers, celery, dill (dried or fresh), green onions, jackfruit (green, in brine), lemon juice, mayonnaise, **mustard** (Dijon), nori (optional), nutritional yeast flakes, pickles (dill), **tamari**.

Red Wine Marinara: allulose, basil (fresh), black pepper, crushed red pepper flakes, garlic (fresh & powder), Herbes de Provence, olive oil, onion (fresh & powder), parsley (dried), pumpkin purée (canned), red wine, salt, tomato sauce (canned), tomatoes (canned, crushed).

Cream of Tomato Soup: bouillon or vegetable broth, coconut milk (canned, full-fat), *Red Wine Marinara*.

Marinara Meal: buttery spread, mushrooms (white), olive oil, *Red Wine Marinara*, shirataki noodles, **TVP crumbles** (preferably pea-based), *Versatile VWG Bread*

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Recipes \ Macros	Full Recipe				Ser	Per Serving			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Lightly Lemony Breakfast Bars	1540	71	122	24	6	255	12	20	4
Gently Gingerbread Breakfast Bars V	1575	74	123	22	6	260	13	21	3.5
Mildly Mocha Breakfast Bars V	1575	67	126	26	6	265	11	21	4
Pleasantly Peanut Breakfast Bars V	1610	80	127	22	6	270	14	21	3.5
Kinda Cookie Breakfast Bars V	2580	106	212	30	10	260	11	21	3
Veggie Delight Breakfast Bars V	1965	85	161	30	8	245	11	20	4
Orange Spice Flax Muffins	1410	65	106	22	6	235	11	18	3.5
Mexican Hot Chocolate Muffins V	1415	67	108	21	6	235	11	18	3.5
Everything Bagel Muffins V	1360	69	101	21	6	225	12	17	3.5
Cocoa Crumble Muffin Topper A	375	7	37	4.5	8	45	1.0	4.5	0.5
Cinnamon Crumble Muffin Topper A	360	5.5	36	3.5	8	45	0.5	4.5	0.5
N'oatmeal Porridge (dry mix)	3265	138	269	25	8	410	17	34	3
N'oatmeal Porridge (prepared)	4050	208	310	40	8	505	26	39	5
Sweet & Creamy N'oatmeal Porridge V	3985	138	335	25	10	400	14	34	2.5
Sweet & Creamy N'oatmeal Porridge (prepared) V	4965	226	386	44	10	495	23	39	4.5
Chocolate N'oatmeal Porridge V	4535	158	377	39	12	380	13	32	3
Chocolate N'oatmeal Porridge (prepared) V	5710	263	439	62	12	475	22	37	5
Chocolate N'oatmeal Porridge (MCT-Free) V	3875	158	311	39	12	325	13	26	3
Chocolate N'oatmeal Porridge (MCT-Free) (prep.) V	5050	263	373	62	12	420	22	31	5
Southwest Breakfast Hash (Pea-TVP)	1655	121	108	35	5	330	24	22	7
Southwest Breakfast Hash (Soy-TVP)	1625	108	106	42	5	325	22	21	8.5
Southwest Breakfast Hash SF	1550	97	87	68	5	310	20	18	14
Herby Asparagus Hash (Pea TVP) V	1620	124	107	28	5	325	25	22	5.5
Herby Asparagus Hash (Soy TVP) V	1590	111	104	36	5	320	22	21	7
Herby Asparagus Break. Hash V SF	1515	100	85	61	5	305	20	17	12
Herby Broccoli/Green Bean Hash (Pea TVP) V	1655	117	111	37	5	330	24	22	7.5
Herby Broccoli/Green Bean Hash (Soy TVP) V	1625	104	108	45	5	325	21	22	9
Herby Broccoli/Green Bean Hash V SF	1550	93	89	71	5	310	19	18	14
Lebanese Hushwee Hash (Pea TVP) V	1685	119	112	38	5	335	24	23	7.5
Lebananese Hushwee Hash (Soy TVP) V	1725	105	110	59	5	345	21	22	12
Lebanese Hushwee Hash V SF	1585	95	90	71	5	315	19	18	14
Ensalada Fresca Topper or Side A	275	4.5	22	10	4	70	1	5.5	2.5
Chocolate Pudding Smoothie	310	24	19	7.5	1	with Coconut			
Pumpkin Pie Smoothie w/ Coconut	160	18	5.5	8	1	410	14	35	10
Snickerdoodle Frappé w/ Coconut	145	17	5.0	3	1	395	13	35	5.5
London Fog Frappé w/ Coconut	165	17	5.0	3	1	415	13	35	5.5
Versatile VWG Bread/Rolls (Almond)	1520	107	102	31	10	150	11	10	3.0
Versatile VWG Buns (Almond)					6	255	18	17	5.0
Versatile VWG Bread/Rolls (Protein Powder)	1375	135	71	22	10	140	14	7	2
Versatile VWG Buns (Protein Powder)					6	230	23	12	3.5
Versatile VWG Bread/Rolls (Peanut)	1345	149	54	35	10	135	15	6	3.5
Versatile VWG Buns (Peanut)					6	225	25	9	6
Versatile VWG Bread/Rolls (Sesame)	1320	143	56	40	10	130	15	5.5	4
Versatile VWG Buns (Sesame)					6	220	24	9.5	6.5
Versatile VWG Bagels (Lupin)	1130	130	49	25	6	190	22	8.0	4

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Recipes \ Macros	Full Recipe				Ser	Per Serving			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Versatile VWG Croutons (Almond)	1775	108	129	34	10	180	11	13	3.5
Versatile VWG Croutons (Protein Powder)	1630	136	98	25	10	165	14	10	2.5
Lupin & Caraway Seed Crackers	1355	80	100	15	8	170	10	13	2
Chickpea & Caraway Seed Crackers V	1475	79	101	40	8	185	10	13	5
Palak Shorba	1165	34	102	26	5	235	6.5	21	5.0
Cauliflower Shorba	1160	30	102	30	5	230	6	21	6
Mushroom Shorba	1150	29	102	30	5	230	6	21	6
Dijon Duo Bean Salad	1850	78	152	33	4	465	20	38	8
Dijon Dressing	530	1.5	56	3.5	8	65	0.2	7.0	0.4
Dijon Duo Bean Salad SF	1855	69	132	69	4	465	17	33	17
Dijon Asparagus & Green Olive Salad V	1835	79	154	26	4	460	20	39	6.5
Spinach & Raspberry Salad	1300	31	116	25	4	325	7.5	29	6
Raspberry Vinaigrette	435	1.5	41	7.0	12	35	0.1	4	0.5
East Asian Seedy Greens	1180	37	101	25	4	295	9.5	25	6
Sesame Soy Dressing	520	3	55	3.0	8	65	0.3	7.0	0.5
Kale Con Crouton Salad	1505	83	108	32	4	375	21	27	8
Tangy Sesame Hemp Dressing	650	18	62	8.0	12	55	1.5	5	0.5
Kale Con Crouton Salad w/ Almond Bread Croutons	1460	72	110	34	4	365	18	28	8.5
Kale Con Crouton Salad w/ Pumpkin Seeds V	1560	72	123	28	4	390	18	31	7
Kale Con Crouton Salad w/ Bread & Butter V	1520	83	111	30	4	380	21	28	7.5
Kale Con Crouton Salad w/ Crackers V	1525	69	119	29	4	380	17	30	7
Kale Con Crouton Salad w/ Sham Chèvre V	1550	67	124	32	4	390	17	31	8
Kale Con Crouton Salad w/ Pumpkin Seeds & Chèvre V	1540	59	128	29	4	385	15	32	7.5
Srirancha Romaine Slaw	1190	44	94	28	4	295	11	24	7
Srirancha Dressing	585	7	57	8.5	12	50	0.5	5	0.5
Dijon Romaine Slaw V	1395	39	121	24	4	350	10	30	6
Sesame Soy Romaine Slaw V	1385	41	120	24	4	345	10	30	6
Srirancha Green & Bean Salad S	1655	88	122	32	4	415	22	31	8
Srirancha Green & Bean Salad SF	1705	74	112	66	4	425	19	28	17
Poké Chopped Salad	1895	82	152	31	4	475	21	38	7.5
Sriracha Mayo Dressing	530	1.5	55	6.0	8	65	0.2	7	1
Poké Chopped Salad SF	2070	80	149	74	4	520	20	37	19
Spicy Kale A	345	7	32	3.0	4	85	1.5	8	1
Nori Gomasio A	215	8	18	4.0	24	10	0.3	0.5	0.2
Hummus & Pepita Kale	1575	77	127	19	4	395	19	32	4.5
Hummus Dressing	615	25	53	11	16	40	1.5	3.5	0.5
Hummus & Pepita Kale SF	1560	69	121	32	4	390	17	31	8
Hummus Dressing SF	1810	82	66	171	16	115	5	4	11
Liberally, Lasagna (Pea TVP)	3585	202	267	72	8	450	25	34	9.0
Liberally, Lasagna (Soy TVP)	3530	176	262	87	8	440	22	33	11
Liberally, Lasagna SF	3645	191	255	119	8	455	24	32	15
Spinach Fauxcotta Tart S	2860	129	241	32	6	475	22	40	5.5
Spinach Fauxcotta Tart SF	2825	135	236	30	6	470	23	39	5
Knock-Off Nature's Burger (Soy TVP)	1725	183	74	40	20	85	9	3.5	2
Knock-Off Nature's Burger (Pea TVP)	1820	215	81	28	20	90	11	4	1.5

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	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Afghan Beans on Cauli-Hemp Rice	2980	185	208	64	8	370	23	26	8
Afghan Beans on Cauli-Hemp Rice SF	3010	151	185	140	8	375	19	23	18
Afghan Beans w/ TVP on Cauli-Hemp Rice SF	2790	151	185	97	8	350	19	23	12
Boosted Refried Beans	1040	55	80	19	6	175	9	13	3
Boosted Refired Beans SF	1055	53	60	52	6	175	8.5	10	8.5
Refried Bean Soup S	1190	69	84	28	4	295	17	21	7
Refried Bean Soup SF	1205	66	65	61	4	300	17	16	15
Bean & Sheese Wraps M	2810	127	225	51	6	470	21	38	8.5
Bean & Sheese Wraps SF	2825	125	206	84	6	470	21	34	14
Sun-Dried Tomato & Mushroom Quiche	2010	99	163	23	4	500	25	41	5.5
Baycon Artichoke Quiche V	2260	109	184	22	4	565	28	46	5.5
Tart Crust	1305	56	114	11	4	325	14	29	3
Tart Crust & Eygg w/o Other Fillings	1870	93	155	13	4	470	23	39	3
BAT'L Ships (Pea TVP)	850	33	71	11	3	285	11	24	3.5
BAT'L Ships (Soy TVP)	835	27	70	15	3	280	9	23	5
Baycon Crumbles (Pea TVP)	430	26	33	5	3	145	8.5	11	1.5
Baycon Crumbles (Soy TVP)	415	20	31	8.5	3	140	6.5	11	3
Mayo Sauce	255	1	27	1	4	65	0.2	6.5	0.2
Saucier BLT Salad V	975	34	85	11	3	325	11	28	3.5
BAHT'L Ships (Soybean Hum.) V	935	47	73	16	3	310	16	25	5
BAHT'L Ships (Chickpea Hum.) V	950	46	70	24	3	315	16	24	8
BAHT'L Ships (Lupin Hummus) V	895	44	70	16	3	300	15	23	5.5
Tofu Baycon Strips S	585	40	42	4.0	4	145	10	11	1
Pretend Polenta	1485	86	104	19	4	370	22	26	4.5
Polenta w/ Marinara & Veggies M	1780	93	127	32	4	445	24	32	8
Chili Peanut Noodles	1170	42	91	27	4	290	11	23	6.5
Chili Peanut Tofu Chowder S	1530	81	109	32	4	385	20	27	8
Chili Peanut Sauce	800	24	71	21	6	135	4	12	3.5
Chili Peanut Tofu Chowder SF	1375	60	100	34	4	345	15	25	8.5
Soybean Hummus	1730	76	145	28	10	175	7.5	15	3
Lupin Hummus V	1525	58	129	33	10	155	6	13	3.5
Chickpea Hummus V	1795	71	130	70	10	180	7	13	7
Shiitake Asparagus Sheet Pan Dinner	1870	86	150	33	4	470	22	38	8.5
Shiitake Asparagus Sheet Pan Dinner SF	1935	78	133	84	4	485	20	33	21
Easy Sheet Pan Seasoning	90	4	2.5	12	12	7.5	0.3	0.2	1
Blackberry Jam	110	3	1	9.5	12	10	0.3	0.1	1
Raspberry Jam	130	2.5	1.5	12	12	10	0.2	0.1	1
Strawberry Jam	85	1.5	0.5	13	12	5	0.1	0.1	1
Pumped-Up Almond Butter	1100	55	92	13	12	90	4.5	7.5	1
Pumped-Up Peanut butter	1065	59	85	19	12	90	5	7	1.5
Pumped-Up SunButter	1190	60	97	6.5	12	100	5	8	0.5
Jam'n Sheese Tart (Blackberry) S	2605	92	220	39	10	260	9	22	4
Jam'n Sheese Tart (Raspberry) S	2635	91	221	43	10	265	9	22	4
Jam'n Sheese Tart (Strawberry) S	2570	89	219	43	10	255	9	22	4.5

- V - recipe **Variation**
- A - **Add-On** recipe
- S - **Spin-Off** recipe
- M - **Meal** option
- SF - soy-free version using **bold bean** option

Recipes \ Macros	Full Recipe				Ser	Per Serving			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Sham Chèvre	1120	32	105	15	12	95	2.5	8.5	1.5
Herb & Garlic Chèvre V	1145	33	105	19	12	95	2.5	9	1.5
Almond Chèvre V	1140	30	105	16	12	95	2.5	8.5	1.5
Sunflower Seed Chèvre V	1110	31	102	16	12	95	2.5	8.5	1.5
Cashew Chèvre V	1105	27	98	32	12	90	2.5	8	2.5
Jalapeño Popper Tart (Pea TVP) S	2605	113	221	33	6	435	19	37	5.5
Jalapeño Popper Tart (Soy-TVP) S	2590	107	220	37	6	430	18	37	6.0
Stuffed Mushroom Tart (Pea TVP) S	2605	116	221	34	6	435	20	37	5.5
Stuffed Mushroom Tart (Soy TVP) S	2595	110	220	37	6	430	19	37	6.0
Jackfruit Tu-Nah Salad	915	8	90	16	5	185	1.5	18	3
Red Wine Marinara	1075	13	74	53	10	110	1.5	7.5	5
Cream of Tomato Soup S	1835	21	152	62	8	230	2.5	19	8
Marinara Meal (Pea TVP) M	1760	100	119	32	4	440	25	30	8
Marinara Meal (Soy TVP) M	1735	87	117	40	4	435	22	29	10
food - nut/peanut-free options									
Lightly Lemony Breakfast Bars sunflower seed flour & butter; hemp hearts	1595	76	123	22	6	265	13	21	3.5
Veggie Delight Breakfast Bars sunflower seed flour & butter; hemp hearts	1970	93	155	30	8	245	12	20	4.0
Cocoa Crumble Muffin Topper sunflower seeds	360	9.5	33	6	8	45	1	4	1
Cinnamon Crumble Muffin Topper sunflower seeds	350	7.5	32	5.5	8	45	1	4	0.5
N'oatmeal Porridge (dry mix) sunflower seed flour & hemp hearts	3245	145	264	29	8	405	18	33	3.5
Dijon Duo Bean Salad sunflower seeds & sunflower Sham Chèvre	1500	68	119	30	4	375	17	30	7.5
Spinach & Raspberry Salad sunflower seeds & sunflower Sham Chèvre	645	16	52	18	4	160	4.0	13	4.5
Liberally, Lasagna (Pea TVP) sunflower seeds & hemp hearts	3520	212	253	73	8	440	27	32	9
Sun-Dried Tomato & Mushroom Quiche sunflower seed flour	2020	99	164	26	4	505	25	41	6.5
Tart Crust sunflower seed flour	1320	56	115	15	8	165	7.0	15	2
Pretend Polenta sunflower seed flour	1485	86	105	20	4	370	22	26	5
Chili Peanut Noodles sunflower seed butter & sunflower seeds	1220	40	96	22	4	305	10	24	5.5
Chili Peanut Tofu Chowder sunflower seed butter & sunflower seeds	1585	79	114	27	4	395	20	29	7
Chili Peanut Sauce sunflower seed butter	865	24	77	15	6	145	4.0	13	2.5
Shiitake Asparagus Sheet Pan Dinner sunflower seeds	1865	89	147	35	4	465	22	37	9
Jam'n Sheese Tart (Mixed Berry) sunflower seed flour & sunflower Sham Chèvre	1495	59	117	30	10	150	6.0	12	3
Jalapeño Popper Tart (Pea TVP) sunflower seed flour & sunflower Sham Chèvre	2605	113	219	38	6	435	19	37	6.5
Stuffed Mushroom Tart (Pea TVP) sunflower seed flour & sunflower Sham Chèvre	2610	116	219	38	6	435	20	37	6.5
food - coconut-free options									
Lightly Lemony Breakfast Bars sliced almonds	1550	75	121	25	6	260	13	20	4
N'oatmeal Porridge almond flour (or sunflower seed flour)	3230	143	263	26	8	405	18	33	3
BAT'L Ships sliced almonds	850	36	70	12	3	285	12	24	4
Baycon Crumbles sliced almonds	465	30	35	6	3	155	10	12	2

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Recipes \ Macros	Full Recipe				Ser	Per Serving			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
food - using the **bold carb-booster** options									
Lightly Lemony Breakfast Bars V Leveled Up (Lemon Topping)	1615	71	122	30	6	270	12	21	5
Lightly Lemony Breakfast Bars V Jammy (Jam Topping)	1650	73	123	35	6	275	12	21	6
Veggie Delight Breakfast Bars V sun-dried tomatoes	2080	88	169	39	8	260	11	21	5
Something Like Schiacciata V potato, garlic, extra onion	2260	92	176	62	9	250	10.0	20	7
Orange Spice Flax Muffins V orange juice	1445	66	106	30	6	240	11	18	5
Orange Spice Flax Muffins V dried cranberries	1470	65	106	37	6	245	11	18	6
Orange Spice Flax Muffins V dried cranberries & orange juice	1510	66	106	46	6	250	11	18	7.5
Everything Bagel Muffins V sun-dried tomatoes	1445	71	106	28	6	240	12	18	4.5
N'oatmeal Porridge V oats	3125	133	224	83	8	390	17	28	11
N'oatmeal Porridge (Prepared) V oats	4090	220	276	102	8	510	28	35	13
Southwest Breakfast Hash V corn (canned)	1765	125	110	55	5	355	25	22	11
Southwest Breakfast Hash V potato	1815	125	110	68	5	365	25	22	14
Herby Broccoli/Green Bean Breakfast Hash V sun-dried tomatoes	1775	121	118	47	5	355	24	24	9.5
Lebanese Hushwee Breakfast Hash V peas (frozen)	1725	122	112	43	5	345	25	23	8.5
Versatile VWG Bread V chickpea flour	1295	109	49	77	10	130	11	5.0	7.5
Carrot Shorba V carrot	1210	27	102	41	5	240	5.5	21	8
Dijon Duo Bean Salad V sun-dried tomatoes	1935	80	158	39	4	485	20	40	10
Dijon Duo Bean Salad V dried cranberries	1975	78	153	64	4	495	20	38	16
Spinach & Raspberry Salad V blueberries, avocado, extra onion	1390	34	117	35	4	345	8.5	29	9
East Asian Seedy Greens V extra snow peas & red bell pepper	1255	42	102	35	4	315	11	26	8.5
Kale Con Crouton Salad V chickpea flour croutons	1470	73	100	54	4	370	18	25	14
Kale Con Crouton Salad V dried cranberries	1500	81	98	59	4	375	20	25	15
Sriracha Romaine Slaw V cabbage (red) & carrots	1270	45	94	45	4	315	11	24	12
Poké Chopped Salad V mango	1955	82	153	44	4	490	21	38	11
Poké Chopped Salad V papaya	1935	82	152	39	4	485	21	38	9.5
Poké Chopped Salad V pineapple	1935	82	152	40	4	485	21	38	10
Poké Chopped Salad V rice	2070	84	152	73	4	520	21	38	18
Poké Chopped Salad V quinoa	1980	80	143	73	4	495	20	36	18
Poké Chopped Salad V chickpea "rice" / risoni	1965	87	137	73	4	490	22	34	18
Hummus & Pepita Kale V pomegranate arils	1640	78	128	30	4	410	20	32	7.5
Hummus & Pepita Kale V pistachios	1555	59	129	33	4	390	15	32	8
Afghan Beans on Cauli-Hemp Rice V rice	3330	189	208	148	8	415	24	26	19
Afghan Beans on Cauli-Hemp Rice V quinoa	3150	182	189	148	8	395	23	24	19
Afghan Beans on Cauli-Hemp Rice V chickpea "rice" / risoni	3110	195	177	147	8	390	25	22	19
Polenta w/ Marinara & Veggies (Meal) V double veggies & mushrooms	1970	99	142	40	4	490	25	36	10
Chili Peanut Noodles V broccoli & extra peanut butter	1540	57	123	40	4	385	14	31	10