

TABLE OF contents

INTRODUCTION & TOOLS

- 1 ▾ Vegan Keto Basics | 05 |
- 2 ▾ General Recipe Notes | 12 |
- 3 ▾ Vegan Keto Food List | 14 |
- 4 ▾ Sheet Pan Dinner Builder | 18 |
- 5 ▾ Recipe Macro & Ingredient Summary | 98 |
- 6 ▾ Helpful Divisions & Conversions | 100 |

BREAKFAST & PROTEIN DRINKS

- 7 ▾ Lightly Lemony Breakfast Bars | 20 |
Variations: Gently Gingerbread Breakfast Bars, Mildly Mocha Breakfast Bars, Pleasantly Peanut Breakfast Bars, Kinda Cookie Breakfast Bars, Veggie Delight Breakfast Bars | 78 |, and Something Like Schiacciata | 78 |
- 8 ▾ Orange Spice Flax Muffins | 22 |
Variations: Mexican Hot Chocolate Muffins and Everything Bagel Muffins
Add-On Recipes: Cocoa Crumble or Cinnamon Crumble Muffin Toppers
- 9 ▾ N' oatmeal Porridge | 24 |
Variations: Sweet & Creamy N' oatmeal Porridge and Chocolate N' oatmeal Porridge
- 10 ▾ Southwest Breakfast Hash | 26 |
Variations: Herby Asparagus, Broccoli, or Green Bean Hash and Lebanese Hushwee Hash
Add-On Recipe: Ensalada Fresca Topper or Side
- 11 ▾ Protein Smoothies & Frappés | 28 |
Recipes: Chocolate Pudding Smoothie, Pumpkin Pie Smoothie, Snickerdoodle Frappé, and London Fog Frappé

BREAD & CRACKERS

- 12 ▾ Versatile VWG Bread, Buns, Rolls, and Bagels | 30 |
Flour options include: almond, chickpea, flaxseed meal and protein powder, lupin (bagels), peanut, and sesame seed
- 13 ▾ Lupin & Caraway Seed Crackers | 32 |
Variation: Chickpea & Caraway Seed Crackers

SOUPS & SALADS

- 14 ▾ Palak Shorba (Spinach Soup) | 34 |
Variations: Cauliflower Shorba, Mushroom Shorba, and Carrot Shorba
- 15 ▾ Dijon Duo Bean Salad | 36 |
- 16 ▾ Spinach & Raspberry Salad | 38 |
- 17 ▾ East Asian Seedy Greens | 40 |
- 18 ▾ Kale Con Crouton Salad | 42 |
- 19 ▾ Sriracha Romaine Slaw | 44 |
Variations: Dijon Romaine Slaw and Sesame Soy Romaine Slaw
Spin-Off Recipe: Sriracha Green & Bean Salad

SOUPS & SALADS CONT.

- 20 ▾ Poké Chopped Salad | 46 |
Add-On Recipes: Spicy Kale and Nori Gomasio
- 21 ▾ Hummus & Pepita Kale | 48 |
- 22 ▾ Liberally, Lasagna | 50 |
Spin-Off Recipe: Spinach Fauxcotta Tart | 79 |
- 23 ▾ Knock-Off Nature's Burger | 52 |
- 24 ▾ Afghan Beans on Cauli-Hemp Rice | 54 |
- 25 ▾ Boosted Refried Beans | 56 |
Spin-Off Recipe: Refried Bean Soup
Meal Recipe: Bean & Sheese Wraps
- 26 ▾ Sun-Dried Tomato & Mushroom Quiche | 58 |
Variation: Baycon Artichoke Quiche
- 27 ▾ BAT'L Ships (Baycon, Avocado, Tomato, Lettuce Boats) | 60 |
Spin-Off Recipe: Tofu Baycon Strips
- 28 ▾ Pretend Polenta | 62 |
Meal Recipe: Polenta With Marinara & Veggies
- 29 ▾ Chili Peanut Noodles | 64 |
Spin-Off Recipe: Chili Peanut Tofu Chowder
- 30 ▾ Shiitake Asparagus Sheet Pan Dinner | 66 |

SAUCES & CONDIMENTS

- 31 ▾ Soybean Hummus | 66 |
- 32 ▾ Berry Jam & Pumped-Up Nut Butter | 68 |
Spin-Off Recipe: Jam'n Sheese Tart | 80 |
- 33 ▾ Sham Chèvre (Two-Ways) | 70 |
Variation: Herb & Garlic Sham Chèvre
Spin-Off Recipes: Jalapeño Popper Tart and Stuffed Mushroom Tart | 80 |
- 34 ▾ Jackfruit Tu-Nah Salad | 72 |
- 35 ▾ Red Wine Marinara | 74 |
Spin-Off Recipe: Creamy Tomato Soup

MISCELLANEOUS

- 36 ▾ Soft Instant Pot Soybeans | 76 |
- 37 ▾ Cauliflower Rice | 76 |

THE MEAL PLAN

- 38 ▾ Meal Plan Introduction & General Information | 84 |
- 39 ▾ Shopping Lists | 86 |
- 40 ▾ The Meal Plan | 90 |