

SIMPLE STARTER VEGAN KETO meal plan(ner)

Formulating a vegan ketogenic diet is a unique, and quite possibly frustrating, challenge. This simple meal plan (or planner), based primarily on readily available nutrient-rich whole food ingredients, can help you get started.

This meal plan(ner) comes in 2 versions and is meant to serve as a baseline guide. The "female baseline" version provides roughly 1,385 calories, 70g protein, 105g fat, and 27g net carbs. The "male baseline" version provides roughly 1,725 calories, 100g protein, 125g fat, and 30g net carbs. Neither plan is intended to be gender-exclusive nor prescriptive. Whichever plan you choose as your baseline, it should be adapted to fit your personal nutritional needs

and preferences. Please rearrange, replace, omit, or add food items as needed. Guidance for making simple adjustments to net carbs, calories/fat, and protein is provided in the notes below. In addition, there is a section on the meal plan page with some common items you may wish to include. The few simple recipes mentioned in the plan can be found on the last page. Feel free to adapt these as well.

When following the plan, consider your full day of food choices in advance. In particular, what do you do for Meal 3? Are there out-of-plan ingredients you want to add? Do these necessitate adjustments to other meals or snacks? Do you want to eat Meal 3 for breakfast? Look ahead. Be creative. And most importantly, get started!

MEAL PLAN NOTES & TIPS

tsp = teaspoon (5ml)

Tbsp = tablespoon (15ml)

MEAL 1:

Ⓐ Choose a protein powder with a max of 2g net carbs per roughly 20g of protein. There are 0g net carbs products available.

Choose a soy/pea milk that does not exceed 2g net carbs per cup (240ml). If you prefer a low-protein milk (e.g. almond), choose one that does not exceed 1g net carb per cup and add an additional 1 Tbsp (7g) protein powder per cup of milk.

Ⓑ If you'd like to use peanuts or peanut butter here, add 2.5g net carbs.

SNACKS:

Items in this section can be enjoyed on their own, as snacks, or added to other meals.

Ⓒ Brazil nuts and seaweed snacks are included here because they are valuable sources of selenium and iodine respectively.

The soy/pea milk can be replaced with a low-protein milk and 1 Tbsp (7g) protein powder (applies to male version only).

Ⓓ Tahini may be much lower in net carbs. There are products that boast 0g net carbs.

MEAL 2:

Ⓔ The cup measurement for mixed greens/spinach is for baby or chopped leaves. Feel free to replace these with a lettuce of your choosing (iceberg isn't a great choice).

Ⓕ The net carb freebies have little to no net carbs in the amounts that would be reasonably used on a salad. Used in larger amounts, some do have net carbs.

Ⓖ The salad dressing recipes are created to have similar yield and nutritional profiles. You may find that 1½ Tbsp dressing for this amount of salad, especially if using one of the creamy dressings is not sufficient. See the notes on the recipe page to adjust the creamy dressings.

Ⓗ Feel free to use 2 of the same item from this section (applies to male version only).

The weight given on **tofu** packages is

pressed weight (at least in North America). 85g pressed weighs about 105g unpressed.

Brami beans, which is a brand of 0g net carb lupini beans, may only be available in the US. Overall, jarred/canned lupini bean nutritional profiles seem to vary widely.

For replacement purposes, the macros for an item/combo from this section is roughly: 155 cal, 9g protein, 12g fat, 1g net carbs (double this for 2 items - male version only)

MEAL 3:

The items for this meal can be prepared as you see fit. Preparation could be as simple as the protein baked/fried with steamed veggie(s) on the side, or it could be a more involved stir-fry or a sheet pan dinner.

Ⓖ The oil listed here balances the calories across the protein options. It doesn't reflect the amount required to cook that item. The oil, or a vegan butter, can be used in whatever manner suits you. Alternatively, the oil could be swapped for additional salad dressing in Meal 2. Calorie-wise 1 Tbsp oil is equal to 1½ Tbsp salad dressing.

170g pressed **tofu** is about 210g unpressed.

Ground lupin is also called lupin flakes.

The nutritional details used here are for **soybeans** cooked from dried. The nutritional profiles for canned (e.g. Eden) and jarred (e.g. Biona) soybeans show higher net carbs.

The nutritional profiles for **Beyond products** may vary by country and change over time. You may wish to check your labels.

This amount of **soy-based TVP**, 30g, is quite a bit once hydrated. You may prefer to use just 20g TVP and add ¾ cup (180ml) soy/pea milk to your day to make up for the protein difference. Reduce the oil to 4 tsp to balance out the difference in calories.

Ⓖ Cup measurements for vegetables/mushrooms, when given, are for cut pieces.

ADJUSTING THE NET CARBS:

Sections Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ and Meal 3 are where

the net carbs can most easily be adjusted with the least impact on overall calories and protein. Net carb values are noted on the meal plan in these sections.

ADJUSTING THE CALORIES/FAT:

Sections Ⓒ Ⓓ and Ⓔ are where the calories can most easily be adjusted while having the least impact on the protein content.

Section Ⓖ contains about 220 calories. This section can be omitted, halved, doubled, etc.

The salad dressings in section Ⓖ contain roughly 40 calories per ½ tablespoon.

Oil, found in sections Ⓓ and Ⓔ, contains:

- 1 tablespoon - 120 calories
- 1 teaspoon - 40 calories

ADJUSTING THE PROTEIN:

Adjusting protein without impacting other factors is the most challenging. The below options each add roughly 9 grams of protein with minimal impact on net carbs:

Low-fat options:

- 2 Tbsp (14g ≈ ½ scoop) protein powder (+ 50CAL, 1NC)
- 1 cup (240ml) soy/pea milk (+ 90CAL, 2NC)
- 1 serving (85g) extra-firm tofu (+ 70CAL, 0.5NC)
- 10g pea-based TVP (+ 40CAL, 0.5NC)
- ¼ cup (43g) soybeans (+ 75CAL, 1NC)
- 1 single-serve packet (65g) Brami lupini beans (+ 80CAL, 0NC)

High-fat options: (25g ≈ 2 ½ Tbsp)

- hemp hearts (+ 150CAL, 0.5NC)
- pumpkin seeds (+ 150CAL, 1NC)

Disclaimer: values given within this tool are rounded for ease of use. Following the plan as it is will typically result in an intake that is within ±10% of the nutritional profile stated. However, actual intake will vary based on your choices and the products used.



MEAL 1 _____

410 cals | 26 pro | 29 fat | 7.5 nc

Ⓐ A simple shake made with 2 Tbsp (14g ≈ 1/2 scoop) **protein powder** and 1 cup (240ml) **soy** or **pea milk**

Ⓑ And 40g one of:

- almonds** or **almond butter** (≈ 1/4 cup or 2 1/2 Tbsp)
- sunflower seed butter** (≈ 2 1/2 Tbsp)
- hazelnuts** (≈ 1/4 cup)
- walnuts** (≈ 1/3 cup)
- or **Coconut Chia Pudding**

Ⓒ And 40g one of [2NC]:

- blackberries** (≈ 1/4 cup)
- raspberries** (≈ 1/3 cup)
- starfruit** (≈ 1/2 medium)
- strawberries** (≈ 1/4 sliced cup or 3 medium berries)

SNACKS _____

275 cals | 4 pro | 27 fat | 2 nc

Ⓓ Both of these:

- a **Brazil nut**, and **seaweed snacks**, a 5g packet

Ⓔ And 30g one of:

- macadamia nuts** (≈ 1/4 cup)
- pecans** (≈ 1/4 cup)
- or **avocado**, 1 medium (135g)

POSSIBLE ADDITIONS Ⓒ _____

- [1NC, 25CAL] **olives, black** (25g ≈ 1/2 medium)
- [1NC, 10CAL] **cocoa/cacao powder** 1 Tbsp (5g)
- [2NC, 180CAL] **canned full-fat coconut milk** (100ml)
- [2NC, 90 CAL] **peanut butter**, 1 Tbsp (15g)
- [2NC, 90CAL] **tahini**, 1 Tbsp (15g)



MEAL 2 _____

380 cals | 19 pro | 27 fat | 9.5 nc

Ⓐ A cup of **Noochy Broth** and a salad made as follows:

Ⓑ With a base of 100g (≈ 3 cups) [1.5NC]:

- mixed greens**, or
- spinach**
- Ⓓ Topped with one of [0.5NC]:
- celery** (40g ≈ 8 inches [20cm])
- mixed green** (30g ≈ 1 cup)
- radishes** (25g ≈ 3 medium)
- green onion** (10g ≈ 1/2 medium)

Ⓔ And one of [1.5NC]:

- cucumber** (60g ≈ 2 inches [5cm])
- green bell pepper** (60g ≈ 1/2 medium)
- tomato** (60g ≈ 1/2 medium)
- cabbage, green** (40g ≈ 1/2 shredded cup)

Ⓕ And one of [2NC]:

- red bell pepper** (60g ≈ 1/2 medium)
- cabbage, red** (40g ≈ 1/2 shredded cup)
- beet** (30g ≈ 1/3 medium)
- carrot** (30g ≈ 1/2 medium)
- onion** (30g ≈ 1/4 medium)

or an additional item from each of the previous two lists (Ⓓ Ⓔ)

Ⓖ And any of these net carb freebies:

- alfalfa sprouts**
- herbs**, fresh or dried
- jalapeño slices** (pickled type)
- olives, green**
- sauerkraut**

Ⓗ Dressed with 1 1/2 Tbsp (23ml) one of the **Salad Dressings** on the recipe page

Ⓖ Topped/along with 1 of the following:

- hemp hearts** (25g ≈ 2 1/2 Tbsp)
- pumpkin seeds** (25g = 2 1/2 Tbsp)
- or **extra-firm tofu**, 1 serving (85g)
- cooked **soybeans** (43g ≈ 1/4 cup)
- Brami beans**, 1 snack pack (65g)
- ground lupin** (25g ≈ 3 Tbsp)
- + 1 Tbsp additional salad dressing or 2 tsp oil and 1/2 tsp seasoning blend
- or **pea-based TVP** (10g) + 1/2 Tbsp additional salad dressing and 1/2 Tbsp oil and 1/2 tsp seasoning blend
- or **Protein Chia Pudding**

MEAL 3 _____

320 cals | 21 pro | 21 fat | 8 nc

Ⓐ One of the following protein + oil combinations:

- hemp hearts** (40g ≈ 4 Tbsp) + no oil + 7NC
- extra-firm tofu**, 2 servings (170g) + 1 Tbsp oil + 7NC
- pea-based TVP** (20g) + 1 1/2 Tbsp oil + 7NC
- ground lupin** (40g ≈ 1/3 cup) + 1 Tbsp oil + 7NC
- cooked **soybeans** (85g ≈ 1/2 cup) + 1 Tbsp oil + 6NC
- Beyond Sausage**, 1 link (76g) + 2 tsp oil + 6NC
- Beyond Breakfast Links**, 4 links (92g) + no oil + 6NC
- pumpkin seeds** (45g ≈ 4 1/2 Tbsp) + no oil + 5.5NC
- tempeh**, 1 serving (85g) + 1 Tbsp oil + 5NC
- edamame**, shelled, frozen, unprepared (140g ≈ 1 cup) + 1 Tbsp oil + 4NC
- soy-based TVP** (30g) + 1 1/2 Tbsp oil + 3NC
- Beyond Burger** or **Beyond Ground**, 1 burger or 1 serving (113g) + 1/2 Tbsp oil + 3NC

Ⓑ And 100g each of one or more of the following vegetables/mushrooms, totalling the net carb number given with your chosen protein:

- [1NC] **broccolini** (≈ 8 pieces)
- [1NC] **bok choy** (≈ 1 baby head)
- [1.5NC] **mushrooms**, white (≈ 1 1/4 cups)
- [1.5NC] **asparagus** (≈ 6 medium spears)
- [2NC] **portabella mushroom** (≈ 1 medium)
- [2NC] **zucchini** (≈ 1/2 medium)
- [2NC] **heart of palm** (≈ 8 hearts)
- [3NC] **cauliflower** (≈ 3/4 cup)
- [3NC] **Tenderstem broccoli** (≈ 8 pieces)
- [3NC] **eggplant** (≈ 1 1/4 cups)
- [4NC] **broccoli** (≈ 1 cup or 1/3 medium crown)
- [4NC] **green beans** (≈ 18 pieces or 3/4 cup)
- [4.5NC] **shiitake mushroom** (≈ 2 cups)
- [5NC] **Brussels sprouts** (≈ 5 pieces or 1 cup)
- [5NC] **snow peas** (≈ 30 pieces or 1 cup)
- [6.5NC] **carrots** (≈ 1 1/2 medium or 3/4 cup)

and/or items from lists Ⓑ Ⓓ Ⓔ Ⓕ Ⓖ in Meal 2

- [0.5NC] **Dijon mustard**, 1 Tbsp (15g)
- [0.5NC] **nutritional yeast flakes**, 1 Tbsp (5g)
- [1NC] **garlic**, a clove (3g)
- [1NC] **ginger**, fresh, grated, 1 tsp (6g)
- [1NC] **lemon juice**, 1 Tbsp (15ml)
- [1NC] **seasoning blend**, 1 tsp (3g)
- [1NC] **tamari**, 1 Tbsp (15ml)
- [1NC] **sriracha**, 1 tsp (6g)
- [2.5NC] **tomato paste**, 1 Tbsp (16g)
- [4NC] low-carb **marinara sauce** (100g)

MEAL 1 _____

510 cals | 41 pro | 33 fat | 9 nc

Ⓐ A simple shake made with 4 Tbsp (28g ≈ 1 scoop) **protein powder** and 1½ cup (360ml) **soy or pea milk**

Ⓑ And 40g one of:

- almonds** or **almond butter** (≈ ¼ cup or 2½ Tbsp)
- sunflower seed butter** (≈ 2½ Tbsp)
- hazelnuts** (≈ ¼ cup)
- walnuts** (≈ ⅓ cup)
- or **Coconut Chia Pudding**

Ⓒ And 40g one of [2NC]:

- blackberries** (≈ ¼ cup)
- raspberries** (≈ ⅓ cup)
- starfruit** (≈ ½ medium)
- strawberries** (≈ ¼ sliced cup or 3 medium berries)

SNACKS _____

370 cals | 13 pro | 32 fat | 4 nc

Ⓓ All of these:

- soy or pea milk**, 1 cup (240ml) a **Brazil nut**, and **seaweed snacks**, a 5g packet

Ⓔ And 30g one of:

- macadamia nuts** (≈ ¼ cup)
- pecans** (≈ ¼ cup)
- or **avocado**, 1 medium (135g)

POSSIBLE ADDITIONS Ⓒ _____

- [1NC, 25CAL] **olives, black** (25g ≈ ½ medium)
- [1NC, 10CAL] **cocoa/cacao powder** 1 Tbsp (5g)
- [2NC, 180CAL] canned full-fat **coconut milk** (100ml)
- [2NC, 90 CAL] **peanut butter**, 1 Tbsp (15g)
- [2NC, 90CAL] **tahini**, 1 Tbsp (15g)



MEAL 2 _____

535 cals | 28 pro | 38 fat | 10 nc

Ⓐ A cup of **Noochy Broth** and a salad made as follows:

Ⓑ With a base of 100g (≈ 3 cups) [1.5NC]:

- mixed greens**, or
- spinach**
- Ⓓ Topped with one of [0.5NC]:
- celery** (40g ≈ 8 inches [20cm])
- mixed green** (30g ≈ 1 cup)
- radishes** (25g ≈ 3 medium)
- green onion** (10g ≈ ½ medium)

Ⓔ And one of [1.5NC]:

- cucumber** (60g ≈ 2 inches [5cm])
- green bell pepper** (60g ≈ ½ medium)
- tomato** (60g ≈ ½ medium)
- cabbage, green** (40g ≈ ½ shredded cup)

Ⓕ And one of [2NC]:

- red bell pepper** (60g ≈ ½ medium)
- cabbage, red** (40g ≈ ½ shredded cup)
- beet** (30g ≈ ⅓ medium)
- carrot** (30g ≈ ½ medium)
- onion** (30g ≈ ¼ medium)

or an additional item from each of the previous two lists (Ⓓ Ⓔ)

Ⓖ And any of these net carb freebies:

- alfalfa sprouts**
- herbs**, fresh or dried
- jalapeño slices** (pickled type)
- olives, green**
- sauerkraut**

Ⓗ Dressed with 1½ Tbsp (23ml) one of the **Salad Dressings** on the recipe page

Ⓖ Topped/along with 2 of the following:

- hemp hearts** (25g ≈ 2½ Tbsp)
- pumpkin seeds** (25g = 2½ Tbsp)
- or **extra-firm tofu**, 1 serving (85g)
- cooked **soybeans** (43g ≈ ¼ cup)
- Brami beans**, 1 snack pack (65g)
- ground lupin** (25g ≈ 3 Tbsp)
- + 1 Tbsp additional salad dressing or 2 tsp oil and ½ tsp seasoning blend
- or **pea-based TVP** (10g) + ½ Tbsp additional salad dressing and ½ Tbsp oil and ½ tsp seasoning blend
- or **Protein Chia Pudding**

MEAL 3 _____

310 cals | 20 pro | 20 fat | 7 nc

Ⓐ One of the following protein + oil combinations:

- hemp hearts** (40g ≈ 4 Tbsp) + no oil + 6NC
- extra-firm tofu**, 2 servings (170g) + 1 Tbsp oil + 6NC
- pea-based TVP** (20g) + 1½ Tbsp oil + 6NC
- ground lupin** (40g ≈ ⅓ cup) + 1 Tbsp oil + 6NC
- cooked **soybeans** (85g ≈ ½ cup) + 1 Tbsp oil + 5NC
- Beyond Sausage**, 1 link (76g) + 2 tsp oil + 5NC
- Beyond Breakfast Links**, 4 links (92g) + no oil + 5NC
- pumpkin seeds** (45g ≈ 4½ Tbsp) + no oil + 4.5NC
- tempeh**, 1 serving (85g) + 1 Tbsp oil + 4NC
- edamame**, shelled, frozen, unprepared (140g ≈ 1 cup) + 1 Tbsp oil + 3NC
- soy-based TVP** (30g) + 1½ Tbsp oil + 2NC
- Beyond Burger** or **Beyond Ground**, 1 burger or 1 serving (113g) + ½ Tbsp oil + 2NC

Ⓑ And 100g each of one or more of the following vegetables/mushrooms, totalling the net carb number given with your chosen protein:

- [1NC] **broccolini** (≈ 8 pieces)
- [1NC] **bok choy** (≈ 1 baby head)
- [1.5NC] **mushrooms**, white (≈ 1¼ cups)
- [1.5NC] **asparagus** (≈ 6 medium spears)
- [2NC] **portabella mushroom** (≈ 1 medium)
- [2NC] **zucchini** (≈ ½ medium)
- [2NC] **heart of palm** (≈ 8 hearts)
- [3NC] **cauliflower** (≈ ¾ cup)
- [3NC] **Tenderstem broccoli** (≈ 8 pieces)
- [3NC] **eggplant** (≈ 1¼ cups)
- [4NC] **broccoli** (≈ 1 cup or ⅓ medium crown)
- [4NC] **green beans** (≈ 18 pieces or ¾ cup)
- [4.5NC] **shiitake mushroom** (≈ 2 cups)
- [5NC] **Brussels sprouts** (≈ 5 pieces or 1 cup)
- [5NC] **snow peas** (≈ 30 pieces or 1 cup)
- [6.5NC] **carrots** (≈ 1½ medium or ¾ cup)

and/or items from lists Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ in Meal 2

- [0.5NC] **Dijon mustard**, 1 Tbsp (15g)
- [0.5NC] **nutritional yeast flakes**, 1 Tbsp (5g)
- [1NC] **garlic**, a clove (3g)
- [1NC] **ginger**, fresh, grated, 1 tsp (6g)
- [1NC] **lemon juice**, 1 Tbsp (15ml)
- [1NC] **seasoning blend**, 1 tsp (3g)
- [1NC] **tamari**, 1 Tbsp (15ml)
- [1NC] **sriracha**, 1 tsp (6g)
- [2.5NC] **tomato paste**, 1 Tbsp (16g)
- [4NC] low-carb **marinara sauce** (100g)

Ⓢ COCONUT CHIA pudding:

In a small bowl or container, whisk together:

- $\frac{1}{3}$ cup canned full-fat **coconut milk**
- 2 Tbsp (20g) **chia seeds**

Whisk in keto-friendly sweetener, sugar-free extract, and spices to taste. Allow to gel for at least 30 minutes. I prefer to refrigerate mine overnight.

Depending on how long you let the pudding thicken and how thick you like it, you may wish to add a splash of plant-based milk.

240 cal | 6 pro | 20 fat | 2 nc

Ⓢ PROTEIN CHIA pudding:

Follow the above directions but using these:

- $\frac{1}{2}$ cup **soy** or **pea milk**
- 2 Tbsp + 1 tsp (23g) **chia seeds**

160 cal | 9.5 pro | 9 fat | 1 nc

Ⓢ NOOCHY broth:

In a mug or small bowl, whisk together:

- $\frac{1}{4}$ cup **soy** or **pea milk**
- 1 Tbsp **tamari, soy sauce, or aminos** or 1 tsp (6g) miso paste
- 1 Tbsp (5g) **nutritional yeast flakes**
- $\frac{1}{4}$ tsp **onion powder**
- $\frac{1}{8}$ tsp **garlic powder**
- a sprinkle of **cayenne pepper** (optional)

Then whisk in:

- $\frac{3}{4}$ cup (180ml) boiling **hot water**

The nutritional yeast will settle to the bottom, so mix frequently while consuming.

55 cal | 6.5 pro | 1.5 fat | 2.5 nc

Ⓢ SALAD DRESSINGS

In a jar or small bowl, whisk or shake the ingredients together. If time allows, set aside for at least 30 minutes for flavors to meld.

Yield: 12 Tbsp (i.e. $\frac{3}{4}$ cup [180ml])

1 Tbsp: 80 cal | 0 pro | 9 fat | 0.5 nc

GARLIC OREGANO vinaigrette:

- $\frac{1}{2}$ cup light **olive oil**
- $\frac{1}{4}$ cup red or white wine **vinegar**
- 3 cloves (9g) **garlic**, crushed
- 1 tsp dried **oregano**
- $\frac{1}{4}$ tsp **salt**
- $\frac{1}{8}$ tsp ground **black pepper**

SWEET MUSTARD vinaigrette:

- $\frac{1}{2}$ cup light **olive oil**
- 2 Tbsp apple cider **vinegar**
- 2 Tbsp (23g) Dijon **mustard**
- 1 Tbsp (13g) granulated **allulose** or equivalent in preferred sweetener
- 2 cloves (6g) **garlic**, crushed
- $\frac{1}{4}$ tsp **salt**
- $\frac{1}{8}$ tsp ground **black pepper**

LEMON CUMIN dressing:

- $\frac{1}{2}$ cup light **olive oil**
- 3 Tbsp **lemon juice** (about 1 medium lemon)
- 1 Tbsp (13g) granulated **allulose** or equivalent in preferred sweetener
- 2 cloves (6g) **garlic**, crushed
- 1 tsp ground **cumin**
- $\frac{1}{4}$ tsp **salt**
- $\frac{1}{8}$ tsp ground **black pepper**

SESAME GINGER dressing:

- $\frac{1}{3}$ cup light **olive oil**
- 2 $\frac{1}{2}$ Tbsp toasted **sesame oil**
- 2 $\frac{1}{2}$ Tbsp rice wine **vinegar**
- 1 Tbsp **tamari, soy sauce, or aminos**
- 1 tsp granulated **allulose** or equivalent in preferred sweetener
- $\frac{1}{2}$ Tbsp (9g) fresh grated **ginger**
- 1 clove (3g) **garlic**, crushed

CREAMY RANCH dressing:

- $\frac{1}{2}$ cup + 2 Tbsp vegan **mayonnaise**
- 2 Tbsp plant-based **milk**
- $\frac{1}{2}$ Tbsp fresh **lemon juice**
- $\frac{1}{2}$ Tbsp apple cider **vinegar**
- 2 cloves (6g) **garlic**, crushed
- 1 tsp dried **parsley**
- $\frac{1}{2}$ tsp **onion powder**
- $\frac{1}{4}$ tsp dried **dill**
- $\frac{1}{4}$ tsp **salt**
- $\frac{1}{8}$ tsp ground **black pepper**

SRIRACHA MAYO dressing:

- $\frac{1}{2}$ cup + 2 Tbsp vegan **mayonnaise**
- 1 Tbsp (19g) **sriracha**
- 1 Tbsp **lemon juice**
- $\frac{1}{2}$ Tbsp **tamari, soy sauce, or aminos**
- $\frac{1}{2}$ Tbsp plant-based **milk**
- 1 clove (3g) **garlic**, crushed

CREAMY PESTO dressing:

- $\frac{1}{2}$ cup (110g) vegan **mayonnaise**
- 3 Tbsp (45g) vegan **pesto**
- 1 Tbsp plant-based **milk**
- 1 Tbsp **lemon juice**
- 2 cloves (6g) **garlic**, crushed
- $\frac{1}{8}$ tsp ground **black pepper**

TOMATO MAYO dressing:

- $\frac{1}{2}$ cup + 2 Tbsp vegan **mayonnaise**
- 1 $\frac{1}{2}$ Tbsp (24g) **tomato paste**
- 1 Tbsp plant-based **milk**
- 1 Tbsp apple cider **vinegar**
- 1 clove (3g) **garlic**, crushed
- $\frac{1}{8}$ tsp **salt**
- $\frac{1}{8}$ tsp ground **black pepper**

NOTES & TIPS

The salad dressing recipes are created to have similar yield and nutritional profiles. If you'd like to use more of the mayo-based dressings without significantly impacting the nutritional profile of the baseline plan, reduce the mayo to $\frac{1}{2}$ cup (110g) and add an additional $\frac{1}{2}$ Tbsp milk. This will make a thinner dressing with fewer calories. Calorie-wise, 2 Tbsp of this dressing will be roughly equal to $\frac{1}{2}$ Tbsp of the original dressing, 1 Tbsp + 1 tsp roughly equal to 1 Tbsp, and 2 tsp roughly equal to $\frac{1}{2}$ Tbsp.

Light olive oil can be replaced with whichever neutral-flavored oil you prefer.

Using coconut aminos, which are high in natural sugars, will increase the net carbs. Certain soy sauces are also quite high in carbs, so check your labels.

ALTERNATIVE MEASUREMENTS

Garlic:

1 clove (3g) = $\frac{1}{2}$ teaspoon crushed

Oil & Mayonnaise Weights:

$\frac{1}{2}$ cup oil = 108g

$\frac{1}{2}$ cup + 2 Tbsp mayonnaise = 138g

Liquids:

1 tsp = 5ml

$\frac{1}{2}$ Tbsp or 1 $\frac{1}{2}$ tsp = 8ml

1 Tbsp = 15ml

1 $\frac{1}{2}$ Tbsp = 23ml

2 Tbsp = 30ml

$\frac{1}{4}$ cup = 60ml

$\frac{1}{3}$ cup = 80ml

$\frac{1}{2}$ cup = 120ml

