

# Meal Planning 101

## PUT YOUR NEW SKILLS TO WORK

Once you've planned, shopped, and prepped, you have committed to eating good food throughout the week and you'll be less likely to stray from your plan. Pick a day, like #MealPrepSunday, and stick to it each week. Prep smoothie ingredients, cut and

roast veggies, and prepare your grains and protein. All you need is an hour or two dedicated on one day to fuel your #EpicLife and equip yourself to achieve your health and wellness goals!

## HELPFUL PLANT-BASED RECIPE SWAPS FOR MEAL PLANNING



### MILK

Unsweetened, fortified non-dairy alternatives are excellent choices. If you're using milk as your protein source, soy milk has the highest amount of protein among non-dairy milks.



### BUTTER

Use oil or vegan butter.



### CHEESE

Try nutritional yeast (think of it like Parmesan) if cheese is used to top pasta dishes or tacos. Vegan cheese products can be used in moderation—be sure to read the ingredient lists.



### YOGURT

Try a non-dairy yogurt. The soy-based types are highest in protein. Hack: Stir in Power Up Protein Blend to help boost protein.



### MEAT

- Stir-fry: Swap meat with organic firm tofu—dredge it in corn starch for a crisp coating.
- Stews, soups, or chilis: Legumes like beans, split peas, and lentils are great options instead of ground meat.
- Sheet pan dinner: Swap meat with organic medium-firm tofu.



### BAKING

Depending on the recipe, there's a need for trial and error when replacing eggs.



### ICING

Scoop out the cream from 1 chilled can (14 oz/398 ml) of coconut cream and place it in a bowl. (Tip: Save the remaining liquid to use in smoothies.) Using an electric mixer, beat the cream with 1–2 tbsp Sweet Dip Mix and 1 tsp vanilla extract. Beat in 3 tbsp icing sugar, one tbsp at a time, until smooth.



### EGGS

Eggs are binders that provide moisture, lift, and structure to baked goods. Have fun and try the swaps listed below! The suggestions replace 1 egg so adjust as necessary, depending on how many eggs the recipe calls for.

- Flaxseed: 1 tbsp ground flaxseed mixed with 3 tbsp water. Let it sit until its gel-like before using. The texture should remind you of egg whites.
- Silken tofu: about ¼ cup mashed tofu.
- Banana: ½–1 mashed banana.
- Applesauce or pumpkin purée: about ¼ cup.
- Aquafaba (the liquid in a can of chickpeas): about 3 tbsp