



FitnessAtYourDoor

Vegan Meal Prep Menus

Option 1:

- **Poke Bowl (4 portions)**
 - Tamari glazed tofu w/ brown rice, cauliflower, cucumber, bok choy, daikon radish, sesame seeds & a horseradish avocado “wasabi.”
 - 501.3 Calories
 - 24.01g Protein
 - 19.14g Total Fat
 - 62.5g Carbs
- **Szechuan Zucchini Noodle**
 - Zucchini Noodles w/ szechuan chinese eggplant, bell peppers, fermented cabbage, bok choy, edamame, bell peppers, & peanuts.
 - 506.3 Calories
 - 26g Protein
 - 16.6g Total Fat
 - 70.6g Carbs
- **Carrot Ginger Lettuce Wrap (3 portions)**
 - Carrot Ginger Baby Portobello Mushrooms w/ raw carrot, celery, & ginger sauce, bell peppers, bean sprouts, cilantro, alfalfa sprouts, bean sprouts, & avocado.
 - 505.9 Calories
 - 25.6g Protein
 - 20.2g Total Fat
 - 64.7g Carbs

Option 2:

- **Moroccan Bowl (4 portions)**
 - Couscous w/ stewed baby portobello mushrooms, chickpeas, carrots, & zucchini, then finished with hemp hearts, olives & peanuts.
 - 506 Calories
 - 21.83g Protein
 - 27.3g Total Fat
 - 57.05g Carbs
- **Zucchini Noodle Pad Thai (3 portions)**
 - Zucchini Noodles w/ tofu, carrot, ginger, tahini, bean sprouts, peas, arugula, & dulce.
 - 569.302.4 Calories
 - 31g Protein
 - 17.5g Total Fat
 - 66.5g Carbs
- **Falafel Salad Bowl (3 portions)**
 - Chickpea & spinach falafel w/ sweet tahini sauce, tomatoes, carrots, cucumber, & bell peppers.
 - 542.1 Calories
 - 21.8g Protein
 - 18.6 Total Fat
 - 70.6g Carbs