

MONDAY

- [Buffalo Cauliflower Tacos \(4.9 g protein per 2 tacos\)](#)



TUESDAY

- [Zucchini Boats \(4.6 g protein per zucchini boat\)](#)



WEDNESDAY

- [Italian Fried Mushroom Sandwich \(5.2 g protein per sandwich\)](#)



THURSDAY

- [Southwest Portobello Mushroom Sandwich \(5 g protein per 1 sandwich\)](#)



FRIDAY

- [CFL Jackfruit Kabobs \(2 g protein per skewer\)](#)



BREAKFAST

- So Delicious Yogurt w/ Berries
- Avocado Toast
- Katz Gluten Free Toaster Pastries
- [Low Protein Smoothie](#)

SNACKS

- Siete Grain Free Dip Chips with salsa
- Pirate Booty
- Absolutely Gluten Free Everything Flatbread with Field Roast Original Chao Cheese

NOTES

- All items and recipes are hyperlinked.
- All breakfast are 2 g or less
- All snacks are 1 g or less
- **Meals should be used for lunches and dinner to reduce time spent cooking.**
- Please verify all information using the flok app.

BUFFALO CAULIFLOWER TACOS



Adapted from This Savory Vegan

<https://www.thissavoryvegan.com/vegan-buffalo-cauliflower-tacos/>

4 servings

• Protein: 4.9 g protein per 2 Tacos

INGREDIENTS



½ head Cauliflower



¾ c. Franks Red Hot Sauce, divided



2 c. Romaine Lettuce



4 tsp Olive Oil



8 Siete Grain Free Cassava Flour Tortillas



as desired Cilantro



1 tsp Garlic Powder



1 Avocado



1 tsp chili powder



8 TBSP Ranch Dressing

ITEMS NEEDED

- Baking Sheet
- Large Bowl
- Spatula
- Sauce Pan

PROTEIN PER SERVING

4.9 g protein per 2 tacos

NOTES

*This may be a little spicy, feel free to use half the amount of Franks Red Hot Sauce.



1 PREP

- Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
- While the oven is preheating:
 - Cut the cauliflower into bite-sized pieces,
 - Separate the cilantro from the stem and chop
 - Wash and chop the lettuce
 - Pit and dice avocado



2 COAT AND COOK

- In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, and 1/4 cup of buffalo sauce. Stir to combine. Spread evenly on a baking sheet and cook for 20 minutes, flipping halfway.



3 ADD MORE SAUCE

- Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan.
- Remove cauliflower from the oven and place it back in the bowl. *Add the remaining heated buffalo sauce and stir to combine.



4 ASSEMBLE

- To assemble tacos, load each tortilla with romaine, avocado, and cauliflower.
- Drizzle with ranch and top with cilantro

SOUTHWEST STUFFED ZUCCHINI BOATS



Adapted from Hello Fresh

<https://www.hellofresh.com/recipes/southwest-stuffed-zucchini-boats-6239d572a6c4da6d03706023>

4 servings

- **Protein:** 4.6 g protein per 1 Zucchini Boat (2 halves)

INGREDIENTS



2

Onion



2

Roma Tomatoes



8 TBSP

Follow Your Heart
Sour Cheese



4

zucchini



½ oz.

Cilantro



225 g

Promin
Imitation Rice



1

Lemon



1 Cup

Follow Your Heart
Pepper Jack Cheese



2 packet

Sazón Goya
Seasoning



2

Wholly Guacamole Minis

ITEMS NEEDED

- Baking Sheet
- Medium Pot
- Small Pot
- 2 Small Bowl
- Zester

PROTEIN PER SERVING

4.6 g protein per 1 Zucchini Boat
(2 halves)

NOTES

When working with your hot zucchini in step 5, we recommend using tongs to flip and hold the veggie boats in place as you stuff them with filling.



1 PREP

- Adjust the rack to the top position and preheat the oven to 450 degrees. Wash and dry the produce.
- Halve, peel, and finely dice the onion. Trim and halve zucchini lengthwise; scoop out and discard seeds with a spoon. Dice cheese into shreds.



2 COOK RICE

- Heat a drizzle of olive oil in a medium pot over medium-high heat. Add $\frac{3}{4}$ of the onion; season with salt and pepper. Cook, stirring, until softened, 4-5 minutes. Remove and set to the side.
- In a pot, bring 1 liter of water to a boil. Add the rice and simmer for approximately 8 minutes, or until cooked to taste. Drain and rinse.
- Stir in the onion and Sazón Goya Seasoning. Season with salt to taste. Keep covered from heat until ready to use in step 5.



3 ROAST ZUCCHINI

- While the rice cooks, season the zucchini with a drizzle of olive oil, salt, and pepper; rub to coat evenly. Arrange on a baking sheet, cut sides down.
- Roast on top rack until browned and tender, 15-20 minutes.



4 MAKE PICO & CREMA

- Meanwhile, dice the tomato. Roughly chop cilantro. Zest and halve a lemon.
- In a small bowl, combine tomato, half the cilantro, a squeeze of lemon juice to taste, and as much remaining onion as you like. Season with salt and pepper.
- In a separate small bowl, combine guacamole, lemon zest, and half the sour cream (save the rest for serving). Add a squeeze of lemon juice to taste. Season with salt and pepper. Add water 1 tsp at a time until the mixture reaches a drizzling consistency.



5 STUFF & BROIL ZUCCHINI

- Once the zucchini is tender, remove the sheet from the oven. Heat the broiler to high.
- Fluff rice with a fork and season with salt and pepper.
- Carefully flip the zucchini and stuff with as much rice as will fit (there will be plenty left over; save for serving). Evenly top with pepper jack.
- Broil until cheese is melted and lightly browned, 2-3 minutes. TIP: Watch carefully to avoid burning
- Divide remaining rice between plates and top with stuffed zucchini. Top with avocado crema, pico de gallo, remaining cilantro, and remaining sour cream.

ITALIAN FRIED MUSHROOM SANDWICH



4 servings

- **Protein:** 5.2 g protein per 1 Sandwich

INGREDIENTS

	1	Avocado		4 TBSP	<u>Hellmann's Garlic Mayo Aioli Dip and Spread</u>		4 TBSP	<u>Taste Connections Low Protein Bread Crumbs</u>
	2	Roma Tomatoes		½ c.	Wheat Starch		8	Button Mushrooms
	2	large Garlic cloves, Minced		4 TBSP	<u>Bob's Red Mill Gluten Free Egg Replacer</u>			Canola Oil
	4 TSP	Balsamic Glaze		½ c.	Water		4	<u>Schar Gluten Free Ciabatta Rolls</u>

ITEMS NEEDED

- 2 Small Bowl bowls
- Knife
- Fork
- 3 Medium Shallow Bowls
- Large Frying Pan
- Toaster

PROTEIN PER SERVING

5.2 g protein per sandwich

NOTES

This can be made lower in protein, by swapping out for a different vegetable to fry (eggplant), or by using a bread lower in protein.



1 PREP

- Halve, pit, and scoop the avocado flesh into a small bowl; mash with a fork and season to taste with salt and pepper.
- Dice tomatoes into a small bowl. Add minced garlic and balsamic glaze.
- Wipe the mushrooms with a damp paper towel to remove dirt. Pat them completely dry with a paper towel. Thinly slice mushrooms.



2 BATTER MUSHROOMS

- Set up three shallow bowls in a row. One for Wheat Starch, one for egg replacer, one for breadcrumbs. Put each ingredient into its bowl.
- Follow the directions and reconstitute the egg.
- **Dredge:** Toss the mushrooms in the wheat starch and shake off the excess.
- **Dip:** Submerge the floured mushrooms in the egg mixture until fully coated.
- **Coat:** Drop the wet mushroom into the breadcrumbs. Press down gently so the crumbs adhere firmly



3 FRY MUSHROOMS

- Heat your oil in a skillet or deep fryer to 350°F. Fry in small batches so you don't overcrowd the pan, and cook for about 3–4 minutes, flipping halfway through, until they are a beautiful golden brown.
 - Remove carefully from pan onto a plate lined with a paper towel.
- Alternatively, you can air fry - Air Fry: Place the mushrooms in the air fryer basket in a single layer. Cook & Shake: Cook at 380°F to 400°F for 10 to 12 minutes. Shake the basket every 3 to 4 minutes to ensure they brown evenly.



4 ASSEMBLE

- While the mushrooms cook, toast the ciabatta.
- Once ciabatta is toasted, spread garlic aioli on both sides and spread avocado and bruschetta on one side.
- After mushrooms are cooled, divide evenly among the 4 sandwiches.
- Enjoy!

SOUTHWEST PORTOBELLO MUSHROOM SANDWICH



4 servings

- **Protein:** 5 g protein per 1 Sandwich

INGREDIENTS



2

Small Portobello
Mushrooms



1

Avocado



¼ c.

Onion



2 TBS.

Cilantro



1/2 Lime



2

Roma Tomatoes



4 TBSP

Hellmann's Chipotle
Mayonnaise Dressing



4

Schar Gluten Free
Ciabatta Rolls

ITEMS NEEDED

- Paper towel
- Spoon
- Knife
- 2 Small Bowl bowls
- Fork
- Large Frying Pan with Lid
- Toaster

PROTEIN PER SERVING

5 g protein per 1 Sandwich

NOTES

This can be made lower in protein, by using a lower protein bread.



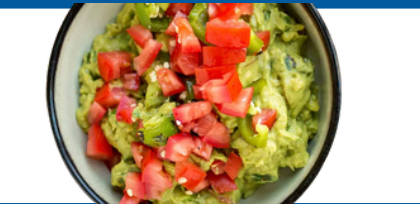
1 PREP

- Wipe the caps with a damp paper towel (don't soak them — they absorb water and turn soggy), snap or slice off the woody stems flush with the cap, then use a spoon to scrape out the dark gills underneath, which are edible but can muddy the color of your dish. Lightly score the top (rounded) side of the mushroom caps in a crosshatch pattern.



2 COOK MUSHROOMS

- **Sear:** Heat a generous amount of oil in a skillet over medium-high heat. Place the mushroom caps scored-side down.
- **Cook:** Sear for 5 minutes until browned, then flip. Add 2 TBS of water to the pan and cover. Cook for another 3-5 minutes until tender when pierced with a knife.



3 MAKE GUACAMOLE

- Meanwhile, dice the tomato and onion. Roughly chop cilantro.
- Halve, pit, and scoop the avocado into a small bowl; mash with a fork and season to taste with salt and pepper. Stir in onion, cilantro, and lime juice. Fold in diced tomatoes.



4 ASSEMBLE

- While the mushrooms cook, toast the ciabatta.
- Once the ciabatta is toasted, spread Chipotle Mayonnaise on both sides, then add guacamole to one side
- After the mushrooms are cooled, cut them in half and divide evenly among the 4 sandwiches.
- Enjoy!