

2026 Conference Menu Highlights

MONDAY

- CFL Phelafel Pita Sandwich
 - [CFL Phelafel \(0.5 g.protein per Phelafel\)](#)
 - [BFree Gluten-Free Stone-Baked Pita \(2 g.protein per pita\)](#)
 - Serve with Faux-hini Dressing (at bottom of Phelafel recipe), tomatoes, lettuce, cucumber, red onion, and olives



TUESDAY

- CFL Phelafel with Cauliflower Couscous
 - [CFL Phelafel \(0.5 g.protein per Phelafel\)](#)
 - [Cauliflower Couscous Version 1 \(make without nuts\) \(2.2 g protein per 1 cup\)](#)



WEDNESDAY

- [VitaFlo™ Recipe California Rolls \(0.7 per 1 piece\)](#)
- [VitaFlo™ Recipe Katsu Jackfruit Sushi \(0.6 per 1 piece\)](#)



THURSDAY

- [CFL Kentucky Fried Cauliflower \(1.3 g for 4 florets\)](#)
- [CFL Potato Salad \(2.3 g for ½ cup\)](#)



FRIDAY

- [CFL Mac and Cheese \(0.5 g.per 1 cup\)](#)
- [Green Beans \(0.9 g per 0.5 cup\)](#)



BREAKFAST

- So Delicious Yogurt w/ Berries
- [Promin Pancakes](#)
- [CFL Granola Bar](#)
- [Promin Muffins](#)

SNACKS

- Low Protein Energy Balls (see below)
- 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.



Banana Bread Energy Balls

No-bake energy balls · Makes 12



Ingredients



Oat flour
½ cup



Instant oats
½ cup



Banana
1, mashed



Cookie butter
1 tbsp



Coconut
¼ cup,
desiccated



Honey /
maple syrup
2 tbsp



Cinnamon
Pinch

⚠ Allergen: wheat

Instructions

1

Combine all ingredients

Mix with hands in a bowl until a dough forms

2

Adjust consistency if needed

If too wet, add more oats or oat flour

3

Roll into 12 bite-sized balls

Use about 1 tablespoon of dough per ball

4

Chill to set

Place in the fridge for 20–30 minutes

🕒 Chill time
20–30 min

Nutrition

Whole recipe
777 cal
14.5g protein

Per ball (+12)
65 cal
1.2g protein





Cookie Butter Crunch

No-bake energy balls · Makes 12



Ingredients



Instant oats
1 cup



Cookie butter
½ cup, crunchy



Honey
2 tablespoons



Cinnamon
1 teaspoon



Salt
Pinch

⚠ Allergen: wheat

Instructions

1

Mix cookie butter and honey
Stir until smooth and fully combined

2

Add oats, cinnamon, and salt
Stir until everything is evenly coated

3

Roll into 12 bite-sized balls
Use about 1 tablespoon of dough per ball

4

Chill to set
Place in the fridge for 20–30 minutes

⌚ Chill time
20–30 min

Nutrition

Whole recipe
1,100 cal
13.5g protein

Per ball (+12)
90 cal
1.1g protein





Carrot Cake Energy Balls

No-bake energy balls · Makes 12



Ingredients



Grated carrots
1 cup, fresh



Oat flour
1 cup



Cookie butter
2 tbsp



Honey / maple syrup
3 tbsp



Cinnamon
1 tsp



Ground ginger
½ tsp



Nutmeg
½ tsp



Vanilla
½ tsp



Coconut
½ cup, desiccated

⚠ Allergen: wheat

Instructions

1

Combine all ingredients

Mix with hands in a bowl until a dough forms

2

Roll into 12 bite-sized balls

Use about 1 tablespoon of dough per ball

3

Dust in desiccated coconut

Roll each ball in coconut to coat

4

Chill to set

Place in the fridge for 20–30 minutes

⌚ Chill time
20–30 min

Nutrition

Whole recipe
1,035 cal
17.8g protein

Per ball (÷12)
90 cal
1.5g protein

