

F-FACTOR

PLANT-BASED 20/20 VEGAN RECIPE E-BOOK



F-FACTOR®

DISCOVER THE SECRET TO PERMANENT WEIGHT LOSS



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Note: 2 scoops = 1/2 cup of the F-Factor 20/20 Plant-Based FIBER/PROTEIN Powder





F-FACTOR 20/20 VEGAN BERRY SMOOTHIE

SERVES 1

INGREDIENTS

2 scoops (1/2 cup)
20/20 Plant-Based
FIBER/PROTEIN Powder

1 1/2 cup unsweetened vanilla
almond milk

3/4 cup frozen mixed berries
or fresh 1/2 cup ice

2 tsp monk fruit or Stevia
(optional)

DIRECTIONS

1. In a blender, combine all ingredients. Blend until smooth.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 34g carbohydrate, 25g fiber

Actual Nutritional Information: 229 calories, 22g protein, 35g carb, 25g fiber, 10g net carb, 7g sugar, 5g fat, 1g sat fat, 361mg sodium

F-FACTOR 20/20 VEGAN CHUNKY MONKEY SMOOTHIE

SERVES 1

INGREDIENTS

2 scoops (1/2 cup)
20/20 Plant-Based
FIBER/PROTEIN Powder

1 1/2 cups unsweetened
vanilla almond milk

1/2 cup ice

1/2 frozen banana

2 Tbsp PB2 Powdered
Peanut Butter

2 Tbsp cocoa powder

2 tsp monk fruit sweetener
or Stevia (optional)

DIRECTIONS

1. In a blender, combine all ingredients. Blend until smooth and serve.

STEP 1 APPROVED RECIPE

F-Factor Journaling:
46g carbohydrate, 27g fiber

**Actual Nutritional
Information:** 328 calories,
30g protein, 48g carb, 27g fiber,
21g net carb, 9g sugar, 8g fat,
1g sat fat, 536mg sodium





F-FACTOR 20/20 VEGAN WAFFLE

SERVES 1, 2 WAFFLES PER SERVING

INGREDIENTS

- 1 small banana
- 1/2 cup whole grain oats
- 1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 cup almond milk

DIRECTIONS

1. In a blender combine all ingredients and blend until smooth.
2. Turn the waffle maker on to pre-heat.
3. Once the waffle maker is ready, coat both sides with non-stick cooking spray. Pour half the batter in (so waffle maker is 1/2 to 3/4 full) and cook waffles to desired doneness.
4. Remove waffle from the waffle maker and repeat step 3 until all batter is used. Serve warm.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 72g carbohydrate, 27g fiber

Actual Nutritional Information: 393 calories, 26g protein, 73g carb, 27g fiber, 46g net carb, 13g sugar, 5g fat, 1g sat fat, 467mg sodium





F-FACTOR 20/20 VEGAN GLAZED CINNAMON BUNS

SERVES 12, 2 BUNS PER SERVING

DIRECTIONS

1. Preheat the oven to 350°F. Coat a 12-cup standard-sized muffin tin and set aside. In a medium bowl, combine almond flour, plant-based 20/20 powder, baking powder, salt, and monk fruit sweetener. Add coconut oil, vanilla extract, and water. Mix until fully combined, form into a ball, and place into the refrigerator for 10 minutes.
2. While dough chills, prepare cinnamon filling by mixing cinnamon, monk fruit sweetener, coconut oil, and water in a small bowl until a paste has formed. Remove the dough ball from the fridge and place on parchment paper. Place a piece of parchment paper of equal size on top. Using a rolling pin, roll dough into a rectangular shape (approximately 9x12). Remove the top sheet of parchment paper. Using a knife, spread cinnamon paste out on dough so that it's easily coated.
3. Start with the longer side. Gently roll dough into a log shape (approximately 12 inches long). Using a knife, divide the log into 12 equal sized pieces.
4. Swirl side up, place each piece in a muffin tin. Bake in the oven for 25 minutes, or until golden brown.
5. While they are baking, prepare the icing by whisking all ingredients together in a bowl.
6. Once the buns have baked, remove from the oven and drizzle with icing. Serve warm.

INGREDIENTS

DOUGH

2 cups blanched almond flour

1 1/2 cups (6 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

3 tsp baking powder

1 tsp salt

1/4 cup granulated monk fruit sweetener

1/2 cup water (plus extra if too dry)

1 Tbsp coconut oil

1 tsp vanilla extract

FILLING

1/4 cup cinnamon

1/4 cup granulated monk fruit sweetener

1 Tbsp coconut oil

1/4 cup water

CREAM CHEESE "ICING"

1 Tbsp granulated monk fruit sweetener

1/4 cup vegan cream cheese

1 Tbsp unsweetened vanilla
almond milk

STEP 2 APPROVED RECIPE

PER SERVING:

F-Factor Journaling: 10g carbohydrate, 9g fiber

Actual Nutritional Information:

189 calories, 9g protein, 12g carb, 9g fiber,
3g net carb, 1g sugar, 14g fat, 4g sat fat,
368mg sodium

F-FACTOR 20/20 VEGAN CHEDDAR BISCUITS

SERVES 12, 1 BISCUIT PER SERVING

INGREDIENTS

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

1 cup almond flour

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/2 Tbsp garlic powder

1 Tbsp dried parsley

1/2 Tbsp apple cider vinegar

1/8 cup unsweetened plain
almond milk

1 Tbsp olive oil

3/4 cup vegan cheddar cheese

STEP 1 APPROVED RECIPE

F-Factor Journaling: 7g carbohydrate,
3g fiber

Actual Nutritional Information:

123 calories, 4g protein, 7g carb, 3g fiber,
4g net carb, 0g sugar, 10g fat, 3g sat fat,
393mg sodium



DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together apple cider vinegar and unsweetened plain almond milk and set aside for 10 minutes.
3. In a separate mixing bowl, whisk together flour, baking soda, baking powder, garlic powder, and dried parsley, salt. Set aside.
4. Combine olive oil and almond milk mixture.
5. Add the wet mixture to the dry mixture and, using a silicone spatula, mix until just combined (do not over mix). Seeing some flour swirled in is ideal.
6. Add vegan cheddar cheese and fold in until combined.
7. Coat a scooper with nonstick cooking spray and spoon heaping (~1/4 cup dough) spoonfuls of dough onto prepared baking sheet.
8. Remove from oven. If desired, brush with melted vegan butter and sprinkle with additional parsley.



F-FACTOR 20/20 VEGAN BLUEBERRY BANANA PANCAKES

SERVES 1, 4 PANCAKES PER SERVING

INGREDIENTS

1 flax egg (Mix 1 Tbsp of ground flax seed with 2 1/2 Tbsp of water. Stir well and allow the mixture to set for 5 minutes)

1 medium mashed banana

1/4 cup (1 scoop) 20/20 Plant-Based FIBER/PROTEIN Powder

1/2 cup wheat bran

4 Tbsp hot water

1/2 tsp baking soda

1/2 tsp vanilla extract

1/2 tsp cinnamon

1/3 cup blueberries

DIRECTIONS

1. Mix all ingredients together, except blueberries, in a bowl. Whisk until smooth.
2. Coat a nonstick skillet with nonstick cooking spray and place over medium heat. Pour pancake batter into 3-inch circles to cook.
3. Drop 3 to 5 blueberries into each cooking pancake. Once bubbles start to form, flip pancakes. Cook for another minute.
4. Repeat until all batter is used. Serve warm.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 72g carbohydrate, 19g fiber

Actual Nutritional Information: 367 calories, 17g protein, 73g carb, 19g fiber, 54g net carb, 21g sugar, 5g fat, 1g sat fat, 726mg sodium



VEGAN VEGETABLE CURRY

SERVES 4, 2 CUPS PER SERVING

INGREDIENTS

1 tsp olive oil

1 large onion, roughly chopped

2 garlic cloves, minced

1 large carrot, peeled and sliced in 1/4 inch discs

1 red bell pepper, roughly chopped

1 cup cauliflower crowns

1 cup broccoli crowns

1/2 inch freshly grated ginger

2 cups vegetable broth

2 Tbsp PB2 Powdered Peanut Butter

1 Tbsp curry powder

1 tsp coriander

1 tsp salt

1 tsp black pepper

1 tsp red pepper flakes (optional)

1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

1/4 cup fresh cilantro (for garnish)

DIRECTIONS

1. Place a large pot over medium heat. Add olive oil to heat for 1 to 2 minutes.
2. Sauté the onion until soft, about 5 minutes. Add minced garlic and continue to cook for an additional minute or until softened.
3. Add carrots, red bell pepper, cauliflower, broccoli, grated ginger, and vegetable broth. Bring to simmer.
4. Add PB2, curry powder, coriander, salt, pepper, and red pepper flakes. Stir & cover and allow to cook for 30 minutes, or until vegetables are soft.
5. Using a ladle, spoon 1 cup of the liquid from the pot into a small bowl. Add the plant-based 20/20 and whisk until well combined.
6. Pour mixture into pot and stir so well combined. Remove from heat and serve with fresh cilantro.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 7g carbohydrate, 10g fiber

Actual Nutritional Information: 129 calories, 10g protein, 21g carb, 10g fiber, 11g net carb, 6g sugar, 2.9g fat, 1g sat fat, 1016mg sodium



VEGAN MAC AND CHEESE

SERVES 4, 1 CUP PER SERVING



DIRECTIONS

1. Lightly coat a baking dish or 4 small ramekins with nonstick cooking spray. Set oven to broil to preheat.
2. Place a pot of salted water over medium heat to bring to a boil, add dried pasta and cook according to package instructions. Drain and set aside.
3. Place a large saucepan over low heat. Add the almond milk, ground mustard, garlic powder, salt, pepper, soy sauce, turmeric and Dijon and whisk continually, while mixture simmers, until sauce thickens (~5 minutes).
4. Remove from heat, add 20/20 powder and whisk until well combined.
5. Pour sauce over cooked, drained pasta, tossing so pasta is evenly coated. Add the cheddar and mozzarella cheese, and drained pasta. Stir to combine and pour into prepared baking dish.
6. Prepare 20/20 breadcrumbs by mixing all ingredients in a small bowl. Sprinkle over macaroni and cheese before placing in the oven to broil for 2 to 5 minutes, or until top is golden brown.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 75g carbohydrate, 38g fiber

Actual Nutritional Information: 519 calories, 20g protein, 75g carb, 38g fiber, 37g net carb, 1g sugar, 30g fat, 13g sat fat, 1550mg sodium

INGREDIENTS

1 (8 oz) bag Fiber Gourmet Light Elbows

1 1/2 cups unsweetened almond milk

1/4 tsp ground mustard

1/2 tsp garlic powder

1/4 tsp salt

Freshly ground black pepper

Dash soy sauce

1/4 tsp turmeric

1/2 tsp Dijon mustard

1 cup (4 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

6 oz (1 1/2 cups) shredded vegan cheddar cheese

6 oz (1 1/2 cups) shredded vegan mozzarella cheese

20/20 "BREADCRUMB" TOPPING

1/4 cup (1 scoop) 20/20 Plant-Based FIBER/PROTEIN Powder

2 Tbsp olive oil

1 Tbsp grated dairy-free Parmesan cheese

Salt and pepper

VEGAN CHILI

1 1/2 CUPS PER SERVING

INGREDIENTS

1 Vidalia onion, chopped

4 cloves garlic, minced

3 stalks celery, chopped

1 red pepper, diced

1 green pepper, diced

1 yellow pepper, diced

3 cups mushrooms, chopped

1 zucchini, chopped

3 Tbsp chili powder

1 Tbsp dried oregano

2 tsp ground cumin

1 (15 oz) can diced tomatoes

2 (15 oz) cans kidney beans, drained and rinsed

2 cups vegetable broth

1 1/2 tsp salt

pepper, to taste

2 scoops (1/2 cup) 20/20 Plant-Based FIBER/PROTEIN Powder

DIRECTIONS

1. Coat a large stockpot with nonstick cooking spray and place over medium-high heat. Add chopped onion and cook until translucent (about 2 to 3 minutes). Add garlic and let it cook until tender and aroma is released (about 2 minutes).
2. Add celery and sauté for ~2 minutes. Add the peppers, mushrooms, and zucchini to cook for ~4 to 6 minutes (or until vegetables are browned).
3. Add all remaining ingredients, except plant-based 20/20 powder, and bring to a boil. Reduce heat, cover, and simmer on low for 1 hour.
4. Remove from heat. In small increments, slowly stir in plant-based 20/20 powder. Continue stirring until 20/20 has completely dissolved into the chili. Pour into bowls and garnish as desired.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 36g carbohydrate, 19g fiber

Actual Nutritional Information: 303 calories, 20g protein, 56g carb, 19g fiber, 37g net carb, 10g sugar, 3g fat, 0g sat fat, 1091mg sodium



20/20 VEGAN BOLOGNESE SAUCE

SERVES 8, 3/4 CUP PER SERVING

INGREDIENTS

12 oz shiitake or Cremini mushrooms (stems removed)

2 Tbsp extra virgin olive oil

1 large onion, finely chopped

2 stalks celery, finely chopped

2 carrots, finely chopped

6 garlic cloves, finely chopped

1/2 cup dry red wine

3 cups riced cauliflower

2 Tbsp tomato paste

1 (28 oz) can crushed tomatoes

1 tsp dried oregano

1/2 tsp salt

1/4 tsp pepper

1 cup unsweetened almond milk

2 oz grated dairy-free Parmesan cheese

1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder



DIRECTIONS

1. Pulse mushrooms in a food processor until finely chopped. Transfer to a small bowl.
2. Place a large dutch oven over medium-high and add oil to heat.
3. Add mushrooms and cook, stirring occasionally until golden brown. Add onion, celery, carrots and cook until onions are golden brown. Add garlic, stirring occasionally until softened.
4. Add red wine and cook until all the alcohol has evaporated.
5. Add cauliflower and cook until softened (approximately 5 minutes).
6. Add tomato paste and cook until slightly darkened.
7. Add crushed tomato, oregano, salt and pepper, and bring to a boil. Cover, lower heat to a simmer and cook for 15 minutes.
8. Uncover sauce, add almond milk and stir to combine. Stir in dairy-free Parmesan cheese.
9. Remove from heat. In small increments, slowly stir in plant-based 20/20 powder. Continue stirring until 20/20 is well incorporated into Bolognese sauce.
10. Enjoy on its own or serve with your favorite pasta or pasta substitute.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 3g carbohydrate, 7g fiber

Actual Nutritional Information: 139 calories, 7g protein, 20g carb, 7g fiber, 13g net carb, 8g sugar, 5g fat, 1g sat fat, 388mg sodium

NO CARB WHITE TRUFFLE MUSHROOM RISOTTO

SERVES 4, 1/3 CUP PER SERVING

INGREDIENTS

2 cups mushrooms (button, portobello),
cleaned and roughly chopped

2 shallots, diced or 1/2 cup diced shallots

3 garlic cloves, minced

1/2 Tbsp white truffle or olive oil

1 (8 oz) bag Miracle Rice (or other shirataki
rice), drained and rinsed well

1/4 cup dry white wine

1 tsp dried thyme

1 tsp dried rosemary

1/2 tsp rubbed sage

1/8 tsp truffle zest

1/2 tsp salt

1/4 tsp pepper

1/4 cup vegetable broth

1/2 cup unsweetened almond milk

(~ 1 1/2 scoops) 20/20 Plant-Based
FIBER/PROTEIN Powder



DIRECTIONS

1. Coat the bottom of a medium-sized pot with nonstick cooking spray and place over medium heat. Add mushrooms and sauté until tender, ~5 to 7 minutes.
2. Transfer mushrooms to a plate and set aside.
3. Add truffle oil to the pot and heat. Add the shallots and cook, stirring occasionally, for ~5 minutes, or until shallots have slightly browned.
4. Add garlic and cook for ~1 minute more, stirring to prevent shallots and garlic from burning. Still stirring, add the Miracle Rice. Continue stirring for 1 to 2 minutes.
5. Stir in the wine, thyme, rosemary, sage, truffle zest, salt and pepper. Bring the wine to a simmer and allow it to cook until alcohol has fully evaporated, stirring frequently.
6. Stir in the broth and cook for another 4 minutes. Add almond milk, stir and remove from heat.
7. Slowly stir in plant-based 20/20 powder. Continue stirring until 20/20 is fully dissolved. Fold in prepared mushrooms.
8. Plate and garnish with vegan Parmesan and fresh parsley if desired.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 3g carbohydrate, 6g fiber

Actual Nutritional Information: 82 calories, 5g protein, 13g carb, 6g fiber, 7g net carb, 3g sugar, 2g fat, 0g sat fat, 413mg sodium



VEGAN CREAMY CAULIFLOWER MASH

SERVES 4, 1/2 CUP PER SERVING

INGREDIENTS

1 medium cauliflower head, chopped

1 cup chopped onion

5 roasted garlic cloves

1/2 cup (4 oz) unsweetened almond milk

1/8 tsp thyme

1/4 cup (1 scoop) 20/20 Plant-Based
FIBER/PROTEIN Powder

Salt and pepper

DIRECTIONS

1. Bring a pot of water to a boil, over medium heat. Once boiling, add chopped cauliflower. Boil for about 10 minutes, until cauliflower is tender and soft. Remove pot from heat, drain cauliflower and return to pot.
2. Add all the remaining ingredients, salt and pepper to taste.
3. With an immersion blender, blend all ingredients until a thick puree. Transfer to a serving dish and garnish as desired.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 3g carbohydrate, 6g fiber

Actual Nutritional Information: 74 calories, 6g protein, 13g carb, 6g fiber, 7g net carb, 5g sugar, 1g fat, 0g sat fat, 109mg sodium



CREAMY VEGAN TOMATO SOUP

SERVES 4, 1 CUP PER SERVING

INGREDIENTS

10 medium Roma tomato, washed and diced

2 Tbsp olive oil

4 cloves garlic, minced

1 Tbsp Herbs de Provence

1/2 tsp sea salt

1/4 tsp black pepper

2 cups vegetable broth

1/2 cup (2 scoops) 20/20 Plant-Based
FIBER/PROTEIN Powder

2 Tbsp fresh basil, cut into ribbons

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Lightly coat with nonstick cooking spray and set aside.
2. In a mixing bowl toss diced tomatoes with olive oil, garlic, Herbs de Provence, sea salt, and black pepper. Arrange in a single layer on the baking sheet and place in the oven to roast for 25 minutes.
3. Transfer roasted tomatoes to a medium-sized pot. Add vegetable broth and 20/20 plant-based powder. Using an immersion blender puree until smooth. (If you don't have an immersion blender, use a regular blender and puree in batches.)
4. Stir in basil and place over low heat. Allow to simmer for 5 minutes.
5. Remove from heat and serve warm.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 5g carbohydrate, 7g fiber

Actual Nutritional Information: 143 calories, 7g protein, 13g carb, 7g fiber, 6g net carb, 4g sugar, 9g fat, 1g sat fat, 753mg sodium



VEGAN CREAM OF ASPARAGUS SOUP

SERVES 4, 1 CUP PER SERVING

INGREDIENTS

- 1 Tbsp olive oil
- 1 large yellow onion, chopped
- 3 cloves garlic
- 1/2 tsp black pepper (or more to taste)
- 1 tsp salt
- 2 lbs asparagus, chopped
- 4 cups vegetable broth
- 2 sprigs fresh thyme
- 1 bay leaf
- 1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder
- 1 tsp lemon juice
- 2 Tbsp parsley, chopped (optional)



DIRECTIONS

1. Add olive oil to a pot and place over medium heat. Add onion and sauté, stirring frequently, until soft (~4 minutes). Add garlic and sauté until fragrant. Season with salt and pepper.
2. Add the asparagus and sauté on medium-high heat for about 4 to 5 minutes until blistered and color is vibrant.
3. Add the vegetable broth, thyme, bay leaf, parsley and bring to a boil. Reduce heat to low and cover with lid. Simmer for about 15 minutes, or until the vegetables are very tender.
4. Remove the bay leaf. Using an immersion blender or a regular blender, puree soup. If using a regular blender, stop and remove the lid a couple of times to let some steam out and avoid overheating. Add lemon juice, add 20/20 plant-based powder and blend until well combined.
5. Pour soup back into pot and allow to simmer until thickened. Add salt and pepper as needed. Add salt and pepper as needed.
6. Serve and garnish with fresh chopped parsley (optional).

STEP 1 APPROVED RECIPE

F-Factor Journaling: 5g carbohydrate, 8g fiber

Actual Nutritional Information: 142 calories, 11g protein, 18g carb, 8g fiber, 10g net carb, 4g sugar, 4g fat, 1g sat fat, 1418mg sodium



VEGAN CREAM OF BROCCOLI SOUP

SERVES 4, ~1 3/4 CUP PER SERVING

INGREDIENTS

1 1/2 cups diced Vidalia onion

3 cloves garlic, minced

1 cup chopped celery

4 cups vegetable broth

1/2 tsp salt

1/4 tsp black pepper

1 tsp garlic powder

1 tsp ground mustard

1 lb broccoli florets, cut into small pieces

1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

1/4 cup shredded, vegan cheddar cheese, for garnish

DIRECTIONS

1. Coat a large Dutch oven with nonstick cooking spray and place over medium heat. Add the chopped onions with salt and pepper to cook, stirring occasionally, until golden brown (about 8 minutes).
2. Add the garlic, celery, garlic powder, mustard powder, and salt and pepper and allow to begin to cook, stirring frequently, for about 2 minutes.
3. After 2 minutes add vegetable broth. Cover and increase heat to high to bring to a boil.
4. Once boiling, add broccoli.
5. Reduce heat to medium, cover and allow to simmer until broccoli is tender, about 10 to 15 minutes.
6. Once broccoli is tender, remove the Dutch oven from heat. Using an immersion blender, puree soup carefully until smooth. If you do not have an immersion blender, puree small batches in a blender, then return to the pot.
7. Add plant-based 20/20 powder and blend again until smooth. Stir in the vegan cheddar cheese. Add additional salt and pepper, to taste.
8. Garnish with vegan cheddar cheese.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 8g carbohydrate, 10g fiber

Actual Nutritional Information: 157 calories, 9g protein, 25g carb, 10g fiber, 15g net carb, 5g sugar, 5g fat, 2g sat fat, 1282mg sodium



20/20 VEGAN CREAMY GINGER DRESSING

SERVES 12, 2 TBSP PER SERVING

INGREDIENTS

2 Tbsp olive oil

2 Tbsp reduced sodium
soy sauce

1/4 cup rice wine vinegar

2 cloves garlic

2 Tbsp minced ginger

1 tsp Dijon mustard

1/2 cup water

Fresh ground pepper

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

DIRECTIONS

1. Add all ingredients to a blender and blend until fully combined. Serve on top of your favorite salad or use as a dip for crudité's.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 2g carbohydrate, 2g fiber

Actual Nutritional Information: 37 calories, 2g protein, 3g carb, 2g fiber, 1g net carb, 0g sugar, 3g fat, 0g sat fat, 113mg sodium





20/20 VEGAN PEANUT DRESSING

SERVES 8, 2 TBSP PER SERVING

INGREDIENTS

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

2 Tbsp low sodium soy sauce

1 tsp minced garlic

1 Tbsp rice wine vinegar

1/4 cup PB2 Powdered
Peanut Butter

1/2 cup unsweetened almond
milk, more if needed to thin

1 tsp chili flakes (optional)

1 tsp black pepper

DIRECTIONS

1. Blend all ingredients in a blender until fully combined and creamy. Serve as a dipping sauce for your favorite vegan spring rolls or tofu dish.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 3g carbohydrate, 3g fiber

Actual Nutritional Information: 39 calories, 4g protein, 5g carb, 3g fiber, 2g net carb, 1g sugar, 1g fat, 0g sat fat, 174mg sodium



20/20 VEGAN CREAMY PESTO SAUCE

SERVES 12, 1 TBSP PER SERVING

INGREDIENTS

2 1/2 cups fresh basil leaves

3 cloves garlic, peeled and chopped

2 Tbsp lemon juice

1/2 cup grated vegan Parmesan cheese

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

1/4 tsp salt

2 Tbsp olive oil

2/3 cup vegetable broth

DIRECTIONS

1. Using a blender or food processor, puree basil, garlic, Parmesan cheese, plant-based 20/20 powder and salt. Once pureed, scrape the sides of the bowl with a spatula and add the olive oil and vegetable broth. Continue to process until smooth.
2. Use as a spread or serve with your favorite pasta/pasta substitute.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 4g carbohydrate, 1g fiber

Actual Nutritional Information: 51 calories, 1g protein, 5g carb, 1g fiber, 4g net carb, 0g sugar, 3g fat, 1g sat fat, 156mg sodium



20/20 VEGAN SPINACH ARTICHOKE DIP

SERVES 12, 1/4 CUP PER SERVING

INGREDIENTS

- 1 small onion, small chopped

- 2 cloves garlic, minced

- 1 (14 oz) can quartered artichokes

- 1 (10 oz) package frozen chopped spinach

- 8 oz vegan cream cheese

- 2 Tbsp vegan Parmesan cheese

- 1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

- Salt and pepper, to taste

DIRECTIONS

1. Spray a medium saucepan with nonstick spray and turn on to medium heat. Sauté one small onion until soft and cook the minced garlic for an additional few minutes.
2. Add the remaining ingredients and mix on low heat until fully combined and cheese is melted. Serve with crudité.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 4g carbohydrate, 2.5g fiber

Actual Nutritional Information: 77 calories, 3.5g protein, 6g carb, 2.5g fiber, 3.5g net carb, 0.4g sugar, 5g fat, .5g sat fat, 208mg sodium





PROTEIN-PACKED GUACAMOLE

SERVES 6, 1/2 CUP PER SERVING

INGREDIENTS

1 lb fresh asparagus, trimmed and cut into 1 inch pieces

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

1 clove garlic, minced

2 small (or 1 large) avocados

1/3 cup chopped red onion

1/3 cup diced tomato

3 Tbsp lemon juice

Zest of 1 lime

1/2 tsp salt

2 Tbsp fresh cilantro, chopped

DIRECTIONS

1. Fill a saucepan with 1/2 inch of water and place over medium heat. Add asparagus and bring to boil. Once boiling, reduce heat, cover and simmer for 3 to 5 minutes or until asparagus is tender.
2. Remove from heat, drain water and place asparagus in a blender with plant-based 20/20 powder and garlic. Cover and pulse until smooth.
3. In a large bowl, mash avocado until a bit chunky. Add the asparagus mixture, and remaining ingredients. Mix until desired consistency and season to taste.
4. Serve immediately, or store covered in the refrigerator.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 7g carbohydrate, 8g fiber

Actual Nutritional Information: 104 calories, 6g protein, 12g carb, 8g fiber, 4g net carb, 3g sugar, 5g fat, 1g sat fat, 232mg sodium



VEGAN “RICE” PUDDING

SERVES 1

INGREDIENTS

3/4 cup (6 oz) unsweetened almond milk

2 Tbsp 20/20 Plant-Based
FIBER/PROTEIN Powder

2 Tbsp basil seeds

1 tsp vanilla extract

1/2 tsp cinnamon powder

1/2 Tbsp granulated monk fruit sweetener

DIRECTIONS

1. Place all ingredients aside from basil seeds in blender and pulse until well combined.
2. Add basil seeds and allow to sit for 5 to 7 minutes, or until seeds have expanded.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 19g carbohydrate, 18g fiber

Actual Nutritional Information:

195 calories, 10g protein, 22g carb, 18g fiber, 4g net carb, 1g sugar, 8g fat, 0g sat fat, 50mg sodium



VEGAN PEANUT BUTTER COOKIES

SERVES 14, 2 COOKIES
PER SERVING

INGREDIENTS

1/2 cup PB2 Powdered Peanut Butter

1/3 cup warm water

1/4 cup granulated monk fruit
sweetener

2 tsp vanilla extract

1 flax seed egg (Mix 1 Tbsp of ground
flax seed with 2 1/2 Tbsp of water.
Stir well and allow the mixture to set
for 5 minutes)

3/4 cup almond flour

1/2 cup (2 scoops)
20/20 Plant-Based
FIBER/PROTEIN Powder

1 tsp baking soda

Pinch of salt

DIRECTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper and spray with non-stick spray. Set aside.
2. In a bowl whisk together flax seed egg mixture and set aside to thicken.
3. In a separate bowl whisk together all dry ingredients: PB2, monk fruit sweetener, almond flour, plant-based 20/20 powder, baking soda and salt.
4. Add wet ingredients (flax egg, vanilla extract and water) to dry ingredients and fold until a dough is fully mixed and pliable.
5. Divide dough into 14 equal spheres and place on prepared baking sheet.
6. Using a Fork press perpendicular on top of each sphere flattening it out to desired thickness, repeat the process going horizontal (this will create a criss-cross mold).
7. Bake cookies for about 15 to 20 minutes. Place cookies on a cooling rack for 5 to 10 minutes and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 5g carbohydrate, 3g fiber

Actual Nutritional Information: 67 calories, 5g protein, 5g carb, 3g fiber, 2g net carb, 1g sugar, 4g fat, 0g sat fat, 141mg sodium





VEGAN PEACH COBBLER

SERVES 6, 1 COBBLER PER SERVING

INGREDIENTS

FRUIT FILLING

3 cups fresh or frozen sliced peaches

1/4 cup granulated monk fruit sweetener

1/4 tsp cinnamon

1 tsp lemon juice

1/8 tsp nutmeg

CRUMBLE TOPPING

1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

1/2 cup almond flour

4 Tbsp psyllium husk

1/4 cup monk fruit sweetener (granulated)

1 tsp cinnamon

1 tsp baking powder

1/8 tsp salt

WET INGREDIENTS

1/3 cup coconut oil

2 Tbsp almond milk

1 tsp vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F. Coat 6 ramekins with nonstick cooking spray, set aside.
2. In a small bowl, combine sliced peaches, granulated monk fruit sweetener, cinnamon, lemon juice, and nutmeg. Set aside.
3. In a separate bowl, combine crumble dry ingredients (plant-based 20/20, almond flour, granulated monk fruit sweetener, cinnamon, baking powder and salt). Add coconut oil, almond milk and vanilla extract and mix to create a crumble. Set aside.
5. Scoop peach mixture in ramekins.
6. Divide crumble mixture between the ramekins with peach mixture and place in the oven for 12 to 16 minutes, checking it until desired crisp.
7. Set aside to cool for about 5 minutes. Garnish with desired toppings.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 16g carbohydrate, 9g fiber

Actual Nutritional Information: 232 calories, 6g protein, 17g carb, 9g fiber, 8g net carb, 7g sugar, 17g fat, 10g sat fat, 139mg sodium

20/20 VEGAN FUDGE BROWNIE

SERVES 16, 1 BROWNIE PER SERVING

INGREDIENTS

2 ripened bananas, mashed

2 Tbsp coconut oil

3/4 cup almond milk

1/2 cup cocoa powder

1 cup almond flour

1 tsp vanilla extract

1 tsp baking powder

1/2 cup (2 scoops) 20/20 Plant-Based FIBER/PROTEIN Powder

Pinch salt

1/4 cup granulated monk fruit sweetener

2 Tbsp chocolate chips

DIRECTIONS

1. Preheat the oven to 375°F. Spray an 8x8 inch glass baking dish with nonstick spray and set aside.
2. In a large bowl, mash bananas until smooth. Add coconut oil, almond milk and vanilla and mix until well combined.
3. In a separate bowl, combine almond flour, cocoa powder, baking powder, plant-based 20/20 powder, monk fruit sweetener, and salt.
4. Add the dry ingredients to the wet and mix until fully incorporated. Stir in chocolate chips.
5. Pour batter into the prepared baking dish and place in oven to bake for 40 to 50 minutes.
6. Remove from oven, cut 16 squares to serve.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 9g carbohydrate, 3g fiber

Actual Nutritional Information: 93 calories, 4g protein, 10g carb, 3g fiber, 7g net carb, 2g sugar, 5g fat, 2g sat fat, 50mg sodium





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