TruHealth™
by MANNATECH

RECIPE BOOK

30-DAY **FAT-LOSS** SYSTEM



MANNATECH

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Introduction

When losing fat, it's not always easy to find meals you're excited about eating. You may have even experienced "food boredom," where nothing sounds good because you've had it a hundred times already. The truth is, even when trying to shed the inches, you should still eat! Not only that, but you need to have nutritious, delicious meals that your family can eat as well.

That's why we put together this little recipe book. It's a collection of some of our favorite meals, snacks and on-the-go eats that will not only help you lose fat, but alleviate that dreaded food boredom.

The following pages will kick-start your taste buds while giving you the energy and nutrients you need to own those busy days.



Shakes and Smoothies

Just because shakes are the foundation of the TruHealth™ 30-Day Fat-Loss System, doesn't mean you don't get to have fun with them. The following are just a few that we came up with to help whet your whistle and tantalize your taste buds.

REMEMBER

Replacing a meal or snack each day with a TruPLENISH™ Shake helps form the foundation to achieve your personal fat-loss goals.

TruPLENISH Chocolate Avocado Smoothie



Ingredients:

- 4 scoops TruPLENISH Shake (chocolate)
- ½ cup raw cashews, soaked
- 2 large dates (or 3 small), pitted
- 1 avocado
- 1 banana, fresh or frozen
- 2 tablespoons raw cacao powder
- pinch sea salt
- 1 ½ cups coconut milk
- 1 cup ice cubes

This makes enough for two people, so feel free to share or save some for later!
(You can also cut the recipe in half for one serving.)

Directions:

Place raw cashews into a bowl and cover with warm water. Let sit for at least 20 minutes to soften them up for the blender. You can let them sit overnight if you want to limit morning prep time.

While the cashews soak, prepare ingredients. Cut the avocado in half, remove pit and scoop out meat. Remove the peel, and slice the banana in half. Cut the dates in half, and remove pits. Drain and rinse cashews.

Add all the ingredients to a blender and blend for about 45 seconds, or until a thick, creamy texture is achieved. Pour into two glasses and enjoy immediately!

Mannatech's TruHealth Signature Shake



Ingredients:

- 2 scoops TruPLENISH Shake (chocolate or vanilla)
- ½–1 cup fruit of your choice (frozen berries work great)
- 2 cup(s) chopped, organic kale leaves with tough stems removed, or spinach
- 6 ice cubes (for a more frozen texture)
- 1 cup water, coconut water or almond milk
- ½ teaspoon or pinch of stevia or xylitol
- ½ tablespoon healthy fat (we recommend coconut oil or flax seed)

Directions:

In a blender, combine fruit, kale/spinach, ice cubes, water, stevia, healthy fat and the TruPLENISH. Pulse a few times, then purée until smooth, scraping down the sides as necessary.

Green Smoothie



Ingredients:

- 2 scoops TruPLENISH Shake (vanilla)
- 1 medium, organic pear, peeled if desired
- 2 cups chopped organic kale leaves with tough stems removed
- 1–1 ½ cup(s) water
- 12 ice cubes (use less for a less frozen texture)

Directions:

Place pears, kale, water and ice cubes in a blender. Add TruPLENISH and pulse a few times, then purée until smooth, scraping down the sides as necessary. Serve and enjoy!

The Green Pear Shake



Ingredients:

- 2 scoops TruPLENISH Shake (vanilla)
- 1 cup almond milk, water, or coconut water
- 1 tablespoon honey
- ½ frozen banana
- 1 ripe pear
- 2 cups spinach (or 1 cup spinach & 1 cup of kale)
- Ice, as needed

Directions:

Combine all ingredients, blend and serve. They won't even know you added greens!

Orange Creamsicle Smoothie



Ingredients:

- 2 scoops TruPLENISH Shake (vanilla)
- ½ fresh orange or use 3 oz. sugar-free frozen orange juice concentrate
- ½ cup unsweetened almond milk
- ½ cup water
- ½ frozen banana
- 1 teaspoon honey
- 3-5 ice cubes
- 1 teaspoon coconut oil
- 1 teaspoon orange zest, optional

Directions:

Place all ingredients into a blender and purée until smooth. Serve and enjoy!

Craving Control Smoothie



Ingredients:

- 2 scoops TruPLENISH Shake (vanilla)
- 1 cup fresh berries
- 1 banana
- 1 ripe avocado
- 1 cup organic kale leaves with tough stems removed
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- 1 cup water
- ½ cup coconut milk
- Ice, as needed

Directions:

Combine all ingredients, blend until smooth and creamy.

Mango, Peach and Strawberry Shake



Ingredients:

- 2 scoops TruPLENISH Shake (vanilla)
- ½ cup fresh or frozen mangoes
- ½ cup fresh or frozen peaches
- ½ cup fresh or frozen strawberries
- 6 ice cubes (more or less for taste)
- 1 ½ cup almond milk
- ½ cup coconut water

Directions:

In a blender, combine fruit, TruPLENISH, ice cubes, almond milk and coconut water. Pulse a few times, then puree until smooth.

Breakfast

There is a reason breakfast is the most important meal of the day. By properly fueling yourself in the early hours of your day, you can have the energy to tackle tough tasks and take control of any situation life throws your way.

Even if you can't stop to eat, these quick recipes will help you get nutrients to your body first thing in the morning so you can take on the day.

REMEMBER

A healthy TruPLENISH Shake is a great way to kick off your day!

Caffé OsoLean®



Ingredients:

- 1–2 scoops of OsoLean powder
- Dash of cinnamon
- 12 oz. black coffee

Directions:

Combine black coffee, 1–2 scoops OsoLean powder and a dash of cinnamon to your favorite coffee cup, stir and enjoy!

Eggs with Avocado and Mushrooms



Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 cup beech mushrooms, trimmed
- ¼ teaspoon sea salt
- 1-2 eggs
- ½ avocado
- 1 cup cherry tomatoes, optional

Directions:

In a large skillet, heat the olive oil over medium-high heat until it begins to simmer. Carefully add eggs to the skillet, and cook until the white is set. Slide to one side and add mushrooms and slowly simmer until the edges of the eggs are slightly crispy. Add eggs and mushrooms to a warm plate with avocado served on the side. Sprinkle the avocado and eggs with flaky sea salt. For a spicy touch, add hot sauce.

Pumpkin and Almond Porridge



Ingredients:

- 1 cup canned pumpkin
- ⅓ cup unsweetened vanilla almond milk
- 1 heaping tablespoon ground flax or chia seed
- Pinch sea salt
- ½ teaspoon ground cinnamon
- 1 teaspoon organic maple syrup, or honey
- Toppings: chopped nuts, cacao nibs, dried fruit

Directions:

Add the pumpkin, flax or chia seed, almond milk, sea salt and cinnamon to a small sauce pan. Whisk the ingredients together and heat over medium until they start to bubble. Reduce porridge to a simmer for a few minutes, stirring frequently. Remove from heat and drizzle with organic maple syrup. Sprinkle with toppings as desired, and serve.

Oatless Oatmeal with Blueberries



Ingredients:

- ¾ cup egg whites
- ¾ cup unsweetened vanilla almond milk
- 1 ½ tablespoon ground flaxseed
- ½ large banana, mashed
- ½ teaspoon cinnamon
- ½ zucchini, grated
- ¼ cup fresh blueberries

Directions:

Combine mashed banana and zucchini in a small bowl and set aside. Combine egg whites and almond milk in a small saucepan and stir with a spatula over medium heat. Add flaxseed and continue stirring until mixture begins to slightly thicken. Add banana and zucchini mixture and stir constantly as oatless oatmeal begins to thicken. Add cinnamon, reduce heat and continue to stir until oatmeal reaches desired level of thickness. Top with blueberries and enjoy!

Sweet Potato Waffles *(Submitted by Amy Lemire)*



Ingredients:

- 1 cup tapioca flour
- 1 cup almond flour
- 1 cup baked Sweet Potato
- 3 eggs
- 1 tsp vanilla extract
- 1 tbsp date syrup or monk fruit equivalent
- 1 tbsp coconut oil
- 1 tsp cinnamon
- 1 tsp baking powder
- Pinch salt

Directions:

Combine sweet potatoes, cinnamon, vanilla extract, sweetener and coconut oil and eggs. In a large bowl, mix tapioca flour, almond flour, salt and baking powder. Mix wet ingredients into dry ones and keep mixing until smooth texture is reached. Grease waffle maker with coconut oil and warm on medium-high heat. Scoop about ¼ - ⅓ cup of batter into heated waffle maker and cook for 1-2 minutes. Time may vary depending on waffle maker. Repeat until all batter is gone and waffles are all cooked. Serve waffles with favorite toppings like maple syrup and fresh fruit.

TruPLENISH Apple Cinnamon Pancakes



Ingredients:

- 1 scoop Vanilla TruPLENISH powder
- 1 green apple minced
- 4 eggs
- ⅛ tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- 1 dash of vanilla extract

Directions:

Beat egg whites in a bowl until soft peaks form. In another bowl, mix together 2 egg yolks and the rest of the ingredients. Carefully fold the mixture into the egg whites. On low heat, cook pancakes in a skillet. Top with maple syrup and apples and enjoy!

Lunch

What you eat for lunch fuels you for the rest of the day and into the evening. So, whether you're on the run or at your desk, these recipes offer a wide variety to fit in with any lifestyle.

REMEMBER

You can always substitute your lunch with a healthy TruPLENISH Shake!

Cucumber Sandwiches



Ingredients:

- Cucumbers
- Tomatoes
- Avocado
- Sliced chicken or turkey
- Sliced cheese (optional)
- Sea salt
- Toothpicks

Directions:

Slice the cucumber, tomato and avocado into ¼" thick slices. You can add other veggies too if you like.

Cut the sliced chicken into ½" wide pieces.

Layer the veggies, cheese and meat between the two cucumber slices and hold together with a toothpick.

Veggie Delight *(Submitted by Kathlene Rissling)*



Ingredients:

- ½ Cucumber, sliced
- ½ cup chopped cauliflower
- ½ cup carrots, sliced thin
- ½ cup snap peas
- 1 mushroom, sliced
- ¼c broccoli, chopped
- ½ avocado
- Sprinkle of no salt herb medley
- Juice of ¼ - ½ lemon

Directions:

Put all sliced and chopped veggies into a bowl and mix. Sprinkle with fresh squeezed lemon juice and herbs.

Carrot, Tomato and Coconut Soup



Ingredients:

- 1 tablespoon coconut oil or olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground turmeric (optional)
- 10 medium size carrots, rinsed and sliced
- 5 chopped fresh tomatoes
- Water, enough to cover
- Sea salt and black pepper to taste
- 1 can (400 g / 14 oz.) full fat coconut milk

Directions:

Heat oil in a pot. Add onions, garlic and turmeric and sauté until soft and fragrant. Add carrots and tomatoes and cook for a minute or so, while stirring. Now add water, sea salt and pepper. Cover and let simmer for 15-20 minutes until the carrots are tender.

When the soup is ready, use an immersion (hand) blender to puree until smooth. Stir in the coconut milk, taste and adjust the flavors as needed.

Savory Veggie Bowl *(Submitted by Kathlene Rissling)*



Ingredients:

- 1 bunch Asparagus, chopped
- 2 cups green beans
- 1 cup purple cabbage, sliced and chopped
- 1 clove garlic, chopped
- Juice from half a lemon
- ½ tsp Nutritional yeast

Directions:

Put small amount of water into pan, squeeze a small amount of lemon into water and add chopped garlic clove. Add veggies and steam til tender (al dente). Sprinkle with remaining lemon juice. Remove steamed veggies from pan, add to pasta and sprinkle with ½ tsp of nutritional yeast.

Loaded Guacamole Sweet Potato Fries



Ingredients

For the Fries:

- 2 large sweet potatoes
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 1 tablespoon chili powder

For the Guacamole:

- 1 large avocado
- 1 garlic clove, minced
- 3 green onions, chopped
- ¼ tsp cumin
- ½ tsp sea salt
- ½ cup pico de gallo
- ¼ cup cilantro
- 2 tablespoons lime juice

Directions:

Preheat oven to 400°F. In a large bowl, mash avocado. Add garlic, green onions, lime juice and cumin. Stir. Slice sweet potatoes thin into a fry shape and coat with olive oil, chili powder and lime juice. Bake for 35 minutes. Transfer fries to a large plate and drizzle with guacamole. Sprinkle with pico de gallo. Try not to eat them all by yourself!

Crab Salad with Coriander Dressing



Ingredients
For Crab Salad:

- ½ lb. crab meat, picked free of shells
- 6 cups romaine lettuce, chopped
- 1 cucumber, diced
- 3 green onions, chopped

For Coriander Dressing:

- ½ bunch of fresh coriander, chopped
- 2" fresh lemon grass stalk, peeled of the dry outer husk and chopped
- 1 tablespoon fish sauce
- 1 teaspoon soy sauce, tamari or coconut aminos
- 3 tablespoons sesame or other mild tasting oil
- Juice and zest of half a lime

Directions:

In a large bowl place the crab meat, romaine lettuce, diced cucumber and green onions. Chop the coriander and lemon grass as finely as possible and add to a small bowl. Mix with the other dressing ingredients, cover and leave in the fridge until it's time to spoon over your salad.

Italian Potato Salad



Ingredients
For the Salad:

- 3 lbs. baby red potatoes - unpeeled and quartered or halved
- 1 cup cherry tomatoes, halved
- 6 celery stalks, sliced
- 3 tablespoon capers, drained
- 1 small red onion, halved and thinly sliced
- 16 pitted Kalamata olives, halved
- ¼ cup fresh basil
- ¼ cup fresh parsley

For the Dressing:

- ¼ cup extra-virgin olive oil
- 1 large lemon, juiced
- 1 teaspoon dried Italian herb seasoning
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper

Directions:

Bring a very large pot of salted water to a boil over high heat.

Meanwhile wash and scrub the potatoes of any dirt. If the potatoes are on the larger side, cut or quarter them. Once the water reaches a rapid boil, add the potatoes. Boil for about 20 minutes, until tender when pierced with a fork. Strain and set aside.

While the potatoes boil, prep the remaining salad ingredients. Add them all to a very large serving bowl and combine. To make the dressing, simply combine all the ingredients in small bowl or measuring cup and whisk well. Add the boiled potatoes to the large serving bowl and combine with the tomato, celery and olive mixture. Pour the dressing over it all and mix again, until well coated. Serve warm or cold.

Vegetable Soup



Ingredients:

- 2–4 tablespoons olive oil
- 1 medium onion, chopped
- ½ cup carrots, peeled and chopped
- ¼ cup celery, chopped
- 4–5 roma diced tomatoes
- 2 cups potatoes, scrubbed and diced
- 3 cups stock (vegetable)
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup fresh sweet peas (frozen is fine)
- ½ cup fresh green beans, cut, ends snipped (frozen is fine)

Directions:

Heat the oil in a large saucepan. Add the onions and cook for about two minutes, until translucent. Then add the carrots and celery. Continue cooking, stirring occasionally, for about three minutes. Add diced tomatoes and potatoes. Bring to a simmer. Pour in the stock and bring to a simmer. Add the salt and pepper {see notes} and continue cooking for about eight minutes. Add the peas and green beans.

Continue cooking until all the vegetables are tender (check the potatoes). Serve hot! This is amazing re-heated and you could eat it for a few days!

Notes:

This soup will be delicious as written but if you would like to season it further, feel free to add fresh parsley, oregano, and thyme. Dried Italian seasoning blends are delicious too, as is poultry seasoning.

Tuna or Chicken and Avocado Salad



Ingredients:

- 1 tuna steak (cooked and flaked) or 1 chicken breast cooked and (diced/shredded)
- ½ apple (red)
- 1 avocado (ripe)
- ½ celery
- 1 teaspoon dill
- ½ cup red onion
- ¼ teaspoon cumin
- 1 teaspoon lemon juice
- Sea salt and pepper (to taste)

Directions:

In a large bowl, mash up avocado with the back of a fork or potato masher. Add in tuna or chicken, celery, red onion and apple. Mix well. Add in lemon juice, dried dill, cumin and salt and pepper. Mix well. ENJOY!

Will keep up to one week in refrigerator.

Chicken Zoodles with Avocado Cream Sauce



Ingredients:

- 4 zucchinis
- 1 avocado
- 2 tablespoons of extra virgin olive oil (possibly more)
- Salt/pepper/garlic powder (to taste)
- Handful of grape tomatoes
- Cooked chicken breast/thighs

Directions:

If you don't have a spiralizer, get one! It will be your best friend and tool on your adventure through fat loss. Spiralize the zucchinis on the thick setting to create the zoodles. Using a blender, add the avocado (meat only), oil and spices and blend until creamy (NOTE: you may need to add more oil or even water to reach a desired "cream" consistency). Chop your chicken into cubes or strips (whichever you prefer) and add to a large bowl along with the zoodles and avocado cream sauce. Toss the mixture together until everything is evenly coated and either eat cold, or heat for a quick and nutritious meal. Add the tomatoes last to keep fresh. Feel free to experiment with your favorite lean protein!

Goat Cheese Salad



Ingredients:

- 3 cups of romaine lettuce and mixed greens
- ½ cup black olives
- ¼ cup purple onion (diced)
- 1 tomato (diced)
- 1 tablespoon cilantro
- 1 cup purple cabbage (diced)
- 1 cucumber (cubed)
- ½ cup pecans (chopped)
- 2-3 tablespoons goat cheese
- ¼ large avocado (diced)

Directions:

Toss and mix all ingredients and lightly sprinkle with raspberry vinaigrette dressing.

Lentil Soup



Ingredients:

- 1 lb. dry lentils (soak 6-8 hours)
- 2 tablespoons of extra virgin olive oil
- 1 cup celery (chopped)
- 1 cup onion (chopped)
- 2 garlic cloves (minced)
- 1 lb. smoked turkey sausage (chopped)
- 1 can rotel tomatoes
- 6 cups vegetable broth
- 6 cups water
- Fresh thyme, oregano, sea salt and pepper to taste

Directions:

In 8 qt. or larger pot, heat olive oil. Add celery, onion, garlic and cook until onion is yellowed. Add sausage, rotel tomatoes, broth, water and lentils. Bring to a boil and let simmer until lentils are tender (1-2 hours). Add fresh thyme, oregano, salt and pepper to taste.

Cucumber, Onion and Tomato Salad



Ingredients:

- 3 cucumbers, peeled and sliced
- 3 medium sized tomatoes, cut into wedges
- 1 medium onion, sliced and separated into rings
- 1 teaspoon sea salt (or to taste)
- 1 teaspoon pepper (or to taste)
- 1 tablespoon crushed garlic (optional)
- 1 cup water
- 2 teaspoons sea salt
- 1 teaspoon ground black pepper
- ¼ cup olive oil
- ½ cup balsamic vinegar (or to taste)

Directions:

Combine all ingredients in a large bowl. Toss well to mix. Refrigerate at least 2 hours before serving. This will make enough to store and use for a few meals!

Dinner

Dinners don't have to be 2-hour-long cooking sessions that end in exhaustion. The recipes found here are quick, simple and balanced to deliver whole foods to you and your family.

REMEMBER

It's best to eat no less than five hours before going to bed.

Cauliflower Rice



Ingredients:

- 1 large head of cauliflower
- 2 tablespoons coconut oil
- ½ cup fine diced yellow onion
- ¾ teaspoon sea salt
- ½ teaspoon dried parsley
- ½ teaspoon garlic powder
- ¼ teaspoon fresh ground black pepper
- ½ cup chicken broth
- 1-2 tablespoons minced fresh parsley or other fresh herbs of your choice

Directions:

Cut the cauliflower into florets and place into a food processor. Pulse the florets until they reach a rice-like consistency. Set riced cauliflower aside. Meanwhile, in a large skillet over medium heat, add the coconut oil and onion. Sauté onion until it begins to soften. Then, add the spices and stir well. Continue to cook onion/spice mix another 1-2 minutes until soft and translucent. Add the rice to the seasoned onion and stir well to combine. Continue stirring and sautéing until the rice begins to soften (about 5 minutes). Add the chicken stock and cover the skillet. Allow the rice to steam for about 5 minutes until the stock is absorbed and the rice reaches desired texture. Remove cover, add the minced fresh parsley and fluff.

15-Minute Paleo Taco Salad



Ingredients
For the Salad:

- 1 lb. ground turkey
- Several tablespoons homemade taco seasoning (see recipe)
- 3 hearts of romaine lettuce
- 1 large cucumber
- 2 ripe avocados
- 2–3 tomatoes
- 1 large red bell pepper
- 4 scallions (green onions)

For the Taco Seasoning:

- 4 tablespoons chili powder
- 3 tablespoons plus 1 teaspoon paprika
- 3 tablespoons ground cumin
- 1 tablespoon plus 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper

Directions:

To assemble taco seasoning: Combine all spices in an airtight container and shake well to mix.

To assemble salad: Set a pan over medium high heat and cook ground turkey until it is no longer pink, stirring frequently. While you're cooking the turkey, chop romaine lettuce/hearts and divide among four large salad plates. Stir turkey to make sure it is cooking evenly. Chop cucumber, avocado, tomatoes, bell pepper, and scallions and add evenly to each plate of lettuce.

When turkey is no longer pink, add several tablespoons (3–4) of the homemade taco seasoning and stir to fully incorporate. If the meat is somewhat dry, splash a little water into the pan to loosen everything up and help the seasoning coat the meat. When the meat is fully cooked and seasoned, top each salad with approximately ¼ the total amount.

Any extra cooked and seasoned meat can be refrigerated in an airtight container for up to a week.

Roasted Asparagus and Arugula Salad



Ingredients:

- 1 bunch (about 1 lb.) asparagus (choose thicker, larger stalks if possible)
- 3 tablespoons extra virgin olive oil, divided
- Sea salt and pepper
- 3 tablespoons freshly squeezed orange juice
- 1 ½ tablespoons freshly squeezed lemon juice, divided
- 1 ½ teaspoon finely chopped fresh basil
- 4 cups arugula (about 5 oz.)

Directions:

Place the asparagus on a baking sheet; foil line the sheet for easier cleanup. Drizzle the stalks with 1 tablespoon olive oil, then rub each stalk with your hands to evenly coat with oil. Sprinkle with salt and pepper — freshly ground black pepper is best. Place prepared asparagus into the oven and let it roast for 12–15 minutes until the toughest parts of the stalks are tender and the leafy tips are starting to get crispy.

When the asparagus has finished cooking, remove from the oven and allow to cool to room temperature. Cut each stalk into four to five pieces each. Discard any overly tough ends that did not soften during roasting.

In a small bowl, whisk together orange juice, 1 tablespoon lemon juice, basil and a pinch of salt. As you whisk the mixture rapidly, very slowly drizzle in the remaining 2 tablespoons olive oil until emulsified with the juice mixture. Reserve dressing. In a large salad bowl, combine the arugula, roasted asparagus, avocado and dressing. Toss gently till the ingredients are well mixed and the arugula is evenly moistened by the dressing. Season the salad with additional salt to taste, if desired. Serve.

Lemon Kissed Baked Salmon



Ingredients:

- 1 6oz Salmon Filet
- 1 Tsp olive oil infused with lemon (just add fresh lemon juice to your olive oil)
- 1 clove of minced garlic
- A pinch of salt and pepper to taste

Directions:

Bake at 350F for 14 minutes, or until salmon flakes easily.

Garlic-Lemon Chicken Kabobs



Ingredients:

- 3 tablespoons of olive oil
- Zest of 1 lemon
- 3 cloves of garlic, minced
- 1 tablespoon of minced fresh parsley
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts cut into ¾ inch pieces

Directions:

In a medium bowl, whisk together the olive oil, lemon zest, garlic, parsley, salt and pepper. Add the chicken pieces to the bowl and mix to coat with marinade. Cover and refrigerate for 2–8 hours. Prepare a medium fire in a grill. If using wooden skewers, soak them in water for at least 20 minutes before use.

Thread the chicken pieces on the skewers and discard the excess marinade. Lightly oil the grill grates. Place the kabobs on the grill, cover and cook until chicken is opaque throughout, about 8–12 minutes, turning once or twice during cooking. Feel free to add vegetables to your marinade and alternate threading the chicken and vegetables.

Turkey Meatloaf *(Submitted by Susan Spaulding)*



Ingredients:

- 1lb of organic ground turkey
- 1 small, chopped onion
- 3 or 4 celery stalks chopped
- 1 bell pepper chopped
- Your choice of seasoning & paprika
- 1 egg

Directions:

Mix all ingredients together. Bake in a greased or lined loaf pan. Bake @ 350 for 50-60 minutes.

Herbed Salmon



Ingredients:

- 4 salmon fillets, 6 oz. each
- 4 tablespoons fresh lemon juice
- Sea salt and pepper (to taste)
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

Directions:

Heat broiler with rack 4 inches from heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 tablespoons of lemon juice over top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist (should flake with fork), 8–9 minutes. Remove the salmon's skin. In a medium bowl, stir together remaining 2 tablespoons of lemon juice, oil, dill and basil. Spoon the sauce over the salmon and serve immediately. This makes more than one meal.

Beet Salad



Ingredients:

- 1 lb. beets, peeled and grated
- 4 sticks celery, finely chopped
- 2 tablespoons of apple juice
- 1 tablespoon of apple cider vinegar
- 4 scallions, finely chopped
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- Sea salt and pepper to taste

Directions:

Mix beets and celery with apple juice. In a separate bowl, whisk together the remaining ingredients. Toss the celery/beets with half of the liquid. Then drizzle the remaining liquid over the salad. Chill 2 hours and serve. Feel free to add chicken to this recipe for an extra bit of protein!

Zesty Quinoa Salad



Ingredients:

- 1 cup quinoa
- 2 cups water
- ¼ cup oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon red pepper flakes, or more to taste
- 1 ½ cups halved cherry tomatoes
- 5 green onions, finely chopped
- ¼ cup chopped fresh cilantro
- Sea salt and ground black pepper to taste

Directions:

Add the quinoa, water and salt to a medium saucepan and bring to a boil. Once at a boil, turn the heat to low and cover. Cook for 15–20 minutes or until done. Transfer to a large bowl and fluff with a fork. Add remaining ingredients and toss to combine. Add salt to taste. Chill until ready to serve.

Balsamic Rosemary Beets



Ingredients:

- 4 medium beets, peeled and cut into 1 inch cubes (about 4 cups)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon minced fresh rosemary
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon sea salt

Directions:

Preheat the oven to 400°F. In a medium bowl combine the beets, olive oil, vinegar, rosemary, pepper, and salt. Transfer the beets to a 9 by 13-inch baking dish and cover with aluminum foil. Bake for 45 minutes. Remove the foil and bake, uncovered, for 10 to 20 more minutes until the beets are tender when pierced with a fork. Serve and enjoy!

Spaghetti Squash



Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 glove garlic (minced)
- 1 ½ cups tomatoes (chopped)
- 2 tablespoons fresh basil (chopped)

Directions:

Place spaghetti squash in a baking sheet, and bake for 30 minutes at 350°F. Remove squash from oven, and set aside to cool. Heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, about 2-3 minutes. Stir in tomatoes and cook until tomatoes are warmed. Last, place squash in a medium bowl. Toss with vegetables and serve warm.

Grilled Green Tomatoes



Ingredients:

- 3 large green tomatoes, sliced into ½ inch thick slices
- ¼ cup extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh oregano
- Sea salt to taste
- Freshly ground pepper

Directions:

Lightly oil the grill rack. Preheat the grill. Place the tomatoes in a large bowl. Add the oil, garlic and oregano. Toss the tomatoes to thoroughly coat. Place the tomatoes on the grill and season each side generously with salt and pepper. Cook, turning for 5 minutes, or until the tomatoes are tender.

Tasty Baked Gourds



Ingredients:

- 1 lb. zucchini (rinse and cut into sticks)
- 1 teaspoon fresh garlic cloves (minced)
- 1 tablespoon olive oil
- Freshly ground black pepper
- Sea salt
- ¼ cup grated parmesan cheese

Directions:

Preheat oven to 450°F. Take zucchini rinse and cut into sticks. Toss zucchini, garlic, pepper and olive oil in a bowl. On a cookie sheet, put down some aluminum foil, and then place the zucchini on the sheet, skin side down. Sprinkle the top of the zucchini with the sea salt and parmesan cheese. Place your gourds on the top rack of the oven. Roast zucchini for 8-15 minutes, or until it begins to brown and the cheese has melted. Remove from oven, let cool, and enjoy!

Vegetable Stir Fry



Ingredients:

- Fresh or frozen broccoli, cauliflower, portabella mushrooms, shredded
- Red or green cabbage
- 2 tablespoons fresh garlic (more or less to taste)
- ⅓ cup chopped onion (more or less to taste)
- 2–4 tablespoons coconut or olive oil
- 2 tablespoons lemon or lime juice (more or less to taste)
- Herbs/spices to taste

Directions:

Sauté garlic and onion in oil until lightly browned. Add vegetables, frequently stirring for about 10 minutes. Reduce heat and add lemon/lime juice. Add herbs and spices to taste. Serve and enjoy!

Roasted Cabbage with Herb Sauce



Ingredients:

- 1 head of green cabbage
- 2 tablespoons coconut oil, melted
- Sea salt, pepper, granulated garlic
- ¼ cup salted almond butter
- ¼ cup water
- Juice of ½ a lemon
- 2 tablespoon coconut aminos
- 2 teaspoons sesame oil
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh basil, chopped
- ¼ cup mint, chopped
- ¼ cup pistachios
- Lime wedges, for garnish

Directions:

Preheat oven to 450°F. Chop your cabbage into wedges. Place the wedges onto a baking sheet and drizzle with coconut oil. Spice up the wedges with sea salt, pepper and granulated garlic to your taste. Roast the cabbage for approximately 12 minutes then flip cabbage and repeat. While your cabbage is roasting, make the almond sauce.

In a small sauce pot, add almond butter, water, lemon juice, coconut aminos and sesame oil. Stir constantly as it heats up. Once it gets hot, all of the ingredients will come together and it will turn into a creamy sauce. If the sauce is too thick, simply add more water until it reaches your desired consistency. Remove the finished cabbage from the oven and drizzle with almond sauce. Top with fresh herbs and pistachio nuts. Serve with lime wedges and enjoy!

Steamed Shrimp



Ingredients:

- 1 lb. large shrimp (about 24)
- 2 teaspoons fresh ginger (grated)
- 3 scallions (green onions, tops and bottoms)
- 2 teaspoons sesame oil
- 1 ½ tablespoons soy sauce
- 1 teaspoon stevia
- 1 teaspoon rice vinegar
- ½ teaspoon hot red pepper flakes
- 1 tablespoon garlic (minced)
- ¼ teaspoon sea salt
- Brown rice

Directions:

Shell and de-vein shrimp. Rinse, drain and set aside. Thinly slice the white part of the scallions. Stir together scallions, soy sauce, vinegar, garlic, ginger, sesame oil, sugar, pepper flakes and salt. Add shrimp, toss to coat them and let marinate at room temperature, stirring several times, for 15 minutes. Spread the shrimp in a single layer with the marinade in a shallow bowl or deep plate that will fit inside the pot below and leave at least ½ inch clearance on all sides to allow the shrimp to steam. Put a vegetable steamer inside a large pot or dutch cooker. Add enough water to come just below the vegetable steamer; cover and bring to a boil. Remove from heat and carefully place the dish on the steamer. Place back on heat and cover and steam the shrimp for 4 to 8 minutes or till firm to the touch. Remove and serve over cooked brown rice with marinade sauce. Sprinkle with thinly sliced scallion (green onion tops).

Tomatillo Salsa *(Submitted by Susan Spaulding)*



Ingredients:

- 10 tomatillos
- 1 jalapeno- seeded
- 2 garlic cloves
- 1 bunch cilantro
- Salt and pepper to taste

Directions:

Remove the husks from the tomatillos and rinse. Place the tomatillos and jalapeno in a pan with water and cover. Over medium heat bring to a boil and cook until the tomatillos are a dull green color. About 10 or so minutes. Strain the mixture, then place in a food processor or blender. Add garlic and cilantro, blend until smooth. Season to taste. Serve over protein, from fish to tofu.

You can also roast the tomatillos and jalapeno and place them in a blender to make the salsa as well.

Roasted Garlic Cabbage Steaks



Ingredients:

- 1 (approx. 2 lbs.) head of organic green cabbage, cut into 1-inch-thick slices
- 1 ½ tablespoons olive oil
- 2–3 large garlic cloves, smashed
- Sea salt
- Freshly ground black pepper

Directions:

Preheat oven to 400°F and oil a baking sheet to prevent the cabbage from sticking. Pull outer leaf off, cut cabbage from top to bottom (bottom being root) into 1-inch-thick slices. Rub both sides of cabbage with smashed garlic. Evenly spread the olive oil over both sides of the cabbage slices. Finally, sprinkle each side with a bit of sea salt and freshly cracked black pepper. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and enjoy!

Snacks

The hunger dragon is real. Throughout the day it's hard to stay on target when a hankering for something sweet or cheesy comes knocking at the door. That's why we created some healthy recipes for you to use during the day whenever you feel a little peckish!

Not only are these great snacks for yourself, but they are amazing for group events as well! Whip up any of these when you have people over and they'll be asking you for the recipe in no time.

REMEMBER

It's best to eat 4-6 smaller meals throughout the day.

Fruity Frozen Yogurt Snacks



Ingredients:

- 5 greek yogurts 5.3 oz. containers, low-fat strained
- 1 of each flavor: strawberry, coconut, lemon, lime, blueberry
- 3 tablespoons each: fresh raspberries, diced mangoes, diced pineapple, diced kiwi, blueberries

Directions:

Place silicon cups on a small baking sheet. Spoon half of each yogurt carton into silicone cupcake wrappers. Sprinkle fresh fruit on the top of each cup of yogurt, mix and match with a different variety of the yogurt flavors and the fruit. Transfer baking sheet with cups to freezer. Freeze yogurt for 3 hours, or until firm. Remove the silicon cups when ready to serve.

Salmon, Pepper and Asparagus Bundle Bites



Ingredients:

- 1 lb. asparagus spears
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- 1 garlic clove, minced
- ⅛ teaspoon paprika
- 1 small yellow bell pepper
- 1 small red bell pepper
- 4 oz. smoked salmon
- Pinch of cayenne pepper, optional

Directions:

Preheat oven to 425°F. Snap the ends off of the asparagus spears. Toss with olive oil, sea salt, minced garlic, paprika and cayenne pepper. Put on baking sheet. Cut bell peppers into fry shapes. Put on baking sheet with asparagus. Transfer to preheated oven and roast for 10 minutes. Stir, then roast another 10 minutes. Remove from oven and let cool slightly. Group the asparagus into about 3-4 spears and add a few bell pepper slices with the asparagus spears. Turn oven to broil. Wrap the bundles with a piece of smoked salmon. Put on baking sheet and broil for 2-3 minutes. Enjoy!

Baked Cucumber Chips *(Submitted by Susan Spaulding)*



Slice Cucumbers evenly and pat the slices dry with a paper towel.

Toss them in seasonings:

1. Salt and Vinegar Chips - olive oil, sea salt, lemon pepper, lemon juice and black pepper
2. Smoked Cucumber Chips - smoked paprika, salt and garlic powder
3. Herb Chips - olive oil, rosemary and thyme

Directions:

Place them on a baking sheet lined with parchment paper. Bake in the oven for 3-4 hours at 170 degrees. Cooking time will depend on your oven and how large your cucumber slices are.

Turkey Sliders with Cilantro-Garlic Aioli



Ingredients

For Turkey Sliders:

- 1 large sweet potato, peeled
- Ghee or coconut oil for cooking
- 1 lb. ground turkey
- 2 tablespoons Worcestershire sauce
- 2 shallots

For Cilantro-Garlic Aioli:

- 2 tablespoons avocado mayonnaise
- 2 garlic cloves, minced
- 2 tablespoons cilantro, minced

Directions:

Preheat the oven to 400°F. Cut sweet potatoes vertically into ¼-inch disks. Brush with coconut oil and place into oven for 5 minutes. Flip and cook for 5 more minutes. Dice one shallot and cut the other into small rounds. Combine ground turkey, Worcestershire sauce and diced shallot in a bowl. Form burgers into 3-inch diameter patties with a small divot in the middle. Lightly coat with ghee or coconut oil.

Place patties on grill or pan until the sides turn brown. Once burgers are done, place shallot rounds on hot grill or pan to soften.

For the aioli, mix minced garlic and cilantro into the avocado mayo. Assemble burgers with sweet potato "bun" on bottom, turkey burger, grilled onions and topped with the aioli. Bon appétit!

Cauliflower "Popcorn"



Ingredients:

- 1 medium cauliflower head
- 1 ½ tablespoons coconut oil
- ¼ to ½ teaspoon sea salt
- ½ teaspoon curry powder

Directions:

Preheat the oven to 450°F. Core and wash cauliflower and cut the florets into bite-size pieces. Place in a large bowl. Toss the cauliflower with the olive oil, salt and curry powder. Spread cauliflower on to large baking sheet. Bake for 18-20 minutes, stirring occasionally, until the cauliflower is browned in spots and is crisp or tender. Serve immediately.

Banana Carrot Bread *(Submitted by Amy Lemire)*



Ingredients:

- 2 cups flour
- 2 eggs
- ¾ tsp salt
- 3 mashed ripe bananas
- ½ cup shredded carrot
- ¼ cup of light olive oil
- ¼ cup almond milk or milk sub
- 2 tsp cinnamon or more, to taste
- 2 tsp vanilla extract
- ⅛ tsp nutmeg
- ¼ cup unsweetened coconut
- ¼ cup of chopped dates
- ¼ cup chopped nuts - optional

Directions:

Combine wet and dry ingredients separately. Pour wet into dry and combine well. Pour into a greased and parchment lined 9x5 loaf pan. Bake at 350 degrees for 37 minutes, turn off the oven and leave the bread in for another 10 minutes. If it seems undercooked after 10 minutes, turn the oven back on and bake for 5 more minutes.

To get the best sweetness make this at least two 2 days ahead, wrap and store in the refrigerator.

Chipotle Chicken Bites *(Submitted by Susan Spaulding)*



Ingredients:

- 1 ½ lbs. boneless, skinless chicken breast, shredded
- 1 tablespoon paprika
- 1 ½ teaspoon sea salt
- ½ teaspoon chipotle
- 2 teaspoons olive oil
- 1 lb. bag sweet mini peppers

Directions:

Cook the chicken, paprika, sea salt, chipotle and olive oil in a skillet over medium heat for about 7 minutes and set aside. Slice the peppers in half. Remove the insides and seeds with a small spoon.

Put a few pieces of the chicken into each pepper. Heat in oven until warm and serve.

Stuffed Mushrooms



Ingredients:

- 1 lb. grass fed ground beef
- Sea salt, smoked paprika, onion powder, garlic powder, dried oregano, pepper
- 8 large mushrooms
- 4 slices of sugar-free, nitrite-free bacon, cooked
- 2 small tomatoes, sliced
- 1 avocado, sliced
- Alfalfa sprouts
- Fresh basil leaves

Directions:

Preheat the oven to 400°F. Clean mushrooms and remove the stems then evenly arrange mushrooms on the baking sheet. In a bowl, add ground beef and sea salt, smoked paprika, onion powder, garlic powder, dried oregano and black pepper. Mix well. Form into 8 meatballs, and place inside the mushrooms. Bake uncovered for 20 minutes or until no longer pink. When the meatballs are done, stuff mushrooms with the cooked bacon, tomato slices, avocado, alfalfa sprouts and fresh basil.

Greek Yogurt NutriVerus™ Dill Dip



Ingredients:

- 1 cup greek yogurt, low-fat strained
- 1 clove garlic (small, minced)
- 1 tablespoon fresh dill (chopped), you can also use dried
- ½ teaspoon lemon peel (finely grated)
- 1 teaspoon lemon juice
- 1 scoop NutriVerus Powder, add more if you desire

Directions:

In a small bowl, mix yogurt with garlic, fresh dill, lemon peel, lemon juice, salt, pepper and NutriVerus. You can store this for up to a week!

Mannatech's Signature "Chocolate"



Ingredients:

- 1 teaspoon carob powder or 100% cocoa powder
- 4 teaspoons coconut oil (liquid state)
- 1 teaspoon cinnamon
- Pinch of sea salt
- Pinch of stevia
- 4 teaspoons almond flour/meal

Directions:

In a medium bowl, mix all ingredients together using a spoon or hand mixer. After the ingredients are thoroughly mixed, enjoy this treat in one of two ways (or both!): Serve as a pudding at room temperature or after refrigerating for 10–20 minutes. Or, from the bowl, arrange tablespoon-size helpings onto wax paper. Place wax paper into freezer and wait approximately 10 minutes for the portions to harden into miniature chocolate bars.

Hummus with Raw Veggies



Ingredients:

- 2 (15 oz.) cans organic chickpeas (garbanzo beans), rinsed
- 2 garlic cloves
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon cumin
- ¼ cup water
- 1 teaspoon sea salt
- ¼ teaspoon paprika

Directions:

Add chickpeas, garlic, olive oil, lemon juice, cumin, water and salt to a food processor. Blend until smooth and creamy (if needed, add more water 1 tablespoon at a time and continue blending until it reaches your desired consistency). Transfer to a bowl. Sprinkle with paprika before serving. Try smoked paprika for an extra kick!

Vegan Snickers Bars – *by Loredana Millar*



Ingredients:

Base Layer

- 6 dates
- ½ cup pecans
- ½ cup coconut flour
- 2 tbsp maple syrup
- 2 tbsp coconut oil
- ¼ cup cacao butter

Caramel Layer

- ½ cup peanut butter
- ¼ cup coconut oil
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch sea salt
- ¾ cup pecans

Chocolate Coating

- 1 cup chocolate chips
- 1 tbsp coconut oil
- ¼ cup chopped pecans
- ¼ tsp sea salt

Directions:

Base Layer—Combine all ingredients in a food processor and pulse until it reaches a dough-like consistency. Line a loaf tin with parchment paper and spread base layer down using a silicone spatula, until even. Place in the freezer while you prepare the caramel layer.

Carmel Layer—Combine peanut butter, coconut oil, vanilla, maple syrup and sea salt in a sauce pan over low heat. Let simmer and whisk until mixture has completely liquified, about 2-3 minutes. Remove from burner and let cool. Pour over the top of the base layer, then pack the pecans over the top, pressing down gently so they sink into the caramel.

Chocolate Coating—Once hardened, remove from freezer and lift parchment paper out of tin, transfer layers to cutting board. Using a sharp knife, cut into 8 pieces. Melt chocolate with coconut oil over the stove. Using your hands, pick up the bar from the bottom and gently dip the top side (caramel layer) into the chocolate. Transfer to a wire drying rack or parchment paper. Place the last bit of pecans and sea salt on top of the chocolate and place it back in the freezer to harden, then enjoy!

Low Carb Strawberry Shortcake – *by Mary Erb*



Ingredients:

Cake:

- ⅔ cup almond flour
- ½ cup butter or coconut oil
- 3 large eggs
- ⅓ cup erythritol
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ tsp baking powder
- 1 scoop TruPLENISH Creamy Vanilla

Topping:

- ½ cup heavy whipping cream
- ⅓ cup erythritol
- 1tsp vanilla extract
- 3.5 ounces fresh strawberries

Directions

Preheat oven at 350°.

Measure dry ingredients in a bowl, stir to mix thoroughly.

In a separate bowl mix eggs, butter and vanilla.

Stir in the dry ingredients into the egg mixture.

Pour into greased cake pan and bake for 20 minutes.

Once cake has cooled, mix the heavy whipping cream, erythritol and vanilla in a blender on high for 2 minutes. Then spoon the topping on top of the cake and finish off with strawberries on top. Enjoy!

Substitutions List

The following will help you transition better to healthier foods. Think of it as a "eat this/not that" list for TruHealth.



- **Breadcrumbs:** Fiber-rich oats, protein-rich nuts or gluten-free rice cakes
- **Bacon:** Prosciutto/pancetta (both contain half the fat and calories), or peameal bacon
- **Butter (baked goods):** Applesauce or mashed banana/avocado-they add a creamy consistency without the fat and calories
- **Butter (frying):** Extra virgin olive oil or coconut oil—contain heart-healthy omega-3 and less polyunsaturated fat than butter
- **Canned fruit:** Fruit compotes—use naturally sweet pureed fruit as opposed to artificial sweeteners and refined sugar
- **Canned legumes:** Dried legumes—high in fiber/protein and sodium-free
- **Chocolate chips:** Carob chips—they're caffeine-free and have a light caramel flavor
- **Cream cheese:** Pureed low fat cottage/ricotta cheese
- **Cream (in soups/stews):** Pureed potato/sweet potato—they add creaminess without the added fat and calories
- **Croutons:** Cubed fresh bread, toasted in the oven with extra virgin olive oil and spices
- **Eggs (baking):** Chia or flax seeds—these superfoods have the same consistency as eggs. (Soak 1 tbs. of either one with 3 tbs. warm water and let sit for about 10 minutes until thickened.)
- **French fries:** Zucchini, eggplant, or sweet potato fries (baked or fried)
- **Flour (baking):** Fiber-rich beans or whole wheat flour, using a 1:1 ratio
- **Flour tortillas:** Corn tortillas—contain half the calories and fat and are gluten-free
- **Frosting:** Substitute butter with equal parts omega-3 rich avocado
- **Ground beef:** Lean ground chicken/turkey or cauliflower—they contain less fat and calories. (For a vegan option, substitute with ground cauliflower).
- **Iceberg lettuce:** Nutrient-dense leafy greens, such as kale, spinach, or arugula
- **Ice cream:** Banana 'ice cream'-freeze bananas then puree for a dairy-free snack
- **Marinades:** Wine, balsamic vinegar or fruit juice (combine with extra-virgin olive oil)
- **Mashed potatoes:** Mashed root vegetables—a sweeter, more nutrient-dense option
- **Mayonnaise:** Avocado mayonnaise—vegan option that is packed with omega 3 and contains less fat and calories than mayo
- **Pasta (refined):** Whole grains/pastas (brown rice, quinoa, lentils, etc.) or for a vegan option, raw zucchini or squash ribbons
- **Potato chips:** Kale chips—same crunchy texture, fat-free, and packed with vitamin K and iron
- **Seasoning salt:** Fresh/dried herbs—they add a sodium-free burst of flavor to food and you can experiment with a variety of combinations
- **Soda:** Herbal teas such as chamomile, raspberry, peach and peppermint all come from other plants and herbs. Soda is a manufactured drink with ingredients such as water, artificial sweeteners, color enhancers and chemical and natural flavorings.
- **Sour cream:** Plain greek yogurt—contains almost double the amount of protein
- **Sugar (in baked goods):** Vanilla bean, pure vanilla extract, or natural liquid sweeteners (organic maple or brown rice syrup, agave, or raw honey)
- **Sweetener (in raw desserts):** Protein-packed fresh Medjool dates-blend into smoothies or puree with water until they become a paste and use as a sweetener
- **Table salt:** Himalayan sea salt, fresh lemon/lime juice, or Parmesan cheese—they bring out flavor and freshness without the additional sodium
- **White rice:** Roasted or steamed cauliflower (grated)-it has the same crumbly texture as rice and soaks up a variety of condiments
- **Whole milk:** Skim milk or dairy-free options, such as coconut or almond milk—they contain less fat and calories and are ideal for vegan diets

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