



F-FACTOR™

F-FACTOR
VEGAN
DIET PLAN



DISCOVER THE SECRET
TO PERMANENT WEIGHT LOSS

WELCOME TO THE F-FACTOR VEGAN E-BOOK.

Over the past three years, there has been a 500 percent increase in the number of Americans who eat a vegan diet, making it one of the fastest growing lifestyle movements. This growing trend of veganism across all ages has led to many F-Factor followers asking if one can be successful on the F-Factor diet while also being vegan, and the answer is – ABSOLUTELY.

The F-Factor Vegan e-book is to be used in conjunction with the F-Factor Diet: Discover the Secret to Permanent Weight Loss book and the F-Factor Journal Book or F-Factor App. In the F-Factor Vegan e-book, you will find a comprehensive meal plan, sample day menu, shopping list, new and improved F-Factor approved recipes, and other resources to help you look and feel your best.

F-Factor is more than just a weight loss plan. Our science-based program centers around optimizing health while allowing you to shed pounds without hunger or deprivation. Weight loss is a byproduct of this healthy way of eating. We're excited to offer you these tools and resources to help guide you on your journey as you incorporate the F-Factor diet into your vegan diet lifestyle. Please share your thoughts, ideas, tips, and #FFACTORAPPROVED recipes with us at @F_Factor on Instagram.



WHAT IS A VEGAN DIET?

A vegan diet eliminates all animal-based foods, including meat, poultry, and fish, as well as eggs, honey, and dairy products. However, the F-Factor philosophy is to focus on the foods we add to our diet rather than the foods we eliminate. When diets focus on elimination, it can set dieters up for failure, which is why we have created a comprehensive and well-balanced high-fiber, high-protein vegan meal plan that will allow you to achieve your nutrition goals without the feeling of hunger and deprivation.

THE BENEFITS OF A VEGAN DIET

One of the reasons people choose to go vegan is for the many health benefits associated with plant-based eating when taken with a nutritionally-balanced approach. Studies have shown that following a plant-based diet can help reduce the risk of several conditions, such as hypertension, type 2 diabetes, cardiovascular disease, and certain cancers. The China Study, a 20-year study conducted with more than 6,000 people, showed that those who eat a plant-based diet – in addition to a reduced intake of processed foods and refined carbohydrates – lowered or even reversed the development of several diseases.

Consumers are also connecting sustainable and ethical lifestyles with the foods they eat. Plant-based foods require fewer resources from the earth and have less of an impact on our climate compared to meat and other animal-based products. Ethical concern for animal welfare is also a major driver for some in their decision to become vegan.



THE POTENTIAL CONCERNS IN FOLLOWING A VEGAN DIET

While there are many health benefits associated with a vegan diet and lifestyle, there are some common nutritional deficiencies and risks that are possible if they're not managed with a balanced approach. Specific nutritional concerns include deficiencies in vitamin B12, calcium, and iron.

VITAMIN B12 is important for proper neurological function and helping our red blood cells develop. Being deficient can cause anemia, leaving you feeling tired and run down. Although the vitamin is naturally found in animal foods, including meat, poultry, dairy products, and eggs, there are some reliable vegan sources.

SOME F-FACTOR-APPROVED SOURCES OF VITAMIN B12 INCLUDE:

- + All-Bran Buds Cereal
- + Fiber One Original Cereal
- + Tofu
- + Unsweetened almond milk (fortified with B12)
- + Nutritional yeast

CALCIUM is crucial for building and maintaining strong bones. Because vegans do not eat dairy products, they have to be diligent about eating calcium-rich, plant-based foods, such as leafy greens like kale, spinach, and watercress. If you are not eating at least 3 servings of calcium-rich, leafy greens per day (one serving is 1/2 cup cooked or 1 cup raw), then you should choose other calcium-rich sources to ensure you are meeting daily recommendations

SOME F-FACTOR-APPROVED SOURCES OF CALCIUM INCLUDE:

- + Soybeans
- + Chickpeas
- + Black beans
- + Mustard greens
- + Tofu
- + Non-dairy milk (calcium-fortified)
- + Bok choy
- + Turnip greens
- + Collards



IRON is essential because it plays an important role in helping to carry oxygen in the blood. Iron deficiency anemia can leave you feeling fatigued, dizzy, and short of breath. There are two types of iron: a) heme iron, which is found in animal products and is well-absorbed and b) non-heme iron, which is found in plant-based foods and is not as well-absorbed. Because of this, iron recommendations for vegans can be as much as two times more than for non-vegetarians. Even though heme iron is well absorbed, iron status does not need to be compromised because vegan diets are typically high in vitamin C, which increases absorption of non-heme iron as well as – if not better than – heme iron.



SOME F-FACTOR-APPROVED SOURCES OF IRON INCLUDE:

- + Tofu and tempeh
- + Soybeans
- + Swiss chard
- + Lentils
- + Bok choy
- + Black beans/kidney beans
- + Spinach
- + Swiss chard

Another concern to be aware of with a vegan diet is potential weight gain. Although science supports an association between following a plant-based diet with lower BMIs, some vegans who fail to follow a balanced diet can end up gaining weight instead of losing it. Some vegans come up short on satiating protein and instead turn to carbohydrate- and calorie-filled foods such as pasta and rice to feel full, but end up with spikes in blood sugar levels and feeling hungrier than before. However, that is not the case while following F-Factor, because you will be consuming high-fiber carbohydrate alternatives that are low in calories and will keep you feeling fuller longer without crashing.

This e-book provides you with all the tools and resources you need to succeed on the F-Factor Vegan Diet. Congratulations – you are on your way to looking and feeling your very best.



For each meal choose from options below.
Enjoy with 8 oz of fluids (hot/iced coffee, tea, water).

BREAKFAST



HIGH-FIBER CRACKERS TOPPED WITH PROTEIN

****F-FACTOR PREFERRED CHOICE****

4 high-fiber crackers

- + Lean protein [see “Tanya’s Toppers” Breakfast options]
- + 1 serving of fruit (optional)

HIGH-FIBER HOT CEREAL WITH PROTEIN

INGREDIENTS

- 1/3 cup Bran Buds
- 1/2 to 1 cup unsweetened almond milk
- 1 scoop of protein powder
- 1/4 to 1/2 cup water
- 1/4 teaspoon cinnamon
- 1 packet of Truvia (optional)
- 1 serving of fruit (optional)

DIRECTIONS

1. Mix Bran Buds, almond milk, and cinnamon and cook in saucepan over high heat for 3 minutes.
2. Add 1/4 to 1/2 cup water slowly until all liquid is absorbed and consistency mimics oatmeal.
3. Add optional 1 serving of fruit and Truvia on top. Enjoy warm.

HIGH-FIBER COLD CEREAL WITH PROTEIN

1 cup of unsweetened almond milk

- + 1 scoop of protein powder
- + Approved cereal
- + 1 serving of fruit (optional)

APPROVED CEREALS

- Fiber One (1/2 cup)
- Bran Buds (1/3 cup)
- All Bran Extra Fiber (1/2 cup)
- Nature’s Path SmartBran (1/2 cup)





BREAKFAST (CONTINUED)

F-FACTOR SMOOTHIE

Blend Together:

- 1 scoop protein powder
- + 1 cup unsweetened almond milk (optional: vanilla flavor) or 6 oz silken tofu
- + 3/4 cup frozen berries (raspberries, blueberries, strawberries)
- + 1/4 frozen banana (tip: cut the banana into small pieces, wrap in plastic wrap and freeze for an hour)
- + High-fiber cereal [1/2 to 1/3 cup, see cereal list]
OR 1/4 cup GG Sprinkles (4 crackers)
- + 1 teaspoon (packet) Stevia/Truvia (optional)



VEGAN PANCAKE/WAFFLE

INGREDIENTS

- 4 high-fiber GG crackers
- 1/3 cup of silken tofu
- 1 teaspoon vanilla extract
- 1/4 teaspoon of cinnamon
- 1 teaspoon (packet) Stevia/Truvia (optional)
- Nonstick cooking spray

DIRECTIONS

1. In a blender, pulverize GGs into GG “sprinkles.”
2. Add silken tofu, vanilla, and cinnamon to blender and pulse until ingredients are well-combined into a batter.
3. Spray pan with nonstick cooking spray and place over medium heat.
4. Pour mix into pan to create 1 to 3 pancakes of desired size and cook until edges begin to brown. Flip and cook reverse side for a few more minutes.



LUNCH

SALAD + PROTEIN

Salad [choose mixed greens, spinach, or romaine as base with non-starchy vegetables]

- + Lean protein [women: 3 to 4 oz, see lean protein list; men: 6 oz]
- + Dressing [see list]

SOUP + SALAD + PROTEIN

Soup – 1 cup (choose a broth-based soup such as gazpacho, vegetable, miso, or consommé with vegetables)

- + Salad [choose mixed greens, spinach, or romaine as base with non-starchy vegetables]
- + Lean protein [women: 3 to 4 oz; men: 6 oz, see lean protein list]
- + Dressing [see list]

SALAD DRESSING OPTIONS

- Balsamic or red wine vinegar
- Lemon juice
- F-Factor Vinaigrette (mix vinegar with mustard)

SNACK

HIGH-FIBER CRACKERS TOPPED WITH PROTEIN

4 high-fiber crackers

- + Lean protein [women: 1 to 2 oz; men: 2 to 3 oz, see “Tanya’s Toppers” Snack options]

NO COW BAR

F-FACTOR COOKIE

INGREDIENTS

3 tablespoons PB2
3 tablespoons water
Cinnamon (to taste)

DIRECTIONS

1. Add GG sprinkles to the peanut butter.
2. Form into cookie shape and wrap tightly in plastic wrap.
3. Refrigerate until firm (2 to 3 hours).





For each meal choose from options below.
Enjoy with 8 oz of fluids (hot/iced coffee, tea, water).

DINNER

SOUP OR SALAD + PROTEIN-BASED APPETIZER + NON-STARCHY VEGETABLES

Broth-based soup or salad

- + Protein appetizer
 - + Non-starchy vegetables [When a vegetable is steamed without any oil, eat the whole portion. When a vegetable is sauteed, grilled, or broiled, eat half the portion]
-

SIDE SALAD + PROTEIN-BASED ENTRÉE + NON-STARCHY VEGETABLES

Side salad

- + Protein entree [women: 3 to 4 oz; men: 6 oz, see lean protein list; at a restaurant, women eat half of what is served to you]
 - + Non-starchy vegetables
-

ZUCCHINI NOODLES/SMART NOODLES/MIRACLE NOODLES

2 zucchinis, spiralized

- + Rao's or homemade tomato sauce
- + Lean protein [women: 3 to 4 oz; men: 6 oz, see lean protein list]
- + Non-starchy vegetables (optional)





DINNER (CONTINUED)

CAULIFLOWER PIZZA

INGREDIENTS

1 small to medium-sized cauliflower head (should yield 2 to 3 cups once processed)

1/4 teaspoon kosher salt

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/2 teaspoon garlic powder

1/4 cup shredded vegan Parmesan cheese

1/4 cup vegan mozzarella cheese

1 flax egg

1 tablespoon almond meal (optional)



DIRECTIONS

1. Preheat oven to 450 degrees and warm baking sheet.
2. On a cutting board, spray parchment paper with nonstick cooking oil.
3. Wash and thoroughly dry a small head of cauliflower. Cut off the florets and rice cauliflower with a cheese grater or food processor. Pulse for about 30 seconds until you get "snow-like" consistency.
4. Place the riced cauliflower in a microwave-safe bowl, cover with plastic wrap and microwave for 2 to 3 minutes.
5. Once cauliflower is cool enough to handle, wrap it in the dishtowel. Squeeze out as much water as possible.
6. Place cauliflower into a bowl. Add remaining ingredients and mix well until "dough" is formed.
7. Form the dough into a crust on your oiled parchment paper. Pat it down into a thin circle.
8. Slide the parchment paper onto your hot baking sheet and into the oven. Bake for 8 to 11 minutes until it starts to turn golden brown. Remove from oven.
9. Top pizza as desired. Add your favorite pizza sauce and top with shredded low-fat vegan mozzarella cheese. Place back into oven and bake for an additional 5 to 7 minutes until cheese is melted.



DESSERT (OPTIONAL)

Choose one of the following, if you wish to eat dessert
All desserts must be 50 calories or less

- + 1 Toffuti No Sugar Added Fudge Treat
- + 1 piece Endangered Species Dark Chocolate Square with 88% Cocoa
- + 1/2 cup Wink Frozen Dessert Ice Cream (Vanilla Bean, Chocolate, Cake Batter, Cocoa Dough, Chocomint, Cinnamon Bun, Iced Latte and Strawberry flavors)
- + 1 serving of Lily's Dark Chocolate Baking Chips
- + Lakanto Drinking Chocolate





BREAKFAST

1/2 cup Fiber One
Original Cereal

1 cup of unsweetened
almond milk

+ serving size of
protein powder

1 cup of raspberries

Tea or coffee

LUNCH

Mixed green salad
with high-fiber
vegetables, tofu, and
F-Factor vinaigrette

Water or sugar-free
beverage



SNACK

4 GG crackers with PB2

+ sugar-free jelly

DINNER

Chopped salad

Cauliflower fried rice
with seitan bites

Water, sugar-free beverage,
glass of wine,
or spirits on the rocks

DESSERT

1 Tofutti No Sugar
Added Fudge Treat



HIGH-FIBER CEREALS

Use 1 of the following as fiber base at breakfast

- Fiber One (1/2 cup)
 - All Bran Original (1/3 cup)
 - All Bran Buds (1/2 cup)
 - Nature's Path SmartBran (1/2 cup)
-

PROTEINS (MEAT SUBSTITUTES)

At lunch and dinner have 3 to 4 oz of any of the following; at snack have 1 to 2 oz. Follow serving sizes for each protein powders' nutritional label.

- Nasoya Light Tofu and Organic Silken Tofu
- Lightlife Soy Tempeh, Bacon Tempeh Strips, Smart Dogs, and Smart Deli Meats
- Gardein Chicken Strips, Chicken Scaloppini, Beefless Burger, Beefless Ground Beef and Breakfast Patty
- 365 Veggie Hot Dogs
- Sweet Earth Bacon
- Field Roast Apple Maple Sausage
- Boca Burgers
- Beast Burger
- Pacific Foods Seitan
- Westsoy Seitan
- PB2 (All flavors: original, chocolate, strawberry, banana, and grape)
- Protein Powders: Bob's Red Mill Gluten-Free Soy, Plant Fusion, Naked Pea, Hemp Pro, Moon Juice Mushroom Powder, Vega protein powders
- Beans, peas, lentils, and edamame (3x/week at lunch)
- Ripple Unsweetened (Original and Vanilla) Pea Protein Milk
- Dairy-free plain yogurts (Kite Hill Greek-style, Ripple Greek-style)
- Hemp seeds (1 tablespoon)
- Chia seeds (1 tablespoon)
- Nutritional yeast (1 tablespoon)
- Oil-free hummus (Roots)



FRUITS (Limit 1 serving/day)

BEST CHOICES:

- | | | |
|---------------------------------------|-------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Guava | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Honeydew melon | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Mandarin oranges | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Mango | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Orange | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Peaches | |

NON-STARCHY VEGETABLES

When a vegetable is steamed without any oil, eat the whole portion. When a vegetable is sauteed, grilled, or broiled with oil, eat half the portion.

- | | |
|-------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Green beans/ pea pods/ sugar snap peas |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Greens (collard, kale, mustard, turnip, Swiss chard) |
| <input type="checkbox"/> Baby corn | <input type="checkbox"/> Hearts of palm |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Beets/Borsht | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Onion/scallion/leeks/garlic |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Salad greens (iceberg, mixed greens, endive, arugula, etc.) |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Squash (summer, crookneck, zucchini) |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Daikon/Radish | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Water chestnuts |



DESSERTS

- 1 serving of Lily's Dark Chocolate Baking Chips
 - 1 Tofutti No Sugar Added Fudge Treat
 - 1 piece of Endangered Species Dark Chocolate Square with 88% Cocoa
 - 1/2 cup Wink Frozen Dessert Ice cream (Vanilla Bean, Chocolate, Cake Batter, Cocoa Dough, Chocomint, Cinnamon Bun, Iced Latte, and Strawberry flavors)
 - Lakanato Drinking Chocolate
-

STEP 1 APPROVED SNACKS

- Chomperz
 - Gimme Organic Seaweed
-

MISCELLANEOUS

- Miracle Noodles
- Better Than Rice
- House Foods Brand Tofu Shirataki Noodles
- Whole Foods Cauliflower Fried Rice (frozen section)
- Almond Breeze Unsweetened Almond Milk
- Silk Unsweetened Almond Milk
- Pacific Organic Vegetable Broth
- Dr. McDougall's Root Vegetable with Kale Vegan Soup
- No Cow Bars
- Raw Glo Revolution Bars
- Lutenica Red Pepper Spread
- Rao's Marinara Sauce
- Trader Joe's Everything But The Bagel Seasoning
- Vegan cheeses: Daiya, Kite Hill, Vegan Gourmet Follow Your Heart, Go Veggie, Vegan Chao Cheeses, Heidi Ho Plant Based Cheeze



F-FACTOR SMOOTHIE (BREAKFAST) STEPS 1, 2, 3

SERVES 1

INGREDIENTS

1 scoop pea protein powder + 1 cup unsweetened almond milk (optional: vanilla flavor) or 6 oz silken tofu

3/4 cup frozen berries (raspberries, blueberries, strawberries)

1/4 frozen banana (tip: cut the banana into small pieces, wrap in plastic wrap and freeze for an hour)

High-fiber cereal [1/2 to 1/3 cup, see cereal list] OR 1/4 cup GG Sprinkles (4 crackers)

1 teaspoon (packet) Stevia/Truvia (optional)

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 39 g carbohydrate, 24 g fiber

Actual Nutrition Content

Per Serving: 280 calories 25 g protein, 44 g carbohydrate, 24 g fiber, 3.7 g fat, 364 mg sodium

DIRECTIONS

1. Blend all ingredients together.

BRAN BUDS OATMEAL (BREAKFAST) STEPS 1, 2, 3

SERVES 1

INGREDIENTS

1/3 cup Bran Buds

1/3 cup unsweetened Ripple milk

Optional: cinnamon and
Splenda/Truvia

Top with 1 serving of fruit
(apples/berries)

DIRECTIONS

1. Mix Bran Buds and Ripple Milk and cook in a saucepan over high heat for 3 minutes.
2. Add 1/3 cup water and continue cooking until all liquid is absorbed and consistency mimics oatmeal.
3. Add 1 serving of fruit on top and eat warm.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 39 g carbohydrate, 21 g fiber

Actual Nutrition Content

Per Serving: 170 calories, 7 g protein, 39 g carbohydrate, 20 g fiber, 3 g fat, 250 mg sodium

VEGAN F-FACTOR PANCAKES (BREAKFAST) STEPS 1, 2, 3

SERVES 1

INGREDIENTS

4 High-Fiber GG crackers

1/3 cup of silken tofu

1 teaspoon vanilla extract

1/4 teaspoon of cinnamon

Optional: 1 teaspoon (packet)
Stevia/Truvia

Nonstick cooking spray

DIRECTIONS

1. In a blender, pulverize GGs.
2. Add silken tofu, vanilla, and cinnamon to blender and pulse until ingredients are well combined into a batter.
3. Spray pan with nonstick cooking spray and place over medium heat.
4. Pour mix into pan to create 1 to 3 pancakes of desired size and cook until edges begin to brown. Flip and cook reverse side for another few minutes.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 24 g carbohydrate, 16 g fiber

Actual Nutrition Content

Per Serving: 116 calories, 3 g protein, 26 g carbohydrates, 16 g fiber, 1 g fat, 27 mg sodium



SPIRALIZED ZUCCHINI PARMESAN WAFFLES (BREAKFAST) STEPS 1, 2, 3

SERVES 2

INGREDIENTS

2 medium zucchinis, spiralized

1 flax egg

1/4 cup unsweetened almond milk

1/2 cup grated vegan Parmesan
cheese (plus extra for topping)

1/2 cup pulverized GG crackers
(8 crackers)

1/2 teaspoon dried oregano (or any
Italian seasonings)

Salt and pepper

Nonstick spray for waffle maker

DIRECTIONS

1. Place spiralized zucchini in colander, sprinkle with pinch of salt, and let sit for 20 minutes. Then place zucchini in cheese cloth or dish towel and squeeze out as much liquid as possible.
2. In medium bowl, whisk together flax egg, almond milk, and vegan Parmesan cheese.
3. In small bowl, combine pulverized GG crackers and oregano, and add a pinch of salt and pinch of pepper.
4. Add contents of small bowl to the medium bowl and stir well.
5. Preheat waffle maker to highest setting and coat with nonstick spray.
6. Scoop large spoonful of mixture into center of waffle maker. Cook approximately 3 to 4 minutes (use waffle maker indicator to let you know when it's ready). Repeat for remaining waffle.
7. Top with grated vegan Parmesan and serve with your preferred dipping sauce.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 24 g carbohydrate, 19 g fiber

Actual Nutrition Content

Per Serving: 248 calories, 13 g protein, 33 g carbohydrate, 16 g fiber, 10 g fat, 514 mg sodium

VEGAN PANCAKE RECIPE (BREAKFAST) STEPS 1, 2, 3

From @THATSSOVEGAN

SERVES 1

INGREDIENTS

4 high-fiber GG crackers
(pulverized into sprinkles)

2 tablespoon hemp powder

1 tablespoon cocoa powder

1/2 ripe banana

1/2 cup unsweetened almond milk

1/2 teaspoon baking soda

1/2 teaspoon apple cider vinegar

1/2 teaspoon vanilla

DIRECTIONS

1. Blend all ingredients together.
2. Cook on low.
3. Flip when they start losing their shine around the edges.
4. Remove from heat, plate, and enjoy!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 39 g carbohydrate, 25 g fiber

Actual Nutrition Content

Per Serving: 234 calories, 13 g protein, 48 g carbohydrate, 25 g fiber, 4 g fat, 713 mg sodium

CAULIFLOWER FRIED RICE WITH SEITAN BITES (ENTRÉE) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

3 cups of grated raw cauliflower (use a
cheese grater or food processor)

1/2 cup broccoli florets

1/2 cup carrots, thinly sliced

3 to 4 garlic cloves, minced

1/2 cup onion, diced

1 to 2 sprays of olive oil spray

3 tablespoons of low-sodium soy sauce

12 oz seitan

DIRECTIONS

1. In a large pan, sauté garlic and onions in olive oil spray on medium/high heat until onions become soft and transparent (about 2 to 3 minutes).
2. Next, add broccoli and carrots. Cook until carrots begin to soften and broccoli is heated through (about 3 to 4 minutes).
3. Next, stir in cauliflower, seitan, and soy sauce.
4. Cook, stirring frequently for about 5 to 7 more minutes.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0 g carbohydrate, 3 g fiber

Actual Nutrition Content

Per Serving: 227 calories, 9 g protein, 43 g carbohydrate, 8 g fiber, 4 g fat, 875 mg sodium

TOFU SCRAMBLE (BREAKFAST) STEPS 1, 2, 3

SERVES 1 to 2

INGREDIENTS

1 teaspoon nutritional yeast

1/4 teaspoon turmeric

1/4 teaspoon ground cumin

1/4 teaspoon paprika

1 tablespoon water

Pinch sea salt

1/8 teaspoon black pepper

Olive oil spray

1 scallion, finely diced

1 clove garlic, minced

1/2 package firm tofu, well drained

1 tablespoon very finely chopped parsley

DIRECTIONS

1. In a small bowl, mix together nutritional yeast, turmeric, cumin, paprika, water, salt, and pepper. Set aside.
2. Mist a frying pan with oil spray and place it over medium heat. Once hot, add scallion and garlic and sauté until fragrant, about 2 minutes.
3. Crumble tofu into the pan, breaking it up with your fingers. Pour seasoning over tofu and mix well, trying to color as much tofu as possible. Cook for 2 minutes or until tofu is hot throughout.
4. Toss in parsley and continue to stir for another 1 to 2 minutes.
5. Once cooked, serve with favorite sides and toppings, such as high-fiber crackers, meat-free bacon, salsa, and/or hot sauce.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0 g carbohydrate, 2 g fiber

Actual Nutrition Content

Per Serving: 100 calories, 10 g protein, 7 g carbohydrate, 2 g fiber, 5 g fat, 14 mg sodium





TOFU CURRY SERVED WITH BETTER THAN RICE (ENTRÉE) STEP 2,3

SERVES 2

INGREDIENTS

8 oz tofu	2 teaspoon turmeric
1 large white onion, diced	1/4 teaspoon cinnamon
1 14.5 oz can diced tomato	1/2 teaspoon chili powder
1 teaspoon fresh garlic, minced	1 tablespoon curry powder
1 tablespoon tomato paste	1 teaspoon coriander
1 small head of cauliflower, cut into small pieces (about 3 cups)	1 teaspoon salt
1/2 cup frozen peas	1 teaspoon pepper
1/4 cup light coconut milk	
5 oz fresh baby spinach	
1/4 cup chopped cilantro	
1 teaspoon cumin	

DIRECTIONS

1. Turn stovetop on medium heat and spray with non-stick spray. Add onions and saute onion until soft. Add garlic and stir for one minute.
2. On low heat add cumin, turmeric, cinnamon, chili powder, curry powder, and coriander. Stir for one minute to toast spices.
3. Add tomato paste and let cook for another minute.
4. Add the can of diced tomato and make sure to scrape bottom of pan with a wooden spoon to get all the spices mixed into the dish.
5. Add tofu, cauliflower, salt and pepper. If you are using a pressure cooker, turn on for 5 minutes. If not simmer on low for 30 to 45 minutes.
6. Stir in spinach, peas, cilantro, and light coconut milk. Add salt and pepper to taste.
7. Serve over Better Than Rice or enjoy on its own.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 8 g carbohydrate, 12 g fiber

Actual Nutrition Content

Per Serving: 245 calories, 17 g protein, 35 g carbohydrate, 12 g fiber, 7 g fat, 1453 mg of sodium

BUNLESS VEGAN BURGER (ENTRÉE) STEP 2, 3

From @HEALTHYWITHNEDI

SERVES 1

INGREDIENTS

Cooking spray (olive oil or coconut)

1 Beyond Meat patty

1 teaspoon extra-virgin olive oil

5 baby bella mushrooms, thinly sliced

1 teaspoon amino acids

Sea salt and pepper to taste

2 slices lettuce

1 slice tomato

1 slice red onion

4 slices avocado

Ketchup (optional)

DIRECTIONS

1. Cook Beyond Meat burger as per package instructions and set aside.
2. In a small skillet, heat olive oil and add the mushrooms, amino acids, salt, and pepper. Sauté for a few minutes until browned.
3. Place a lettuce leaf on the bottom, then the burger, tomato, onion, and mushrooms. Add another lettuce leaf on top. Serve with ketchup if you like.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0 g carbohydrate, 8 g fiber

Actual Nutrition Content

Per Serving: 382 calories, 27 g protein, 15 g carbohydrate, 8 g fiber, 25 g fat, 490 mg sodium

CARB-FREE MUSHROOM RISOTTO (ENTRÉE) STEPS 1, 2, 3

From @HEALTHYWITHNEDI

SERVES 4

INGREDIENTS

1 tablespoon olive oil cooking spray

1 bunch green onions, finely chopped

1/2 red onion, finely chopped

2-3 cups baby bella mushrooms, sliced

2 tablespoon spearmint, chopped

1 tablespoon parsley, chopped

Sea salt and pepper to taste

1 packet Better Than Rice (rinsed and drained)

DIRECTIONS

1. Heat olive oil in a medium-sized pot and add in the green onions, red onion, and mushrooms. Sauté for 2 to 3 minutes until tender.
2. Add the spearmint, parsley, salt, pepper, and the "rice." Stir well and cook for 3 to 5 minutes until all liquid is evaporated.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 6 g carbohydrate, 3 g fiber

Actual Nutrition Content

Per Serving: 60 calories, 2 g protein, 7 g carbohydrate, 3 g fiber, 4 g fat, 8 mg sodium

CAULIFLOWER PIZZA (ENTRÉE) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

1 small to medium-sized cauliflower head (should yield 2 to 3 cups once processed)

1/4 teaspoon kosher salt

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/2 teaspoon garlic powder

1/4 cup shredded vegan Parmesan cheese

1/4 cup vegan mozzarella cheese

1 flax egg

1 tablespoon almond meal (optional)

DIRECTIONS

1. Preheat oven to 450 degrees and warm baking sheet.
2. On a cutting board, spray parchment paper with nonstick cooking oil.
3. Wash and thoroughly dry a small head of cauliflower. Cut off the florets and rice cauliflower with a cheese grater or food processor. Pulse for about 30 seconds until you get “snow-like” consistency.
4. Place the riced cauliflower in a microwave-safe bowl, cover with plastic wrap and microwave for 2 to 3 minutes.
5. Once cauliflower is cool enough to handle, wrap it in the dishtowel and wring it. Squeeze out as much water as possible.
6. Place cauliflower into a bowl. Add remaining ingredients and mix well until “dough” is formed.
7. Form the dough into a crust on your oiled parchment paper. Pat it down into a thin circle.
8. Slide the parchment paper onto your hot baking sheet and into the oven. Bake for 8 to 11 minutes until it starts to turn golden brown. Remove from oven.
9. Top pizza as desired. Add your favorite pizza sauce and top with shredded low-fat vegan mozzarella cheese. Place back into oven and bake for an additional 5 to 7 minutes until cheese is melted.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 5 g carbohydrate, 8 g fiber

Actual Nutrition Content

Per Serving: 90 calories, 3 g protein, 10 g carbohydrate, 3 g fiber, 1 g fat, 268 mg sodium



GG EGGPLANT PARMESAN LASAGNA (ENTRÉE) STEPS 1, 2, 3

SERVES 16

INGREDIENTS

3 large eggplants

Kosher salt

3 to 4 flax eggs

10 GG high-fiber crackers

2 tablespoons Italian seasoning

2 tablespoons vegan Parmesan cheese

1 large onion, diced

3 garlic cloves, minced

Salt and pepper

1 jar of Rao's tomato basil sauce

1 1/2 cups of low fat vegan ricotta cheese

1 tablespoon dried oregano

1 tablespoon dried basil

1 cup vegan mozzarella cheese

1/2 cup vegan Parmesan cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Slice into 1/2 rounds and lay flat on paper towel. Sprinkle kosher salt generously on both sides and let sit for 20 minutes. Pat dry with paper towel to remove moisture.
3. Whisk together eggs and place in shallow bowl for dipping.
4. Pulverize GG crackers in a blender or food processor until fine crumbs. Place in a shallow dish. Add Italian seasoning and vegan Parmesan cheese and mix.
5. Dip each slice of eggplant in egg wash and then Italian GG cracker mix.
6. Place coated eggplant flat on baking sheets lined with parchment paper, spray with non-stick spray, and bake at 350 degrees for 20 minutes. Remove from oven.
7. While eggplant bakes, prepare sauce and cheese mixture.
8. For sauce, heat a large nonstick skillet over high heat. Coat with nonstick cooking spray. Add onion and garlic and cook for five minutes. Season with salt and pepper. Add tomato sauce and let it simmer for 5 to 8 minutes. Set side.
9. For cheese mixture, add vegan low fat ricotta, oregano and basil in a bowl. Stir to combine.
10. In a 14x9 glass dish, layer sauce mixture, followed by layer of baked eggplant, and vegan cheese mixture, sprinkle with half vegan mozzarella and half of the vegan parmesan cheese. Repeat.
11. Place lasagna in oven, uncovered, and bake for 1 hour, or until top is golden brown.
12. Remove from oven and allow to cool for several minutes.
13. Serve and enjoy! *To reheat, place in oven for 15 minutes at 350°F and serve.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 7 g carbohydrate, 7 g fiber

Actual Nutrition Content

Per Serving: 143 calories, 4 g protein, 17 g carbohydrate, 7 g fiber, 4 g fat, 307 mg sodium

SPANAKORIZO (SIDE DISH) STEPS 1, 2, 3

SERVES 2 to 4

INGREDIENTS

3 to 4 cups spinach

1 onion

3 tablespoons crushed tomato sauce

1 to 2 sprays of olive oil

Salt (to taste)

Pepper (to taste)

1/4 teaspoon dried dill

2 cups water

1 bag of Better Than Rice

DIRECTIONS

1. Wash well, drain, and cut bunch of spinach in half (don't use tough stems).
2. In pot, put 3 sprays of olive oil spray and sauté 1 chopped onion for 2 minutes.
3. Add spinach, salt, and pepper to taste, 3 tablespoons crushed tomato sauce, 1/4 teaspoon dried dill, 1/4 cup of Better Than Rice and 2 cups water.
4. Bring to boil, then cook on low for 5 to 8 minutes or until all ingredients are fully cooked through.
5. Plate and enjoy!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 4 g carbohydrate, 6 g fiber

Actual Nutrition Content

Per Serving: 58 calories, 2 g protein, 8 g carbohydrate, 6 g fiber, 4 g fat, 123 mg sodium

GAZPACHO (APPETIZER) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

1 green pepper, seeded and chopped fine

1 red pepper, seeded and chopped fine

3 to 4 tomatoes, skinned, seeded, and chopped fine

2 large cucumbers, peeled, seeded, and chopped fine

1 large bunch cilantro, chopped fine

1 large red onion, chopped fine

3 large cloves garlic, minced

1 teaspoon Tabasco or 2 jalapeno peppers, finely chopped

1 46-ounce can tomato juice

1/4 cup olive oil

Juice of 3 limes (optional)

1 packet of Truvia

Salt and pepper to taste

Garnish: cilantro leaves for each bowl

DIRECTIONS

1. Carefully chop all the vegetables the same small size, then mix in with the tomato juice, oil, optional lime juice, Truvia, salt, and pepper.
2. Let chill and cure in the refrigerator overnight.
3. When ready to serve, ladle into bowls and top each one with a cilantro leaf.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0 g carbohydrate, 4 g fiber

Actual Nutrition Content

Per Serving: 167 calories, 4 g protein, 19 g carbohydrate, 4 g fiber, 10 g fat, 48 mg sodium

LENTIL SOUP (LUNCH) STEP 2, 3

SERVES 12

INGREDIENTS

1 medium onion, chopped	3 cups vegetable broth
1 cup carrots, chopped	2 cups water
1 cup celery, chopped	2 teaspoons cumin
1 cup mushrooms, sliced	1 teaspoon oregano
1 cup brown lentils	1 teaspoon kosher salt
1 14.5-oz can garbanzo beans, rinsed and drained	1/4 teaspoon black pepper
1 14.5-oz can chopped tomatoes	

DIRECTIONS

1. Coat a large pot with cooking spray and heat on high heat.
2. Sauté the onion until soft.
3. Add the carrots, celery, and mushroom. Sauté for a few minutes.
4. Add lentils, garbanzo beans, tomatoes, vegetable broth, spices, salt and pepper and bring to a boil.
5. Cover, reduce heat, and simmer for 1 hour.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 9 g carbohydrate, 4 g fiber

Actual Nutrition Content

Per Serving: 70 calories, 4 g protein, 12 g carbohydrate, 4 g fiber, 1 g fat, 878 mg sodium

SUPER GREEN SALAD (SIDE DISH) STEP 2, 3

From @HEALTHYWITHNEDI

SERVES 4

INGREDIENTS

1/2 iceberg lettuce, sliced
1 cup watercress salad
1/2 cucumber, sliced long ways on a mandolin
1/2 large carrot, sliced long ways on a mandolin
1/2 avocado, sliced
1 tablespoon sesame seeds

FOR THE DRESSING

Juice of 1/2 orange
Juice of 1/2 lemon
1 teaspoon honey
2 tablespoons tahini
1 tablespoon extra-virgin olive oil

DIRECTIONS

1. In a large bowl, combine the iceberg lettuce and watercress salad.
2. Using a mandolin, slice the cucumber and carrot in long strips. If you don't have a mandolin you can use a vegetable peeler.
3. Add the sliced avocado and sesame seeds.
4. In a small bowl, mix the juices of orange and lemon, honey, tahini, and olive oil. Toss in the salad and serve!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0 g carbohydrate, 3 g fiber

Actual Nutrition Content

Per Serving: 382 calories, 27 g protein, 15 g carbohydrate, 8 g fiber, 25 g fat, 490 mg sodium

GG TRUFFLES (SNACK) STEPS 1, 2, 3

MAKES 20 TRUFFLES

INGREDIENTS

1 cup fiber sprinkles (16 GGs)

1 1/2 cups PB2

1/2 cup unsweetened vanilla almond milk

1/2 cup water

1 teaspoon cinnamon

DIRECTIONS

1. Pulverize 16 GGs into sprinkles.
2. Prepare the 1 1/2 cups of PB2: mix with 1/2 cup unsweetened vanilla almond milk and 1/2 cup water.
3. Mix in cinnamon.
4. Combine all ingredients together in a mixing box. Form into 1-inch round balls and place on a baking sheet. Refrigerate 1 hour.
5. Serve and Enjoy!

Optional: same directions for the flavored PB2 flavored truffles

OPTIONAL FLAVOR TRUFFLES

3/4 cup banana or grape PB2

3/4 cup chocolate PB2

The F-Factor Diet Nutritional Content for Journaling

Per Serving (4-5 Truffles): 24 g carbohydrate, 16 g fiber

Actual Nutrition Content

Per Serving: 190 calories, 24 g protein, 24 g carbohydrate, 16 g fiber, 2 g fat, 117 mg sodium

SPINACH FALAFEL BALLS STEP 2, 3

Recipe from @CleanEatzDiary

SERVES 20

INGREDIENTS

1 15-oz can chickpeas, rinsed and drained

1/3 cup fresh cilantro

1/4 + 1/4 cup of 1 medium white onion, diced

4 cloves of garlic

1 teaspoon tahini

1 tablespoon fresh lemon juice

3 sprays of olive oil spray

1 teaspoon cumin

Dash of sea salt and pepper

2 tablespoons sesame seeds

1 cup spinach

1 cup shredded carrots

DIRECTIONS

1. Put all ingredients in blender.
2. Form into balls.
3. Put them in the oven to bake at 350 degrees until they are nice and crisp!

The F-Factor Diet Nutritional Content for Journaling

Per Serving (4 Falafel): 15 g carbohydrate, 4 g fiber

Actual Nutrition Content

Per Serving: 110 calories, 5 g protein, 15 g carbohydrate, 4 g fiber, 4 g fat, 148 mg sodium

SUN-DRIED TOMATO WHITE BEAN SPREAD (SNACK) STEP 2, 3

SERVINGS 10

INGREDIENTS

1 15-oz can cannellini beans, drained and rinsed	1/4 teaspoon sea salt (optional)
2 cloves garlic	Pinch of cumin (optional)
2 tablespoons fresh lemon juice	Pinch of paprika
1/4 cup sun dried tomatoes	Pinch of red pepper flakes
	1 tablespoon tahini

DIRECTIONS

1. Add everything to a blender and process until smooth – if you want it to be smoother, add 1 spray of oil spray or water as needed.
2. Taste once blended and adjust seasonings to taste if needed.
3. Place spread on top of high-fiber crackers.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 4 g carbohydrate, 2 g fiber

Actual Nutrition Content

Per Serving: 23 calories, 1 g protein, 4 g carbohydrate, 2 g fiber, 1 g fat, 45 mg sodium

BAKED CHICKPEAS (SNACK) STEPS 1, 2, 3

SERVINGS 10

INGREDIENTS

2 15-oz cans chickpeas
3 sprays of olive oil spray
1 teaspoon smoked paprika
1 teaspoon ground cumin
Pinch of cayenne pepper or to taste
Kosher salt

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Rinse and drain chickpeas and dry by rolling them in kitchen towel.
3. Combine all ingredients in bowl and coat chickpeas evenly.
4. Transfer chickpea mixture to baking sheet and spread in a single layer.
5. Bake until golden brown for 25 to 30 minutes, shake occasionally.
6. Transfer to serving dish and enjoy!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 12 g carbohydrate, 4 g fiber

Actual Nutrition Content

Per Serving: 72 calories, 4 g protein, 12 g carbohydrate, 4 g fiber, 2 g fat, 124 mg sodium





Enjoy 4 GG crackers with any of the following options:

FEEL FREE TO MIX AND MATCH

Breakfast Toppers

- + 4 to 6 oz plain Kite Hill yogurt – for a sweet bite, use a packet of Stevia/Truvia and cinnamon to taste and 1 tablespoon of chia seeds or hemp seeds
- + 4 to 6 oz plain dairy-free yogurt topped with raspberries and blueberries
- + 4 to 6 oz of tofu scramble with non-starchy vegetables and vegan cheese
- + 1 to 2 oz vegan cheese slices, topped with tomato slices
- + 3 to 4 tablespoons PB2 with 1 tablespoon sugar-free jelly (ex. Smucker's or Polaner's)
- + 3 to 4 tablespoons PB2 with sliced apple or banana
- + 3 to 4 tablespoons vegan cream cheese and a dash of the Everything But The Bagel Seasoning

Lunch Toppers

- + Vegan Cheese Burger – Vegan burger and vegan cheese slice with lettuce, tomato, ketchup and/or mustard.
- + “Chix Parm” – tofu/tempeh/seitan topped with tomato sauce and a sprinkle of vegan cheese.
- + BBQ Tofu – tofu/tempeh/seitan topped with BBQ sauce
- + Cali-Sandwich – tofu/tempeh/seitan, soy sauce, sprouts, and sliced cucumbers
- + GG Pizza – 1/2 to 1 cup vegan cheese, spicy roasted red pepper sauce (lutineca) or tomato sauce, sprinkle vegan Parmesan cheese and oregano to taste, microwave 1 to 2 minutes (Optional: 1 tablespoon of hemp seeds or nutritional yeast).

Snack Toppers

- + 1/4 cup oil-free hummus with sliced tomatoes, onions, and cucumbers
- + GG Pizza – 1/4 cup vegan cheese, spicy roasted red pepper sauce (lutineca) or tomato sauce, sprinkle vegan parmesan cheese and oregano to taste, microwave 1 to 2 minutes (Optional: 1 tablespoon of hemp seeds or nutritional yeast).
- + 2 tablespoons PB2 with sliced apple
- + 2 tablespoons Kite Hill Cream Cheese with sliced pear
- + 2 tablespoons PB2 and 1 tablespoon sugar free jelly
- + 1 to 2 oz grilled tofu, tempeh, seitan, vegan burger, and vegetables



HEALTHY SWAP IDEAS

- + Replace eggs with flax or chia seeds
- + Replace sour cream with silken tofu
- + Replace cheese with nutritional yeast
- + Replace minced meat with lentils
- + Replace nut butters with PB2
- + Replace meat-based burgers with plant-based burgers
- + Replace chicken lettuce wraps with tofu lettuce wraps
- + Replace steak fajitas with portobello and veggie fajitas
- + Use seasoning meant for chicken or meat for tofu



SUPRISING FOODS YOU MAY THINK ARE VEGAN BUT ARE NOT



1. Stout beer
2. Worcestershire sauce
3. Omega-3 fortified products
4. Miso soup
5. Honey
6. Jell-O
7. Altoids
8. Some vitamins/supplements – contain animal bi-products
9. Some soy cheeses – contain milk protein casein
10. Nuts – some manufacturers use gelatin as an additive
11. Some chewing gums
12. Soups made with chicken/beef broth



Q. DO I NEED TO TAKE ANY SUPPLEMENTS WHILE FOLLOWING THE F-FACTOR VEGAN DIET PLAN?

A. The F-Factor Vegan plan is a well-balanced diet that provides you with adequate amounts of lean proteins, high-fiber carbohydrates, healthy fats, and plenty of vitamin-rich vegetables to help you meet your nutrient needs. However, surveys have shown that many Americans fall short in a variety of key vitamins and minerals, so we recommend taking a vegan multivitamin to ensure you will be getting enough of the recommended daily vitamins.

Q. AM I GETTING ENOUGH IRON?

A. Daily iron recommendations for vegans can be as much as two times higher than for non-vegetarians. Although heme iron is well-absorbed, iron status does not need to be compromised because vegan diets are typically high in Vitamin C. Vitamin C increases absorption of non-heme iron as well as — if not better than — heme iron. There are several iron-rich, F-Factor-approved sources listed in the meal plan that will allow you to meet daily needs.

Q. DO VEGANS GET ENOUGH CALCIUM?

A. Calcium is needed for bone strength and because vegans do not eat dairy products, their calcium intake tends to be low if they are not aware of calcium-rich foods. Foods high in absorbable calcium are kale, mustard greens, bok choy, turnip greens, collards, and watercress. A calcium-fortified food such as tofu is another tasty example of calcium-rich food that can help you meet daily requirements.

Q. WHAT HAPPENS IF MY NET CARB GOES ABOVE 35G WHILE FOLLOWING THE F-FACTOR VEGAN DIET PLAN?

A. Since the vegan plan does include an additional 1 to 2 servings of carbohydrates per day to ensure meeting of nutrient needs, your daily net carb may be above 35g, which is okay.

Q. WHAT ARE COMPLETE PROTEINS? ARE THEY NECESSARY?

A. A complete protein refers to amino acids that are the building blocks of protein. Complete proteins contain an adequate proportion of all nine of the essential amino acids that are necessary for the dietary needs of humans. They are essential to consume through diet because our bodies can't make them on their own. Some sources of complete proteins are seitan, chia, and hemp seeds. While complete proteins are great, it's most important to eat a variety of plant-based foods — that way you'll have enough of all amino acids to build strong muscles and stay healthy.



F-FACTOR™

**WEIGHT MANAGEMENT &
NUTRITIONAL COUNSELING**

65 East 55th Street
New York, NY 10022

FFACTOR.COM
646.442.3904

