



VEGETARIAN MADE SIMPLE

20 PROTEIN-FOCUSED RECIPES

PROTEIN + COMPLEX CARBS
VEGETABLES + FRUITS + HEALTHY FATS



NUTRITION

STRENGTH

A STRONGER YOU

A practical starting point

TWO WAYS TO EAT VEGETARIAN

Vegetarian recipes can include eggs and dairy. This guide has two sections: 10 vegetarian recipes with eggs or dairy (pages 4-13), and 10 fully plant-based, vegan recipes without either (pages 14-23). Both exclude meat, poultry and fish.

START WITH ONE COMPLETE RECIPE

Each recipe makes ONE serving. Multiply all ingredients to cook for more people. Grains and beans are weighed cooked; oats are weighed dry. Tofu and canned beans are drained before weighing.

USE YOUR RZONE NUTRITION PLAN

The meals generally provide about 20-30 g protein. Your daily protein goal and portions should follow your lean body mass, training schedule and individual guidance. Many starch portions sit near the Rzone 30-40 g carbohydrate guide; total meal carbohydrate also includes vegetables, dairy and other ingredients.

READ THE NUTRITION ESTIMATES

Protein, TOTAL carbohydrate, fat and calories are rounded ingredient-based estimates for the listed portions. Tofu, dairy, tortillas, tempeh and sauces vary by brand. See page 26 for assumptions.

ABOUT THE PHOTOGRAPHS

Food photos come from your supplied Rzone recipe packs. They illustrate the original dishes; the updated ingredient lists and portions are the instructions to follow. Photos may show toppings or amounts that differ.

Find your next meal

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Avocado & Egg Power Toast

BREAKFAST / MAKES 1 SERVING / 10 min prep | 10 min cook



27 g
PROTEIN

34 g
TOTAL CARBS

15 g
FAT

370
EST. CALORIES

INGREDIENTS

- 1 large egg
- 100 g liquid egg whites (about 7 tbsp)
- 60 g whole-grain bread (about 2 small slices)
- 35 g avocado (about 1/4 small avocado)
- 1 cup raw spinach (30 g)
- 1/2 cup cherry tomatoes (75 g)
- 1/2 tsp olive oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Use lemon, pepper and chili flakes for flavor. This adaptation adds egg whites to the original toast.

HOW TO MAKE IT

- 1.** Toast the bread. Mash the avocado with a squeeze of lemon and black pepper.
- 2.** Heat the olive oil in a nonstick pan. Wilt the spinach, then add the egg and egg whites. Scramble until fully set.
- 3.** Spread avocado on the toast. Top with the eggs and serve with tomatoes.

Asian Egg & Brown Rice Scramble

BREAKFAST / MAKES 1 SERVING / 5 min prep | 10 min cook



27 g
PROTEIN

38 g
TOTAL CARBS

12 g
FAT

370
EST. CALORIES

INGREDIENTS

- 1 large egg
- 125 g liquid egg whites (about 1/2 cup)
- 100 g cooked brown rice (about 1/2 cup)
- 80 g chopped broccoli
- 70 g sliced bell pepper
- 1 tsp sesame or olive oil (4 g)
- 2 tsp reduced-sodium soy sauce (10 g)
- 1 tsp sesame seeds (3 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Use chilled rice promptly after cooking; reheat until steaming. Rice is included in these estimates.

HOW TO MAKE IT

1. Heat the oil and cook broccoli and peppers with a splash of water for 4-5 minutes.
2. Whisk egg, egg whites and soy sauce. Add to the pan and gently scramble until fully set.
3. Fold in cooked rice and heat thoroughly. Finish with sesame seeds and optional grated ginger.

Cottage Cheese & Avocado Wrap

BREAKFAST / MAKES 1 SERVING / 10 min prep | No cooking



26 g
PROTEIN

38 g
TOTAL CARBS

13 g
FAT

380
EST. CALORIES

INGREDIENTS

- 170 g low-fat cottage cheese (about 3/4 cup)
- 1 whole-wheat tortilla (45 g)
- 30 g sliced avocado
- 15 g oil-packed sun-dried tomatoes, drained
- 1 cup shredded lettuce (30 g)
- 60 g sliced cucumber

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Choose a tortilla with about 20-25 g carbohydrate. The listed serving is one complete wrap.

HOW TO MAKE IT

1. Warm the tortilla briefly if desired. Drain excess liquid from the cottage cheese.
2. Spread cottage cheese down the center. Add avocado, chopped sun-dried tomatoes, lettuce and cucumber.
3. Fold in the sides and roll tightly. Serve immediately or refrigerate in a sealed container.

Vanilla Greek Yogurt Overnight Oats

BREAKFAST / MAKES 1 SERVING / 5 min prep | Chill overnight



27 g
PROTEIN

39 g
TOTAL CARBS

5 g
FAT

310
EST. CALORIES

INGREDIENTS

- 200 g plain nonfat Greek yogurt
- 35 g dry rolled oats (about 1/3 cup)
- 80 g sliced strawberries
- 1 tsp chia seeds (5 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Plain Greek yogurt replaces sweetened vanilla yogurt. For vegan: use a high-protein soy yogurt; check the label because protein varies.

HOW TO MAKE IT

1. Combine yogurt, oats and chia in a jar. Add 2-4 tbsp water and 1/4 tsp vanilla extract.
2. Cover and refrigerate overnight, or at least 4 hours.
3. Stir, loosen with water if needed and top with strawberries. Add cinnamon if desired.

Banana Cottage Cheese Pancakes

BREAKFAST / MAKES 1 SERVING / 5 min prep | 12 min cook



27 g
PROTEIN

36 g
TOTAL CARBS

7 g
FAT

310
EST. CALORIES

INGREDIENTS

- 100 g low-fat cottage cheese
- 100 g liquid egg whites
- 30 g dry rolled oats
- 50 g banana (about 1/2 small banana)
- 1/2 tsp olive oil for the pan (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

No syrup or extra toppings are included. Make small pancakes so the centers cook evenly.

HOW TO MAKE IT

- 1.** Blend cottage cheese, egg whites, oats and banana with 1/4 tsp baking powder and a pinch of cinnamon.
- 2.** Lightly oil a nonstick skillet over medium-low heat. Spoon batter into 3-4 small pancakes.
- 3.** Cook 3-4 minutes per side until set throughout. Serve the whole batch as one meal.

Zoodles, Quinoa & Egg Bowl

LUNCH / MAKES 1 SERVING / 10 min prep | 12 min cook



25 g
PROTEIN

34 g
TOTAL CARBS

12 g
FAT

340
EST. CALORIES

INGREDIENTS

- 120 g cooked quinoa (about 2/3 cup)
- 1 large egg
- 100 g liquid egg whites
- 150 g spiralized zucchini
- 80 g cherry tomatoes
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Keep zucchini tender to avoid excess water. Egg whites raise the protein of the original quinoa bowl.

HOW TO MAKE IT

1. Heat half the oil. Cook zucchini with a minced garlic clove for 2-3 minutes; add tomatoes for another 2 minutes.
2. Scramble the egg and egg whites in the remaining oil until fully set.
3. Place warm quinoa in a bowl. Add vegetables and eggs; season with oregano, lemon and black pepper.

Roasted Roots & Lentil-Feta Salad

LUNCH / MAKES 1 SERVING / 10 min prep | 25 min cook



25 g
PROTEIN

40 g
TOTAL CARBS

14 g
FAT

380
EST. CALORIES

INGREDIENTS

- 100 g cooked lentils (about 1/2 cup)
- 70 g super-firm tofu, cubed
- 15 g vegetarian feta, crumbled
- 100 g sliced carrots
- 100 g cubed pumpkin
- 40 g arugula or mixed greens
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Choose feta made with microbial or vegetarian rennet. For vegan: replace feta with 15 g more tofu.

HOW TO MAKE IT

1. Heat oven to 400 F. Toss carrots, pumpkin and tofu with olive oil and black pepper.
2. Roast 20-25 minutes, turning once, until vegetables are tender.
3. Combine with cooked lentils and greens. Finish with feta and lemon juice.

Sweet Potato with Cottage Cheese & Pesto

DINNER / MAKES 1 SERVING / 5 min prep | 35-45 min cook



27 g
PROTEIN

39 g
TOTAL CARBS

11 g
FAT

370
EST. CALORIES

INGREDIENTS

- 130 g sweet potato
- 170 g low-fat cottage cheese
- 15 g vegetarian feta
- 1 1/2 tsp vegetarian pesto (8 g)
- 1 tbsp pomegranate seeds (15 g)
- 50 g spinach

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Choose vegetarian-rennet cheese and pesto. For vegan: replace cottage cheese and feta with 130 g super-firm tofu; use dairy-free pesto.

HOW TO MAKE IT

1. Heat oven to 400 F. Pierce the sweet potato and bake until soft, about 35-45 minutes depending on thickness.
2. Wilt spinach with a splash of water in a small skillet. Split the baked potato and add spinach.
3. Top with cottage cheese, feta, pesto and pomegranate. Serve warm.

Vegetarian Nasi Goreng

DINNER / MAKES 1 SERVING / 10 min prep | 15 min cook



24 g
PROTEIN

39 g
TOTAL CARBS

10 g
FAT

340
EST. CALORIES

INGREDIENTS

- 1 large egg
- 110 g liquid egg whites
- 100 g cooked brown rice
- 80 g shredded cabbage
- 50 g diced carrot
- 40 g diced bell pepper
- 2 tsp reduced-sodium soy sauce
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

No fish sauce or shrimp paste. For vegan: replace the egg and whites with 110 g super-firm tofu.

HOW TO MAKE IT

1. Heat half the oil. Cook cabbage, carrot and pepper with garlic and ginger for 5-7 minutes.
2. Add cooked rice, soy sauce and a little chili paste. Stir-fry until hot throughout.
3. Scramble egg and whites in the remaining oil until set. Fold into the rice and serve.

Strawberry Protein Chia Pudding

SNACK / LIGHT MEAL / MAKES 1 SERVING / 5 min prep | Chill 4 hours



23 g
PROTEIN

24 g
TOTAL CARBS

6 g
FAT

250
EST. CALORIES

INGREDIENTS

- 170 g plain nonfat Greek yogurt
- 80 ml 1% milk (about 1/3 cup)
- 1 tbsp chia seeds (15 g)
- 100 g strawberries

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

A protein-rich snack with less carbohydrate than a full meal. For vegan: use soy milk and a high-protein soy yogurt; check label totals.

HOW TO MAKE IT

1. Blend strawberries, yogurt and milk with a splash of vanilla extract.
2. Stir in chia seeds. Let stand 10 minutes, stir again, then refrigerate at least 4 hours.
3. Stir before serving. Thin with a little water if the pudding is too thick.

Roasted Pumpkin, Tofu & Bulgur

LUNCH / MAKES 1 SERVING / 10 min prep | 25 min cook / VEGAN



25 g
PROTEIN

35 g
TOTAL CARBS

19 g
FAT

410
EST. CALORIES

INGREDIENTS

- 110 g super-firm tofu, drained
- 120 g cooked bulgur (about 2/3 cup)
- 120 g peeled pumpkin, cubed
- 1 cup spinach (30 g)
- 1 tbsp chopped walnuts (8 g)
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Cook bulgur according to its package before weighing. Vegan as written.

HOW TO MAKE IT

- 1.** Heat oven to 400 F. Toss pumpkin with oil, paprika and rosemary; roast 15 minutes.
- 2.** Pat tofu dry and cube it. Add tofu to the tray and roast 10-15 minutes more, until pumpkin is tender.
- 3.** Combine warm bulgur, pumpkin and tofu with spinach. Top with walnuts and a splash of plain balsamic vinegar.

Sweet Potato, Chickpea & Tofu Salad

LUNCH / MAKES 1 SERVING / 10 min prep | 30 min cook / VEGAN



27 g
PROTEIN

37 g
TOTAL CARBS

16 g
FAT

400
EST. CALORIES

INGREDIENTS

- 100 g super-firm tofu, cubed
- 50 g cooked chickpeas, drained
- 60 g sweet potato, cubed
- 50 g mixed salad greens
- 80 g broccoli florets
- 1 1/2 tsp tahini (8 g)
- 1/2 tsp olive oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Beans and sweet potato both contribute carbohydrates. This version uses tofu as the protein anchor.

HOW TO MAKE IT

1. Heat oven to 400 F. Toss sweet potato, tofu and chickpeas with oil and paprika. Roast 20 minutes.
2. Add broccoli to the tray and roast 8-10 minutes more.
3. Whisk tahini with lemon juice and water to make a dressing. Arrange roasted ingredients over greens and drizzle.

Lentil, Sun-Dried Tomato & Tahini Bowl

LUNCH / MAKES 1 SERVING / 10 min prep | No cooking / VEGAN



29 g
PROTEIN

37 g
TOTAL CARBS

14 g
FAT

390
EST. CALORIES

INGREDIENTS

- 130 g cooked lentils (about 2/3 cup)
- 80 g super-firm tofu, cubed
- 15 g oil-packed sun-dried tomatoes, drained
- 1 cup raw spinach (30 g)
- 100 g diced cucumber
- 1 1/2 tsp tahini (8 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Lentils cover part of both the protein and carbohydrate portions. Vegan as written.

HOW TO MAKE IT

1. Drain the lentils and pat tofu dry. Combine with chopped sun-dried tomatoes, spinach and cucumber.
2. Whisk tahini with 1 tbsp lemon juice, 1-2 tbsp water and black pepper.
3. Toss with dressing. Serve cold or warm the lentils and tofu before assembling.

Peanut Tofu & Broccoli Rice Bowl

DINNER / MAKES 1 SERVING / 10 min prep | 15 min cook / VEGAN



28 g
PROTEIN

41 g
TOTAL CARBS

18 g
FAT

430
EST. CALORIES

INGREDIENTS

- 110 g super-firm tofu, cubed
- 100 g cooked brown rice
- 150 g broccoli florets
- 2 tsp natural peanut butter (10 g)
- 2 tsp reduced-sodium soy sauce
- 1/2 tsp olive oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

HOW TO MAKE IT

- 1.** Pat tofu dry. Heat oil in a nonstick skillet and brown tofu for 8-10 minutes.
- 2.** Steam broccoli until tender. Whisk peanut butter and soy sauce with 2 tbsp water, grated ginger and lime juice.
- 3.** Toss tofu with the sauce over low heat. Serve with warm rice and broccoli.

RZONE TIP

This version leaves out the original honey. Thin the sauce with water rather than adding more oil.

Chickpea & Tofu Stuffed Eggplant

DINNER / MAKES 1 SERVING / 10 min prep | 40 min cook / VEGAN



24 g

PROTEIN

41 g

TOTAL CARBS

18 g

FAT

420

EST. CALORIES

INGREDIENTS

- 200 g eggplant (about 1 small eggplant)
- 85 g cooked chickpeas, drained
- 80 g super-firm tofu, crumbled
- 30 g chopped onion
- 1 1/2 tsp tahini (8 g)
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Serve both halves as one meal. No extra rice is needed for the listed carbohydrate total.

HOW TO MAKE IT

1. Heat oven to 400 F. Halve eggplant lengthwise and score the flesh. Brush with half the oil; bake 25-30 minutes.
2. Scoop out some flesh, leaving a sturdy shell. Saute onion in remaining oil, then add eggplant flesh, tofu, chickpeas, cumin and paprika. Heat 5-7 minutes.
3. Stir in tahini, lemon juice and parsley. Fill the shells and return to oven for 5 minutes.

Satay Tempeh, Slaw & Brown Rice

DINNER / MAKES 1 SERVING / 15 min prep | 20 min cook / VEGAN



25 g
PROTEIN

41 g
TOTAL CARBS

12 g
FAT

380
EST. CALORIES

INGREDIENTS

- 85 g original soy tempeh (about 3 oz)
- 65 g cooked brown rice (about 1/3 cup)
- 100 g shredded cabbage
- 40 g grated carrot
- 2 tsp natural peanut butter (10 g)
- 2 tsp reduced-sodium soy sauce
- 1/2 tsp sesame oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Use original soy tempeh. Grain-added brands have different nutrition. Vegan as written.

HOW TO MAKE IT

1. Heat oven to 375 F. Cut tempeh into strips. Mix peanut butter, soy sauce, ginger and 2 tbsp water. Reserve half the sauce.
2. Coat tempeh with remaining sauce. Bake on a lined tray for 18-20 minutes, turning once. Follow the tempeh package cooking directions.
3. Toss cabbage and carrot with sesame oil and lime juice. Serve tempeh, rice and slaw with the reserved sauce.

Crispy Tofu & Quinoa Veggie Bowl

DINNER / MAKES 1 SERVING / 10 min prep | 30 min cook / VEGAN



27 g
PROTEIN

38 g
TOTAL CARBS

16 g
FAT

400
EST. CALORIES

INGREDIENTS

- 110 g super-firm tofu, cubed
- 100 g cooked quinoa (about 1/2 cup)
- 100 g broccoli florets
- 60 g bell pepper
- 1 1/2 tsp cornstarch (4 g)
- 2 tsp reduced-sodium soy sauce
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

High-protein super-firm tofu is assumed. Softer tofu can contain much less protein.

HOW TO MAKE IT

1. Heat oven to 400 F. Pat tofu dry. Toss with soy sauce, half the oil and cornstarch.
2. Spread on a lined tray. Toss broccoli and pepper with remaining oil on a second tray. Roast 25-30 minutes, turning tofu halfway and checking vegetables after 20 minutes.
3. Serve tofu and vegetables over warm quinoa. Add lemon juice or chili flakes.

Tofu & Sweet Potato Spinach Curry

DINNER / MAKES 1 SERVING / 10 min prep | 20 min cook / VEGAN



24 g
PROTEIN

38 g
TOTAL CARBS

14 g
FAT

370
EST. CALORIES

INGREDIENTS

- 110 g super-firm tofu, cubed
- 130 g sweet potato, diced small
- 60 g spinach
- 100 g chopped tomatoes
- 30 g diced onion
- 1 tsp olive oil (4 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Sweet potato supplies the starch, so extra rice is not included. Choose vegetarian vegetable broth.

HOW TO MAKE IT

- 1.** Heat oil and soften onion for 3 minutes. Add garlic, ginger and 1 tsp curry powder; stir 30 seconds.
- 2.** Add sweet potato, tomatoes and 1/2 cup vegetable broth. Cover and simmer 12-15 minutes until potato is tender.
- 3.** Add tofu and simmer 5 minutes. Fold in spinach until wilted. Finish with lemon and cilantro.

Cauliflower & Tofu Tikka Bowl

DINNER / MAKES 1 SERVING / 10 min prep | 20 min cook / VEGAN



25 g
PROTEIN

37 g
TOTAL CARBS

15 g
FAT

380
EST. CALORIES

INGREDIENTS

- 110 g super-firm tofu, cubed
- 150 g cauliflower florets
- 100 g canned chopped tomatoes
- 30 g diced onion
- 40 ml light canned coconut milk
- 75 g cooked brown rice
- 1/2 tsp olive oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Tofu turns the original vegetable curry into a protein-focused meal. Vegan as written.

HOW TO MAKE IT

- 1.** Heat oil and soften onion. Add garlic, ginger and 1 tsp curry powder or garam masala.
- 2.** Add tomatoes, cauliflower and 1/4 cup water. Cover and simmer 10-12 minutes until cauliflower is tender.
- 3.** Stir in tofu and light coconut milk; simmer 5 minutes. Serve over rice with cilantro.

Chickpea, Tofu & Sweet Potato Curry

DINNER / MAKES 1 SERVING / 10 min prep | 20 min cook / VEGAN



23 g
PROTEIN

37 g
TOTAL CARBS

14 g
FAT

360
EST. CALORIES

INGREDIENTS

- 50 g cooked chickpeas, drained
- 85 g super-firm tofu, cubed
- 60 g diced sweet potato
- 60 g spinach
- 80 g chopped tomatoes
- 25 g diced onion
- 40 ml light canned coconut milk
- 1/2 tsp olive oil (2 g)

Seasonings: garlic, herbs, lemon, spices, salt and pepper as needed. Small seasoning amounts are not included in the estimates.

RZONE TIP

Chickpeas and sweet potato both contribute carbohydrates. No additional rice is included.

HOW TO MAKE IT

- 1.** Heat oil; cook onion 3 minutes. Stir in garlic, ginger, turmeric and paprika.
- 2.** Add sweet potato, tomatoes and 1/2 cup vegetable broth. Cover and simmer 12-15 minutes until tender.
- 3.** Add chickpeas, tofu and coconut milk. Heat 5 minutes, then stir in spinach until wilted.

Mix, match and keep it simple

1 / CHOOSE A PROTEIN ANCHOR

Super-firm tofu, tempeh, eggs with egg whites, plain Greek yogurt or cottage cheese. Beans and lentils contribute protein too; pair them with tofu or dairy when the portion alone falls short of your goal.

2 / PLAN YOUR COMPLEX CARBOHYDRATE

Brown rice, quinoa, bulgur, oats, whole-grain bread, sweet potato, beans or lentils. Beans and lentils count toward the carbohydrate total as well as protein. Use the portion in your recipe and your Rzone template.

3 / ADD COLORFUL VEGETABLES

Broccoli, spinach, peppers, zucchini, cauliflower, carrots or leafy greens. Aim for a generous portion of non-starchy vegetables alongside the protein and planned starch.

4 / INCLUDE A PORTION OF FAT

Olive oil, avocado, tahini, nuts, seeds or natural nut butter. Tofu, tempeh, eggs and cheese already supply some fat; you may not need every topping at once.

THE SIMPLE COMBINATION

Tofu + brown rice + broccoli + a measured peanut sauce

Eggs + egg whites + quinoa + zucchini + olive oil

Lentils + tofu + salad vegetables + tahini

Make the week easier

PROTEIN

Super-firm tofu; original soy tempeh; eggs; liquid egg whites; plain nonfat Greek yogurt; low-fat cottage cheese; lentils; chickpeas.

GRAINS & STARCHES

Brown rice; quinoa; bulgur; rolled oats; whole-grain bread; whole-wheat tortillas; sweet potatoes; pumpkin.

VEGETABLES & FRUIT

Spinach; mixed greens; broccoli; bell peppers; zucchini; cauliflower; eggplant; cabbage; carrots; cucumber; tomatoes; onions; strawberries; bananas; avocado; pomegranate.

FATS & FLAVOR

Olive or sesame oil; natural peanut butter; tahini; chia; walnuts; sesame seeds; vegetarian feta and pesto; light coconut milk; reduced-sodium soy sauce; sun-dried tomatoes; garlic; ginger; lemons; herbs and spices.

A SIMPLE PREP ROUTINE

1. Pick 3-4 recipes and multiply their ingredient lists by the number of servings you need.
2. Cook one grain, roast a tray of vegetables and prepare a batch of tofu.
3. Portion beans, grains and sauces separately so you can follow each recipe.
4. Make overnight oats or chia pudding ahead. Assemble wraps close to serving.

STORAGE

Refrigerate perishable food promptly in shallow containers at 40 F or below. Use cooked leftovers within 3-4 days; reheat to 165 F. Follow package dates for dairy and opened ingredients. Cool rice promptly and do not leave it at room temperature.

Keep building your routine

Rzone Nutrition Support

<https://www.rzonefitness.com/nutrition-support/>

Rzone Nutrition Templates

<https://www.rzonefitness.com/nutrition-templates/>

Rzone Visual Handouts

<https://www.rzonefitness.com/nutrition-visual-guides/>

Nutrition & Workout Support Group

<https://www.facebook.com/groups/RZonefitness>

ESTIMATE METHOD

Nutrition is calculated from approximate generic ingredient composition using the listed gram weights. Calories use 4 kcal/g protein, 4 kcal/g carbohydrate and 9 kcal/g fat; fiber can make label calories differ. Totals include the listed oil, sauce, grain and toppings; small seasoning amounts are excluded. Super-firm tofu assumes about 16.5 g protein/100 g; original soy tempeh about 21 g/100 g; plain Greek yogurt about 10 g/100 g. Check actual labels, especially after vegan swaps. These are planning estimates, not dietitian-verified analyses.

Useful references: USDA FoodData Central (fdc.nal.usda.gov); USDA MyPlate Protein Foods; Lightlife Original Tempeh product information. Food storage: USDA Leftovers and Food Safety.