

Satisfying Vegan Meals to *Fuel*  
Your Active Lifestyle

# plant powered athlete

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Founders of Active Vegetarian

*sample*



# avocado & pea smash

raw | muscle meal | post workout recovery Yields: 1 serving

This one bowl only pea smash is so simple, and it requires only essential ingredients that you probably already have in your fridge. The combination of green peas and avocados creates quite the nutritional powerhouse; you are nourishing yourself with healthy fats, the right amount of protein, fibre and plenty of vitamin C. Also avocado is one of the best sources of potassium - an important mineral for athletes as it helps maintain electrolyte balance, prevents cramping and reduces blood pressure. Enjoy this Avocado Pea smash on toast, with fresh cut veggies or on the side of a large green salad.

¼ cup green peas, fresh or frozen  
½ medium avocado  
1 tablespoon lime juice  
¼ teaspoon celtic sea salt  
¼ cup fresh herbs (basil, mint, cilantro), chopped

## TO SERVE

2 slices sprouted-grain bread, a wrap (such as Ezekiel brand) or flax crackers (optional)  
Fresh-cut veggies (optional)  
Sprouts, for garnish

If using frozen peas, place in a glass cup or bowl and cover with hot water.

Set aside for 5 minutes.

Meanwhile, scoop the avocado into a medium bowl. Add the lime juice and salt, then mash together with a fork until a creamy consistency is achieved.

Drain the defrosted peas and add them (or the fresh peas) to the avocado bowl together with your herbs of choice. Mix well.

Serve on a slice of sprouted-grain bread, in a wrap, on flax crackers, or in a bowl with fresh-cut veggies.

## NOTES

- This smash is best served fresh, or within 30 minutes of making.
- If you plan on making it for next day lunch, put it in a small glass container with limited space on top, seal and place in the fridge. The flavour will remain and by putting the avocado pit in the pea smash this will keep it from turning brown.



# smokey tempeh scramble

muscle building | aids recovery | calcium rich | Yields: 1-2 servings

Easy to prepare savoury morning meal full of protein and veggies that could easily pass as lunch or dinner. Tempeh is a fantastic plant-based source of easy-to-digest protein that has a delicious nutty flavour and satisfying taste. It's also very high in magnesium and is known to reduce cholesterol, increase bone density and promote muscle recovery. This recipe is excellent on its own however if you prefer a heartier meal, feel free to serve it on top of the avocado, along with some greens, wrap it up into a burrito or eat it with sprouted grain toast. For anyone who is looking to build muscle, this tempeh scramble could be a real game-changer.

½ cup tempeh, crumbled  
½ tablespoon extra virgin olive oil  
1 garlic clove, minced  
¼ cup onion, diced  
½ red bell pepper, diced  
¼ teaspoon turmeric powder  
¼ teaspoon smoked paprika  
Celtic sea salt and fresh ground black pepper to taste  
1 cup of baby spinach, chopped  
2 tablespoons fresh parsley, chopped

Heat a small nonstick frying pan over medium heat. Add olive oil and once hot and simmering, add the garlic and onion. Saute for 1 minute.

Add the bell pepper and saute for 2 minutes.

Add tempeh, turmeric, smoked paprika, salt and black pepper, stir to combine.

Cook and stir until tempeh is hot and evenly coated in the seasoning mix, 3 minutes.

Add the spinach and parsley and saute for 1 more minute.

Taste the tempeh scramble and season with more spices as desired.

Serve on its own, on top of the avocado, wrapped in a tortilla or alongside green mix salad and sprouted grain toast.

## NOTES

- Don't be scared to add more veggies if you got them! This would also be fabulous with zucchini, asparagus, mushrooms, etc.



# chocolate muscle mylk

raw | strengthens endurance | hormone balancing Yields: 1 serving

Okay, I admit it. I consumed a fair amount of Muscle Milk protein drinks in my early twenties. You know, those ready-to-drink shakes that claim to make you stronger, leaner, faster? The trouble is that with a whopping 40 ingredients on the label, it's a far cry from healthy food! This new and improved version of muscle milk will give you power and strength. It packs healthy and easily digestible protein, carbs and fat. This drink is soothing and healing for you, especially after a hike or workout session. And the best part, it will help you build and maintain muscle mass as you transition to a plant-based diet. It tastes great and is super easy to make.

1 ½ cups almond mylk  
1 tablespoon raw cacao powder  
2 medjool dates, pitted  
1 teaspoon maca powder  
2 brazil nuts  
pinch of sea salt

Combine all of the ingredients in a high-speed blender and blend until smooth and creamy.

## NOTES

- You can double this batch and keep extra in the fridge for when you crave a cold, uplifting mid-day snack.

## PRO TIP

- If you're sensitive to caffeine or struggling with adrenal fatigue consider replacing cacao with carob powder. Unlike chocolate, carob does not contain any stimulative alkaloids and won't over-stimulate the central nervous system.



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