Recipe Macro & Ingredient **summary**

A comprehensive Recipe Macro & Ingredient Summary that includes macro details for all recipe allergen and carb-booster options, recipe variations, and extra and spin-off recipes can be downloaded from keto4vegans.com/resources. SF = soy-free

Recipes \ Macros	Full Recipe				Ser	Per Serving			
	Cals	Pro	Fat	NC		Cals	Pro	Fat	NC
Lightly Lemony Breakfast Bars	1540	71	122	24	6	255	12	20	4
Mildly Mocha Breakfast Bars	1575	67	126	26	6	265	11	21	4
Gently Gingerbread Break. B.	1575	74	123	22	6	260	13	21	3.5
Veggie Delight Breakfast Bars	1965	85	161	30	8	245	11	20	4
Orange Spice Flax Muffins	1410	65	106	22	6	235	11	18	3.5
Mexican Hot Chocolate Muff.	1415	67	108	21	6	235	11	18	3.5
N'oatmeal Porridge (prepared)	4050	208	310	40	8	505	26	39	5
Southwest BF Hash (Pea TVP)	1655	121	108	35	5	330	24	22	7
Southwest Breakfast Hash SF	1550	97	87	68	5	310	20	18	14
Ensalada Fresca Topper/Side	275	4.5	22	10	4	70	1	5.5	2.5
Chocolate Pudding Smoothie	310	24	19	7.5	1	(with Coconut Milk)			
Pumpkin Pie Sm. (w/ Coconut)	160	18	5.5	8	1	410	14	35	10
Snickerdoodle Fr. (w/ Coconut)	145	17	5.0	3	1	395	13	35	5.5
London Fog Fr. (w/ Coconut)	165	17	5.0	3	1	415	13	35	5.5
V. VWG Bread/Rolls (Almond)	1520	107	102	31	10	150	11	10	3
V. VWG Buns (Almond)					6	255	18	17	5
V. VWG Bread/Rolls (Pro. Pow.)	1375	135	71	22	10	140	14	7	2
V. VWG Buns (Pro. Powder)					6	230	23	12	3.5
Versatile VWG Bagels (Lupin)	1130	130	49	25	6	190	22	8	4
Lupin Caraway Seed Crackers	1355	80	100	15	8	170	10	13	2
Chickpea Caraway Seed Crack.	1475	79	101	40	8	185	10	13	5
Palak Shorba	1165	34	102	26	5	235	6.5	20	5
Dijon Duo Bean Salad	1850	78	152	33	4	465	20	38	8
Dijon Duo Bean Salad SF	1860	69	132	69	4	465	17	33	17
Spinach & Raspberry Salad	1305	30	116	25	4	325	7.5	29	6
East Asian Seedy Greens	1180	37	101	25	4	295	9.5	25	6
Kale Con Crouton Salad	1505	83	108	31	4	375	21	27	8
Srirancha Romaine Slaw	1190	43	94	28	4	295	11	24	7
Srirancha Green & Bean Salad	1655	88	122	32	4	415	22	31	8
Srirancha Green & Bean S. SF	1705	74	112	66	4	425	19	28	17

Recipes \ Macros	Full Recipe				Ser	Per Serving			
	Cals	Pro	Fat	NC		Cals	Pro	Fat	NC
Poké Chopped Salad	1895	82	152	31	4	475	21	38	7.5
Poké Chopped Salad SF	2070	80	149	74	4	520	20	37	19
Hummus & Pepita Kale	1575	77	127	18	4	395	20	32	4.5
Hummus & Pepita Kale SF	1560	68	121	32	4	390	17	31	8
Liberally, Lasagna (Pea TVP)	3585	202	267	72	8	450	25	34	9
Liberally, Lasagna SF	3645	191	255	119	8	455	24	32	15
Spinach Fauxcotta Tart	2860	129	241	32	6	475	22	40	5.5
Knock-Off Nature's B. (Soy TVP)	1725	183	74	40	20	85	9	3.5	2
Knock-Off Nature's B. (Pea TVP)	1820	215	81	28	20	90	11	4	1.5
Afghan Beans on C.H. Rice	2980	185	208	64	8	370	23	26	8
Afghan Beans on C.H. Rice SF	2985	150	184	141	8	375	19	23	18
Boosted Refried Beans	1040	55	80	19	6	175	9	13	3
Boosted Refried Beans SF	1055	53	60	52	6	175	8.5	10	8.5
Refried Bean Soup	1190	69	84	28	4	295	17	21	7
Refried Bean Soup SF	1205	66	65	61	4	300	17	16	15
Sun-Dried Tom. Mush. Quiche	2010	99	163	23	4	500	25	41	5.5
BAT'L Ships (Pea TVP)	850	33	71	11	3	285	11	24	3.5
BAT'L Ships (Soy TVP)	835	27	70	14	3	280	9	23	5
Pretend Polenta	1485	86	104	19	4	370	22	26	4.5
Polenta w/ Marinara & Veggies	1780	93	127	32	4	445	24	32	8
Chili Peanut Noodles	1170	42	91	27	4	290	11	23	6.5
Shiitake Asparagus Sh. Pan Din.	1870	86	150	33	4	470	22	38	8.5
Shiitake Asparagus. Sh. P. D. SF	1935	78	133	84	4	485	20	33	21
Soybean Hummus	1730	76	145	28	10	175	7.5	15	3
Chickpea Hummus SF	1795	71	130	70	10	180	7	13	7
Strawberry Jam	85	1.5	0.5	13	12	5	0.1	0.1	1
Pumped-Up Peanut Butter	1065	59	85	19	12	90	5	7	1.5
Sham Chèvre	1125	31	105	15	12	95	2.5	8.5	1.5
Jam'n Sheese Tart (Strawberry)	2570	89	219	43	10	255	9	22	4.5
Jackfruit Tu-Nah Salad	915	8.0	90	16	5	185	1.5	18	3
Red Wine Marinara	1075	13	74	52	10	110	1.5	7.5	5
Cream of Tomato Soup	1825	21	152	61	8	230	2.5	19	7.5

*Common allergens are **bolded** (in grey). Substitutions are given for **soy-free bean** replacement options. In addition, to make recipes soy-free, swap pea milk for soymilk and coconut aminos for tamari. Nuts, nut butters, and nut flours can be replaced with seed options (hemp, pumpkin, and sunflower). Recipe-specific allergen options are given on recipe pages and in the comprehensive Recipe Macro & Ingredient Summary that can be downloaded from keto4vegans.com/resources.*

Additional ingredient swaps (⇄) can easily be made to suit your needs. For example: allulose ⇄ granulated sweetener of choice, apple cider or rice vinegar ⇄ red/white wine vinegar, coconut or olive oil ⇄ neutral-flavored oil of choice, coconut milk ⇄ plant-based cooking cream, Herbes de Provence ⇄ Italian seasoning, kala namak ⇄ normal salt, MCT oil powder ⇄ mayonnaise, tamari ⇄ soy sauce or liquid aminos.

Note, unless said otherwise, herbs are dried versions and spices are ground versions.

Lightly Lemony Breakfast Bars: allulose, **almond butter**, **almond flour**, baking powder, **Brazil nuts**, chia seeds, coconut (dried), coconut oil, flaxseed meal, lemon extract, lemon zest, lemon juice, protein powder (vanilla), pumpkin seeds, salt, **soymilk**, zucchini.

Orange Spice Flax Muffins: baking powder, chickpea flour, cinnamon, cloves, cocoa powder, coconut (dried), coconut oil, flaxseed meal, monk fruit powder (pure), nutmeg, orange zest and/or orange extract, protein powder (plain pea or **soy**), salt, vanilla extract, vinegar (wine), xanthan gum (optional).

N'oatmeal Porridge: **almond flour**, **Brazil nuts**, chia seeds, cinnamon, coconut (dried), flaxseed meal, hemp hearts, nutmeg, salt, **soymilk**, vanilla extract.

Southwest Breakfast Hash: chili powder, cumin, garlic, jalapeño peppers, mushrooms (white), olive oil, onion, pumpkin seeds, red bell peppers, salt, **soybeans** or **black beans**, **TVP crumbles** (preferably pea-based).

Chocolate Pudding Smoothie: allulose, avocado (frozen), cocoa powder, ice, protein powder (chocolate or vanilla), **soymilk**.

Pumpkin Pie Smoothie: ice, pumpkin purée (canned), pumpkin spice, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat).

Snickerdoodle Frappé: allulose, cinnamon, ice, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat), vanilla extract.

London Fog Frappé: allulose, Earl Grey tea, ice, keto honey or maple syrup or allulose, protein powder (vanilla), **soymilk** or coconut milk (canned, full-fat), vanilla extract.

Versatile VWG Bread, etc.: flaxseed meal, olive oil, pumpkin purée (canned), **vital wheat gluten**, yeast (baking, instant), salt, and one of these flours: **almond**, chickpea, **lupin**, **peanut** (defatted), protein powder (plain pea or **soy**), **sesame** (defatted).

Lupin & Caraway Seed Cracker: baking powder, black pepper, caraway seeds, cayenne pepper, chia seeds, flaxseed meal, hemp hearts, **lupin flour**, nutritional yeast flakes, olive oil, poppy seeds, salt, **sesame seeds**, **soymilk**, vinegar (apple cider).

Palak Shorba: bay leaf, black pepper, coconut milk (canned, full-fat), cumin (seeds or ground), garlic, ginger (fresh), Jwala chili pepper or crushed red pepper flakes, lemon juice, mushrooms (white), nutritional yeast flakes, olive oil, onion, salt, **soymilk**, spinach, vegetable broth or bouillon cube.

Dijon Duo Bean Salad: **almonds** (slivered or sliced), green beans, olives (black or green, sliced), onion, *Sham Chèvre*, **soybeans** or **pinto beans** | with Dijon Dressing: allulose, garlic, ginger (fresh), **mustard** (Dijon), olive oil, onion powder, salt, vinegar (apple cider).

Spinach & Raspberry Salad: **pecans**, raspberries, *Sham Chèvre*, spinach | with Raspberry Vinaigrette: allulose, garlic, olive oil, onion, oregano, raspberries, salt, vinegar (wine).

East Asian Seedy Greens: bok choy, hemp hearts, lettuce (mixed greens), red bell pepper, **sesame seeds** | with Sesame Soy Dressing: allulose, garlic, ginger (fresh), mayonnaise, **sesame oil**, **tamari**, vinegar (rice).

Kale Con Crouton Salad: apricots or peach or nectarine or strawberries, kale, **sesame seeds**, *Versatile VWG Bread croutons* | with Tangy Sesame Hemp Dressing: allulose, garlic, hemp hearts, lemon juice, **sesame oil**, **tamari**, vinegar (apple cider).

Sriracha Romaine Slaw: cabbage (green) or coleslaw mix, cilantro, green onions, jalapeño peppers, lettuce (Romaine), pumpkin seeds | with Sriracha Dressing: black pepper, garlic, lemon juice, mayonnaise, **miso paste**, nutritional yeast flakes, onion powder, salt, **soymilk**, sriracha, vinegar (apple cider).

Poké Chopped Salad: avocado, cauliflower (riced or to rice), cucumber, **edamame** (shelled, fresh or frozen) or **chickpeas**, hemp hearts, onion, pumpkin seeds, radishes | with Sriracha Mayo Dressing: lemon juice, mayonnaise, sriracha.

Hummus & Pepita Kale: kale, olive oil, pumpkin seeds, salt, **sesame seeds** | with Hummus Dressing: cumin, garlic, lemon juice, nutritional yeast flakes, olive oil, salt, **soybeans** or **chickpeas** or storebought **hummus**, **soymilk**, **tahini**.

Liberally, Lasagna: black pepper, **Brazil nuts**, crushed red pepper flakes, cumin, garlic powder, lemon juice, marinara, mushrooms (white), nutmeg, nutritional yeast flakes, olive oil, onion powder, pumpkin seeds, salt, **soymilk**, spinach, **tofu** (extra-firm) or **chickpea lasagna noodles**, **TVP crumbles** (preferably pea-based), zucchini.

Knock-Off Nature's Burger: black pepper, celery salt, chia seeds, curry powder, garlic powder, hemp hearts, Herbes de Provence, nutritional yeast flakes, onion powder, paprika, parsley (dried), protein powder (plain pea or **soy**), psyllium husks (whole), sage, **sesame seeds**, sunflower seeds, **tamari**, **TVP crumbles** (preferably soy-based).

Afghan Beans on Cauli-Hemp Rice: black pepper, cardamom, cauliflower (riced or to rice), coriander (seeds or ground), cumin (seeds or ground), garlic, hemp hearts, Jwala chili pepper or crushed red pepper flakes, mint (dried), mushrooms (white), nutritional yeast flakes, olive oil, onion (fresh & powder), parsley (dried), red bell pepper, salt, **soybeans** or **kidney beans**, spinach, tomato sauce (canned), turmeric.

Boosted Refried Beans: black pepper, cumin, garlic (fresh & powder), nutritional yeast flakes, olive oil, onion (fresh & powder), oregano, salsa, salt, **soybeans** or **black beans**, **soymilk**.

Sun-Dried Tomato & Mushroom Quiche: agar agar powder, black pepper, green onions, Herbes de Provence, kala namak, mushrooms (white), nutritional yeast flakes, olive oil, olives (black or green, sliced), sun-dried tomatoes (in oil), *Tart Crust*, **tofu** (extra-firm).

BAT'L Ships: alfalfa sprouts, avocado, lettuce (little gem), tomato | with Baycon Crumbles: black pepper, coconut (dried), coconut oil, cumin, garlic powder, liquid smoke (optional), mushrooms (white), nutritional yeast flakes, onion powder, paprika, **tamari**, **TVP crumbles** (preferably pea-based) | and Mayo Sauce: cayenne pepper, cumin, dill, garlic powder, lemon juice, lettuce (little gem), mayonnaise, MCT oil powder, onion powder, **soymilk**.

Pretend Polenta: **almond flour**, flaxseed meal, garlic, ground **lupin**, Herbes de Provence, lemon juice, nutritional yeast flakes, olive oil, salt, **soymilk**.

Chili Peanut Noodles: broccolini, cilantro, coconut milk (canned, full-fat), garlic, ginger (fresh), green onions, kale, lime juice, **peanut butter**, **peanuts** (oil-roasted, salted), sambal oelek (chili paste), shirataki noodles, **tamari**.

Shiitake Asparagus Sheet Pan Dinner: asparagus, **hazelnuts** (blanched), mushrooms (shiitake), nutritional yeast flakes, olive oil, salt, seasoning blend of choice, ***Soybean Hummus*** or ***Lupin Hummus***, **tofu** (extra-firm) or **chickpeas**.

Soybean Hummus: cumin, garlic, lemon juice, nutritional yeast flakes, olive oil, salt, **soybeans** or **lupini beans** or **chickpeas** (and plain pea protein powder), **soymilk**, **tahini**.

Berry Jam: agar agar powder, allulose, berries (blackberries, raspberries, strawberries), salt.

Pumped-Up Nut Butter: coconut oil, hemp hearts, nut or seed butter (**almond**, **peanut**, Sunbutter), protein powder (vanilla or plain pea or **soy**).

Sham Chevre: agar agar powder, **Brazil nuts**, hemp hearts, lemon juice, **macadamia nuts**, nutritional yeast flakes, salt, **soymilk**, vinegar (apple cider).

Jackfruit Tu-Nah Salad: black pepper, capers, celery, dill (dried or fresh), green onions, jackfruit (green, in brine), lemon juice, mayonnaise, **mustard** (Dijon), nori (optional), nutritional yeast flakes, pickles (dill), **tamari**.

Red Wine Marinara: allulose, basil (fresh), black pepper, crushed red pepper flakes, garlic (fresh & powder), Herbes de Provence, olive oil, onion (fresh & powder), parsley (dried), pumpkin purée (canned), red wine, salt, tomato sauce (canned), tomatoes (canned, crushed).