

Lean Vegan Natural Vanilla



# WEIGHT MANAGEMENT GUIDE



Eat healthy.  
Feel energized.  
Lose weight.<sup>^</sup>



plexus®

<sup>^</sup>When combined with a reduced calorie weight loss diet plan.



A Step Toward Healthier Living

# Plexus Lean™ Vegan

You took an important step toward healthier living, with Plexus Lean Vegan. By fueling your body with plant-based protein, prebiotic fiber, digestive enzymes, vitamins, minerals, and more — you'll get the nutrition you need to help you lose weight<sup>^</sup> and feel great. This weight loss guide includes a 1,200 calorie-per-day, 7-day meal plan based on using Lean Vegan two times per day, with a mid-morning and afternoon snack, a sensible vegan dinner, and recipes. For best weight loss results, the plan follows sound nutritional principles to help you feel full using Lean Vegan as the foundation for excellent nutrition.

Our meal plan uses nutrition and supplements that help you burn fat, keep lean muscle, boost your metabolism, and control hunger. With our simple-to-use, great-tasting products — you can save money, live healthier, and achieve your goals.\*<sup>^</sup>

## Our dietitian's recommended meal plan breakdown:

- **Morning:** Start with a Lean Vegan shake and add water or your favorite nut milk (Be sure to check out our many delicious Lean Vegan Smoothie and Shake Recipes starting on page 20).  
▷ About 300 calories
- **Mid-morning snack:**  
▷ About 100 calories
- **Lunch:** Another sensible Lean Vegan shake  
▷ About 300 calories
- **Mid-afternoon snack:**  
▷ About 100 calories
- **Dinner:** Recipes are included on starting on page 11.  
▷ Target about 400 calories

Daily calorie count totals about 1,200. For best results try to keep as close to 1200-1300 calories as possible. Although the diet plan is filling (and works well with the other Plexus® products) dietitians do not recommend going below 1,200 calories per day for weight loss.

<sup>^</sup>When combined with a reduced calorie weight loss diet plan.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# TWO SHAKES<sup>!</sup> A DAY HELPS MELT THE POUNDS AWAY



## How Do You Lose Weight?

When you replace two meals per day with Lean Vegan, you are getting the optimal amount of protein, fiber, vitamins and minerals to make a satisfying meal, fast. This program makes it easy, with just two shakes a day, a sensible third meal, and two healthy snacks. You won't be hungry, and you will achieve great results.

**What do we mean by a “healthy meal”?** A healthy meal has 4-6 oz. of protein (for women) and 6-8 oz. (for men) with 2-3 vegetables. Be sure to keep an eye out for starchy vegetables and carbs like potatoes or corn. Keep the overall caloric value around 400 calories.

**What do we mean by a “healthy snack”?** A healthy snack has vegan protein added to fruits and vegetables that contain added vitamin, minerals and fiber. For both women and men 2 snacks a day are allowed. We have provided various healthy snack ideas on page 10.



# Weight Loss Options on the 1,200 Calorie Plan

## A SIMPLE FORMULA FOR HEALTHY WEIGHT

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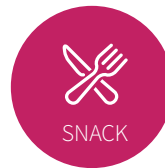
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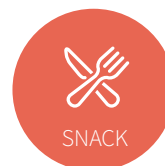
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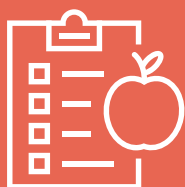
# 7-Day Meal Plan with Plexus Lean™ Vegan

The following is an example of a 7-day meal plan using Lean Vegan twice a day combined with two additional snacks and a sensible vegan dinner. It follows the program of a morning Lean shake, mid-morning snack, Lean shake for lunch, mid-afternoon snack, and a sensible vegan dinner. You can vary when you snack or when you have your sensible dinner. All recipes with calorie counts can be found starting on page 11. This plan is a suggestion, please tailor the shake, snacks, and dinner to your favorite foods but be mindful of your total caloric intake.

## Some Guidelines:

- Remember your sensible dinner can be enjoyed for breakfast or lunch.
- This is a 1,200 calorie per day meal plan; be careful to measure foods properly.
- Snacks are 100 calories each mid-morning and mid-afternoon. If you prefer, you can have just one 200 calorie snack.
- For men it is recommended that the daily caloric intake for weight loss is 1,500 calories—just add an additional two 150 calorie snacks or add 300 calories to your dinner.
- Many vegan nut butters are high in calories so measure carefully.
- When using nut milk, its best to use the low sugar or no added sugar (unsweetened) options.
- Many vegetables are so low in calories they are considered a “free food” to ingest to enhance nutrition and increase satiety. For example: romaine lettuce (1 Cup, 8 Cals), radishes (3 whole, 3 Cals), and celery (1 stalk, 8 Cals). Feel free to add in low-calorie vegetables as you see fit, but keep in mind your overall caloric intake.
- Don't be restrained by trying to hit the exact number of calories per serving guideline; if you want a shake that is 400 calories, then just drop one snack of 100 calories.





~1,200 Calories/day

# Sample 7-Day Meal Plan

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>DAY 1</b>	Lean Vegan MetaBurn Slim Hunger Control*	1 Celery stalk with 1 Tbsp. Peanut Butter	Lean Vegan MetaBurn Slim Hunger Control*	1 Cucumber with 3 Tbsp. Hummus	<b>Protein Plus Pasta Recipe</b> (page 12)
<b>DAY 2</b>	Lean Vegan MetaBurn Slim Hunger Control*	1 Cucumber with 3 Tbsp. Hummus	Lean Vegan MetaBurn Slim Hunger Control*	1 Medium Apple	<b>Veggie Burger Recipe</b> (page 12)
<b>DAY 3</b>	Lean Vegan MetaBurn Slim Hunger Control*	1 Medium Apple with 2 Tsp. Peanut Butter	Lean Vegan MetaBurn Slim Hunger Control*	2 Cups Halved Strawberries	<b>Vegan Tacos Recipe</b> (page 15)
<b>DAY 4</b>	Lean Vegan MetaBurn Slim Hunger Control*	12 Whole Almonds	Lean Vegan MetaBurn Slim Hunger Control*	1 Bell Pepper with 3 Tbsp. Hummus	<b>Simple Quinoa Salad Recipe</b> (page 15)
<b>DAY 5</b>	Lean Vegan MetaBurn Slim Hunger Control*	8 Walnut Halves	Lean Vegan MetaBurn Slim Hunger Control*	1 Cup Applesauce	<b>Veggie Dog Recipe</b> (page 14)
<b>DAY 6</b>	Lean Vegan MetaBurn Slim Hunger Control*	25 Shelled Pistachios	Lean Vegan MetaBurn Slim Hunger Control*	1 Celery stalk with 1 Tbsp. Peanut Butter	<b>Veggie Burrito Recipe</b> (page 14)
<b>DAY 7</b>	Lean Vegan MetaBurn Slim Hunger Control*	Rhythm Beet Chips 100 Calorie Bag	Lean Vegan MetaBurn Slim Hunger Control*	1 Celery stalk with 1 Tbsp. Peanut Butter	<b>Twice Baked Potatoes Recipe</b> (page 13)

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Better Together

# Supplement Support

- **Plexus MetaBurn™** – Kickstart your metabolism with MetaBurn which contains clinically-studied ingredients to support weight management, fat burning and healthy body fat composition.\* **Directions:** Adults take 1 capsule, twice daily before breakfast and lunch.
- **Plexus Slim® Hunger Control\*** – A refreshing, blood orange, lemon and lime drink mix that promotes overall health and helps you stay full longer.\* **Directions:** For optimal results, adults drink 1 serving 30-60 minutes before a meal up to twice daily. Simply tear the Slim packet and pour into your 12-20-ounce bottle of water and shake immediately.
- **Plexus Slim Microbiome Activating\*** – A delicious raspberry, lemon, watermelon drink mix that promotes the growth of good gut microbes and supports healthy glucose metabolism.\* **Directions:** For optimal results, adults drink 1 serving 30-60 minutes before a meal up to twice daily. Simply tear the Slim packet and pour into your 12-20-ounce bottle of water and shake immediately.
- **Plexus Balance™** – The most modern, technologically-advanced formula for blood sugar support and carb control.\* **Directions:** Adults take 2 capsules 20-30 minutes before or with your largest meal each day.
- **Plexus Edge®** – Give your morning an oomph! Edge provides healthy, sustained energy and mental focus.\* **Directions:** Take 1 capsule with breakfast.
- **Plexus XFactor Plus™** – A complete multivitamin with bioactive and bioavailable forms of 19 essential vitamins and minerals to boost energy levels and metabolism.\* **Directions:** Adults take 2 capsules daily.
- **Plexus® ProBio 5** – Support healthy digestion and help keep intestinal yeast in balance with ProBio 5.\* **Directions:** Adults take 1 – 2 capsules at bedtime on an empty stomach. Take up to four capsules at bedtime, until desired results are achieved.
- **Plexus Bio Cleanse™** – Bio Cleanse helps reduce gas, bloating, occasional discomfort and promotes regularity.\* **Directions:** Adults take 2 capsules with 8 oz of water twice daily between meals.
- **Triplex System** – Helps you ‘Weed, Seed, and Feed” your microbiome — a healthy gut is key to a healthy lifestyle. If your gut bacteria are out of balance, you can gain weight eating the same foods as a thinner person, and it can impact mood, sleep, regularity, and more. A healthy microbiome helps keep the pounds off!

<sup>^</sup>When combined with a reduced calorie weight loss diet plan.

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Using the Lean Vegan Shake to

# Maintain Weight

The Lean Vegan shake can be used to maintain your weight once you have reached your desired weight. Each shake provides prebiotics, digestive enzymes, protein and fiber that can help keep you satisfied and focused. You can follow the schedule below which details that 1 Lean Vegan shake per day is key to keeping off the pounds. Target your caloric intake to around 1,500 calories. With the all the shake recipes listed below and the caloric counts of a multitude of snacks and some suggested complete meals, following these guidelines should be easy! The best way to maintain weight once you have reached your goal is to have one vegan shake at breakfast—a mealtime most adults usually skip.\*

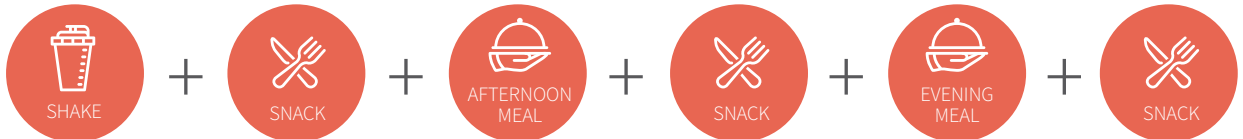
## EXAMPLE OF DAILY EATING GUIDELINES

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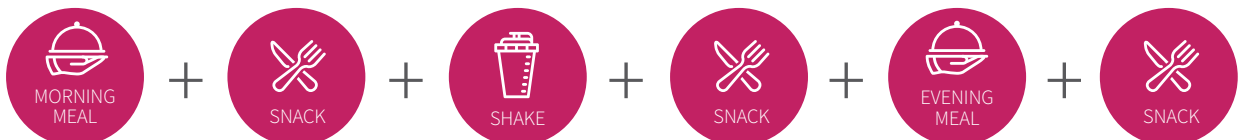
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Small Successes &

# Building Lean Muscle

To improve your health and burn more calories, it is important to build lean muscle mass. Muscle will burn 30 to 50 calories at rest, while fat burns only 5 to 7 calories. You can build lean muscle mass with your diet, by eating healthy protein with the right blend of carbs, and with the Lean shakes. Exercise is also good at helping build lean muscle mass.

The National Academy of Sciences recommends 30 to 60 minutes of exercise each day. Walking is a great calorie burner. So, get moving!

Exercise boosts metabolism as well as mood. Jogging in place on a treadmill at the gym is not the only way to achieve results. Many different activities offer calorie burning potential. Check out the following list of 30-minute activities that will have you feeling better inside and out.\*

30-MIN ACTIVITIES	CALORIES BURNED	
	155 lb PERSON	185 lb PERSON
Weight Lifting: general	112	133
Bowling	112	133
Gymnastics: general	149	178
Walking: 3.5 mph (17 min/mi)	149	178
Aerobics: low impact	205	244
Stair Step Machine: general	223	266
Weight Lifting: vigorous	223	266
Bicycling, Stationary: moderate	260	311
Rowing, Stationary: moderate	260	311
Tennis: general	260	311
Basketball: playing a game	298	355
Bicycling: 12 – 13.9 mph	298	355
Running: 15 mph (12 min/mile)	298	355

\*<https://www.caloriesecrets.net/wp-content/uploads/2018/08/calories-burn-per-activity.png>

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# Healthy Snacks

The basic 1,200 calorie-a-day system consists of two shakes per day at breakfast and lunch. That leaves 600 calories to be used for snacks and a sensible dinner. Snacks are usually eaten at around 10 a.m. and 2 p.m. after breakfast and lunch.

- 1 Medium-Large Apple: **90-100 Calories**
- 1 Carrot and 13 Shelled Virginia Peanuts: **100 Calories**
- 2 Cups Strawberries (2 Cups = 16 Large Strawberries): **100 Calories**
  - 8 Walnut Halves: **100 Calories**
  - 2 Tbsp. Dark Chocolate Chips: **100 Calories**
    - 1¼ Cup Blueberries: **100 Calories**
    - 12 Almonds: **100 Calories**
  - 1 Raw Bell Pepper with 3 Tbsp. Hummus: **100 Calories**
  - 1 Medium Cucumber and 3 Tbsp. Hummus: **100 Calories**
  - 1 Celery Stalk with 1 Tbsp. Peanut Butter: **100 Calories**
    - 1 Celery Stalk with 2½ Tbsp. Hummus: **80 Calories**
    - 1 Apple with 1 Tbsp. Peanut Butter: **210 Calories**
  - 4 Celery Sticks with 2 Tbsp. Peanut Butter: **192 Calories**
- ¾ Cup Raw Carrots with 1 Tbsp. Ranch Dressing: **100 Calories**
  - 1 Apple and 15 Raw Almonds: **220 Calories**
  - 12 Pita Chips with 3 Tbsp. Hummus: **210 Calories**
    - 10 Raw Almonds with 1 Pear: **150 Calories**
  - 1 Blue Diamond 100 Calorie Almond Pack: **100 Calories**
- 1 Peanut Butter and Dark Chocolate KIND Bar Mini: **100 Calories**
  - 25 Shelled Pistachios (⅔ oz.): **100 Calories**
    - 1 Bag Rhythm Beet Chips: **100 Calories**
  - 2 Cups of Air Popped Popcorn: **100 Calories**
    - 1 Cup of Applesauce: **100 Calories**



# 7-Day MEAL PLAN RECIPES

All recipes contained  
in this meal plan are strict  
vegan with no milk or  
animal proteins.







## Protein Plus Pasta

Servings: 1

### Ingredients

- 2 oz. of Barilla Protein Plus Penne Pasta
- ½ Cup Bertolli Organic Olive Oil, Basil & Garlic Pasta Sauce
- 2 Tbsp. Vegan Parmesan Cheese

### Directions

1. Prepare pasta according to Barilla's package directions.
2. Heat up the pasta sauce on the stove or in the microwave.
3. Drain pasta and transfer to a serving bowl.
4. Top pasta with sauce and freshly grated Parmesan cheese.
5. Add your favorite garnishes as you wish: Hot pepper flakes, sliced green onions, parsley, cilantro, a few chopped olives, chopped basil, or chopped cherry tomatoes.

**Total Calories**

**384**



## Veggie Burger

Servings: 1

### Ingredients

- 1 Beyond Meat Beyond Burger Patty
- 1 Sara Lee 80 Calories & Delightful Wheat Hamburger Bun
- 2 Tsp. Mustard
- Lettuce
- Tomato
- Onion
- Jalapeño (optional)

### Directions

1. Grill burger patty on stove or grill per package directions.
2. Place cooked patty on hamburger bun and top with mustard, lettuce, tomato, onion, and jalapeño (optional).

**Total Calories**

**350**



# Twice Baked Potatoes

Servings: 8

## Ingredients

- 4 Large Potatoes
  - 1 15 oz. Can Cannellini Beans Drained and Rinsed
  - 4 Garlic Cloves Peeled and Smashed
  - 2 Tsp. Lemon Juice
  - ¾ Cup Almond Milk, Unsweetened
  - 1 Cup Daiya Deliciously Dairy-Free Cheddar Style Shreds
  - 2 Diced Green Onions
  - ½ Tsp. Smoked Paprika
  - Sea Salt and Freshly Ground Pepper to taste
5. In a large mixing bowl, add the Daiya Deliciously Dairy-Free Cheddar Style Shreds, pureed cannellini beans, almond milk, ½ teaspoon of smoked paprika. Stir to combine.
  6. When the potatoes are finished, remove them from the oven, and lower the heat to 350°. Allow them to cool for a few minutes.
  7. Cut each potato in half lengthwise and scoop out the potato, making a shell. Set the potato shells aside on a baking sheet.
  8. Gently mash potatoes in a medium mixing bowl. Add the mashed potatoes and ½ of the green onions to the large mixing bowl with other ingredients. Stir well until everything is combined, but don't over mix. Add sea salt and freshly ground black pepper to taste.

## Directions

1. Preheat the oven to 400° F.
2. Scrub the potatoes clean. For a crispy, lightly salted skin, rub the potatoes with a small amount of water and coarse sea salt before baking.
3. Place the potatoes directly on the oven rack, and bake for 1 hour, or until tender. (Test them by poking a fork along one side where you'll cut them in half. It will insert easily if the potatoes are done.)
4. In a food processor, combine the cannellini beans, garlic and lemon juice. Process until smooth and creamy.
9. Fill the potato shells with the mixture until heaping full. Spread the potatoes out evenly on a baking sheet and bake at 350° until heated through, about 15–20 minutes.
10. Remove from the oven. Garnish with smoked paprika and the remaining diced green onion.

**Total Calories**  
(per potato)

**401**





## Veggie Dog

Servings: 1

### Ingredients

- 1 Beyond Meat Sausage Brat Original
- 1 Hotdog Bun
- 2 Tsp. Mustard
- 1 Tsp. Chopped White Onion
- ⅓ Cup Jalapeños (optional)
- 1 ½ Cup Watermelon

### Directions

1. Cook Beyond Meat Sausage Brat per package directions.
2. Place cooked brat in hotdog bun and top with mustard, onion, and jalapeños (optional).
3. Enjoy hot dog with a side of watermelon.

Total Calories

412



## Veggie Burrito

Servings: 1

### Ingredients

- ¼ Cup Quinoa
- ½ Cup Vegetable Broth
- 2 Cups Lettuce
- ½ Cup Sliced Cucumber
- ½ Cup Diced Tomatoes
- ¼ Cup Diced White Onion
- 1 oz. Pine Nuts
- ¼ Cup Hot Pepper or Banana Pepper (optional)

### Directions

1. Cook quinoa in vegetable broth per package directions.
2. Place cooked quinoa on lettuce and top with cucumber, tomatoes, white onion, nuts, and pepper (optional).

Total Calories

377



## Vegan Tacos

Servings: 1

### Ingredients

- 2 Ortega Good Grains Blue Corn Taco Shells
- 1 Cup Beyond Meat Beef Crumbles
- ½ Cup Salsa
- ¼ Cup Diced Tomatoes
- ¼ Cup Shredded Lettuce
- ⅓ Cup Diced White Onion
- ¼ Cup Diya Deliciously Dairy-Free Cheddar Style Shreds
- 1 Tbsp. La Victoria Red Taco Sauce

### Directions

1. Cook crumbles per package directions.
2. Place cooked crumbles on shells and top with salsa, tomatoes, lettuce, onion, cheddar shreds, and taco sauce.
3. Add your favorite garnishes as you wish: Hot pepper flakes, sliced green onions, parsley, cilantro, a few chopped olives, chopped basil, or chopped cherry tomatoes.

**Total Calories**

**414**



## Simple Quinoa Salad

Servings: 1

### Ingredients

- ¼ Cup Quinoa
- ½ Cup Vegetable Broth
- 2 Cups Lettuce
- ½ Cup Sliced Cucumber
- ½ Cup Diced Tomatoes
- ¼ Cup Diced White Onion
- 1 oz. Pine Nuts
- ¼ Cup Hot Pepper or Banana Pepper (optional)

### Directions

1. Cook quinoa in vegetable broth per package directions.
2. Place cooked quinoa on lettuce and top with cucumber, tomatoes, white onion, nuts, and pepper (optional).

**Total Calories**

**441**





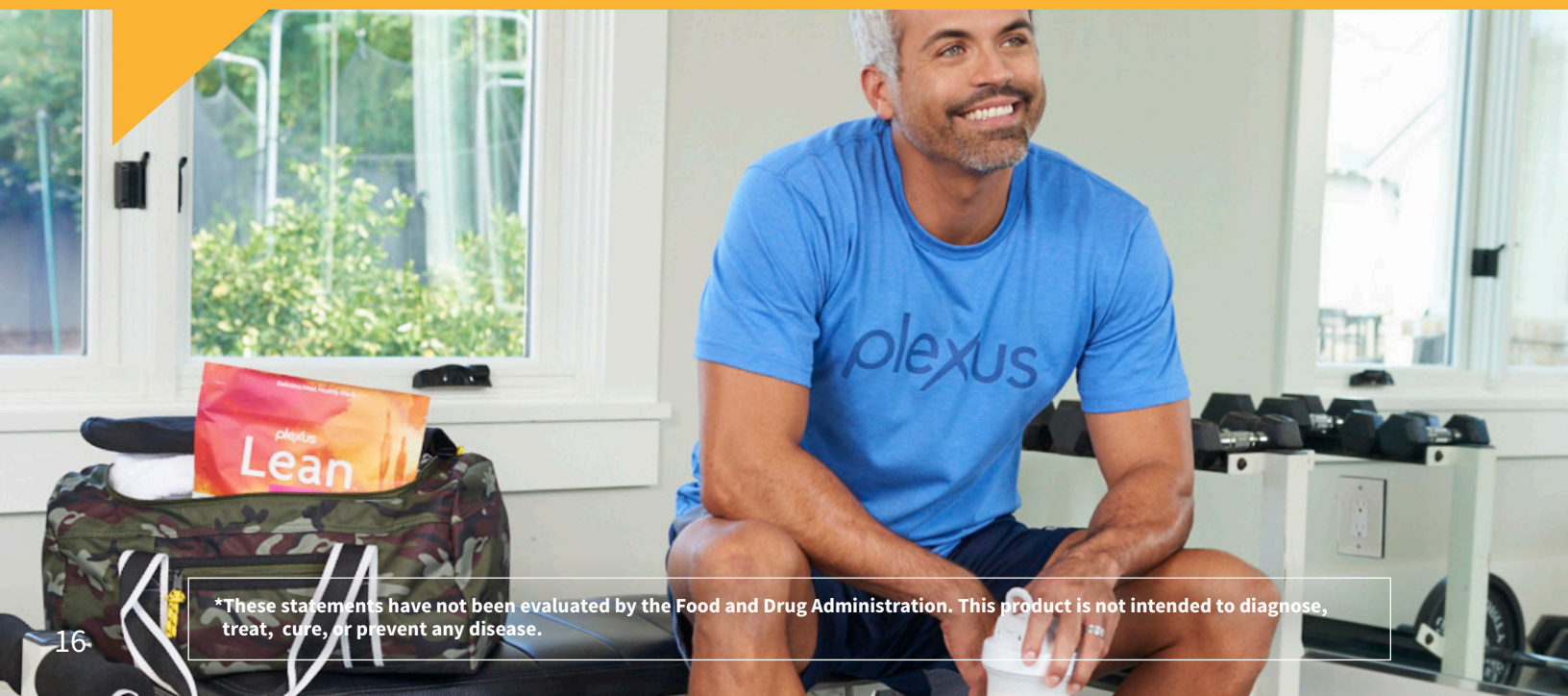
# Plexus Lean™ Vegan with Variety

There are many ways to incorporate Lean Vegan into your meals and snacks. Below are a few ideas of how to incorporate Lean Vegan into your everyday foods. Lean Vegan is a great way to get added protein, vitamins and minerals, and plant-based Omega 3 fatty acids!

## How to Mix It Up:

1. Make a smoothie (recipes on the following pages) or create your own favorite blend.
2. Lean Vegan is meant to mix with water for a meal.
  - ▶ You can also mix Lean Vegan with low-calorie plant-based milk such as almond milk, coconut milk, or cashew milk, but please count the additional calories.
3. Add to pudding mix or make your own frozen 'ice cream' for a cool treat.
4. Make a protein muffin (see our recipe on page 30).
5. Sprinkle on popcorn for a kettle corn-like treat.
6. Mix with your morning coffee for a protein start to your day.
7. Mix with Slim Hunger Control for extra hunger fighting power and flavor.\*

Having a low-calorie smoothie or shake is a great option for **wholesome nutrition on-the-go!**



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# Lean Vegan SMOOTHIE & SHAKE RECIPES

Delicious smoothie  
and shake recipes you  
are going to love!





## Apple Pie

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 8–10 oz. Water or Nut Milk of Your Choice
- 1 Small Apple — Seeded, or ¼ Cup Applesauce, No Sugar Added
- ½ Tsp. Cinnamon
- 4–6 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

Total Calories

300



## Banana Cream Pie

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 8 oz. Water or Nut Milk of Your Choice
- 1 Medium Banana
- 1/4 Tsp. Vanilla Extract
- 4–6 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

Total Calories

290





## Almond Joy

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 8 oz. Nut Milk of Your Choice
- ½ Tsp. Coconut Extract
- 3–5 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

**Total Calories**

**300**



## Lemon Meringue Pie

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 8 oz. Nut Milk of Your Choice
- 1 Tbsp. Frozen Lemonade Concentrate
- 3–5 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

Total Calories

245



## Cran-Blueberry

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- ½ Cup Nut Milk of Your Choice
- ½ Cup Ocean Spray Light Cranberry Juice Drink
- 1 Cup Frozen Blueberries
- 4–6 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

Total Calories

305



## Very Cherry

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 8–10 oz. Nut Milk of Your Choice
- 1 Cup Frozen Cherries
- 4–5 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

Total Calories

281



## Orange Dream

Servings: 1

### Ingredients

- 2 Servings of Lean Vegan Natural Vanilla
- 6 oz. of Orange Juice
- 4–6 Ice Cubes

### Directions

1. Blend all ingredients in blender until well mixed.

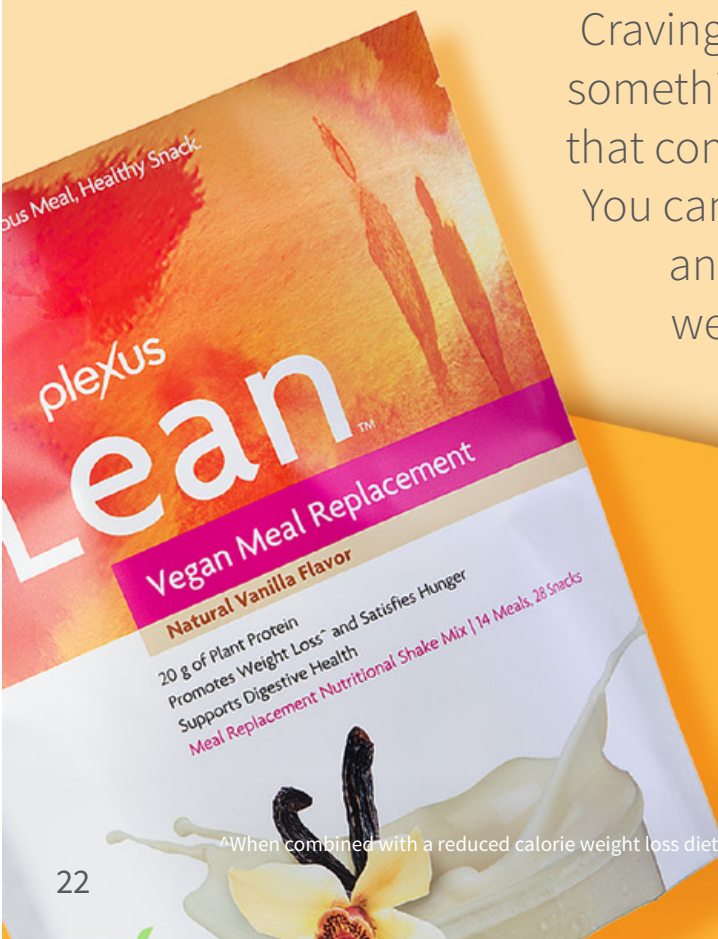
Total Calories

310



# Lean Vegan GUILT-FREE SWEET TREAT RECIPES

Craving a delicious snack or something sweet? Skip treats that come with a sugar crash. You can enjoy these recipes and still meet your weight loss goals!^



^When combined with a reduced calorie weight loss diet plan.







# Blueberry Protein Muffins

Servings: 12

## Ingredients

- 1 Cup Almond Milk, Unsweetened Vanilla
- 1 Tsp. Apple Cider Vinegar
- 1 Cup Almond Flour
- ½ Cup Lean Vegan Natural Vanilla
- 2 Tsp. Baking Powder
- ½ Tsp. Baking Soda
- ¼ Tsp. Salt
- 1 Tsp. Cinnamon
- 1 Tsp. Vanilla Extract
- ⅓ Cup Canola Oil
- ¼ Cup Sugar or Sugar Substitute
- 1 ½ Cups Partially Frozen Blueberries

## Directions

1. Preheat the oven to 375° F.
2. Combine the almond milk and vinegar and set aside.
3. Combine the dry ingredients in a large mixing bowl. Create a well in the middle of the bowl. Add the wet ingredients into the well and stir until combined.
4. Fold the berries into the mixture.
5. Spray a 12-count muffin tin liberally with non-stick cooking spray or use paper liners.
6. Using a tablespoon or a cookie scoop, fill each well of the muffin tin ⅔ full.
7. Bake 22–25 minutes, until a toothpick inserted in the middle comes out clean.
8. Allow to cool before serving, refrigerate in a covered container for up to one week.

Protein: 3.5 g • Fiber 2.5 g  
Total Carbohydrates: 5.7 g

**Total Calories**  
(per muffin)

**175**





## Vanilla Soufflé

Servings: 1

### Ingredients

- 1 Serving Lean Vegan Natural Vanilla
- 2 Tbsp. Ener-G-Egg Replacer
- 1-2 Tbsp. Water

### Directions

1. Mix all ingredients in a microwavable cup until smooth. Add more water if needed to make into a cake batter consistency.
2. Microwave for 1 minute and let cool for 1 minute before serving.

**Total Calories**

**245**





# LEAN: IT'S MORE THAN A SHAKE, IT'S A MOVEMENT

## Did You Know?

Millions of Americans face hunger. That's why we launched our Nourish One® Initiative and are proud to be a Mission Partner with Feeding America® – the nation's largest domestic hunger-relief organization. Through Nourish One, each bag of Plexus Lean™ you purchase helps to provide meals to children and families in need. A serving of Lean for you, means a meal\* for them. It really is that simple. Join the movement, and spread health, happiness, and hope.

**1 bag =  
14 meals**

\*Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Feeding America®, providing at least 1.5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America® on behalf of local member food banks.

