

High-protein
Recipes for Every
Meal

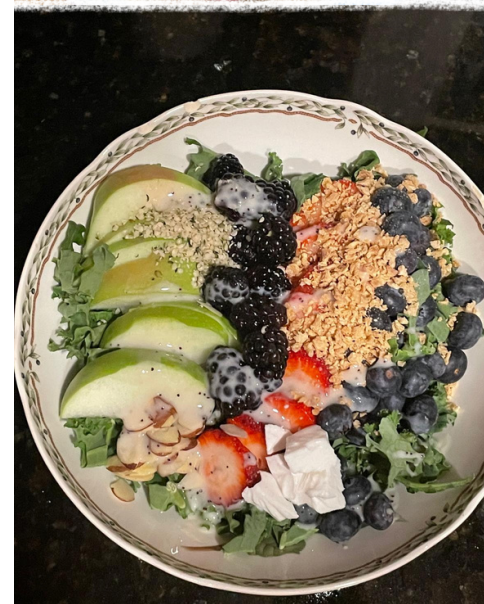
Meatless Muscle



by Brooke Sellers!

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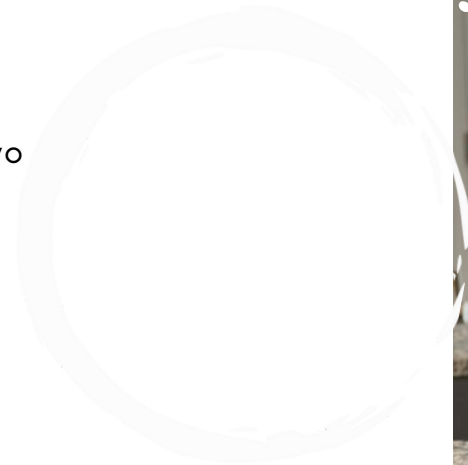
ABOUT ME

I'm Brooke Sellers, founder of Meatless Muscle. This cookbook is close to my heart because it combines two of my biggest passions: fitness and food!

I grew up in Atlanta, GA, surrounded by my mom and grandmother's Southern cooking. While it was comforting and delicious, it wasn't the best for our health. Like many families, we faced a history of diabetes, heart disease, and high blood pressure, stemming from unhealthy eating habits.

When I was in college, all of the unhealthy food I grew up on started to catch up to me. I was on three asthma medications, and I could hardly walk around my college campus without getting winded. I wasn't taking care of myself, and I felt so uncomfortable and unhealthy in my own body.

I knew it was time for change. On my birthday I decided to sign up at the closest gym and start making better food choices. I started losing weight, feeling more confident and energized, and I made huge gains in strength and endurance.



A year later in 2018, I went vegan after watching What the Health on Netflix and I never looked back. It was very clear to me that my ethics aligned with being vegan and following a lifestyle that sought to reduce animal suffering, better the planet, and heal our bodies.

I remember looking at my dog and imagining how he would feel in these terrible conditions. After all, dogs are not much different than cows, pigs, and other animals that are treated so inhumanely. It did not seem right to justify taking another's life no matter how small when I could be strong, healthy, and vibrant without any animal suffering at all. The decision was simple and easy for me, and I have never found it difficult to be vegan after making this emotional connection.



TURNING PASSION INTO PURPOSE

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After achieving incredible results, those around me started to take notice and ask me for help on their journey. I decided to pursue my passion of health and fitness to help others achieve the success and happiness that I found through working out combined with a plant based diet.

I worked as an in person trainer at a local gym for about a year after college and went through a 3 month practicum that taught me how to work with people from all different walks of life, limitations, and injuries. As much as I loved my job, I decided to fall back on my degree and pursue a career in finance. I had more stability and income, but I found I was lacking passion and I was not able to use the best of my skills and abilities. Around this time, the pandemic hit and that's when I decided to start my online vegan coaching business Meatless Muscle.

What started as a side hustle while I was working at a bank, became my full time gig allowing me to help over 600 vegans achieve their health and fitness goals. I started competitive bodybuilding in 2022 as a fun challenge, and I fell in love with the process and the sport. I really enjoyed pushing myself past my mental and physical limits, and I feel like I learn something new about myself with every prep. I placed first in two classes at my first show, and I hope to continue competing and climbing the ranks to show others what can be accomplished as a vegan with hard work and dedication.

I do have a strong amount of discipline, but a big part of my success was learning how to actually make healthy, macro friendly meals enjoyable, and that's why I developed this cookbook for all of you! You can still get in amazing shape while eating yummy and delicious foods!



Soy Free Tofu Scramble

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Ingredients

- Big Mountain Foods soy free tofu
- ½ cup Mushrooms
- 1 tbsp diced jalapeños
- Handful of Spinach
- Dash of Almond milk
- 2-3 tbsp Nutritional yeast
- Sprinkle of Turmeric
- Sprinkle of Adobo seasoning
- Sprinkle of Oregano
- Iodized salt

Preparation

- 1.) Start by heating a skillet over medium heat. Spray pan lightly with olive oil.
- 2.) Toss in your mushrooms and jalapeños and sauté for about 5 minutes.
- 3.) Next add your soy free tofu by crumbling with your hands. Sauté for 3-4 minutes.
- 4.) Add all other ingredients and sauté another 3-4 minutes.
- 5.) Serve and enjoy!

Macros for entire recipe: 331 calories 4C/0F/71P



Makes 2 servings

Macros for one serving: Calories 405, 23P/12F/49C

Ingredients

- 1 scoop Vedge Nutrition vanilla protein (code MSMEATLESS)
- 1 tbsp baking powder
- 1 cup all purpose flour or oat flour
- 1 cup water

Preparation

- 1.) Start by mixing all ingredients in a bowl until it is even throughout.
- 2.) Heat a skillet over medium heat.
- 3.) Drop your batter into the pan creating a pancake shape. Let cook for 1-2 minutes and flip with a spatula.
- 4.) Repeat for all pancakes until batter is gone.
- 5.) Top with pride foods almond butter and sugar free maple syrup. Enjoy!

Protein Pancakes

Ingredients

- For nuggets- 56g Say Grace Protein nuggets (code msmeatless)
- 2-3 tbsp your favorite buffalo sauce
- 1/4 tsp paprika
- Salt to taste
- For homemade ranch-
 - 1 349g block of silken tofu
 - 1 tablespoon any plant milk
 - 1 tsp onion powder
 - 1 tsp garlic powder
 - 1 tsp dried dill
 - 1 tsp dried parsley
 - 1 1/2 tsp apple cider vinegar
 - 1/2 tsp black pepper
 - Salt to taste

Macros for 56g Say Grace and about 1/8 serving of the ranch: 188 cals 40P/2F/11C

Directions

- 1.) Start by soaking your nuggets in water for 10-15 minutes.
- 2.) Heat a skillet over medium heat and add nuggets with a small amount of water.
- 3.) Cook until firm and golden brown, and then lower heat.
- 4.) Toss your nuggets in your paprika and hot sauce.
- 5.) For your ranch, blend all ingredients together in a high speed blender. You can add more or less plant milk based on the consistency you want.



**BUFFALO PROTEIN
NUGGETS**

Ingredients

- 1 can fire roasted tomatoes
- 1 can black beans
- 1 can cut corn
- 1 box vegetable broth
- ⅓ cup chopped white onion
- 2 ½ cups Plant basics
<https://amzn.to/3NEMdgt>
- 1 packet taco seasoning
- ¼ teaspoon smoked paprika
- 1 tablespoons chickpea flour (for thickness)
- Salt to taste
- Cayenne pepper powder to taste
- 2 stalks celery chopped

Directions

- 1.) Combine all ingredients in an instant pot and set to stew for 45 minutes.
 - 2.) Allow steam to dissipate and add salt and pepper to taste.
- Optional: top with avocado or cilantro



**SPICY SOUTHWEST
SOUP**

Makes 7 servings | 169 calories 26C/1F/20P

Ingredients

- 2 cups shelled edamame - steamed
- ¼ cup frozen corn -steamed
- 1 tsp. sesame seeds
- ¼ red onion thinly sliced
- 10 cherry tomatoes cut in half
- ¼ cup balsamic vinegar
- 1 tsp olive oil
- Salt and pepper

Directions

Cook edamame and corn according to package. Then rinse to cool it to room temperature.

Add balsamic vinegar and olive oil to a large bowl and whisk together. Add edamame, corn, Sesame seeds and onion. Season with salt and pepper to taste and toss well.

Top with avocado, cashews, peanuts, almonds or even air fried tofu!

Keeps in the refrigerator for 3 days.

EDAMAME Salad



**Macros for 1/2 a cup: 180 calories
10P/21C/6F**

ULTIMATE CHOCOLATE ICE CREAM



Macros: 210 calories, 25P/6F/14C

Instructions

- 1.) Blend all ingredients and freeze 12-24 hours.
- 2.) Remove from freezer, add 1 tablespoon of almond milk, and spin on "Lite Ice Cream"
- 3.) After it's spun, scrape the sides to get all of the ice cream off the container.
- 4.) Re-spin 1-2 more times until you get a creamy ice cream consistency.
- 5.) Top with cocoa nibs!

Ingredients

- 40g [@vedgenutrition](#) chocolate peanut butter protein (code msmeatless)
- 1 cup unsweetened almond milk
- 9g sugar free chocolate pudding mix
- 2 tablespoons stevia
- Sprinkle of [@prozis](#) cocoa nibs (code msmeatless)

TVP PUMPKIN COOKIES



Ingredients

- 1 cup TVP
- 1 cup pumpkin puree
- 1/2 tbsp vanilla extract
- 1/4 cup all purpose flour
- 1/4 tsp cinnamon
- 15g tahini
- 5 tbsp Swerve brown sugar
- 1/2 tsp baking powder

Directions

1. Pre-heat oven to 350 F
2. Mix all the ingredients together until consistent throughout
3. Roll into 6 cookie balls, flatten them out and lay them on a parchment-paper-lined cookie sheet
4. Bake for 10-12 minutes

Makes 6 servings | 106 calories 9P/13C/1F

Meal prep

TIPS

Meal preparation really helps my clients save time, reduce stress, and improve the quality of their meals. Here are some helpful tips to I use to make meal prep easier and more effective:



Batch Cooking



Make large portions of meals that can be divided into multiple servings. Cook everything at one time.

Use Storage Containers



Invest in high-quality, reusable containers. Opt for glass or BPA-free plastic for portioning meals.

Pre-Cut and Wash Veggies



Pre-cut fruits and vegetables and store them in the fridge to save prep time throughout the week. Store them in airtight containers with a paper towel to absorb moisture and extend freshness.

Freeze Meals



Make meals ahead and freeze them in portion-sized containers. Freezer-friendly meals include tofu, smoothie packs, veggies, chili, stews, etc. Use freezer bags to store cooked grains, proteins, or soups, laying them flat for easy stacking.

Invest in time saving appliances



Some of my favorites:

[Instant Pot Duo 7-in-1](#)

[Vitamix Propel 510](#)

[Ninja CREAMi Deluxe 11-in-1](#)

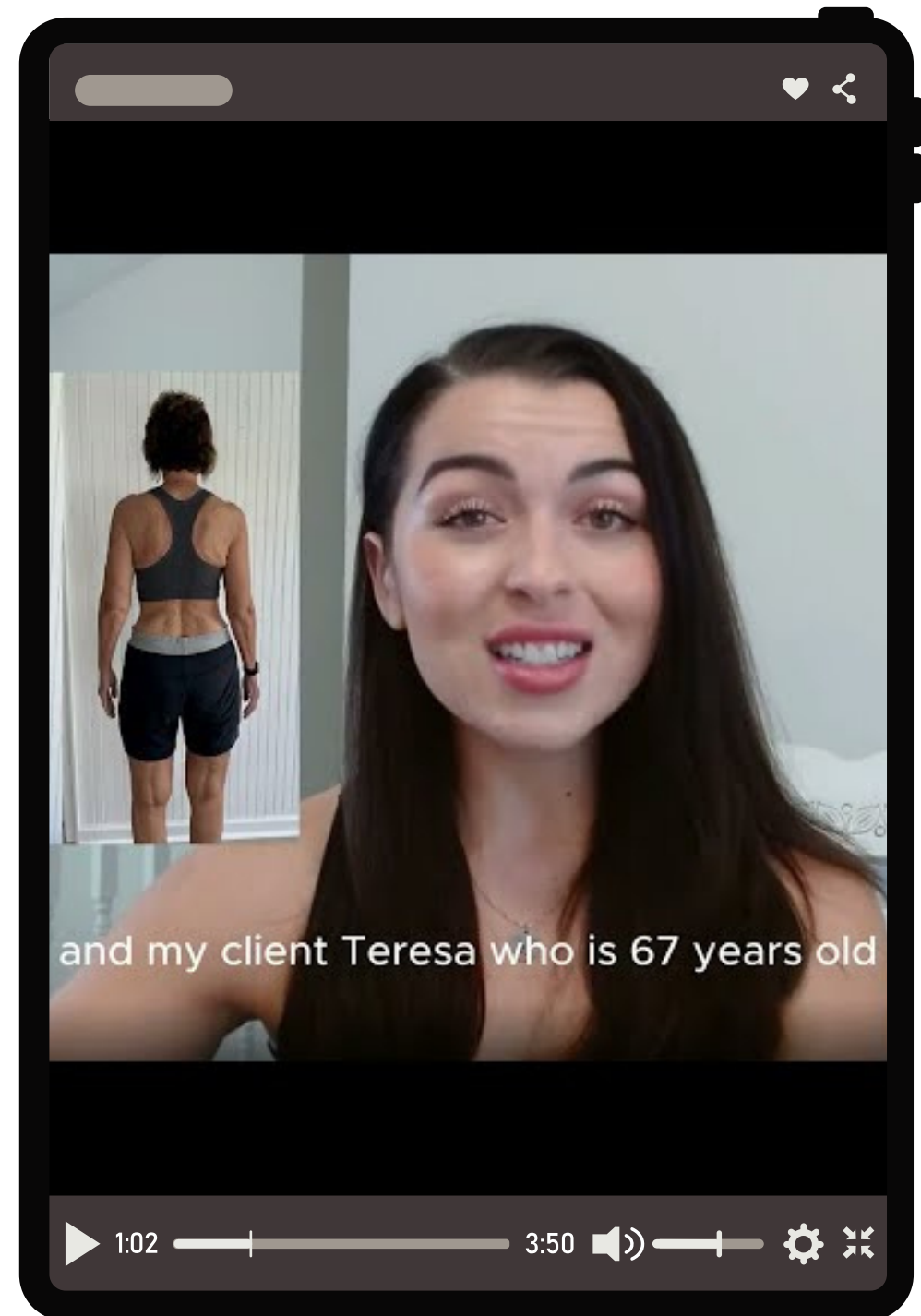
[BELLA Two Tier Food Steamer](#)

MY JOURNEY

BUILDING MUSCLE AND SHREDDING FAT THE VEGAN WAY: MY JOURNEY AND HOW I HELP OTHERS ACHIEVE THEIR GOALS

Let me share a little bit about my journey and how I've helped others achieve incredible transformations on a 100% vegan diet. If you've been searching for a way to build muscle, lose fat, and feel your best—all while staying true to your vegan lifestyle—you've come to the right place.

When I started my vegan bodybuilding journey, there were so many misconceptions floating around. People would tell me, "You can't build muscle without meat" or "You'll never compete in bodybuilding on a vegan diet." But guess what? I've been a strength-training vegan for over seven years, and not only have I built muscle, but I've also competed—all without a single animal product.



and my client Teresa who is 67 years old

THE MEATLESS MUSCLE PROGRAM: A THREE-PILLARED APPROACH

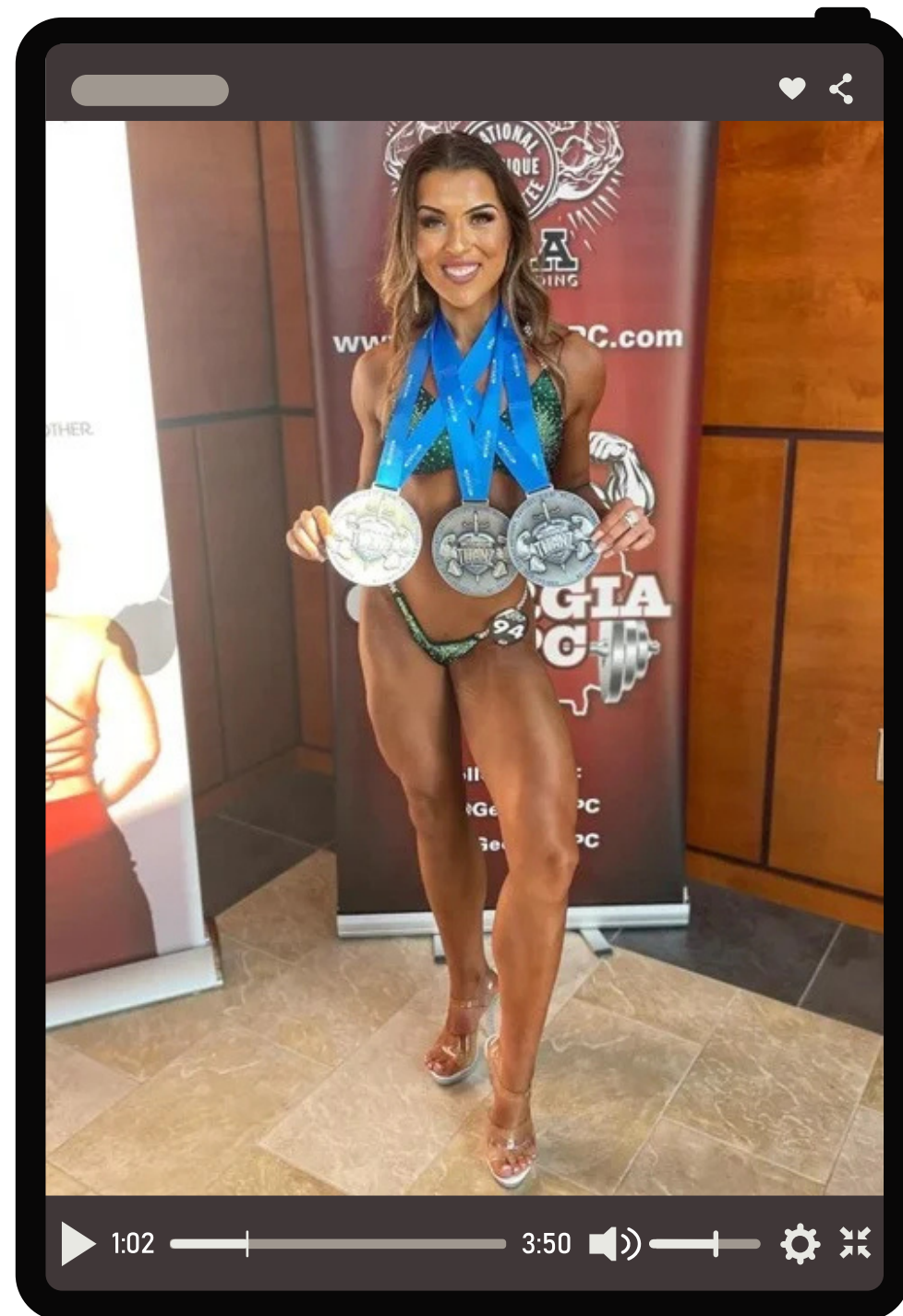
My journey taught me that building a strong, healthy body doesn't have to involve restrictive diets, hours of cardio, or counting macros. That's why I developed the Meatless Muscle Program, built around three key pillars:

Fitness: This includes strength training tailored to your goals. Whether you're working out from home or hitting the gym, I create programs that fit your lifestyle.

Nutrition: I help optimize your vegan diet to fuel your body for muscle growth and fat loss without compromising on taste or satisfaction.

Accountability: This is the secret sauce. I'm here to guide you every step of the way, ensuring you stay consistent and motivated.

These three elements work together to create sustainable results, and I've seen it transform lives.

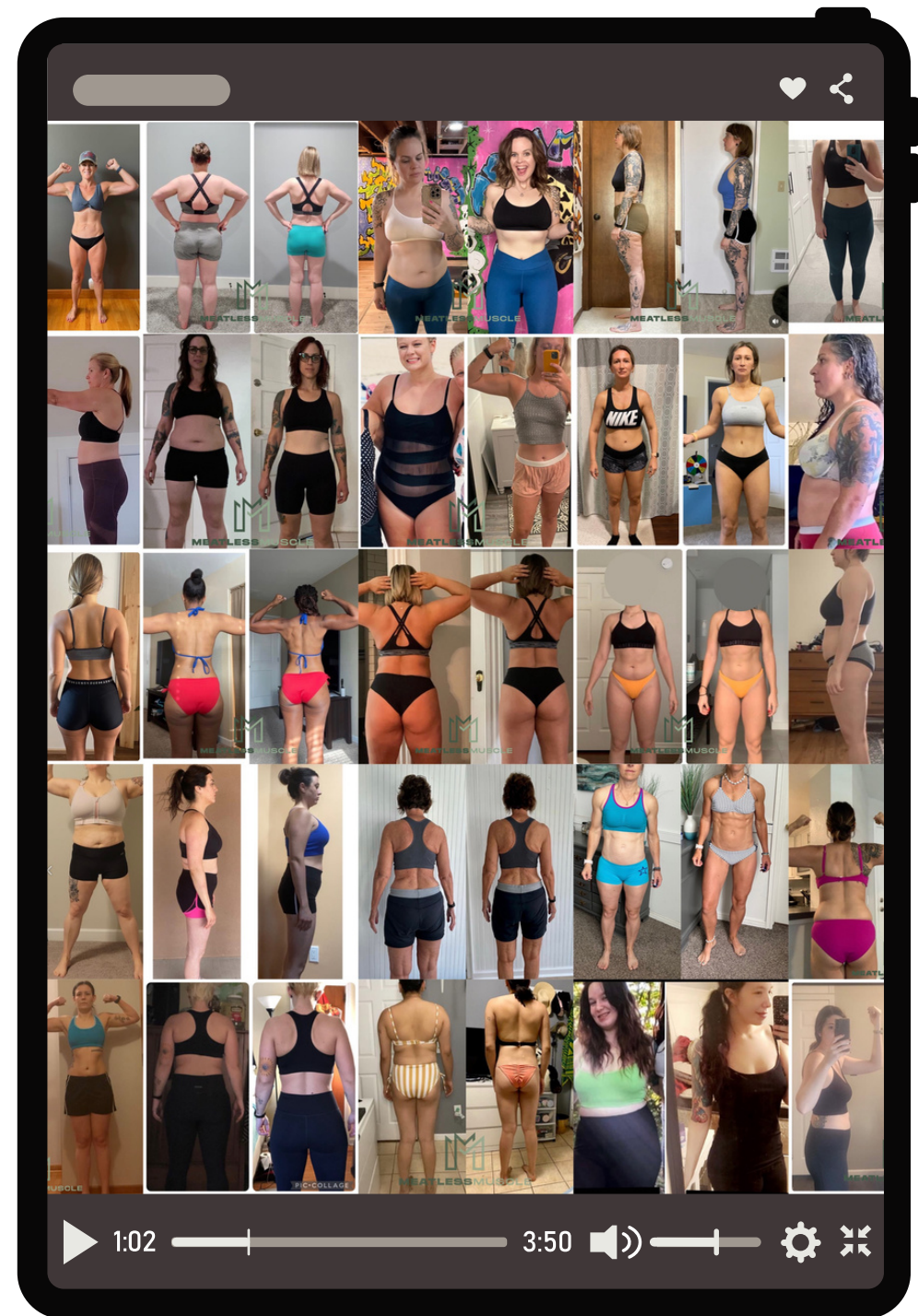


REAL TRANSFORMATIONS WITHOUT THE GUESSWORK

Take my client Tara, for example. With just home workouts, she lost over 30 pounds and completely reshaped her body. And then there's Teresa, who's 67 years old and lost 20 pounds while gaining confidence—all from the comfort of her home. These stories prove that it's never too late to start and that you don't need meat or hours of cardio to achieve your fitness goals.

VEGAN BODYBUILDING IS 100% POSSIBLE

Through my program, I aim to show the world that veganism and bodybuilding are not mutually exclusive. With the right strategy, you can build strength, gain muscle, and feel amazing—all while living compassionately. If I can compete at a national level and help countless clients achieve their goals, I know you can do it too.



LET'S CONNECT

If my story resonates with you, I'd love to hear yours. My program is about finding the right fit, and I make sure to connect with everyone personally. So, if you're ready to transform your body and mindset, let's schedule a consultation. Together, we'll craft a plan that's tailored to your goals, lifestyle, and values.

VEGAN MUSCLE-BUILDING IS MORE
THAN POSSIBLE—IT'S POWERFUL.
LET'S PROVE IT TOGETHER!

[Get Started Today and apply to work with me!](#)

