

VEGAN PRANA POWER MEALS



MINDFUL EATING
FOR MUSCLE GAIN THROUGH
THE 5 PRANA VAYUS

CONTENTS

PRANA

SAMANA

VYANA

UDANA

APANA

NAMASTE

GOING VEGAN

Yama, the first of the 8 limbs of yoga, asks for nonviolence; ahimsā, to not cause pain. I've seen the suffering caused by the consumption of animal products and refuse to be a part of it. It is my hope that, through your own journey, you will see this truth and follow the same path.

WHO THIS BOOK IS FOR

Do you enjoy being thoughtful about what you eat? Are you passionate and proud of the way you move your body? Do you notice how your mind is affected by what you consume? Then this book is for you.

USING THIS BOOK

In addition to the usual kitchen tools & appliances, many recipes in this book use a pressure cooker and high-speed blender. In particular, I'll give instructions for using an instant pot and vitamix, as I do at home.

BEING A VEGAN ATHLETE

The vegan athlete seeking muscle gain is engaged in a constant battle to consume sufficient protein for effectively rebuilding damaged tissues, while avoiding (a) bloating effects and (b) blood sugar spikes from protein-rich foods like legumes, in addition to (c) fat consumption from protein-rich foods like seeds and nuts.

Balancing this is largely going to be largely a matter of personal preference. Those with a propensity for bloating might need to eat less legumes, those trying to maintain a low BMI might need to eat less seeds and nuts.

For me, getting sufficient protein for muscle gain while feeling my best is often made possible by occasionally consuming protein powder, which - in addition to being delicious and satiating - is very cost effective when consumed in moderation. I eat exclusively unsweetened vegan protein powder from high-quality sources.



Enso, Wikimedia Commons

PRANA

Prana is the fundamental vayu from which all five arise. It describes the intake of energy and nutrients, and is situated in the upper body. In this section we focus on airy foods which benefit the organs that are most central the prana vayu - the head, lungs and heart.

COCOA ‘GOTO’ BREAKFAST LENTILS

SERVINGS: 1 | TIME: 5 MINS

INGREDIENTS

½ cup beluga lentils
½ cup quinoa
¼ cup blueberries OR baked sweet potato
1 Tbsp cocoa powder
¼ cup soy milk
2 Tbsp nut butter (optional)

MACROS

including optional
450 calories
20g protein
50g carbs
20g fats

INSTRUCTIONS

Cook lentils, quinoa and sweet potato (if using this sweetener) ahead of time. Lentils take 10 minutes and 1.5 parts water in an instant pot. Quinoa takes 10 minutes and 2 parts water in an instant pot. Sweet potatoes take about an hour at 350F in an oven. Store any of these in the fridge for up to a week in a good, air-tight container.

Add your cooked lentils to a bowl with cocoa, frozen blueberries or cooked sweet potato and soy milk. Mix, then add quinoa to one side of the bowl and microwave for a minute or two.

Add a couple scoops of nut butter. This is optional (but not really). My most indulgent is peanut butter but others are healthier, and I like to mix it up. You can also add “protein sludge” (made with unflavored protein powder) instead of the nut butter.

This breakfast is king. It will leave you satisfied for hours and full of energy. I always want 2nds (and sometimes get them) but usually manage to abstain for sake of avoiding carb crash and bloating.

Beluga lentils have a less earthy taste than green lentils, making them well suited to lightly flavored meals. They contain anthocyanins, an antioxidant that helps protect against cancer and heart disease.



COCOA ‘GOTO’ BANANA ICE CREAM

SERVINGS: 1 | TIME: 5 MINS

INGREDIENTS

2 frozen bananas
1 Tbsp cocoa powder
 $\frac{1}{4}$ cup plant milk
Nuts / nut butter / “protein sludge”
(optional toppings)

MACROS

not including optional
240 calories
4g protein
50g carbs
3g fats

INSTRUCTIONS

Freeze bananas as desired ripeness. I like them soft but still partially green. Be sure to remove from peel before freezing.

Chop frozen bananas into roughly inch sized pieces and add to blender with plant milk and cocoa (or cacao) powder.

Blend on low setting. If bananas stick to side of blender, stop and scrape down the sides. You may need to do this multiple times. Adding more plant milk will allow the bananas to blend easier but the result will be less like ice cream. Ice cubes can be added to help achieve this consistency if needed.

When done blending, add to a bowl along with toppings as desired. Nut butter or “protein sludge” (as photographed) are good choices. Devour and contemplate the redundancy of conventional ice cream.

This is my go-to late night snack because it's easy to digest and has a bunch of magnesium, which promotes sleepiness. You can experiment with dutch processed (or black) cocoa powders which are alkalized and therefore less acidic.



SAMANA

The samana vayu describes the digestion, absorption and assimilation of energy and nutrients which have been taken into the body. It's situated around the navel, stomach and intestines. In this section we focus on foods which spark digestive fire and whose nutrients are readily absorbed.

'CREAMY AF' RED LENTIL CURRY

SERVINGS: 4 | TIME: 60 MINS

INGREDIENTS

1.5 cups raw lentils	1 Tbsp curry powder
1.5 cups rice, uncooked	2 tsp ground turmeric
4 cups brussels sprouts	2 tsp cumin seeds
2 cups vegetable broth	1tsp chili powder
1 can crushed tomatoes	1 tsp ground coriander
1 can coconut cream	2 tsp garam masala
1/4 cup tahini	
6 cloves garlic	
2 Tbsp fresh minced ginger	
1 Tbsp oil (optional)	
2 spicy peppers (optional)	
Fresh cilantro & lime	

MACROS

per serving

930 calories
33g protein
100g carbs
36g fats

INSTRUCTIONS

Wash lentils and remove any rocks or debris. Add oil (or water) to instant pot on saute mode with minced garlic and ginger. Cook for a few minutes then add spices, and cook for another minute - adding water if needed. Add the lentils and wet ingredients and cook on high pressure for 20 minutes + 10 minutes pressure release. Stir in garam masala last if set aside. The longer it cooks the more flavors will come out.

Cook rice. Steam or boil brussel sprouts for a few minutes, just until tender. Serve with fresh cilantro and lime and salt as needed and enjoy this rich, warming meal.

VYANA

The vyana vayu describes the distribution and circulation of energy and nutrients. It's situated in the heart and lungs, the two organs that are responsible for the flow of oxygenated blood throughout the entire body. In this section we focus on watery foods which promote healthy circulation.

'NEON GREENS' SMOOTHIE BOWL

SERVINGS: 1 | TIME: 5 MINS

INGREDIENTS

1/4 bunch of kale
large handful of spinach
1/4 cup plant milk
1 1/2 frozen bananas
1/3 cup frozen blueberries
1 cup ice cubes
1 tsp spirulina powder
1 scoop vanilla protein powder
3 Tbsp hemp hearts (optional)
1 Tbsp chia seeds (optional)

1/4 cup walnuts topping (optional)

1 Tbsp nut butter topping (optional)

MACROS

including optional

860 calories
45g protein
80g carbs
40g fats

INSTRUCTIONS

If topping with walnuts, soak in a small bowl now so they are ready (5-15 mins is good).

Wash kale and spinach and add to blender with chopped frozen banana and other ingredients. It's okay to include kale stems if you want (I snap off the lower parts and discard them but keep the rest).

Blend, starting on low setting and increasing speed until everything is completely integrated. You will need to use the mixing tool - probably right from the start - to keep everything mixing around the blender. Adding more plant milk will allow everything to blend easier but the result will be more like a smoothie and less like a smoothie bowl. More ice cubes can be added to help achieve a thicker consistency if needed.

Pour into a bowl with the help of a spoon then add additional toppings and devour. I love this meal with peanut butter, it's literally devine - or at least definitive of whatever that means to me. If you are feeling a sugar crash after this (from the bananas and blueberries) then try using less next time or splitting the portion in half. Leftovers only keep for about a day in the fridge.



'BROWN BEAST' CHOCO BEAN SMOOTHIE

SERVINGS: 1 | TIME: 5 MINS

INGREDIENTS

1/4 bunch of kale
large handful of spinach
1/2 cup kidney beans
1/2 cup plant milk
1 frozen banana
1/4 cup frozen blueberries
1 cup ice
2 Tbsp cocoa powder
3 Tbsp hemp hearts (optional)
1 Tbsp chia seeds (optional)

MACROS

including optional
610 calories
30g protein
80g carbs
25g fats

INSTRUCTIONS

Wash kale and spinach and add to blender with chopped frozen banana, beans and other ingredients. It's okay to include kale stems if you want (I snap off the lower parts and discard them but keep the rest).

Blend, starting on low setting and increasing speed until everything is completely integrated. You may need to use the mixing tool to get things moving in the blender.

Pour into a cup and consume. Best enjoyed very cold, with the assistance of a nice metal straw.

UDANA

The udana vayu describes the higher level functions made possible from the distribution of energy and nutrients in the body, and is situated in the diaphragm and throat. It calls us to sing, dance, dream and feel a lust for life. In this section we focus on foods that leave us feeling light and ethereal.

'MACA HEAVEN' PAPAYA BOWL

SERVINGS: 1 | TIME: 10 MINS

INGREDIENTS

½ papaya
6 brazil nuts
¼ cup walnuts
½ cup plant milk
2 tsp maca powder

MACROS

550 calories
14g protein
35g carbs
39g fats

INSTRUCTIONS

Chop brazil nuts and soak in water with walnuts for at least 10 minutes.

Chop papaya and store half in fridge. Add half to bowl. Mix maca powder with plant milk and pour over papaya. Add nuts and consume. Embrace the bright flavors and love the lightness.



'MANGOES NUTS' CHIA PUDDING

SERVINGS: 3 | TIME: 5 MINS

INGREDIENTS

1 mango
1/4 cup chia seeds
1.5 cups soy milk
1/3 cup brazil nuts, chopped
1/3 cup walnuts, chopped
1 tsp vanilla extract

MACROS

330 calories
10g protein
22g carbs
22g fats

INSTRUCTIONS

Cut mango down middle, around the pit, then score like graph paper and scoop out (If you've never done this it's with looking up how online).

Add everything except the mango to a container and mix. I use a mason jar and shake it. Then add in mango chunks.

Store in fridge. Be sure to check on it after half an hour and stir it up, in order for all the chia seeds to absorb plant milk. Do this again after another hour or two. Keeps for at least a few days.

Serves well with cold leftover cooked beluga lentils and nut butter (as photographed) or on its own.



APANA

Our last vayu, the apana, describes the final stages of digestion as food passes through the body. It's situated in the lower abdomen and primarily involves the colon. In this section we focus on earthy foods which promote gut health.

'GREEN MONSTER' STARCH BOWL

SERVINGS: 2 | TIME: 40 MINS

INGREDIENTS

2 Japanese (white flesh) sweet potatoes
1 cup peas
1 cup edamame
1 cup asparagus
 $\frac{2}{3}$ cup short grain brown rice
 $\frac{1}{4}$ cup tahini
Juice from 1 lemon
2 tsp maple syrup (optional)

MACROS

per serving, not including optional

560 calories
26g protein
85g carbs
20g fats

INSTRUCTIONS

Poke holes in white fleshed sweet potatoes and bake at 350F until they can be poked through easily with a fork. (It's really not worth making this recipe with yellow flesh sweet potatoes - their flavor profile just isn't quite right for this meal.)

Cook rice and boil water to cook frozen pea & edamame and fresh asparagus for a few minutes. These can all go in at the same time, the asparagus should still be crisp after cooking.

Mix tahini with a bit of water and lemon. Optionally add maple syrup and salt.

Cut sweet potatoes in half and pile on greens and rice. Finish with tahini sauce and salt to taste. Add sriracha (like my wife) or some other hot sauce, or hold that off (like myself) to taste the natural goodness of this bowl better. Either way, its going to be a good time.



'MISO LOVE' BULGOGI TOFU BROCCOLI BOWL

SERVINGS: 2 | TIME: 60 MINS

INGREDIENTS

1 block tofu
1 head broccoli
1 avocado
 $\frac{1}{2}$ cup black rice
2 Tbsp miso paste
1 Tbsp tamari
1 Tbsp tomato paste
1 Tbsp oil (optional)

MACROS

per serving, not including optional
600 calories
35g protein
60g carbs
30g fats

INSTRUCTIONS

Preheat oven to 425F. Wash rice and cook in instant pot with $\frac{3}{4}$ cup of water on high pressure for 30 minutes.

Mix the miso paste, tamari, tomato paste and oil in a large bowl. Add coarsely crumbled tofu and chopped broccoli. Mix with your hands and then bake for 20-30 minutes at 425F.

When done, mix in avocado cubes and serve on rice. Enjoy this hearty meal that will leave you feeling contented and mentally clear.

