

**FORKS OVER KNIVES** WHOLE-FOOD PLANT-BASED

**FAJITA BURRITO BOWL**

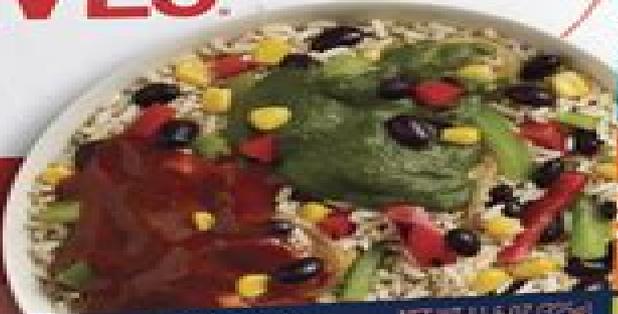
BROWN RICE, FAJITA VEGGIES, BLACK BEANS AND CORN TOPPED WITH GREEN & RED SALSA

7g PROTEIN  
7g FIBER

READY IN 5 MINUTES

GLUTEN-FREE - LOW IN FAT & SODIUM

NET WT 11.5 OZ (325g)



**CAULIFLOWER TINGA**



**THAI TOFU STIR FRY**



**FORKS OVER KNIVES** WHOLE-FOOD PLANT-BASED

**TOFU SAAG**



**"CHEEZY" MAC 'N GREENS**



**FORKS OVER KNIVES** WHOLE-FOOD PLANT-BASED

**UN-FRIED RICE & VEGGIES**



# Forks Over Knives Guide Answer Key

**Wolfgang Guggemos**



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