

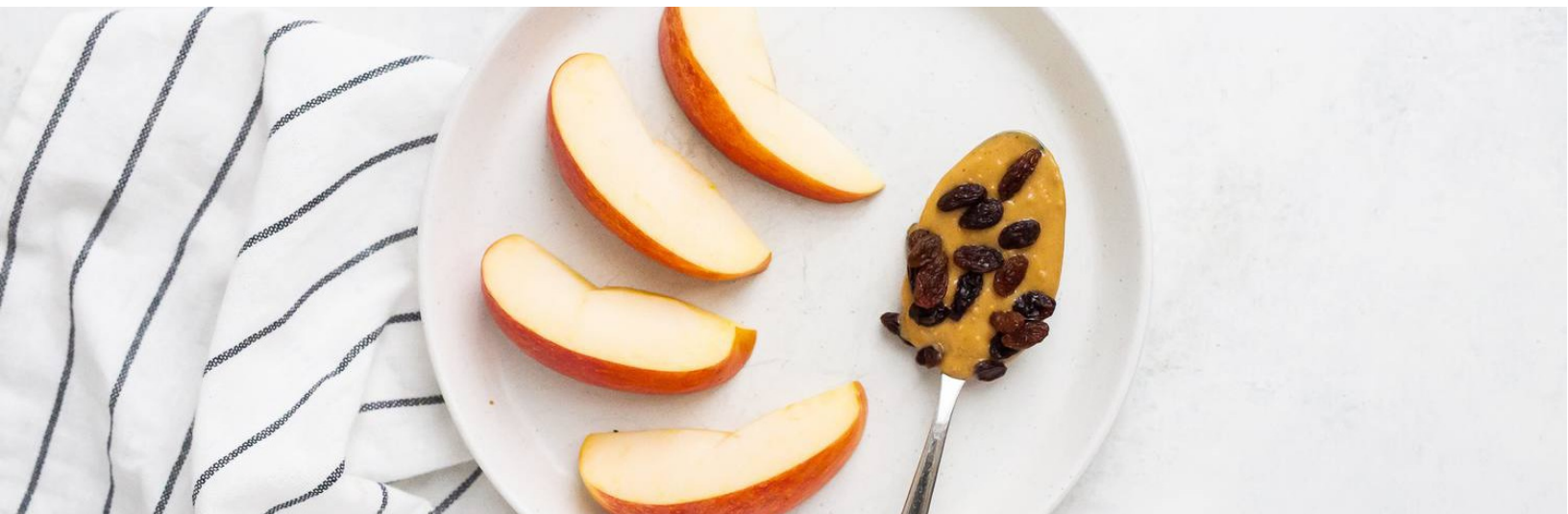


PLANT-FORWARD MEALS & SNACKS





SNACKS



Peanut Butter Spoon with Raisins & Apple

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter

2 tbsps Raisins

1 Apple (sliced)

Nutrition

Amount per serving	
Calories	349
Fat	17g
Carbs	49g
Fiber	7g
Sugar	36g
Protein	8g
Cholesterol	0mg
Sodium	13mg
Vitamin A	98IU
Vitamin C	9mg
Calcium	40mg
Iron	1mg

Directions

- 1 Scoop the peanut butter and sprinkle raisins ovetop. Serve alongside the apple slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use tahini, sunflower seed butter, or pumpkin seed butter instead.



Sesame Cucumber Salad with Nori

1 serving

5 minutes

Ingredients

- 1/2 Cucumber (chopped)
- 1 1/2 tsps Sesame Oil
- 1/8 tsp Sea Salt
- 1 tsp Sesame Seeds (white and/or black)
- 1/2 cup Frozen Edamame (shelled, thawed)
- 1 Nori Sheets (cut into quarters)

Nutrition

Amount per serving	
Calories	198
Fat	12g
Carbs	14g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	306mg
Vitamin A	789IU
Vitamin C	12mg
Calcium	112mg
Iron	3mg

Directions

- 1 Top the cucumber with sesame oil, sea salt and sesame seeds.
- 2 Serve the sesame cucumber salad alongside the edamame and nori. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Store the nori separately to keep its texture.

More Flavor: Add tamari, rice vinegar and/or maple syrup to the cucumber salad.



Frozen Yogurt Bites with Berries

4 servings

3 hours

Ingredients

- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Frozen Blueberries (chopped)
- 1/4 cup Frozen Strawberries (chopped)

Nutrition

Amount per serving	
Calories	24
Fat	1g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	0g
Cholesterol	0mg
Sodium	7mg
Vitamin A	11IU
Vitamin C	6mg
Calcium	65mg
Iron	0mg

Directions

- 1 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 2 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

Notes

Leftovers: Transfer to a freezer-safe bag and store in the freezer for up to two months.

Serving Size: One serving is approximately three cubes.

No Coconut Yogurt: Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

Additional Toppings: Add granola, coconut chips or any chopped fruit.



Zucchini Pizza Bites

1 serving

25 minutes

Ingredients

- 1 Zucchini (medium, cut into 1/4-inch slices)
- 1/4 cup Tomato Sauce
- 1 3/4 ozs Mozzarella Cheese (finely grated)

Nutrition

Amount per serving	
Calories	176
Fat	10g
Carbs	9g
Fiber	3g
Sugar	7g
Protein	12g
Cholesterol	45mg
Sodium	186mg
Vitamin A	1023IU
Vitamin C	39mg
Calcium	222mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the zucchini slices on the baking sheet and bake for eight minutes.
- 3 Remove the baking sheet from the oven and flip the zucchini slices over. Top each zucchini slice with the tomato sauce and the cheese and bake for eight to 10 minutes or until the cheese has melted. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use dairy-free cheese.

Additional Toppings: Fresh herbs, red pepper flakes, garlic, parmesan cheese, salt, pepper, and/or your favourite pizza toppings.

No Tomato Sauce: Use crushed tomatoes instead.



Everything Bagel Cucumber Bites

1 serving

5 minutes

Ingredients

- 1/2 Cucumber (sliced)
- 3 tbsps Cream Cheese, Regular (plain)
- 1 1/2 tsps Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	155
Fat	13g
Carbs	7g
Fiber	1g
Sugar	4g
Protein	4g
Cholesterol	41mg
Sodium	499mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	56mg
Iron	1mg

Directions

- 1 Spread the cream cheese evenly overtop each cucumber slice. Sprinkle with everything bagel seasoning. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Make it Vegan: Use vegan cream cheese instead.

Additional Toppings: Smoked salmon, cherry tomato, capers or minced red onion.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Tomato, Parsley & Chia Mini Egg White Bites

2 servings

25 minutes

Ingredients

- 1/2 cup Egg Whites
- 1 Tomato (small, diced, juices drained)
- 1/2 cup Parsley (chopped)
- 1 1/2 tsps Chia Seeds
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	61
Fat	1g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	428mg
Vitamin A	2111IU
Vitamin C	29mg
Calcium	45mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, tomato, parsley, chia seeds, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately five mini muffins.

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese, feta cheese, or vegan cheese.



Strawberry & Blueberry Parfait

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Granola

1/4 cup Strawberries

1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	386
Fat	19g
Carbs	47g
Fiber	9g
Sugar	18g
Protein	9g
Cholesterol	0mg
Sodium	41mg
Vitamin A	36IU
Vitamin C	25mg
Calcium	304mg
Iron	3mg

Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



Tomato & Chive Open Face Sandwich

1 serving

10 minutes

Ingredients

2 tbsps Cream Cheese, Regular
1 3/4 ozs Sourdough Bread
1/2 Tomato (sliced)
1/4 tsp Everything Bagel Seasoning
1 tsp Chives (chopped)

Nutrition

Amount per serving	
Calories	223
Fat	9g
Carbs	27g
Fiber	1g
Sugar	1g
Protein	8g
Cholesterol	27mg
Sodium	445mg
Vitamin A	874IU
Vitamin C	11mg
Calcium	25mg
Iron	2mg

Directions

- 1 Spread the cream cheese on the sourdough. Top with the tomato slices. Add the everything bagel seasoning and chives on top. Enjoy!

Notes

Leftovers: Best enjoyed when made fresh.

Gluten-Free: Use gluten-free bread or tortilla instead.

Dairy-Free: Use a dairy-free cream cheese.

Additional Toppings: Basil, green onions, balsamic vinegar, salt, and pepper.



Banana with Creamy Peanut Butter Dip

1 serving

5 minutes

Ingredients

- 3 tbsps Unsweetened Coconut Yogurt
- 1 tbsp All Natural Peanut Butter
- 1 Banana (ripe, cut into thick slices)

Nutrition

Amount per serving	
Calories	222
Fat	10g
Carbs	33g
Fiber	4g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	13mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	107mg
Iron	1mg

Directions

- 1 In a small bowl mix the yogurt and peanut butter together. Serve with the banana slices for dipping. Enjoy!

Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days. Slice banana just before serving.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to the dip.

No Coconut Yogurt: Use Greek yogurt instead.



Everything Bagel Hummus & Veggies

2 servings

5 minutes

Ingredients

- 1/2 cup Hummus
- 2 tsp Everything Bagel Seasoning
- 2 Carrot (medium, peeled and cut into sticks)
- 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	182
Fat	11g
Carbs	18g
Fiber	5g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	506mg
Vitamin A	10284IU
Vitamin C	6mg
Calcium	61mg
Iron	2mg

Directions

- 1 Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Veggies: Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Bell Pepper & Taco Dip

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1 tsp Taco Seasoning (to taste)

1 Red Bell Pepper (sliced)

Nutrition

Amount per serving	
Calories	96
Fat	4g
Carbs	16g
Fiber	4g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	285mg
Vitamin A	3726IU
Vitamin C	152mg
Calcium	268mg
Iron	1mg

Directions

- 1 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days.

Additional Toppings: Add sea salt and black pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.

The image features a top-down view of three tacos on a white plate, set against a light pink textured background. Each taco is filled with a dark, crumbly protein, topped with a white sauce, fresh green cilantro, and a slice of ripe avocado. Purple shredded cabbage is also visible. Three lime wedges are placed around the plate, and a single cilantro leaf lies to the left. A central white square with a dark green border contains the word "MEALS" in a bold, dark green, sans-serif font.

MEALS



Banana Orange Green Smoothie with Protein

1 serving

5 minutes

Ingredients

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water
1/4 cup Protein Powder

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Nutrition

Amount per serving	
Calories	317
Fat	1g
Carbs	58g
Fiber	9g
Sugar	35g
Protein	24g
Cholesterol	4mg
Sodium	83mg
Vitamin A	3195IU
Vitamin C	113mg
Calcium	196mg
Iron	2mg



Raspberry Zinger Smoothie Plus Protein

1 serving

5 minutes

Ingredients

1/2 cup Frozen Cauliflower
1/2 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 cup Unsweetened Almond Milk
1/2 cup Water

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	23g
Fiber	10g
Sugar	7g
Protein	24g
Cholesterol	4mg
Sodium	220mg
Vitamin A	563IU
Vitamin C	59mg
Calcium	679mg
Iron	3mg



Berry & Nut Yogurt Breakfast Bowl

1 serving

10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 1 tbsp Walnuts (chopped)
- 1 tbsp Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	338
Fat	21g
Carbs	24g
Fiber	8g
Sugar	11g
Protein	20g
Cholesterol	17mg
Sodium	73mg
Vitamin A	789IU
Vitamin C	65mg
Calcium	325mg
Iron	4mg

Directions

- 1 Place yogurt in a bowl.
- 2 Top with strawberries and blackberries and sprinkle with the nuts and seeds.

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.



Berry Beet Smoothie Bowl + Protein

2 servings

10 minutes

Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Matcha Powder
- 1 cup Unsweetened Almond Milk
- 2 Vegan Protein Powder

Nutrition

Amount per serving	
Calories	200
Fat	2g
Carbs	27g
Fiber	8g
Sugar	18g
Protein	23g
Cholesterol	0mg
Sodium	113mg
Vitamin A	1036IU
Vitamin C	44mg
Calcium	261mg
Iron	1mg

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, matcha powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas: Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder: Leave it out, or use acai powder instead.



Lemony White Bean & Quinoa Bowl

2 servings

25 minutes

Ingredients

2/3 cup Quinoa (dry)
2 cups Cannellini Beans (drained, rinsed)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Lemon Juice
1/2 Garlic (clove, minced)
1 tsp Dried Parsley
1/4 tsp Sea Salt
1/2 Cucumber (sliced)
1 cup Cherry Tomatoes (chopped)

Directions

- 1 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 2 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 3 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Nutrition

Amount per serving	
Calories	478
Fat	5g
Carbs	90g
Fiber	18g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	986mg
Vitamin A	1646IU
Vitamin C	64mg
Calcium	100mg
Iron	7mg

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans: Use another white bean or chickpeas instead.

No Quinoa: Use brown rice or cauliflower rice instead.

More Fat: Add extra virgin olive oil to the dressing.



Rice & Lentil Stuffed Squash

4 servings

45 minutes

Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

Nutrition

Amount per serving	
Calories	253
Fat	1g
Carbs	55g
Fiber	9g
Sugar	4g
Protein	9g
Cholesterol	0mg
Sodium	391mg
Vitamin A	1142IU
Vitamin C	32mg
Calcium	114mg
Iron	5mg

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
- 5 Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
- 6 Spoon the rice and lentil mixture into the baked squash. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

Additional Toppings: Fresh herbs, red pepper flakes or fresh ground black pepper.

No Acorn Squash: Use a different variety of squash or sweet potato.

No Vegetable Broth: Use water instead.



Asian Tofu Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 tbsp Ginger (peeled and grated)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 2 Garlic (cloves, minced)
- 1 1/16 lbs Tofu (chopped)
- 2 tbsps Tamari
- 2 heads Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks Green Onion (chopped)
- 1 cup Matchstick Carrots
- 1/4 cup Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	235
Fat	15g
Carbs	12g
Fiber	4g
Sugar	4g
Protein	16g
Cholesterol	0mg
Sodium	1151mg
Vitamin A	2746IU
Vitamin C	9mg
Calcium	178mg
Iron	3mg

Directions

- 1 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the tofu and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the tofu mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Vegan and Vegetarian: Use lentils instead of ground meat.

Nut-Free: Garnish with sesame seeds instead of peanuts.

Likes it Spicy: Add hot sauce or chili flakes.



Fried Cauliflower Rice

1 serving
20 minutes

Ingredients

1/4 head Cauliflower (medium, chopped into florets)
3/4 tsp Coconut Oil
1 1/2 tsps Tamari
3/4 tsp Apple Cider Vinegar
1/8 tsp Black Pepper
1 1/2 tsps Sesame Seeds
1/2 tsp Sesame Oil
3/4 stalk Green Onion (chopped)
1/4 cup Frozen Peas (thawed)
1 Egg

Nutrition

Amount per serving	
Calories	226
Fat	13g
Carbs	16g
Fiber	6g
Sugar	6g
Protein	13g
Cholesterol	186mg
Sodium	649mg
Vitamin A	1472IU
Vitamin C	76mg
Calcium	121mg
Iron	3mg

Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower: Use cooked quinoa or brown rice instead.

Meat Lover: Add chopped bacon.

No Eggs: Use diced chicken breast or roasted chickpeas instead.



Veggie Burger (Dr Praeger) + Greens

1 serving

8 minutes

Ingredients

1 serving California Veggie Burger Patty (dr Praeger's) (Recommend California)
2 cups Baby Spinach
1/4 cup Cherry Tomatoes
1/4 cup Pitted Kalamata Olives
1/2 Cucumber (Diced)
1/4 Red Bell Pepper (Or Roasted Red Peppers)
1 tbsp Hummus
1 tbsp Parsley (Fresh, Chopped)
1 tbsp Extra Virgin Olive Oil
2 tsps Balsamic Vinegar
1 tsp Oregano
1 Sea Salt & Black Pepper

Directions

- 1 2 Dr. Praeger's California Veggie Burgers (or substitute Dr. Praeger's Mushroom Risotto Veggie Burgers) 1 cup cherry tomatoes (cut in halves) 2 cucumbers (diced) 3/4 cup kalamata olives 1/2 cup roasted red peppers (diced) 1 tsp fresh parsley (finely diced) Dressing: 2 tablespoons olive oil 3 tablespoons balsamic vinegar 1 teaspoon dried oregano Salt and pepper to taste DIRECTIONS Serves: 2 1. In a nonstick skillet, cook Dr. Praeger's California Burgers on each side for 5-7 minutes until golden brown. Chop each burger into 8 pieces. (Microwave optional) 2. Make dressing by whisking together olive oil, balsamic vinegar, oregano, salt, and pepper with a fork. 3. Assemble salad by tossing all ingredients with dressing.

Nutrition

Amount per serving	
Calories	399
Fat	25g
Carbs	36g
Fiber	9g
Sugar	11g
Protein	10g
Cholesterol	0mg
Sodium	616mg
Vitamin A	7479IU
Vitamin C	70mg
Calcium	154mg
Iron	6mg



Roasted Veggie and Cauliflower Rice Bowl

3 servings

40 minutes

Ingredients

2 cups Broccoli (chopped into florets)
2 Sweet Potato (medium, cut into 1/2-inch cubes)
1 cup Chickpeas (cooked)
1/4 cup Lemon Juice (divided)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
2 tbsps Tahini
2 tbsps Water (warm)
1 1/2 tbsps Maple Syrup
1 tbsp Pumpkin Seeds (optional)
2 1/2 cups Cauliflower Rice (You can buy frozen or make your own)

Nutrition

Amount per serving	
Calories	304
Fat	8g
Carbs	50g
Fiber	11g
Sugar	16g
Protein	12g
Cholesterol	0mg
Sodium	298mg
Vitamin A	12696IU
Vitamin C	65mg
Calcium	154mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 3 While the vegetables are cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 4 Prepare cauliflower rice as directed.
- 5 To assemble, divide the cauliflower rice and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers: Store in the fridge for up to four days.

No Quinoa: Use rice or cauliflower rice instead.

No Broth: Use water instead.

Cooked Chickpeas: Use cooked chickpeas from the can to save time.



One Pan Veggie Sausage and Peppers

4 servings

35 minutes

Ingredients

2 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 cup Red Onion (sliced)
1 tbsp Avocado Oil
1 tsp Italian Seasoning
1/4 tsp Sea Salt
4 pieces Beyond Meat Sausage
(available at Whole Foods)

Nutrition

Amount per serving	
Calories	265
Fat	16g
Carbs	15g
Fiber	2g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	153mg
Vitamin A	1957IU
Vitamin C	164mg
Calcium	18mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
- 3 Divide between plates and enjoy!

Notes

Meal Prep: Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo: Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor: Use a spicy Italian or honey garlic flavored sausage.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

No Avocado Oil: Use olive oil or coconut oil instead.



Zucchini Noodles with Veggie Sausage & Tomato Sauce

2 servings

20 minutes

Ingredients

- 8 ozs Veggie Sausage (lightlife Brand Or Other Similar) (Italian, Or Substitute for Veggie Sausage)
- 1 Yellow Bell Pepper (thinly sliced)
- 1 cup Tomato Sauce
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	1g
Carbs	33g
Fiber	5g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	752mg
Vitamin A	1391IU
Vitamin C	215mg
Calcium	67mg
Iron	3mg

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers: For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings: Top with nutritional yeast or chili flakes.

Make it Vegan: Use a vegan sausage or chickpeas instead.



Butternut Squash and White Bean Chili

4 servings

35 minutes

Ingredients

- 1/4 cup Nutritional Yeast
- 1 Yellow Onion (Diced)
- 1/2 cup Cilantro (Stems and leaves divided)
- 3 1/2 cups Organic Chicken Broth (Or Vegetable Stock)
- 1 Red Bell Pepper (Diced)
- 2 Jalapeno Pepper (Deseeded and finely chopped)
- 1/2 tsp Cumin
- 1 tsp Smoked Paprika
- 3 cups White Navy Beans (Rinsed)
- 3 1/2 cups Butternut Squash (Diced into 1/4 inch cubes)
- 1 Sea Salt & Black Pepper (To taste)

Nutrition

Amount per serving	
Calories	317
Fat	2g
Carbs	59g
Fiber	21g
Sugar	8g
Protein	20g
Cholesterol	4mg
Sodium	843mg
Vitamin A	14455IU
Vitamin C	74mg
Calcium	185mg
Iron	7mg

Directions

- 1 First, toast the Nutritional Yeast. Add the flakes to a large non-stick pot and cook over Medium Heat for 3-5 minutes, stirring frequently. The flakes will darken, become fragrant, and start to "smoke" when they are toasted.
- 2 Next, add the diced Onion and chopped Cilantro stems to the pot along with 1/4 cup of the Vegan Chicken Stock. Reduce the heat to Medium-Low, and sauté the Onion and Cilantro until translucent, about 3-5 minutes.
- 3 Then, add the Bell Pepper, Jalapeño, Cumin, and Smoked Paprika to the pot along with another small splash of Stock. Sauté for an additional 1-2 minutes.
- 4 Finally, add the Beans, cubed Butternut Squash, and the remainder of the Vegan Stock to the Pot; bring everything to a boil over high heat, and then reduce the heat and simmer for 20-25 minutes, stirring every few minutes to help break down the Squash and make things nice and creamy. Add Salt and Black Pepper to taste, then divide into bowls, top with fresh Cilantro, and serve warm.
- 5 Leftovers will keep in the fridge for up to one week, or can be frozen for up to two months.



Pizza Stuffed Zucchini Boats (chicken sausage)

4 servings

45 minutes

Ingredients

4 Zucchini (medium)
10 1/2 ozs Chicken Sausage
2 Garlic (cloves, minced)
1 tsp Italian Seasoning
3/4 cup Tomato Sauce
3 ozs Mozzarella Cheese (grated)
1/2 cup Mushrooms (thinly sliced)
1/4 Green Bell Pepper (chopped)
2 tbsps Red Onion (chopped)

Nutrition

Amount per serving	
Calories	267
Fat	15g
Carbs	16g
Fiber	3g
Sugar	9g
Protein	17g
Cholesterol	108mg
Sodium	860mg
Vitamin A	771IU
Vitamin C	45mg
Calcium	193mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Scoop the seeds out of the zucchini and discard. Place the zucchini on the prepared baking sheet cut side up.
- 3 In a pan over medium-high heat brown the sausage. Drain the excess dripping from the pan. Add the garlic and Italian seasoning and cook for another minute. Add the tomato sauce and stir to combine.
- 4 Divide the sausage mixture between the scooped out zucchini. Top with cheese, mushrooms, bell pepper, and onions. Bake for 23 to 25 minutes or until the cheese has melted and the zucchini is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two zucchini boats.

Dairy-Free: Use a dairy-free cheese.

More Flavor: Use mild Italian or spicy sausages.

No Pork Sausage: Use chicken or turkey sausages instead.



Cauliflower Tacos with Lime Crema

4 servings

45 minutes

Ingredients

1 1/2 tbsps Avocado Oil
1 tsp Cumin
1 tsp Smoked Paprika
1/2 tsp Garlic Powder
1/2 tsp Sea Salt (divided)
1 head Cauliflower (medium sized, chopped into florets)
1 1/2 Lime (juiced)
1 tsp Garlic Powder
8 Corn Tortilla
1 cup Purple Cabbage (thinly sliced)
1 cup Plain Greek Yogurt
1 Avocado (sliced)
1/4 cup Cilantro (chopped, for garnish, optional)

Nutrition

Amount per serving	
Calories	365
Fat	16g
Carbs	46g
Fiber	9g
Sugar	6g
Protein	12g
Cholesterol	8mg
Sodium	386mg
Vitamin A	1000IU
Vitamin C	98mg
Calcium	383mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.
- 2 Meanwhile, add the greek yogurt to a blender along with the lime juice, garlic and remaining sea salt. Blend on high until smooth and creamy.
- 3 Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the lime sauce over each taco and garnish with cilantro, if using. Enjoy!

Notes

Leftovers: This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

Serving Size: One serving is two tacos.

More Flavor: Season the cabbage with extra lime juice and sea salt.

Additional Toppings: Top with thinly sliced radish and/or chili flakes.

Nut-Free: Use plain coconut yogurt mixed with lime juice instead of cashew cream.



Spaghetti Squash with Veggie Tomato Sauce

4 servings

25 minutes

Ingredients

- 2 Spaghetti Squash (large)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (Diced)
- 2 cups Crushed Tomatoes (canned)
- 2 cups Lentils (canned)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	266
Fat	3g
Carbs	54g
Fiber	14g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	394mg
Vitamin A	2468IU
Vitamin C	41mg
Calcium	157mg
Iron	7mg

Directions

- 1 Carefully slice the spaghetti squash in half through it's belly and discard the seeds. Fill a microwave safe dish with 1/2 inch of water. Place the squash flesh side down onto the microwave safe dish and bake for 6-7 minutes, or until flesh is easy to remove (careful, it will be steaming and hot when you take it out of the microwave).
- 2 Meanwhile, heat olive oil in a pot. Cook onions for about 5 minute or until they are soft. Add the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
- 3 Remove the spaghetti squash from the microwave. Let cool slightly before carving out the flesh into noodles into serving dishes (should be easy to remove with fork).
- 4 Divide the spaghetti squash evenly into containers or serving dishes and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.

Notes

Meat Lovers: Use ground meat instead of lentils.

More Veggies: Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

No Spaghetti Squash: Use zucchini noodles or regular pasta instead.



Tofu & Roasted Broccoli Salad with Peanut Sauce

4 servings

50 minutes

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed, cubed)
2 tbsps Tamari (divided)
2 tbsps Rice Vinegar (divided)
1 1/2 tbsps Sesame Oil (divided)
1 tbsp Arrowroot Powder
3 cups Broccoli (chopped into tiny florets)
1/4 cup All Natural Peanut Butter
2 tbsps Water
1/3 cup Radishes (thinly sliced)
1/4 cup Raw Peanuts (roughly chopped)

Nutrition

Amount per serving	
Calories	330
Fat	24g
Carbs	14g
Fiber	5g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	538mg
Vitamin A	426IU
Vitamin C	62mg
Calcium	392mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes (if time allows). Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet then the broccoli, spacing the pieces out. Drizzle the broccoli with olive oil and bake for 25 to 30 minutes, flipping halfway through (depending on how roasted you like your broccoli, you may want to take it out closer to 15-20 min).
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use sunflower seed butter and omit the peanuts.

More Flavor: Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

No Arrowroot Powder: Use cornstarch instead.



Cucumber & Tomato Quinoa Bowl

2 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 leaves Romaine (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 cup Chickpeas (cooked)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	346
Fat	7g
Carbs	57g
Fiber	11g
Sugar	6g
Protein	16g
Cholesterol	8mg
Sodium	145mg
Vitamin A	3897IU
Vitamin C	27mg
Calcium	139mg
Iron	5mg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between bowls or plates. Top with equal amounts of quinoa, cucumber, tomatoes, chickpeas, and feta.
- 3 Squeeze lemon juice overtop and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

Make it Vegan: Use vegan cheese or omit the feta completely.

More Flavor: Cook the quinoa with broth instead of water. Add your favorite dressing overtop.

Additional Toppings: Olives, capers, avocado, or red onion.



Citrusy Kale & Carrot Salad

4 servings

10 minutes

Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	169
Fat	14g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	75mg
Vitamin A	4656IU
Vitamin C	64mg
Calcium	137mg
Iron	1mg

Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Omit the walnuts or use pumpkin seeds instead.

More Flavor: Use roasted walnuts and add fresh parsley. Season with salt and pepper.

More Protein: Add chickpeas, cooked chicken, shrimp, or salmon.



Fresh Salad Rolls

4 servings

15 minutes

Ingredients

3 ozs Rice Vermicelli Noodles
2 tbsps Tamari
1 1/2 tbsps Rice Vinegar
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (minced)
1 tbsp Water
8 Rice Paper Wraps
1/4 head Iceberg Lettuce (leaves pulled apart)
1 Red Bell Pepper (medium, sliced)
1 Carrot (large, shredded)
2 cups Purple Cabbage (thinly sliced)

Nutrition

Amount per serving	
Calories	190
Fat	0g
Carbs	43g
Fiber	3g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	564mg
Vitamin A	4145IU
Vitamin C	66mg
Calcium	38mg
Iron	1mg

Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, cilantro, shrimp, Thai basil, mint, cucumbers, or sliced cooked pork.

Hoisin Lover: Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



Tofu Veggie Fried Rice

4 servings

35 minutes

Ingredients

- 1 cup Jasmine Rice (uncooked)
- 1 1/2 tbsps Sesame Oil (divided)
- 1 1/16 lbs Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 2 cups Broccoli (chopped)
- 1 cup Purple Cabbage (thinly sliced)
- 1 Carrot (medium, diced)
- 4 Egg (large, whisked)
- 3 tbsps Tamari
- 3 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	47g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	863mg
Vitamin A	3709IU
Vitamin C	55mg
Calcium	392mg
Iron	4mg

Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

No Tamari: Use soy sauce or coconut aminos instead.

Additional Toppings: Add corn, mushrooms, or green peas.



Radicchio & Kale Chopped Salad

2 servings

20 minutes

Ingredients

4 Egg
4 cups Kale Leaves (finely chopped)
1/4 cup Lemon Juice (divided)
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Radicchio (chopped)
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	400
Fat	34g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	17g
Cholesterol	372mg
Sodium	203mg
Vitamin A	2884IU
Vitamin C	60mg
Calcium	191mg
Iron	3mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat and keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Drain the hot water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and chop the egg and set aside.
- 2 Meanwhile, place the kale in a large mixing bowl and add half of the lemon juice and half of the oil. Massage the kale for one to two minutes until wilted and tender. Mix in the radicchio.
- 3 In a small bowl combine the remaining lemon juice and oil with the Dijon mustard. Season with salt and pepper to taste.
- 4 Divide the kale mixture between plates or bowls and top with the tomatoes, walnuts, and chopped egg. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Omit the walnuts or use pumpkin seeds or sunflower seeds instead.

Additional Toppings: Add grated carrots, green or red onion, bell pepper or cucumber.

Make it Vegan: Omit the egg and top with chickpeas, lentils, or marinated tofu instead.



Pasta Primavera

4 servings

30 minutes

Ingredients

3 cups Whole Wheat Penne (uncooked)
2 tbsps Extra Virgin Olive Oil
1 cup Broccoli (chopped into small florets)
1 cup Red Onion (sliced)
1 Yellow Bell Pepper (medium, sliced)
1 Zucchini (medium, chopped)
2 cups Cherry Tomatoes (halved)
2 tsps Italian Seasoning
1/4 tsp Sea Salt (divided, to taste)
2 tbsps Lemon Juice (to taste)
1/2 cup Parmigiano Reggiano (shredded, plus more for garnish)

Nutrition

Amount per serving	
Calories	398
Fat	12g
Carbs	60g
Fiber	10g
Sugar	8g
Protein	14g
Cholesterol	12mg
Sodium	255mg
Vitamin A	1055IU
Vitamin C	131mg
Calcium	191mg
Iron	3mg

Directions

- 1 Cook the pasta according to package instructions. Drain and set aside.
- 2 In a large skillet, heat the oil over medium-high heat. Cook the broccoli for two to three minutes. Then add the onion, bell pepper, zucchini, tomatoes, Italian seasoning, and half the salt until tender, about five to eight minutes.
- 3 Add the pasta, lemon juice, and parmesan. Season with the remaining salt to taste, if needed.
- 4 Divide into bowls and garnish with parmesan (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

Gluten-Free: Use brown rice pasta, quinoa pasta, or chickpea pasta instead of whole wheat penne.

More Flavor: Add garlic and garnish with parsley.

Additional Toppings: Add peas, beans, asparagus, yellow squash, red pepper flakes, or black pepper.

Make it Vegan: Use nutritional yeast or vegan cheese instead of parmesan.



Grilled Cilantro Lime Tofu & Slaw

3 servings

50 minutes

Ingredients

12 3/4 ozs Tofu (extra-firm, pressed, sliced into slabs)
3 tbsps Tamari
1/4 cup Lime Juice (divided)
1 tbsp Avocado Oil
1 tsp Honey
1/4 tsp Chili Flakes (optional)
3 cups Coleslaw Mix
3 tbsps Mayonnaise
1/3 cup Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	284
Fat	21g
Carbs	12g
Fiber	4g
Sugar	6g
Protein	15g
Cholesterol	6mg
Sodium	1129mg
Vitamin A	3139IU
Vitamin C	43mg
Calcium	392mg
Iron	3mg

Directions

- 1 Place the tofu slabs into a large baking dish.
- 2 In a small bowl, mix together the tamari, 3/4 of the lime juice, oil, honey, and chili flakes. Pour over top of the tofu and marinate for 30 minutes.
- 3 Heat the grill to a medium-high heat and then place the tofu on the grill and cook for six to seven minutes per side, until charred.
- 4 Add the coleslaw mix to a large bowl. Mix the remaining lime juice with the mayonnaise and pour over the coleslaw and mix to combine. Add the cilantro to the coleslaw mix and toss. Divide the coleslaw onto plates and top with tofu. Enjoy!

Notes

Leftovers: Store the tofu and slaw separately. Refrigerate in airtight containers for up to three days.

Make it Vegan: Use maple syrup and vegan mayonnaise.

Grill: Be sure that the grill is cleaned well and seasoned with oil to ensure the tofu does not stick, or use a grilling mat.



Black Bean, Corn & Quinoa Salad

2 servings

25 minutes

Ingredients

1/2 cup Quinoa (dry)
2/3 cup Frozen Corn
1 cup Black Beans (cooked and rinsed)
1 Red Bell Pepper (diced)
1/4 cup Red Onion (finely chopped)
3 tbsps Lime Juice
1 Garlic (clove, minced)
1/2 tsp Chili Powder
1/4 tsp Sea Salt
1/4 tsp Cumin

Nutrition

Amount per serving	
Calories	349
Fat	4g
Carbs	67g
Fiber	14g
Sugar	6g
Protein	16g
Cholesterol	0mg
Sodium	322mg
Vitamin A	2196IU
Vitamin C	87mg
Calcium	64mg
Iron	5mg

Directions

- 1 Cook the quinoa according to package directions. Let the quinoa cool slightly.
- 2 Cook the corn according to package directions. Drain and rinse under cold water to cool.
- 3 Combine the lime juice, garlic, salt, chili, and cumin in a large mixing bowl. Add the black beans, red pepper, red onion, quinoa, and corn to the bowl and stir to combine. Season with additional lime juice and salt if needed. Divided between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Use taco seasoning or add other dried herbs and spices.

Additional Toppings: Avocado, cilantro, green onion, tomatoes, salsa.

More Fat: Add avocado oil.

More Protein: Serve with tofu, tempeh, cooked chicken, or cooked shrimp on top.



Fattoush Salad

2 servings

10 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Ground Sumac
1/4 tsp Sea Salt (to taste)
2 1/2 ozs White Pita Bread (divided into single layers)
2 Tomato (small, chopped)
1 Cucumber (medium, chopped)
1 head Romaine Hearts (chopped)
1 cup Radishes (trimmed, halved)
1/2 cup Mint Leaves (stems removed)
1 cup Parsley (tough stems removed, chopped)
1/4 cup Lemon Juice (to taste)

Directions

- 1 Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
- 2 Whisk together the oil, sumac, and salt. Brush the dressing evenly over each pita layer and set aside the remaining oil mixture. Toast the pita in the oven for three to five minutes, or until brown and crispy.
- 3 In a large bowl, combine the tomatoes, cucumber, romaine lettuce, radishes, mint, parsley and lemon juice. Break the toasted pita into pieces and add them to the bowl along with the remaining dressing.
- 4 Toss until just combined, divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add pomegranate molasses to the dressing.

Additional Toppings: Add green onions, chickpeas, or cooked chicken breast.

No Pita: Use brown rice tortillas instead.

Nutrition

Amount per serving	
Calories	364
Fat	22g
Carbs	38g
Fiber	8g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	578mg
Vitamin A	5877IU
Vitamin C	85mg
Calcium	162mg
Iron	5mg



Roasted Red Pepper & Hummus Wrap

1 serving

5 minutes

Ingredients

- 1 Whole Wheat Tortilla (large)
- 1/4 cup Hummus
- 1/2 cup Mixed Greens
- 2 1/2 ozs Roasted Red Peppers
- 1/2 Avocado (medium)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	449
Fat	30g
Carbs	39g
Fiber	14g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	731mg
Vitamin A	1108IU
Vitamin C	33mg
Calcium	151mg
Iron	3mg

Directions

- 1 Lay the tortilla flat and spread the hummus all over, leaving a slight border around the edges. Add the mixed greens, roasted red peppers, and avocado on top.
- 2 Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

Leftovers: For best results, assemble the wrap just before eating.

Gluten-Free: Use a gluten-free tortilla or bread instead.

More Flavor: Add spices such as smoked paprika or use your favorite flavored hummus.

Additional Toppings: Carrots, cucumber, or thinly sliced zucchini.



Stacked Veggie Sandwich

1 serving

5 minutes

Ingredients

- 2 tbsps Hummus
- 2 slices Whole Grain Bread
- 1/16 head Green Lettuce (leaves separated)
- 1/4 Tomato (medium, sliced)
- 1/4 cup Radishes (trimmed, sliced)
- 1 tbsp Red Onion (sliced)
- 1/2 Carrot (small, shredded)

Nutrition

Amount per serving	
Calories	317
Fat	9g
Carbs	46g
Fiber	10g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	490mg
Vitamin A	5575IU
Vitamin C	11mg
Calcium	120mg
Iron	3mg

Directions

- 1 Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread.

More Flavor: Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

Additional Toppings: Sliced bell peppers, green onions, fresh herbs, or sprouts.



Sweet Potato Quesadillas

3 servings

20 minutes

Ingredients

- 1/4 cup Water (divided)
- 1 Sweet Potato (shredded)
- 1 1/2 tsps Taco Seasoning
- 1 1/2 cups Baby Spinach
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Salsa
- 3 Brown Rice Tortilla

Nutrition

Amount per serving	
Calories	334
Fat	3g
Carbs	64g
Fiber	14g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	951mg
Vitamin A	7959IU
Vitamin C	7mg
Calcium	84mg
Iron	4mg

Directions

- 1 Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
- 2 Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
- 3 Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

More Flavor: Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.



Asparagus & Mushroom Frittata

4 servings

25 minutes

Ingredients

8 Egg
1/4 cup Water
1 tbsp Extra Virgin Olive Oil
2 cups Mushrooms (sliced)
1 cup Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	192
Fat	13g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	15g
Cholesterol	372mg
Sodium	146mg
Vitamin A	1033IU
Vitamin C	4mg
Calcium	70mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



Thai Red Lentil & Spinach Curry

2 servings

25 minutes

Ingredients

1 1/2 tps Coconut Oil
1/2 Yellow Onion (medium, chopped)
2 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced or grated)
1/4 cup Thai Red Curry Paste
1 1/2 cups Vegetable Broth
1 cup Canned Coconut Milk
1/2 cup Dry Red Lentils (rinsed)
2 cups Baby Spinach (chopped)
1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	508
Fat	26g
Carbs	51g
Fiber	9g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	1367mg
Vitamin A	9213IU
Vitamin C	16mg
Calcium	68mg
Iron	6mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cups.

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.



Chickpea Parmesan Soup

3 servings

30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
3 Garlic (minced)
1 Sea Salt & Black Pepper (To taste)
1/2 tsp Red Pepper Flakes
1 1/2 cups Chickpeas (rinsed and drained)
4 cups Vegetable Broth (or stock)
1/2 cup Brown Rice Pasta Shells (Or any small cut pasta)
8 ozs Baby Spinach
1/4 cup Parmigiano Reggiano (or any parmesan, grated for topping)
1/2 Lemon (wedges, for spritzing)

Directions

- 1 Heat the olive oil in a large pot over medium-low heat. Stir in the onion and garlic with a big pinch of salt and pepper. Cook for 5 minutes, until translucent. Stir in the crushed red pepper flakes.
- 2 Stir in the chickpeas and stock. Bring the mixture to a boil. Once boiling, add in your pasta. Cook until the pasta is al dente - this will be determined on the box of pasta you use - somewhere between 8 and 12 minutes.
- 3 Once the pasta is cooked, stir in the spinach. Taste and season with extra salt and pepper. Top with lots of parmesan cheese. Ladle into bowls and serve with a lemon wedge for spritzing.

Nutrition

Amount per serving	
Calories	334
Fat	11g
Carbs	47g
Fiber	9g
Sugar	8g
Protein	15g
Cholesterol	8mg
Sodium	999mg
Vitamin A	8005IU
Vitamin C	28mg
Calcium	237mg
Iron	6mg



Egg White Scramble Wrap

1 serving

10 minutes

Ingredients

1/4 Red Bell Pepper (medium, finely chopped)
2 tbsps Red Onion (finely chopped)
3 tbsps Water
1 cup Baby Spinach (chopped)
1/2 tsp Extra Virgin Olive Oil
1/2 cup Egg Whites
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
1/2 tsp Hot Sauce (optional, or to taste)

Nutrition

Amount per serving	
Calories	233
Fat	7g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	536mg
Vitamin A	3747IU
Vitamin C	48mg
Calcium	149mg
Iron	2mg

Directions

- 1 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 2 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
- 3 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

Notes

Leftovers: Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

No Egg Whites: Use whole eggs instead.

No Hot Sauce: Use salsa or sriracha instead.

No Spinach: Use kale instead.

No Bell Pepper: Use tomatoes or mushrooms instead.



Mushroom & Feta Flatbread Pizza

1 serving
20 minutes

Ingredients

1 tsp Avocado Oil
1 1/2 cups Portobello Mushroom (sliced)
Sea Salt & Black Pepper (to taste)
1 tbsp Shallot (sliced)
1 3/4 ozs Whole Wheat Flatbread
1 cup Arugula
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	16g
Carbs	36g
Fiber	9g
Sugar	6g
Protein	17g
Cholesterol	33mg
Sodium	694mg
Vitamin A	633IU
Vitamin C	4mg
Calcium	266mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Heat the oil in a skillet over medium-high heat. Cook the portobello with the salt and pepper for about five to eight minutes. Push the portobello to the side and add the shallots. Cook for one to two minutes or until browned and soft.
- 3 Top the flatbread with the arugula, portobello-shallot mix, and feta cheese. Transfer to the baking sheet and bake for eight to 10 minutes or until the flatbread is crispy. Cut into slices and enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to two days. Re-toast before serving if preferred.

Whole Wheat Flatbread: One flatbread is equal to approximately 52 grams or one medium-size piece of flatbread.

Gluten-Free: Use brown rice tortillas instead of whole wheat flatbread and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese or omit completely.

More Flavor: Add garlic, fresh or dried herbs, diced pear, or figs.

Additional Toppings: Top with red pepper flakes or a drizzle of extra virgin olive oil.



Rainbow Veggie Pinwheels

1 serving

15 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1 Whole Wheat Tortilla (large)
- Sea Salt & Black Pepper (to taste)
- 1/4 Green Bell Pepper (small, thinly sliced)
- 1/4 Yellow Bell Pepper (small, thinly sliced)
- 1/4 Carrot (small, thinly sliced)
- 1/4 cup Coleslaw Mix

Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	11g
Cholesterol	8mg
Sodium	308mg
Vitamin A	3815IU
Vitamin C	123mg
Calcium	248mg
Iron	2mg

Directions

- 1 Spread the yogurt over the tortilla and season generously with salt and pepper. Arrange the green bell pepper, yellow bell pepper, carrot, and coleslaw ontop.
- 2 Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free tortilla.

Dairy-Free: Use coconut yogurt, hummus, or pesto instead of plain Greek yogurt.

More Flavor: Add your choice of dried herbs or seasonings.

Additional Toppings: Add avocado, shredded chicken, ham, turkey, crumbled tofu, or tempeh.

Serving Size: One serving is equal to one stuffed wrap sliced.



Chickpea & Rice Soup

3 servings

40 minutes

Ingredients

1/3 cup Brown Rice (dry)
1/2 cup Water
1 stalk Celery (chopped)
1 Carrot (medium, peeled and chopped)
3/4 cup Red Onion (chopped)
3 Garlic (large clove, minced)
1 1/2 tbsps Dried Parsley
1/2 tsp Sea Salt (or to taste)
1/2 tsp Dried Dill
1 cup Chickpeas (cooked, rinsed)
4 cups Vegetable Broth
1/2 Lemon (cut into wedges for serving, optional)

Nutrition

Amount per serving	
Calories	215
Fat	2g
Carbs	42g
Fiber	7g
Sugar	8g
Protein	8g
Cholesterol	0mg
Sodium	1302mg
Vitamin A	4200IU
Vitamin C	12mg
Calcium	81mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the water to a pot over medium-high heat. Add the celery, carrot, onion, and garlic to the pot and cook for eight to 10 minutes or until the carrot and celery start to soften. Add the parsley, salt, dill, and chickpeas and stir to combine. Cook for another one to two minutes.
- 3 Add the vegetable broth to the pot and bring the soup to a gentle boil. Reduce the heat slightly and simmer for about 20 minutes or until the vegetables are very tender.
- 4 Transfer approximately 1/4 of the soup to a blender and blend until mostly smooth. Stir the soup puree back into the pot and add the cooked rice. Season the soup with additional salt if needed.
- 5 Divide the soup between bowls and serve with lemon wedges to squeeze over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately equal to 1 1/2 cups of soup.

More Flavor: Add other dried herbs and spices like oregano, paprika, chives, and/or black pepper.

Additional Toppings: Extra virgin olive oil, fresh or dried parsley, and/or red pepper flakes

More Vegetables: Add zucchini, peas, bell pepper, spinach, or kale.

No Brown Rice: Use white rice or quinoa instead.

No Chickpeas: Use white beans or lentils instead.



Tofu Bibimbap

4 servings

30 minutes

Ingredients

15 ozs Tofu (extra-firm, pressed, and cubed)
2 tbsps Tamari (divided)
2 tbsps Avocado Oil (divided)
1 tbsp Arrowroot Powder
1 cup Jasmine Rice
2 1/2 cups Shiitake Mushrooms (stem removed, torn)
6 cups Baby Spinach
Sea Salt & Black Pepper (to taste)
3 tbsps Gochujang
1 1/2 tbsps Rice Vinegar
2 tps Coconut Sugar

Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	64g
Fiber	6g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	846mg
Vitamin A	4220IU
Vitamin C	13mg
Calcium	379mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a skillet over medium heat, add the remaining oil. Once hot, pour in the mushrooms and cook until softened, about five minutes. Add in the spinach and toss until wilted. Season with salt and pepper and set aside.
- 5 In a small bowl, whisk together the gochujang, remaining tamari, vinegar, and coconut sugar.
- 6 Divide the rice, tofu, and vegetables into a bowl. Drizzle the sauce over everything. Enjoy!

Notes

Leftovers: Store leftovers separately from the sauce and refrigerate for up to three days.

Serving Size: One serving is about 3/4 cup rice and 1 1/4 cup tofu and veggies.

Additional Toppings: Top with a fried egg, sesame seeds, or green onion.



Greek Cauliflower Salad

2 servings

10 minutes

Ingredients

1/4 cup Lemon Juice
1/2 tsp Oregano
1 Garlic (small clove, minced)
Sea Salt & Black Pepper (to taste)
1 Tomato (medium, diced)
1/2 Red Bell Pepper (medium, diced)
1/2 Green Bell Pepper (medium, diced)
1/4 cup Red Onion
1/4 cup Pitted Kalamata Olives
1/4 head Cauliflower (small)

Nutrition

Amount per serving	
Calories	78
Fat	2g
Carbs	14g
Fiber	4g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	172mg
Vitamin A	1934IU
Vitamin C	120mg
Calcium	52mg
Iron	2mg

Directions

- 1 Combine the lemon juice, oregano, and garlic in a small bowl. Season with salt and pepper to taste.
- 2 Add the tomato, red pepper, green pepper, onion, and olives to a mixing bowl.
- 3 Place the cauliflower in a food processor and pulse until very finely chopped and a rice-like consistency is reached. Transfer to the mixing bowl with the vegetables.
- 4 Add the dressing to the bowl with the vegetables and mix well to combine. Season the salad with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately equal to 1 1/2 cups of salad.

Additional Toppings: Cucumber, chickpeas or lentils, red pepper flakes, fresh herbs, and/or feta cheese.

More Fat: Add extra virgin olive oil or avocado oil.

Make it a Meal: Serve over mixed greens or cooked quinoa.



Veggie Baked Eggs with Pesto

2 servings

30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Zucchini (medium, seeds scooped out and chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (chopped)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg
- 1/4 cup Pesto (or more to taste)

Nutrition

Amount per serving	
Calories	355
Fat	25g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	18g
Cholesterol	372mg
Sodium	344mg
Vitamin A	3086IU
Vitamin C	97mg
Calcium	184mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 3 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 4 Remove the from oven and top with the pesto. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes or other dried herbs and spices.