



III

Recipes

Vegan Pack

These plant-based meals are made with whole foods and designed to support a balanced intake of carbs, protein, and healthy fats.



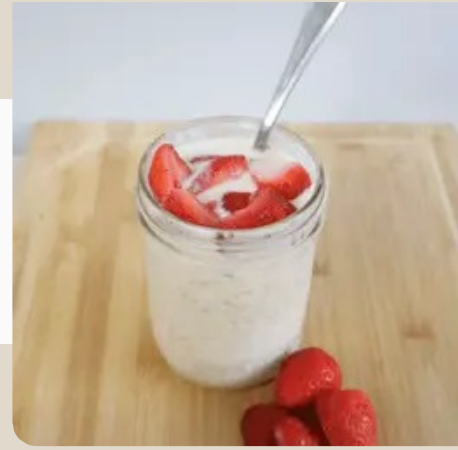
III

PLANT BASED

BREAKFAST

KICKSTART YOUR DAY

ALMOND OVERNIGHT OATS



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 cup [45 g] Rolled Oats Gluten Free
- 0.5 tbsp [7 g] Chia Seed
- 0.5 cup [122.5 g] Almond Milk
- 1 tbsp [16 g] Almond Butter
- 0.25 cup, sliced [41.5 g] Strawberries

DIRECTIONS

1. In a small jar mix together rolled oats, chia seeds, and almond milk. Stir well and store in the refrigerator overnight.
2. When you are ready to eat, mix in almond butter and top with strawberries.

NUTRITION INFO

Calories : 324.75
Fat : 16.43 g
Carbs : 36.92 g
Protein : 10.92 g
Fiber : 8.28 g
Sugar : 3.47 g



AVOCADO TOAST



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTES

INGREDIENTS

- 2 slice [84 g] Sprouted Grain Bread
- 0.5 avocado [68 g] Avocado
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes (Sliced)
- 1 stalk [15 g] Green Onions (Chopped)
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Salt

DIRECTIONS

1. Toast bread until desired consistency.
2. Top with avocado, then tomato, scallions, hemp hearts, and salt.

NUTRITION INFO

- Calories : 398
- Fat : 17.18 g
- Carbs : 47.01 g
- Protein : 15.64 g
- Fiber : 14.4 g
- Sugar : 6.25 g



CHIA SEED PUDDING



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTES

INGREDIENTS

- 4 tbsp [56 g] Chia Seed
- 1 cup [245 g] Almond Milk
- 0.25 cup [36.25 g] Blueberries
- 0.25 tsp [0.57 g] Cinnamon
- 1 tbsp [7 g] Chopped Walnuts

DIRECTIONS

1. Combine chia seeds, almond milk, blueberries, and cinnamon together in a container. Mix well and store for at least two hours (or overnight) in the refrigerator.
2. Stir well before serving and add more milk if needed.
3. Top with walnuts and blueberries.
4. Option to add honey or maple syrup if desired.

NUTRITION INFO

Calories : 350.25
Fat : 28.32 g
Carbs : 27.81 g
Protein : 11.7 g
Fiber : 22.48 g
Sugar : 4.21 g



CHICKPEA SCRAMBLE



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.5 cup [125 g] Chickpeas (canned and drained)
- 0.25 small [17.5 g] Onions (Chopped)
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (Chopped)
- 0.5 cup [15 g] Baby Spinach
- 0.5 tbsp [2.5 g] Nutritional Yeast
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [0.53 g] Paprika
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 slice [42 g] Sprouted Grain Bread

DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. Add onions and red bell pepper. Cook for 2-3 minutes, stirring occasionally.
3. Mix in nutritional yeast, turmeric, paprika, salt, and pepper.
4. Add chickpeas and cook for an additional 3-4 minutes, stirring occasionally.
5. Just before removing from heat, mix in baby spinach.
6. Serve warm over one slice sprouted grain toast.

NUTRITION INFO

Calories : 344.75
Fat : 9.25 g
Carbs : 52.76 g
Protein : 13.75 g
Fiber : 13.23 g
Sugar : 5.39 g



CINNAMON BLUEBERRY SMOOTHIE



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 small (6" to 6-7/8" long) [101 g] Banana
- 1.5 scoop [36 g] Organic Vegan Protein Powder
- 0.5 cup [72.5 g] Blueberries
- 1 tbsp [16 g] Almond Butter
- 1.5 cup [367.5 g] Almond Milk
- 1 tbsp [6.8 g] Cinnamon

DIRECTIONS

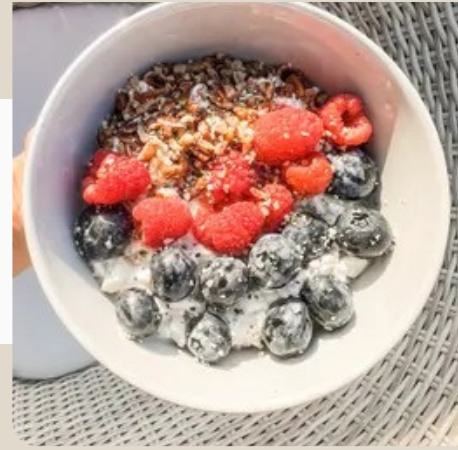
1. Blend all ingredients together in an electric blender until smooth. Enjoy!

NUTRITION INFO

Calories : 450.5
Fat : 18.62 g
Carbs : 47.51 g
Protein : 29.07 g
Fiber : 11.35 g
Sugar : 22.51 g



COCONUT MILK YOGURT AND BERRIES



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 0.25 cup [36 g] Berries
- 0.13 cup [15 g] Slivered Almonds
- 1 tbsp [10 g] Hemp Hearts

DIRECTIONS

1. Top yogurt with berries and almonds and enjoy!

NUTRITION INFO

Calories : 272
Fat : 22.11 g
Carbs : 20.87 g
Protein : 7.8 g
Fiber : 4.55 g
Sugar : 3.25 g



KALE AND SWEET POTATO HASH



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 2 sweetpotato, 5" long [260 g] Sweet Potato (Chopped)
- 2 tbsp [28 g] Olive Oil
- 0.5 onion (small) [74 g] Red Onions (Chopped)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (Diced)
- 1 medium [114 g] Orange Bell Pepper (Diced)
- 2 clove [6 g] Garlic (Minced)
- 2 cup, chopped [42 g] Kale
- 0.75 cup [180 g] Black Beans (Canned) (Drained and rinsed)
- 0.5 oz [14.18 g] Sesame Seeds
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 1 avocado [136 g] Avocado (Sliced)

DIRECTIONS

1. Heat oil in a large skillet over medium heat.
2. Add sweet potato. Cook 5-10 minutes, turning the potatoes occasionally, until potatoes are easily pierced with a fork.
3. Add garlic, red onion, bell peppers, beans, kale, salt, and pepper. Cook for 3 - 5 minutes until vegetables are soft.
4. Mix in sesame seeds and hemp hearts. Remove from heat.
5. Serve warm topped with avocado.

NUTRITION INFO

Calories : 554.75
Fat : 31.29 g
Carbs : 60.55 g
Protein : 13.74 g
Fiber : 20.65 g
Sugar : 11.19 g



MORNING QUINOA BOWL



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.25 cup [42.5 g] Quinoa (uncooked)
- 2 tbsp [15 g] Slivered Almonds
- 2 tbsp [14 g] Goji Berries
- 1 medium (2-1/2" dia) (approx 4 per lb) [98 g] Peach (Sliced)
- 2 tbsp [30 g] Coconut Milk
- 0.25 tsp [0.57 g] Cinnamon

DIRECTIONS

1. Cook quinoa in boiling water as instructed on the package.
2. Serve warm or cold and top with all remaining ingredients.

NUTRITION INFO

Calories : 387.5
Fat : 16.12 g
Carbs : 53.89 g
Protein : 12.08 g
Fiber : 8.08 g
Sugar : 15.43 g



SAVORY QUINOA BOWL



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.5 cup [85 g] Quinoa (uncooked)
- 3 cup [90 g] Baby Spinach
- 1 clove [3 g] Garlic (Minced)
- 0.5 cup [56.5 g] Shredded Carrots
- 1 tbsp [14 g] Avocado Oil

DIRECTIONS

1. Cook quinoa according to package (option to make ahead of time).
2. In a skillet heat avocado oil over low - medium heat. Add garlic and cook 1 minute.
3. Add carrots and cook 1 minute. Mix in baby spinach and cook until wilted.
4. Top cooked warmed quinoa with spinach and carrots and enjoy!

NUTRITION INFO

- Calories : 490.5
- Fat : 19.31 g
- Carbs : 66.83 g
- Protein : 14.41 g
- Fiber : 9.2 g
- Sugar : 2.42 g



TOFU SCRAMBLE



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 8 oz [224 g] Firm Tofu
- 1 tsp [4.67 g] Avocado Oil
- 0.5 small [35 g] Onions (Chopped)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (Chopped)
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.5 cup [120 g] Black Beans (Canned) (Drained and rinsed)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp [1 g] Cilantro (Coriander) (Chopped)
- 0.5 avocado [68 g] Avocado

DIRECTIONS

1. Place tofu on a plate that is lined with 2 paper towels. Using a fork, mash the tofu. The paper towels will absorb the extra liquid.
2. Heat oil in a skillet over medium heat. Add onion and bell pepper and cook for 3-4 minutes.
3. Mix in cumin, turmeric, salt, and pepper and cook 1 minute.
4. Mix in tofu and bean and cook for an additional 1-2 minutes.
5. Remove from heat and top with cilantro and avocado to serve.

NUTRITION INFO

Calories : 517.9
Fat : 25.46 g
Carbs : 43.97 g
Protein : 29.21 g
Fiber : 21.23 g
Sugar : 6.95 g





PLANT BASED

LUNCH

REFUEL AND RE-ENERGISE

CARROT GINGER SOUP



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 0.5 tbsp [6.8 g] Coconut Oil
- 0.5 medium (2-1/2" dia) [55 g] Onions (Chopped)
- 1 clove [3 g] Garlic (Chopped)
- 3 tsp [6 g] Ginger (Grated)
- 1.5 cup, chopped [192 g] Carrots
- 0.5 tbsp [7.5 g] Red Curry Paste
- 3 oz [85.05 g] Soft Silken Tofu
- 1.5 cup [360 ml] Vegetable Broth
- 0.25 cup [56.5 g] Coconut Milk
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 1 tbsp [7 g] Chopped Walnuts

DIRECTIONS

1. In a large pot heat coconut oil over medium heat. Add onion and cook 2-3 minutes, until fragrant.
2. Add garlic and ginger and cook for 1 minute.
3. Stir in carrots, red curry paste, silken tofu, and vegetable broth. Bring to a boil. Reduce to a simmer, cover, and cook for 30 minutes.
4. Remove from heat and blend using immersion blender or any other blender until smooth. Add salt pepper, and coconut milk to taste.
5. Top with chopped pecans to server.

NUTRITION INFO

- Calories : 391.8
- Fat : 26.35 g
- Carbs : 33.34 g
- Protein : 10.24 g
- Fiber : 8 g
- Sugar : 13.3 g



CHICKPEA SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 0.18 tsp [0.5 g] Garlic Powder
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 cup [74.5 g] Cherry Tomatoes
- 0.25 onion (small) [37 g] Red Onions (Sliced)
- 1 small (6-3/8" long) [158 g] Cucumber (Peeled and chopped)
- 0.5 cup [125 g] Chickpeas (canned and drained)(Rinsed)
- 0.5 avocado [68 g] Avocado (Chopped)
- 1 tbsp [1 g] Cilantro (Coriander) (Chopped)
- 1 cup [30 g] Baby Spinach

DIRECTIONS

1. Mix together olive oil, lemon juice, garlic powder, salt, and pepper for the dressing.
2. Toss all other ingredients together in a large salad bowl, top with dressing, and enjoy!

NUTRITION INFO

Calories : 439.87
Fat : 26.58 g
Carbs : 43.41 g
Protein : 10.49 g
Fiber : 14.03 g
Sugar : 5.32 g



EDAMAME AND GREEN APPLE SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.5 cup [85 g] Edamame (Shelled)
- 1 small (6-3/8" long) [158 g] Cucumber (Sliced)
- 1 apple [1 154] Green Apple (Sliced)
- 2 tbsp [14 g] Chopped Walnuts
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 tbsp [14 g] Olive Oil

DIRECTIONS

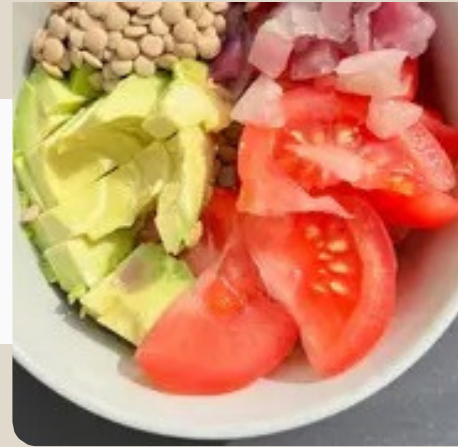
1. Mix together olive oil and apple cider vinegar.
2. In a large salad bowl add mixed greens, edamame, cucumber, green apple, and walnuts.
3. Toss with olive oil dressing and enjoy.

NUTRITION INFO

Calories : 418.5
Fat : 27.26 g
Carbs : 34.03 g
Protein : 14.86 g
Fiber : 13.35 g
Sugar : 21.64 g



LENTILS AND MORE



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.33 cup [66 g] Brown Lentils
- 1 tbsp [14 g] Olive Oil
- 0.5 tsp [1.05 g] Paprika
- 0.5 tsp [1.05 g] Cumin
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 small whole (2-2/5" dia) [91 g] Tomatoes (Sliced)
- 0.5 avocado [68 g] Avocado (Sliced)
- 2 tbsp, chopped [10 g] Red Onions

DIRECTIONS

1. Cook lentils according to package.
2. Add olive oil, paprika, cumin, salt, and pepper to lentils while warm.
3. Top with sliced tomatoes, avocado, and red onion.
4. Enjoy!

NUTRITION INFO

Calories : 520
Fat : 26.19 g
Carbs : 55.54 g
Protein : 18.79 g
Fiber : 25.47 g
Sugar : 4.94 g



MEDITERRANEAN PLATE



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

4 tbsp [60 g] Hummus

3 tbsp [42 g] Kalamata Olives

1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] RedBell Pepper (Sliced)

1 medium (7" long) [201 g] Cucumber (Sliced)

1 medium pita (5-1/4" dia) [45 g] Pita Bread (Sliced)

0.5 oz [14.18 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Serve all ingredients on a platter. Use hummus for veggie and pita dip.

NUTRITION INFO

Calories : 498

Fat : 25.02 g

Carbs : 50.18 g

Protein : 15.92 g

Fiber : 8.7 g

Sugar : 9.01 g



MEDITERRANEAN WRAP



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 wrap [43 g] Sprouted Grain Wrap
- 2 tbsp [30 g] Hummus
- 5 piece [10 g] Sun-Dried Tomatoes
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (Sliced)
- 1 small (6-3/8" long) [158 g] Cucumber (Thinly sliced)
- 2 tbsp [28 g] Kalamata Olives
- 0.25 cup [64 g] Kidney Beans (Canned) (Drained and rinsed)
- 1 cup [85 g] Whole Pod Edamame

DIRECTIONS

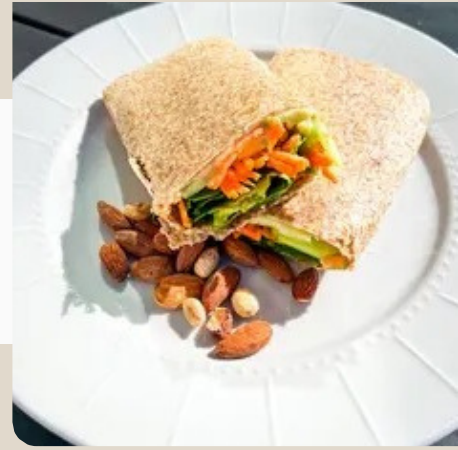
1. Spread wrap with hummus. Fill with all other ingredients and enjoy!
2. Serve with a side of cooked edamame.

NUTRITION INFO

Calories : 462
Fat : 17.12 g
Carbs : 57.88 g
Protein : 25.26 g
Fiber : 15.35 g
Sugar : 13.62 g



SPROUTED GRAIN VEGGIE SANDWICH



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 wrap [43 g] Sprouted Grain Wrap
- 3 tbsp [45 g] Hummus
- 0.5 cup [15 g] Spinach
- 1 small (6-3/8" long) [158 g] Cucumber (Thinly sliced)
- 0.25 cup [28.25 g] Shredded Carrots
- 0.5 avocado [68 g] Avocado (Sliced)
- 0.5 serving (28g) [14 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Spread hummus on sprouted grain wrap. Fill with all other ingredients. Serve with a side of dry roasted mixed nuts.

NUTRITION INFO

Calories : 479.25
Fat : 30.07 g
Carbs : 40.91 g
Protein : 13.53 g
Fiber : 12.75 g
Sugar : 6.15 g



SUN-DRIED TOMATO AND WALNUT SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 2 tbsp [14 g] Chopped Walnuts
- 8 piece [16 g] Sun-Dried Tomatoes (Chopped)
- 0.33 cup [82.5 g] Chickpeas (canned and drained) (Rinsed)
- 0.5 avocado [68 g] Avocado
- 1 tbsp [10 g] Hemp Hearts
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice

DIRECTIONS

1. Combine all ingredients in a large salad bowl and toss together until coated with olive oil and lemon.

NUTRITION INFO

- Calories : 549.88
- Fat : 40.4 g
- Carbs : 39.36 g
- Protein : 16.45 g
- Fiber : 13.65 g
- Sugar : 7.77 g



TEMPEH SPINACH SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 4 oz [113.4 g] Tempeh
- 2 tbsp [28 g] Coconut Aminos
- 2 tsp [9.6 g] Olive Oil
- 2 tbsp [30 g] Apple Cider Vinegar
- 0.5 tsp [1.4 g] Garlic Powder
- 2 cup [40 g] Arugula (Rocket)
- 0.25 cup [37.25 g] Cherry Tomatoes (Halved)
- 0.25 cup [2
- 8.25 g] Shredded Carrots
- 0.5 oz [14.1
- 8 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Warm 1 tsp olive oil in a small skillet over medium heat.
2. In a small bowl, mix together coconut aminos, 1 tbsp apple cider vinegar, and garlic powder. Add tempeh and gently mix until coated.
3. Add tempeh and coconut amino sauce to skillet and cook for 3-5 minutes, turning once.
4. Remove from heat and cool.
5. Mixed together all remaining ingredients included additional olive oil and apple cider vinegar.
6. Top with cooked tempeh. Serve with aside of dry roasted mixed nuts.

NUTRITION INFO

- Calories : 459.2
- Fat : 28.9 g
- Carbs : 32.16 g
- Protein : 25.34 g
- Fiber : 3.7 g
- Sugar : 15.78 g



VEGAN BURRITO BOWL



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.33 cup [41.25 g] Brown Rice (Uncooked)
- 0.5 avocado [68 g] Avocado (Chopped)
- 2 tbsp [32 g] Pico de Gallo
- 1 tbsp [5 g] Nutritional Yeast
- 0.25 cup [60 g] Black Beans (Canned) (Drained and rinsed)
- 0.25 onion (small) [37 g] Red Onions (Chopped)

DIRECTIONS

1. Cook rice as instructed on package and cool.
2. Mix together all ingredients and enjoy!

NUTRITION INFO

Calories : 440.81
Fat : 13.04 g
Carbs : 68.89 g
Protein : 13.18 g
Fiber : 12.67 g
Sugar : 2.23 g





PLANT BASED

DINNER

FINISH STRONG

CAULIFLOWER TACOS



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 large head (6-7" dia) [840 g] Cauliflower (Cut into florets)
- 2 tbsp [18 g] Taco Seasoning
- 1 tbsp [5 g] Nutritional Yeast
- 2 tbsp [28 g] Avocado Oil
- 6 small [120 g] Tortilla
- 1 fruit [67 g] Lime (Juice only)
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 0.25 cup [71.75 g] Pico de Gallo

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Toss cauliflower florets with avocado oil, taco seasoning, and nutritional yeast. Spread in a single layer over a baking sheet.
3. Bake cauliflower on center rack for approximately 30 minutes or until desired consistency.
4. Warm tortillas in oven or microwave and fill with cauliflower, sliced avocado, red cabbage, salsa, and lime juice.

NUTRITION INFO

Calories : 464.13
Fat : 17.73 g
Carbs : 70.62 g
Protein : 14.74 g
Fiber : 16.35 g
Sugar : 13.8 g



CHICKPEA CURRY



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [13.6 g] Coconut Oil
- 0.5 medium (2-1/2" dia) [55 g] Onions (Chopped)
- 3 cup [90 g] Baby Spinach
- 1 clove [3 g] Garlic (Minced)
- 0.5 tsp [1.05 g] Cumin
- 0.25 tsp [0.45 g] Ginger (Ground)
- 1.25 cup [308.25 g] Canned Fire Roasted Tomatoes
- 0.5 tbsp [3.15 g] Curry Powder
- 0.5 tsp [3 g] Sea Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1.5 cup [375 g] Chickpeas (canned and drained)
- 0.25 cup [56.5 g] Coconut Milk
- 0.75 cup [138.75 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice in boiling water as instructed on package.
2. Heat oil in large skillet over medium heat.
3. Add onion and sauté for 3-5 minutes until translucent. Add garlic, spinach, cumin, and ginger and sauté for an additional 1-2 minutes until fragrant.
4. Add tomatoes, curry powder, salt, pepper, and chickpeas. Cook over medium heat for 5 minutes.
5. Stir in coconut milk before removing from heat.
6. Serve warm over cooked rice.

NUTRITION INFO

- Calories : 654.15
- Fat : 15.91 g
- Carbs : 111.26 g
- Protein : 17.77 g
- Fiber : 15.24 g
- Sugar : 5.65 g



GRILLED TOFU DINNER



SERVINGS: 2

PREP TIME: 60 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 14 oz [392 g] Firm Tofu
- 2 tbsp [28 g] Avocado Oil
- 0.25 tsp [1.5 g] Sea Salt
- 1 tbsp [7.5 g] Chili Powder
- 1 tbsp [6.9 g] Paprika
- 0.5 tsp [1.05 g] Black Pepper
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (Cubed)
- 1 medium [119 g] Green Bell Pepper (Cubed)
- 1 medium [196 g] Zucchini (Sliced)
- 1 onion (small) [148 g] Red Onions (Cubed)

DIRECTIONS

1. Wrap tofu in 2-3 layers of paper towel or kitchen towel. Place on a plate with a skillet resting over the tofu for 1 hour to allow water to drain.
2. Heat grill to medium heat.
3. Mix together salt, pepper, chili powder, and paprika.
4. Brush tofu and vegetables with avocado oil. Dust with spice mixture.
5. Brush grill grates with avocado oil.
6. Cook tofu and veggies directly on grill grates for 2-3 minutes per side (turning once).
7. Enjoy warm.

NUTRITION INFO

- Calories : 368.85
- Fat : 24.61 g
- Carbs : 21.84 g
- Protein : 19.55 g
- Fiber : 9.4 g
- Sugar : 7.22 g



LENTIL STEW



SERVINGS: 2

PREP TIME: 60 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 2 tbsp [28 g] Olive Oil
- 1 small [70 g] Onions (Chopped)
- 2 medium [122 g] Carrots (Chopped)
- 2 stalk, medium (7-1/2"-8" long) [80 g] Celery (Chopped)
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 leaf [0.6 g] Bay Leaf
- 1 tsp, ground [0.6 g] Oregano
- 1 cup [200 g] Brown Lentils
- 4 cup [960 g] Beef Bone Broth
- 1.25 cup [76.25 g] Crushed Tomatoes
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 8 leaves [4 g] Basil (Chopped)

DIRECTIONS

1. In a stock pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic powder. Cook 3-4 minutes, until vegetables soften.
2. Add remaining ingredients except for basil. Bring to a boil, then reduce to a simmer and cook until lentils are soft (approximately 1 hour).
3. Enjoy warm, topped with basil.

NUTRITION INFO

- Calories : 641.8
- Fat : 15.34 g
- Carbs : 83.69 g
- Protein : 48.1 g
- Fiber : 32.83 g
- Sugar : 11.53 g



LOADED VEGGIE BOWL



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 cup [410 g] Cooked Mung Beans
- 2 small [4 g] Radish (Thinly sliced)
- 2 small lemon [60 g] Lemon Juice
- 2 medium [122 g] Carrots (Chopped)
- 1 cup, chopped [21 g] Kale
- 0.5 cup [71 g] Sauerkraut (Solid and Liquids, Canned)
- 0.5 serving (19g) [9.5 g] Sesame Seeds
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 2 tsp [9.6 g] Olive Oil
- 1.5 tbsp [22.5 g] Tahini
- 1 clove [3 g] Garlic (Minced)

DIRECTIONS

1. Steam carrots and broccoli for 4-7 minutes to desired consistency.
2. Just before removing from heat, mix in kale.
3. In a small bowl mix together olive oil, lemon juice, turmeric, garlic, tahini, salt, and pepper. Add water to thin until desired consistency for dressing.
4. In a medium dinner bowl add cooked mung beans and top with carrots, broccoli, kale, radishes, sauerkraut, and tahini dressing.
5. Sprinkle with sesame seed and enjoy.

NUTRITION INFO

- Calories : 520.6
- Fat : 29.09 g
- Carbs : 51.16 g
- Protein : 18.65 g
- Fiber : 14.04 g
- Sugar : 7.71 g



SPANISH RICE AND BEANS



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

1 tbsp [14 g] Olive Oil
0.5 medium (2-1/2" dia) [55 g] Onions (Chopped)
1 clove [3 g] Garlic (Minced)
0.5 tsp [1.05 g] Paprika
0.25 tsp [0.65 g] Chili Powder
0.5 tsp, ground [0.3 g] Oregano
0.25 tsp [0.45 g] Red or Cayenne Pepper
0.5 tsp [3 g] Salt
1 dash [0.1 g] Black Pepper
0.5 cup [62.5 g] Brown Rice
0.5 cup [123.3 g] Canned Fire Roasted Tomatoes
0.5 cup [12
8 g] Kidney Beans (Canned)
1 cup [240 ml] Vegetable Broth
2 serving (20g) [40 g] Green Olives (Sliced)

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onion and cook 2-3 minutes until soft.
2. Add garlic, paprika, chili powder, oregano, cayenne pepper, salt, and black pepper. Cook for 2 minutes stirring frequently.
3. Stir in rice and cook for 2 minutes.
4. Stir in tomatoes, beans, and vegetable broth. Bring to a boil, then reduce heat to a simmer. Cook covered until rice is desired consistency (approximately 25minutes).
5. Remove from heat and let cool until warm.
6. Serve topped with olives.

NUTRITION INFO

Calories : 346.25
Fat : 11.76 g
Carbs : 53.13 g
Protein : 8.32 g
Fiber : 7.45 g
Sugar : 4.5 g



TEMPEH BUDDHA BOWL



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.25 cup [31.25 g] Brown Rice
- 8 oz [226.8 g] Tempeh
- 3 tbsp [48 g] Almond Butter
- 4 tbsp [56 g] Coconut Aminos
- 1.5 tbsp [21 g] Rice Vinegar
- 1 cup [170 g] Edamame (Shelled)
- 0.5 cup [56.5 g] Shredded Carrots
- 1 cup [56.7 g] Shredded Red Cabbage

DIRECTIONS

1. Cook rice according to package.
2. Mix together almond butter, coconut aminos, rice wine vinegar, and water (until sauce and marinade is desired consistency).
3. Use half of the almond butter sauce to coat the tempeh.
4. Warm a skillet over medium heat and add tempeh. Cook for 4-6 minutes, flipping once.
5. Place 1/2 cup cooked brown rice in a dinner bowl. Top with cooked tempeh, edamame, carrots, red cabbage, and remaining sauce.

NUTRITION INFO

- Calories : 646.75
- Fat : 31.16 g
- Carbs : 62.72 g
- Protein : 35.74 g
- Fiber : 8.26 g
- Sugar : 22.37 g



TEMPEH STIR FRY



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

8 oz [226.8 g] Tempeh
2 tbsp [28 g] Avocado Oil
0.5 medium (2-1/2" dia) [55 g] Onions (Chopped)
2 clove [6 g] Garlic (Minced)
3 tsp [6 g] Ginger (Grated)
1 cup chopped [9
1 g] Broccoli
1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (Chopped)
1 medium [114 g] Orange Bell Pepper (Chopped)
3 tbsp [42 g] Coconut Aminos
1 tbsp [2
0 g] Maple Syrup
0.5 tbsp [7 g] Rice Vinegar
0.5 tbsp [6.8 g] Sesame Oil
0.5 tsp [2.5 g] Sriracha Sauce
0.5 cup [62.5 g] Brown Rice (Uncooked)

DIRECTIONS

1. Cook rice in boiling water as instructed on package.
2. Mix together coconut aminos, maple syrup, rice wine vinegar, sesame oil, and sriracha.
3. Cut tempeh into small cubes or slices.
4. Heat half of the avocado oil in medium skillet and add tempeh. Cook for 2-3 minutes turning once.
5. Remove tempeh from heat.
6. Add remaining oil, onion, garlic, and ginger. Cook 1-2 minutes until fragrant.
7. Add broccoli, red bell pepper, and orange bell pepper. Cook for 3-5 minutes, stirring occasionally.
8. Return tempeh to skillet with veggies and stir in coconut amino mixture.
9. Cook for an additional 2-3 minutes and serve over rice.

NUTRITION INFO

| | |
|-------------------|-------------------|
| Calories : 646.75 | Protein : 35.74 g |
| Fat : 31.16 g | Fiber : 8.26 g |
| Carbs : 62.72 g | Sugar : 22.37 g |



TUSCAN WHITE BEAN SOUP



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

1.5 tbsp [21 g] Olive Oil
0.5 small [35 g] Onions (Chopped)
2 clove [6 g] Garlic (Minced)
1 medium [61 g] Carrots (Chopped)
1 stalk, medium (7-1/2"-8" long) [40 g] Celery(Chopped)
1.25 cup [312.5 g] Cannellini Beans (Canned)
1 leaf [0.6 g] Bay Leaf
1 tbsp [5.5 g] Italian Seasoning
0.25 tbsp [1.25 g] Red Pepper Flakes
3 cup [720 ml] Vegetable Broth
1 dash [0.4 g] Sea Salt
1 dash [0.1 g] Black Pepper
2 tbsp [10 g] Nutritional Yeast
1 cup [30 g] Baby Spinach
0.5 oz [14.18 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic and cook for 3-4 minutes, stirring occasionally.
3. Add carrots and celery and cook for 7-10 minutes.
4. Add beans, bay leaf, Italian seasoning, red pepper flakes, salt, pepper, and vegetable broth.
5. Bring to a boil then reduce heat to a simmer. Cover and simmer for 15minutes.
6. Remove from heat. Remove bay leaf.
7. Use a masher and gently mash soup until desired consistency (creamy but still with some whole beans).
8. Add spinach and nutritional yeast while still warm.
9. Serve with a side of mixed nuts.

NUTRITION INFO

Calories : 311.8

Protein : 13.54 g

Fat : 14.5 g

Fiber : 15.85 g

Carbs : 34.24 g

Sugar : 4.18 g



VEGAN LENTIL PIE



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 1.5 tbsp [21 g] Avocado Oil
- 1 small [70 g] Onions (Diced)
- 2 clove [6 g] Garlic (Minced)
- 1 stalk, medium (7-1/2"-8" long) [40 g] Celery (Chopped)
- 2 medium [122 g] Carrots (Diced)
- 1 tsp [2.4 g] Onion Powder
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 2 tbsp [32 g] Tomato Paste
- 2 tbsp [28 g] Coconut Aminos
- 0.5 cup [120 ml] Vegetable Broth
- 2 cup [392 g] Cooked Lentils
- 0.5 cup [72 g] Green Peas (Frozen)
- 0.5 cup [77 g] Corn (Frozen or fresh)
- 1.5 lb [680.4 g] Russet Potatoes (Flesh and Skin)(Peeled and chopped)
- 0.25 cup [61.25 g] Almond Milk

DIRECTIONS

1. Add potatoes to a large pot with salted water and bring to a boil. Cook over medium heat for approximately 15 minutes or until potatoes are cooked through. Drain water.
2. Add 1 tbsp avocado oil, almond milk, and salt and pepper to taste. Mash with a potato masher. Set aside
3. Preheat oven to 375 degrees F (200 degreesC).
4. Heat half of the avocado oil in a large skillet over medium heat. Add onion, garlic, carrots, celery, and the remaining spices. Cook for 3-4minutes, mixing occasionally.
5. Add frozen peas, carrots, and vegetable stock and cook 3 additional minutes.
6. Stir in tomato paste and soy sauce.
7. In a 9 inch square pan, spread lentil mixture evenly on the bottom. The top with mashed potatoes.
8. Bake for 15 -20 minutes and enjoy!

NUTRITION INFO

| | |
|-------------------|-------------------|
| Calories : 420.88 | Protein : 14.57 g |
| Fat : 12.74 g | Fiber : 12.65 g |
| Carbs : 66.25 g | Sugar : 10.69 g |

