



High Protein Vegetarian Meal Ideas

LISA HAYNE

MON



BREAKFAST
Cherries, Banana & Cottage Cheese



SNACK 1
Fruit & Egg Snack Plate



LUNCH
Fresh Salad Rolls



SNACK 2
Lemon Dill Yogurt Dip & Peppers



DINNER
One Pot Spinach & Artichoke Pasta

TUE



BREAKFAST
Breakfast Protein Bowl



SNACK 1
Spicy Cashews



LUNCH
Tomato Chickpea Soup



SNACK 2
Fig & Honey Muffins



DINNER
Soba Breakfast Bowl

WED



BREAKFAST
Tropical Breakfast Bowl



SNACK 1
Peanut Butter Stuffed Dates



LUNCH
Maple Baked Beans



SNACK 2
Lemon Dill Yogurt Dip with Carrots & Celery



DINNER
Asparagus, Soba & Tempeh

THU



BREAKFAST
Blueberry Protein Oats



SNACK 1
Cherry Tomatoes & Tzatziki, Savory Chickpea & Spinach Muffins



LUNCH
Spinach & Sweet Potato Egg Muffins



SNACK 2
Greek Yogurt & Strawberries



DINNER
Artichoke, Olive & Sun Dried Tomato Pesto Pizza

FRI



BREAKFAST
Avocado Breakfast Toast



SNACK 1
Blueberry Buckwheat Blender Muffins



LUNCH
Mushroom & Edamame Stir Fry



SNACK 2
Cucumber, Carrot & Egg Snack Box



DINNER
Curried Lentil, Kale & Broccolini Salad

SAT



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Greek Yogurt with Almonds, Chia & Honey



LUNCH
Veggie Quinoa Sushi



SNACK 2
Pretzels & Brie



DINNER
Tempeh, Quinoa & Broccoli

SUN



BREAKFAST
Yogurt Overnight Oats



SNACK 1
Roasted Red Pepper Hummus



LUNCH
Hummus Pasta



SNACK 2
No-Bake Hazelnut Date Brownies



DINNER
Portobello Veggie Burgers with Goat Cheese

MON

FAT 21%

CARBS 56%

PROTEIN 23%

Calories 1084

Fat 26g

Saturated 9g

Carbs 158g

Fiber 26g

Sugar 62g

Protein 66g

Cholesterol 239mg

Sodium 2253mg

Vitamin C 242mg

Calcium 643mg

Iron 11mg

Magnesium 148mg

Zinc 3mg

TUE

FAT 40%

CARBS 45%

PROTEIN 15%

Calories 1649

Fat 73g

Saturated 15g

Carbs 182g

Fiber 29g

Sugar 27g

Protein 60g

Cholesterol 806mg

Sodium 2871mg

Vitamin C 83mg

Calcium 608mg

Iron 15mg

Magnesium 353mg

Zinc 9mg

WED

FAT 23%

CARBS 57%

PROTEIN 20%

Calories 1429

Fat 37g

Saturated 10g

Carbs 207g

Fiber 29g

Sugar 99g

Protein 73g

Cholesterol 42mg

Sodium 1722mg

Vitamin C 118mg

Calcium 975mg

Iron 12mg

Magnesium 298mg

Zinc 4mg

THU

FAT 36%

CARBS 40%

PROTEIN 24%

Calories 1367

Fat 55g

Saturated 17g

Carbs 138g

Fiber 20g

Sugar 41g

Protein 80g

Cholesterol 442mg

Sodium 2181mg

Vitamin C 119mg

Calcium 1330mg

Iron 12mg

Magnesium 261mg

Zinc 6mg

FRI

FAT 44%

CARBS 35%

PROTEIN 21%

Calories 1302

Fat 67g

Saturated 17g

Carbs 117g

Fiber 42g

Sugar 25g

Protein 72g

Cholesterol 558mg

Sodium 1652mg

Vitamin C 134mg

Calcium 647mg

Iron 19mg

Magnesium 316mg

Zinc 9mg

SAT

FAT 32%

CARBS 43%

PROTEIN 25%

Calories 1371

Fat 51g

Saturated 15g

Carbs 156g

Fiber 33g

Sugar 31g

Protein 88g

Cholesterol 64mg

Sodium 2707mg

Vitamin C 203mg

Calcium 1546mg

Iron 14mg

Magnesium 392mg

Zinc 7mg

SUN

FAT 35%

CARBS 47%

PROTEIN 18%

Calories 1426

Fat 58g

Saturated 23g

Carbs 177g

Fiber 45g

Sugar 60g

Protein 70g

Cholesterol 33mg

Sodium 631mg

Vitamin C 313mg

Calcium 639mg

Iron 18mg

Magnesium 323mg

Zinc 6mg

FRUITS

- 2 1/2 Avocado
- 3 1/2 Banana
- 1/2 cup Blackberries
- 1 1/2 cups Blueberries
- 1 1/2 cups Cherries
- 1 Kiwi
- 3 3/4 Lemon
- 1/4 cup Lemon Juice
- 1/2 Lime
- 1/2 Mango
- 1/2 cup Pineapple
- 1/2 cup Raspberries
- 3 1/2 cups Strawberries

BREAKFAST

- 1 tbsp All Natural Peanut Butter
- 1 tbsp Cashew Butter
- 1/2 cup Granola
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1 tsp Cardamom
- 2 cups Cashews
- 1/8 tsp Cayenne Pepper
- 3 1/3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1 1/2 tpsps Curry Powder
- 2 tpsps Everything Bagel Seasoning
- 2 tpsps Goji Berries
- 1 tbsp Ground Flax Seed
- 3 tpsps Hazelnuts
- 1/4 cup Hemp Seeds
- 1 1/8 tpsps Italian Seasoning
- 1/4 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 1/16 tpsps Sea Salt

VEGETABLES

- 2 1/2 cups Arugula
- 3/4 cup Asparagus
- 2 cups Baby Carrots
- 11 1/8 cups Baby Spinach
- 2 1/16 cups Broccoli
- 1/2 bunch Broccolini
- 5 1/2 Carrot
- 1 cup Cauliflower Rice
- 3 stalks Celery
- 3 1/16 cups Cherry Tomatoes
- 5 Cremini Mushrooms
- 1 1/2 Cucumber
- 1/3 cup Fresh Dill
- 11 3/4 Garlic
- 1 2/3 tpsps Ginger
- 1/4 head Iceberg Lettuce
- 8 1/2 cups Kale Leaves
- 1/2 cup Mixed Greens
- 1/3 Orange Bell Pepper
- 2 tpsps Parsley
- 170 grams Portobello Mushroom Caps
- 2 cups Purple Cabbage
- 5 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Potato
- 1 Tomato
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice Fusilli
- 200 grams Buckwheat Soba Noodles
- 1 cup Canned Coconut Milk
- 340 grams Chickpea Pasta
- 2 1/2 cups Chickpeas
- 2 2/3 tpsps Crushed Tomatoes

BREAD, FISH, MEAT & CHEESE

- 43 grams Brie Cheese
- 1/4 cup Goat Cheese
- 2/3 cup Hummus
- 85 grams Mozzarella Cheese
- 2 pieces Naan
- 340 grams Tempeh
- 2 slices Whole Grain Bread

CONDIMENTS & OILS

- 2 1/3 tpsps Apple Cider Vinegar
- 1 1/2 cups Artichoke Hearts
- 2 1/2 tpsps Avocado Oil
- 2 grams Avocado Oil Spray
- 2 2/3 tpsps Balsamic Vinegar
- 1/4 cup Black Olives
- 1/3 cup Coconut Oil
- 1 1/2 tpsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1 1/2 tpsps Miso Paste
- 8 Rice Paper Wraps
- 3 tpsps Rice Vinegar
- 3/4 tsp Sesame Oil
- 2 tpsps Sun Dried Tomato Pesto
- 2 tpsps Sunflower Seed Butter
- 1/2 cup Tamari

COLD

- 3 cups Cottage Cheese
- 1/2 cup Cow's Milk, Whole
- 27 Egg
- 2 cups Oat Milk
- 8 cups Plain Greek Yogurt
- 1 cup Tzatziki
- 3 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Dried Fig
- 8 Nori Sheets

- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1 tbsp Sliced Almonds
- 2 1/3 tsps Smoked Paprika

FROZEN

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1 3/4 cups Frozen Edamame
- 2 cups Frozen Raspberries

- 1/3 cup Diced Tomatoes
- 1 cup Green Lentils
- 1/2 cup Lentils
- 43 grams Pretzels

- 1 1/2 cups Quick Oats

- 1 1/4 cups Quinoa

- 85 grams Rice Vermicelli Noodles

- 2 1/4 cups Vegetable Broth

- 2 cups Vegetable Broth, Low Sodium

- 1 cup White Navy Beans

- 1 cup Vanilla Protein Powder

- 3 1/2 cups Water

BAKING

- 1 1/2 cups All Purpose Gluten-Free Flour

- 1 1/8 tbsps Baking Powder

- 1 cup Buckwheat Flour

- 2 tbsps Cacao Nibs

- 2/3 cup Cacao Powder

- 2/3 cup Chickpea Flour

- 2 1/4 tsps Fancy Molasses

- 1/4 cup Honey

- 2 1/16 tbsps Nutritional Yeast

- 1/2 cup Oats

- 2 cups Pitted Dates

- 1 1/3 tbsps Raw Honey

- 3/4 cup Unsweetened Shredded Coconut

- 2 tsps Vanilla Extract

Cherries, Banana & Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
3 Banana (medium, sliced)
1 1/2 cups Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Saturated	4g	Vitamin C	16mg
Carbs	46g	Calcium	190mg
Fiber	5g	Iron	1mg
Sugar	30g	Magnesium	57mg
Protein	25g	Zinc	1mg

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Breakfast Protein Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry, uncooked)
3/4 cup Water
2 Egg
2 cups Baby Spinach
1/3 cup Cherry Tomatoes (halved)
1/2 Avocado (mashed)
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	483	Cholesterol	372mg
Fat	27g	Sodium	500mg
Saturated	6g	Vitamin C	34mg
Carbs	41g	Calcium	170mg
Fiber	12g	Iron	6mg
Sugar	3g	Magnesium	181mg
Protein	23g	Zinc	4mg

DIRECTIONS

- 01 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 02 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 03 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 04 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

PREP AHEAD

Make the quinoa in advance and used hard boiled eggs to save time.

EXTRA NUTRIENTS

Top with sprouts or microgreens.

Tropical Breakfast Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1/2 cup Pineapple (chopped)
1/2 Mango (peeled and chopped)
1 Kiwi (peeled and chopped)
1/2 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	377	Cholesterol	25mg
Fat	12g	Sodium	115mg
Saturated	4g	Vitamin C	94mg
Carbs	48g	Calcium	424mg
Fiber	6g	Iron	2mg
Sugar	29g	Magnesium	70mg
Protein	22g	Zinc	1mg

DIRECTIONS

01 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Chopped nuts, seeds, shredded coconut, and/or honey.

FRUIT

Add banana and/or berries.

DAIRY-FREE

Use coconut yogurt instead.

GRAIN-FREE

Omit the granola.

Blueberry Protein Oats

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Quick Oats
2 cups Oat Milk (plain, unsweetened)
1 tsp Cardamom (ground)
2 tbsps Sunflower Seed Butter
2 tsps Raw Honey
1/2 cup Vanilla Protein Powder
1 cup Frozen Blueberries (or fresh)

NUTRITION

AMOUNT PER SERVING

Calories	443	Cholesterol	4mg
Fat	16g	Sodium	141mg
Saturated	2g	Vitamin C	3mg
Carbs	51g	Calcium	495mg
Fiber	8g	Iron	2mg
Sugar	21g	Magnesium	131mg
Protein	28g	Zinc	3mg

DIRECTIONS

- 01 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 02 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 03 Transfer to a bowl and top with the blueberries. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made. Refrigerate for up to two days.

MORE FLAVOR

Add vanilla extract, cinnamon, or nutmeg.

ADDITIONAL TOPPINGS

Top with crushed nuts, shredded coconut, or hemp seeds.

NO OAT MILK

Use plain coconut milk instead.

Avocado Breakfast Toast

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Avocado (small, mashed)
2 slices Whole Grain Bread (toasted)
1 Tomato (small, sliced)
2 Egg (hard-boiled, peeled and sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	186mg
Fat	21g	Sodium	259mg
Saturated	4g	Vitamin C	19mg
Carbs	29g	Calcium	85mg
Fiber	10g	Iron	3mg
Sugar	3g	Magnesium	72mg
Protein	14g	Zinc	2mg

DIRECTIONS

- 01 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

NOTES

HOW TO HARD-BOIL EGGS

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

GLUTEN-FREE

Use gluten-free bread.

NO HARD-BOILED EGGS

Use fried, scrambled or poached eggs instead.

LIKES IT SPICY

Add a pinch of chili flakes or hot sauce to the mashed avocado.

Raspberry Zinger Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 cups Frozen Raspberries
2 Lemon (juiced)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
3 cups Unsweetened Almond Milk

DIRECTIONS

01 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	308	Cholesterol	4mg
Fat	9g	Sodium	319mg
Saturated	1g	Vitamin C	100mg
Carbs	36g	Calcium	934mg
Fiber	17g	Iron	4mg
Sugar	12g	Magnesium	124mg
Protein	27g	Zinc	2mg

Yogurt Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	23mg
Fat	6g	Sodium	99mg
Saturated	3g	Vitamin C	23mg
Carbs	35g	Calcium	354mg
Fiber	6g	Iron	2mg
Sugar	14g	Magnesium	50mg
Protein	16g	Zinc	1mg

DIRECTIONS

- 01 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 02 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MAKE IT VEGAN

Use plant-based yogurt and milk of choice.

ADDITIONAL TOPPINGS

Top with cinnamon, coconut flakes, nut butter, nuts and seeds.

Fruit & Egg Snack Plate

3 SERVINGS 20 MINUTES



INGREDIENTS

- 3 Egg
- 1 1/2 cups Blueberries
- 1 1/2 cups Strawberries (halved)

NUTRITION

AMOUNT PER SERVING

Calories	137	Cholesterol	186mg
Fat	5g	Sodium	72mg
Saturated	2g	Vitamin C	50mg
Carbs	17g	Calcium	44mg
Fiber	3g	Iron	1mg
Sugar	11g	Magnesium	20mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 02 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

NOTES

LEFTOVERS

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

SERVING SIZE

One serving is one egg and one cup of fruit.

MORE FLAVOR

Season the hard boiled egg with salt and pepper.

Spicy Cashews

8 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Cashews (raw)
1 tsp Smoked Paprika
1/2 tsp Red Pepper Flakes
1 tsp Chili Powder
1/2 Lime (juiced and zested)
2 tsps Raw Honey
1 tsp Avocado Oil
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	210	Cholesterol	0mg
Fat	17g	Sodium	163mg
Saturated	3g	Vitamin C	1mg
Carbs	13g	Calcium	18mg
Fiber	1g	Iron	2mg
Sugar	3g	Magnesium	91mg
Protein	5g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 02 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 03 Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
- 04 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

NOTES

LEFTOVERS

Store in a sealed container for up to one week. Freeze for longer.

NO HONEY

Use maple syrup instead.

NO CASHEWS

Use almonds, walnuts or pecans instead.

Peanut Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1 tbsp All Natural Peanut Butter
1/8 tsp Sea Salt (flaky, optional)

NUTRITION

AMOUNT PER SERVING

Calories	304	Cholesterol	0mg
Fat	9g	Sodium	299mg
Saturated	2g	Vitamin C	0mg
Carbs	59g	Calcium	37mg
Fiber	7g	Iron	1mg
Sugar	48g	Magnesium	59mg
Protein	5g	Zinc	1mg

DIRECTIONS

01 Open the dates up wide. Spread the peanut butter into the dates. Sprinkle with flaky sea salt, if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate the leftovers in an airtight container for up to three days.

SERVING SIZE

One serving is two peanut butter stuffed dates.

ADDITIONAL TOPPINGS

Cacao nibs, shredded coconut, or chocolate chips.

Cherry Tomatoes & Tzatziki

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
1 cup Tzatziki

NUTRITION

AMOUNT PER SERVING

Calories	73	Cholesterol	10mg
Fat	4g	Sodium	124mg
Saturated	2g	Vitamin C	13mg
Carbs	5g	Calcium	127mg
Fiber	1g	Iron	0mg
Sugar	4g	Magnesium	8mg
Protein	3g	Zinc	0mg

DIRECTIONS

01 Serve the cherry tomatoes with the tzatziki. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO CHERRY TOMATOES

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

Savory Chickpea & Spinach Muffins

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

2/3 cup Chickpea Flour
1 1/3 tbsps Nutritional Yeast
1/3 tsp Baking Powder
1/2 tsp Sea Salt
1/3 tsp Smoked Paprika
2/3 cup Water
1/3 Orange Bell Pepper (chopped)
2/3 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	1g	Sodium	309mg
Saturated	0g	Vitamin C	30mg
Carbs	10g	Calcium	41mg
Fiber	2g	Iron	1mg
Sugar	1g	Magnesium	29mg
Protein	5g	Zinc	0mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 02 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 03 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 04 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 05 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

SERVING SIZE

One serving is one muffin.

MORE FLAVOR

Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

ADDITIONAL TOPPINGS

Cheese and/or fresh herbs.

DONENESS

When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.

Blueberry Buckwheat Blender Muffins

8 SERVINGS 45 MINUTES



INGREDIENTS

1/2 Banana (mashed)
1 cup Frozen Blueberries
1 cup Buckwheat Flour
1 tbsp Ground Flax Seed
1/4 cup Water
1 cup Canned Coconut Milk
1/3 cup Extra Virgin Olive Oil
1 cup Quick Oats

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	0mg
Fat	16g	Sodium	9mg
Saturated	6g	Vitamin C	1mg
Carbs	22g	Calcium	15mg
Fiber	4g	Iron	1mg
Sugar	3g	Magnesium	17mg
Protein	4g	Zinc	0mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 02 Add all of the ingredients to a blender and blend until mixed well. Evenly divide the batter between muffin cups. Bake for 35 minutes or until a toothpick comes out clean.
- 03 Let the muffins thoroughly cool in the muffin tray. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one muffin.

MORE FLAVOR

Add cinnamon, vanilla extract, and/or coconut sugar.

ADDITIONAL TOPPINGS

Top with chopped walnuts, pumpkin seeds, and/or oats.

Greek Yogurt with Almonds, Chia & Honey

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 tbsp Sliced Almonds (coarsely chopped)
1 1/2 tsps Honey
1 tsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	192	Cholesterol	17mg
Fat	8g	Sodium	71mg
Saturated	2g	Vitamin C	7mg
Carbs	18g	Calcium	298mg
Fiber	2g	Iron	1mg
Sugar	11g	Magnesium	0mg
Protein	14g	Zinc	0mg

DIRECTIONS

01 Add the Greek yogurt to a bowl. Top with almonds, honey, and chia seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup.

ADDITIONAL TOPPINGS

Add other seeds, nuts and/or your favorite fruits.

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond, or cashew.

Roasted Red Pepper Hummus

6 SERVINGS 40 MINUTES



INGREDIENTS

3 Red Bell Pepper (quartered)
5 Garlic (cloves, skin left on)
2 grams Avocado Oil Spray
Sea Salt & Black Pepper (to taste)
2 cups Chickpeas (drained, rinsed)
3 tbsps Lemon Juice
1 tsp Smoked Paprika

NUTRITION

AMOUNT PER SERVING

Calories	112	Cholesterol	0mg
Fat	2g	Sodium	7mg
Saturated	0g	Vitamin C	80mg
Carbs	20g	Calcium	37mg
Fiber	6g	Iron	2mg
Sugar	5g	Magnesium	35mg
Protein	6g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake in the oven for 30 minutes.
- 02 Remove the garlic cloves from their peel. Add them along with the roasted red peppers, chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
- 03 Season with additional salt and pepper, if needed. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze for up to six months.

SERVING SIZE

One serving is equal to approximately 1/4 to 1/3 of a cup.

AVOCADO OIL SPRAY

One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.

Fresh Salad Rolls

4 SERVINGS 15 MINUTES



INGREDIENTS

85 grams 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	Cholesterol	0mg
Fat	0g	Sodium	564mg
Saturated	0g	Vitamin C	66mg
Carbs	43g	Calcium	38mg
Fiber	3g	Iron	1mg
Sugar	5g	Magnesium	19mg
Protein	2g	Zinc	0mg

DIRECTIONS

- 01 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 02 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 03 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.
- 04 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, Thai basil, mint, or cucumbers.

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.

Tomato Chickpea Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Vegetable Broth (divided)
1/4 Yellow Onion (finely chopped)
1/2 Carrot (small, peeled, finely chopped)
1 Garlic (large cloves, minced)
1/2 cup Chickpeas (cooked, rinsed)
1/3 cup Diced Tomatoes
1/2 tsp Italian Seasoning
1/2 tsp Sea Salt
1/2 cup Brown Rice Fusilli
1/2 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	2g	Sodium	1272mg
Saturated	0g	Vitamin C	9mg
Carbs	40g	Calcium	55mg
Fiber	6g	Iron	3mg
Sugar	6g	Magnesium	30mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 02 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 03 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 04 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FAT

Sauté the vegetables in extra virgin olive oil instead of the broth.

ADDITIONAL TOPPINGS

Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

NO FUSILLI

Use another short-cut pasta.

NO CANNED DICED TOMATOES

Use fresh instead.

Maple Baked Beans

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Water
1/2 Yellow Onion (small, diced)
1 cup White Navy Beans (cooked, rinsed)
2 2/3 tbsps Crushed Tomatoes
2 1/4 tps Fancy Molasses
1 1/2 tps Maple Syrup
1 1/2 tps Dijon Mustard
1 1/2 tps Lemon Juice
1 tsp Apple Cider Vinegar
1/4 tsp Paprika
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	187	Cholesterol	0mg
Fat	1g	Sodium	379mg
Saturated	0g	Vitamin C	4mg
Carbs	38g	Calcium	104mg
Fiber	11g	Iron	4mg
Sugar	13g	Magnesium	74mg
Protein	8g	Zinc	1mg

DIRECTIONS

- 01 In a medium pot, add water and bring to a boil. Add in the onion and simmer for five minutes.
- 02 Stir in remaining ingredients and simmer for 15 minutes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately a 1/2 cup of beans.

MORE FLAVOR

Top with fresh parsley for extra flavor!

Spinach & Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
1 Sweet Potato (medium, peeled and chopped into cubes)
1 tbsp Extra Virgin Olive Oil
6 cups Baby Spinach
8 Egg
1/4 cup Water
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	228	Cholesterol	372mg
Fat	15g	Sodium	491mg
Saturated	4g	Vitamin C	13mg
Carbs	9g	Calcium	113mg
Fiber	2g	Iron	3mg
Sugar	2g	Magnesium	57mg
Protein	14g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 02 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

NOTES

SERVING SIZE

One serving is equal to three egg cups.

LEFTOVERS

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

NO BABY SPINACH

Use finely sliced kale or swiss chard instead.

Mushroom & Edamame Stir Fry

1 SERVING 20 MINUTES



INGREDIENTS

3/4 tsp Sesame Oil
5 Cremini Mushrooms (sliced)
1/4 Yellow Onion (small, sliced)
1/2 cup Kale Leaves (finely chopped)
1 cup Frozen Edamame (thawed)
1 tbsp Vegetable Broth
1 tbsp Tamari
1 1/2 tsps Ginger (fresh, finely grated)
1 Garlic (clove, minced)
1 cup Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	0mg
Fat	12g	Sodium	1088mg
Saturated	2g	Vitamin C	22mg
Carbs	27g	Calcium	166mg
Fiber	12g	Iron	6mg
Sugar	10g	Magnesium	120mg
Protein	26g	Zinc	3mg

DIRECTIONS

- 01 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 02 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 03 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 04 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 05 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 06 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add rice vinegar, honey or red pepper flakes to the sauce.

ADDITIONAL TOPPINGS

Asian-style hot sauce or sesame seeds.

NO CAULIFLOWER RICE

Use white rice, brown rice or quinoa instead.

NO KALE

Use spinach or Swiss chard instead.

Veggie Quinoa Sushi

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa
1 cup Water
2 tbsps Apple Cider Vinegar
1/2 Cucumber (sliced into strips)
1 Avocado (diced)
1 Carrot (grated)
1/8 tsp Cayenne Pepper
8 Nori Sheets
1/4 cup Tamari

NUTRITION

AMOUNT PER SERVING

Calories	193	Cholesterol	0mg
Fat	9g	Sodium	1029m...
Saturated	1g	Vitamin C	13mg
Carbs	24g	Calcium	57mg
Fiber	8g	Iron	2mg
Sugar	2g	Magnesium	72mg
Protein	8g	Zinc	1mg

DIRECTIONS

- 01 Add quinoa and water to a saucepan and bring to a boil. Once boiling, turn down to simmer and cover for 12 minutes. After 12 minutes, remove from heat and stir in apple cider vinegar. Set quinoa aside.
- 02 Place nori sheet on bamboo mat. If you don't have a bamboo mat or tea towel. Spread two spoonfuls of quinoa over nori sheet then add cucumber, avocado and carrot (and/or other any veggies you love). Roll the sushi. (Note: If you have never rolled sushi, Youtube it. There are a million videos with awesome demonstrations!)
- 03 Using a very sharp knife, slice the filled nori roll into smaller pieces. Sprinkle sushi pieces with cayenne pepper if you want a little spice! Serve immediately with tamari.

Hummus Pasta

4 SERVINGS 15 MINUTES



INGREDIENTS

227 grams Chickpea Pasta (dry)
3/4 cup Frozen Edamame
1 tsp Extra Virgin Olive Oil
3/4 cup Cherry Tomatoes (halved)
2 1/2 cups Arugula
1 tbsps Lemon Juice
2/3 cup Hummus
2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	340	Cholesterol	0mg
Fat	14g	Sodium	341mg
Saturated	1g	Vitamin C	9mg
Carbs	42g	Calcium	100mg
Fiber	12g	Iron	7mg
Sugar	7g	Magnesium	59mg
Protein	21g	Zinc	1mg

DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

Lemon Dill Yogurt Dip & Peppers

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
3/4 Lemon (juiced)
3 tbsps Fresh Dill (finely chopped)
1 1/2 Red Bell Pepper (large, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	17mg
Fat	3g	Sodium	73mg
Saturated	2g	Vitamin C	89mg
Carbs	10g	Calcium	256mg
Fiber	1g	Iron	1mg
Sugar	6g	Magnesium	8mg
Protein	12g	Zinc	0mg

DIRECTIONS

01 Combine the yogurt, lemon juice, and dill in a bowl. Serve with the sliced bell peppers. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Store the bell peppers separately.

SERVING SIZE

One serving is equal to approximately 1/2 cup of dip and half of a bell pepper.

DAIRY-FREE

Use plain coconut yogurt instead.

MORE FLAVOR

Add lemon juice, olive oil, salt and pepper to the dip.

Fig & Honey Muffins

6 SERVINGS 40 MINUTES



INGREDIENTS

2 Egg (large)
1/4 cup Honey
1 tsp Vanilla Extract
1/3 cup Extra Virgin Olive Oil
1 1/2 cups All Purpose Gluten-Free Flour
1/4 tsp Sea Salt
1 tbsp Baking Powder
1/4 cup Dried Fig (quartered, divided)

NUTRITION

AMOUNT PER SERVING

Calories	329	Cholesterol	62mg
Fat	14g	Sodium	367mg
Saturated	2g	Vitamin C	0mg
Carbs	48g	Calcium	155mg
Fiber	7g	Iron	1mg
Sugar	14g	Magnesium	7mg
Protein	4g	Zinc	0mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 02 In a large bowl, whisk the egg(s), honey, vanilla extract, and oil together.
- 03 In a separate bowl, mix the flour, salt, and baking powder together. Add the dry ingredients to the wet ingredients and stir until well combined. Fold in the figs, reserving a few for the top of the muffins, if desired.
- 04 Evenly divide the batter between the muffin cups and top each muffin with a piece of fig.
- 05 Bake in the oven for 30 minutes. Allow to cool on a cooling rack for ten minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one muffin.

MORE FLAVOR

Add chopped walnuts and/or ground cinnamon.

ADDITIONAL TOPPINGS

Top with granola before baking.

Lemon Dill Yogurt Dip with Carrots & Celery

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
3/4 Lemon (juiced)
3 tbsps Fresh Dill (finely chopped)
3 Carrot (medium, peeled, cut into sticks)
3 stalks Celery (cut into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	17mg
Fat	3g	Sodium	145mg
Saturated	2g	Vitamin C	17mg
Carbs	14g	Calcium	288mg
Fiber	2g	Iron	1mg
Sugar	7g	Magnesium	13mg
Protein	12g	Zinc	0mg

DIRECTIONS

01 Combine the yogurt, lemon juice, and dill in a bowl. Serve with the carrot and celery sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Store the carrots and celery sticks separately.

DAIRY-FREE

Use plain coconut yogurt instead.

MORE FLAVOR

Add lemon juice, olive oil, salt and pepper to the dip.

Greek Yogurt & Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt

2 cups Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	113	Cholesterol	17mg
Fat	3g	Sodium	71mg
Saturated	2g	Vitamin C	50mg
Carbs	12g	Calcium	261mg
Fiber	1g	Iron	1mg
Sugar	7g	Magnesium	9mg
Protein	11g	Zinc	0mg

DIRECTIONS

01 Add the yogurt to a bowl and top with strawberries. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Top with coconut flakes, granola, nuts, and seeds.

Cucumber, Carrot & Egg Snack Box

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg
Sea Salt & Black Pepper (to taste)
1 Cucumber (large, sliced)
2 cups Baby Carrots

NUTRITION

AMOUNT PER SERVING

Calories	113	Cholesterol	186mg
Fat	5g	Sodium	137mg
Saturated	2g	Vitamin C	8mg
Carbs	10g	Calcium	80mg
Fiber	2g	Iron	2mg
Sugar	5g	Magnesium	16mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 03 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

LEFTOVERS

Keep the egg(s) whole after peeling if saving for later.

ADDITIONAL TOPPINGS

Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

MAKE IT VEGAN

Replace the egg with nuts & seeds.

Pretzels & Brie

1 SERVING 5 MINUTES



INGREDIENTS

43 grams Brie Cheese

43 grams Pretzels

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	43mg
Fat	13g	Sodium	795mg
Saturated	8g	Vitamin C	1mg
Carbs	34g	Calcium	90mg
Fiber	1g	Iron	2mg
Sugar	1g	Magnesium	21mg
Protein	13g	Zinc	1mg

DIRECTIONS

01 Place all ingredients on a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top the brie with honey or jam.

No-Bake Hazelnut Date Brownies

8 SERVINGS 1 HOUR



INGREDIENTS

1 1/2 cups Pitted Dates
3/4 cup Unsweetened Shredded Coconut
1/4 cup Hemp Seeds
1 tbsp Chia Seeds
1/3 cup Coconut Oil (divided)
2/3 cup Cacao Powder (divided)
1/4 cup Maple Syrup (divided)
3 tbsps Hazelnuts (roasted, crushed)
2 tbsps Cacao Nibs
2 tbsps Goji Berries

NUTRITION

AMOUNT PER SERVING

Calories	352	Cholesterol	0mg
Fat	22g	Sodium	10mg
Saturated	14g	Vitamin C	1mg
Carbs	36g	Calcium	55mg
Fiber	8g	Iron	2mg
Sugar	25g	Magnesium	107mg
Protein	5g	Zinc	1mg

DIRECTIONS

- 01 Add the dates, coconut, hemp seeds, and chia seeds to the bowl of a food processor. Add 1/3 of the coconut oil, 3/4 of the cacao powder, and 1/2 of the maple syrup. Process until a sticky dough is formed, about five minutes.
- 02 Line a loaf pan with parchment paper. Scoop the brownie dough into the pan and flatten with your hands or a spatula, until evenly spread. Transfer to the freezer to set for 15 minutes.
- 03 Meanwhile, in a small saucepan, combine the remaining coconut oil, cacao powder, and maple syrup. Heat on the stove over low until the coconut oil has melted. Whisk to combine and remove from the heat. Allow to cool for 10 minutes.
- 04 Pour the melted chocolate over top of the cold brownies. Sprinkle on the crushed hazelnuts, cacao nibs, and goji berries. Transfer to the fridge to set for 10 minutes. Slice, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze for up to six months.

SERVING SIZE

A 5 x 9-inch loaf pan was used to make eight servings. One serving is equal to one brownie.

MORE FLAVOR

Add peppermint or orange extract.

One Pot Spinach & Artichoke Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Artichoke Hearts (from the can, drained)
2 1/4 tsps Nutritional Yeast
1/4 tsp Sea Salt (to taste)
113 grams Chickpea Pasta (dry)
1 tbsp Cashew Butter
2 cups Vegetable Broth, Low Sodium
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	0mg
Fat	8g	Sodium	881mg
Saturated	1g	Vitamin C	21mg
Carbs	42g	Calcium	115mg
Fiber	14g	Iron	7mg
Sugar	10g	Magnesium	44mg
Protein	20g	Zinc	1mg

DIRECTIONS

- 01 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 02 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 03 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add sautéed garlic.

ADDITIONAL TOPPINGS

Top with red pepper flakes, lemon juice, and/or black pepper.

NO CASHEW BUTTER

Use sunflower seed butter, tahini, or cream cheese instead.

Soba Breakfast Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed,
roughly chopped)
1/4 cup Water
1 tbsp Sesame Seeds (black)

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	372mg
Fat	13g	Sodium	569mg
Saturated	4g	Vitamin C	39mg
Carbs	40g	Calcium	210mg
Fiber	3g	Iron	3mg
Sugar	1g	Magnesium	44mg
Protein	21g	Zinc	2mg

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 02 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 03 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 04 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

MAKE IT VEGAN

Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

Asparagus, Soba & Tempeh

2 SERVINGS 15 MINUTES



INGREDIENTS

100 grams Buckwheat Soba Noodles (dry, uncooked)
3/4 cup Asparagus (trimmed, cut into bite sized pieces)
1 1/2 tbsps Miso Paste
1 tbsp Rice Vinegar
1/2 tsp Ginger (fresh, minced)
1 1/2 tbsps Water
170 grams Tempeh (cut into strips)
1 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	437	Cholesterol	0mg
Fat	12g	Sodium	784mg
Saturated	2g	Vitamin C	3mg
Carbs	48g	Calcium	122mg
Fiber	3g	Iron	4mg
Sugar	2g	Magnesium	82mg
Protein	26g	Zinc	1mg

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 03 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 04 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Add sliced green onions or red pepper flakes.

Artichoke, Olive & Sun Dried Tomato Pesto Pizza

2 SERVINGS 20 MINUTES



INGREDIENTS

2 pieces Naan
2 tbsps Sun Dried Tomato Pesto
85 grams Mozzarella Cheese (shredded, divided)
1/2 cup Artichoke Hearts (from the can, drained, sliced)
1/4 cup Black Olives (pitted, sliced)
2 tbsps Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	441	Cholesterol	39mg
Fat	16g	Sodium	1045mg
Saturated	7g	Vitamin C	10mg
Carbs	51g	Calcium	293mg
Fiber	6g	Iron	5mg
Sugar	6g	Magnesium	27mg
Protein	19g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 02 Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 03 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add mushrooms and bell peppers.

GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

DAIRY-FREE

Use vegan cheese instead.

NO SUN DRIED TOMATO PESTO

Use regular pesto or tomato sauce instead.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Curried Lentil, Kale & Broccolini Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
1/4 Yellow Onion (finely chopped)
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (grated)
1 1/2 tsps Curry Powder
1/2 bunch Broccolini
1 tbsp Water
4 cups Kale Leaves (chopped)
1 cup Green Lentils (cooked, drained and rinsed)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	186mg
Fat	13g	Sodium	159mg
Saturated	3g	Vitamin C	84mg
Carbs	29g	Calcium	301mg
Fiber	14g	Iron	7mg
Sugar	4g	Magnesium	91mg
Protein	21g	Zinc	3mg

DIRECTIONS

- 01 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 02 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 03 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 04 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 05 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 06 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

NOTES

MORE PROTEIN

Serve with quinoa.

MORE CARBS

Serve with brown rice.

NO EGGS

Top with protein of choice.

Tempeh, Quinoa & Broccoli

2 SERVINGS 55 MINUTES



INGREDIENTS

2 2/3 tbsps Vegetable Broth
2 2/3 tbsps Balsamic Vinegar
2/3 tsp Italian Seasoning
1/3 tsp Sea Salt
1 1/3 Garlic (clove, minced)
170 grams Tempeh (cut into thin pieces)
1/2 cup Quinoa (uncooked)
2 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	12g	Sodium	493mg
Saturated	3g	Vitamin C	82mg
Carbs	44g	Calcium	167mg
Fiber	5g	Iron	5mg
Sugar	5g	Magnesium	175mg
Protein	26g	Zinc	3mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 04 Meanwhile, cook the quinoa according to the package directions.
- 05 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO QUINOA

Use rice instead.

NO ITALIAN SEASONING

Use any combination of dried herbs.

MORE FLAVOR

Drizzle the broccoli with extra virgin olive oil.

BROCCOLI

Use fresh or frozen broccoli or substitute other vegetable instead.

Portobello Veggie Burgers with Goat Cheese

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Red Onion (sliced)
1/2 Zucchini (sliced into rounds)
1/2 Yellow Bell Pepper (sliced into strips)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
170 grams Portobello Mushroom Caps
1/2 cup Lentils (cooked, drained and rinsed)
1/4 cup Goat Cheese (or feta)
1/2 cup Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	363	Cholesterol	10mg
Fat	14g	Sodium	174mg
Saturated	5g	Vitamin C	200mg
Carbs	44g	Calcium	93mg
Fiber	13g	Iron	5mg
Sugar	9g	Magnesium	72mg
Protein	22g	Zinc	2mg

DIRECTIONS

- 01 Preheat the grill to medium-high heat.
- 02 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 03 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 04 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

NOTES

VEGAN

Skip the goat cheese and use pesto instead.

MEAT LOVER

Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.