
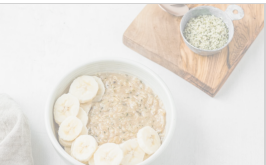













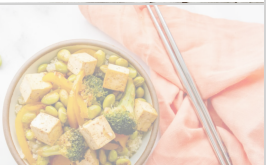

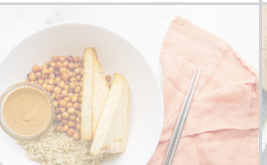
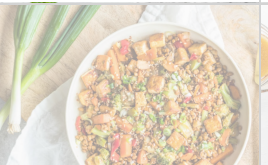




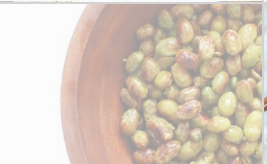










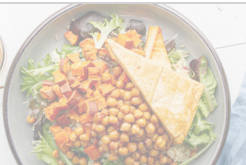




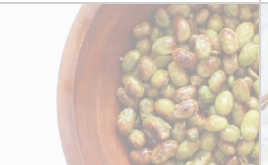

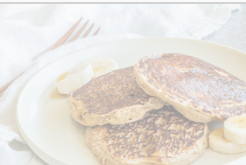




Plant-Based High Protein Athlete Program

Lisa Hayne | Herb + Spice
<https://herbandspice.net.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal	 Tofu Scramble with Lentils & Spinach	 Tofu Scramble with Lentils & Spinach	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats
Snack 1	 Cashew Cream Cheese & Celery	 Raspberry Vanilla Protein Yogurt Parfait	 Banana Tofu Smoothie	 Cashew Cream Cheese & Celery	 Banana Spinach Smoothie	 Banana Spinach Smoothie	 Strawberry Vanilla Protein Yogurt Parfait
Lunch	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Tofu & Veggie Quinoa Stir Fry	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Tofu & Lentil Stir Fry with Veggies	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Lemony Lentil & Spinach Pasta
Snack 2	 Vanilla Berry Protein Smoothie	 Banana Tofu Smoothie	 Roasted Edamame	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes	 Strawberry Vanilla Protein Yogurt Parfait	 Banana Spinach Smoothie
Dinner	 Tofu & Veggie Quinoa Stir Fry	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Tofu & Lentil Stir Fry with Veggies	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Lemony Lentil & Spinach Pasta	 Chickpea, Tofu & Sweet Potato Quinoa Salad
Snack 3	 Raspberry Vanilla Protein Yogurt Parfait	 Roasted Edamame	 Vanilla Berry Protein Smoothie	 Raspberry Vanilla Protein Yogurt Parfait	 Roasted Edamame	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 26%	Fat	<div><div></div></div> 26%	Fat	<div><div></div></div> 26%
Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 48%	Carbs	<div><div></div></div> 49%	Carbs	<div><div></div></div> 49%
Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 26%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 25%
Calories	2945	Calories	2835	Calories	2964	Calories	2997	Calories	2815	Calories	2865	Calories	2865
Fat	134g	Fat	122g	Fat	133g	Fat	115g	Fat	84g	Fat	85g	Fat	85g
Saturated	27g	Saturated	25g	Saturated	18g	Saturated	24g	Saturated	16g	Saturated	23g	Saturated	23g
Carbs	280g	Carbs	291g	Carbs	287g	Carbs	327g	Carbs	352g	Carbs	366g	Carbs	366g
Fiber	60g	Fiber	59g	Fiber	68g	Fiber	96g	Fiber	79g	Fiber	71g	Fiber	71g
Sugar	68g	Sugar	78g	Sugar	83g	Sugar	68g	Sugar	97g	Sugar	90g	Sugar	90g
Protein	190g	Protein	184g	Protein	199g	Protein	190g	Protein	186g	Protein	183g	Protein	183g
Sodium	1301mg	Sodium	1238mg	Sodium	1030mg	Sodium	1635mg	Sodium	1787mg	Sodium	1302mg	Sodium	1302mg
Vitamin C	639mg	Vitamin C	632mg	Vitamin C	413mg	Vitamin C	72mg	Vitamin C	65mg	Vitamin C	166mg	Vitamin C	166mg
Calcium	2895mg	Calcium	3035mg	Calcium	2809mg	Calcium	3124mg	Calcium	2682mg	Calcium	3160mg	Calcium	3160mg
Iron	33mg	Iron	34mg	Iron	46mg	Iron	44mg	Iron	35mg	Iron	31mg	Iron	31mg
Magnesium	1199mg	Magnesium	1265mg	Magnesium	1326mg	Magnesium	839mg	Magnesium	938mg	Magnesium	867mg	Magnesium	867mg
Zinc	23mg	Zinc	25mg	Zinc	27mg	Zinc	22mg	Zinc	22mg	Zinc	19mg	Zinc	19mg

Fruits

- ☐ 9 Banana
- ☐ 1 3/4 cups Blueberries
- ☐ 1/4 cup Lemon Juice
- ☐ 4 3/4 cups Raspberries
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Chinese Five Spice
- ☐ 2 1/4 tsps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 tsps Garlic Powder
- ☐ 2 tsps Ground Flax Seed
- ☐ 1 1/16 cups Hemp Seeds
- ☐ 2/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 1 tsp Turmeric

Frozen

- ☐ 4 3/4 cups Frozen Edamame
- ☐ 4 cups Frozen Vegetable Mix
- ☐ 12 Ice Cubes

Vegetables

- ☐ 11 cups Baby Spinach
- ☐ 1 cup Broccoli
- ☐ 6 stalks Celery
- ☐ 5 Garlic
- ☐ 4 stalks Green Onion
- ☐ 2 cups Mixed Greens
- ☐ 3 Orange Bell Pepper
- ☐ 1/3 cup Parsley
- ☐ 1 Sweet Potato
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 4 1/8 cups Chickpeas
- ☐ 4 1/2 cups Lentils
- ☐ 2 1/2 cups Quinoa
- ☐ 1 1/2 cups Whole Wheat Penne

Baking

- ☐ 2 tsps Baking Powder
- ☐ 1/4 cup Nutritional Yeast
- ☐ 2 cups Oat Flour
- ☐ 2 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 340 grams Tempeh
- ☐ 1.9 kilograms Tofu

Condiments & Oils

- ☐ 3 2/3 tsps Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tsps Italian Dressing
- ☐ 1 1/3 tsps Peanut Sauce
- ☐ 3 2/3 tsps Rice Vinegar
- ☐ 1 1/3 tsps Sesame Oil
- ☐ 1 tbsp Soy Sauce

Cold

- ☐ 312 grams Cashew Cream Cheese
- ☐ 14 cups Soy Milk
- ☐ 9 1/3 cups Unsweetened Coconut Yogurt

Other

- ☐ 5 1/16 cups Vanilla Protein Powder



Cinnamon & Banana Protein Oatmeal

2 servings

15 minutes

Ingredients

2 cups Soy Milk
 1 cup Oats (rolled)
 1/2 cup Vanilla Protein Powder
 2 tbsps Hemp Seeds
 1/4 tsp Cinnamon
 2 Banana (sliced)

Nutrition

Amount per serving	
Calories	505
Fat	12g
Saturated	2g
Carbs	69g
Fiber	9g
Sugar	24g
Protein	35g
Sodium	157mg
Vitamin C	10mg
Calcium	451mg
Iron	4mg
Magnesium	242mg
Zinc	5mg

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
 2 stalks Green Onion (chopped)
 2 Garlic (clove, minced)
 397 grams Tofu (crumbled)
 1 tbsp Nutritional Yeast
 1 tsp Turmeric
 1/2 tsp Cumin
 Sea Salt & Black Pepper (to taste)
 2 cups Lentils (cooked)
 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	462
Fat	15g
Saturated	2g
Carbs	48g
Fiber	20g
Sugar	6g
Protein	42g
Sodium	52mg
Vitamin C	14mg
Calcium	649mg
Iron	13mg
Magnesium	172mg
Zinc	5mg

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

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

Serving Size: One serving equals approximately to two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Mixed Berry Protein Overnight Oats

3 servings

8 hours

Ingredients

1 1/2 cups Oats (rolled)
 3/4 cup Vanilla Protein Powder
 1 1/2 cups Soy Milk
 1/3 cup Unsweetened Coconut Yogurt
 3 tbsps Maple Syrup
 3/4 cup Blueberries
 3/4 cup Raspberries
 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	449
Fat	11g
Saturated	2g
Carbs	60g
Fiber	9g
Sugar	22g
Protein	31g
Sodium	107mg
Vitamin C	12mg
Calcium	385mg
Iron	4mg
Magnesium	205mg
Zinc	5mg

Directions

- 1 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 2 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Soy Milk: Use any type of milk.

Additional Toppings: Cinnamon, coconut flakes, nut butter, nuts, and seeds.



Cashew Cream Cheese & Celery

1 serving

5 minutes

Ingredients

113 grams Cashew Cream Cheese
 3 stalks Celery (leaves removed, cut into sticks)
 2 tsps Hemp Seeds

Nutrition

Amount per serving	
Calories	378
Fat	28g
Saturated	4g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	15g
Sodium	279mg
Vitamin C	4mg
Calcium	53mg
Iron	5mg
Magnesium	60mg
Zinc	1mg

Directions

- 1 Spread the cream cheese evenly over top each celery stick. Sprinkle with hemp seeds. Enjoy!

Notes

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

Serving Size: One serving is three celery stalks.

Additional Toppings: Top with Everything Bagel Seasoning for more flavor.



Raspberry Vanilla Protein Yogurt Parfait

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt
 1/4 cup Vanilla Protein Powder
 1 cup Raspberries
 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	411
Fat	20g
Saturated	10g
Carbs	37g
Fiber	15g
Sugar	8g
Protein	25g
Sodium	114mg
Vitamin C	32mg
Calcium	948mg
Iron	2mg
Magnesium	118mg
Zinc	3mg

Directions

- 1 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
- 2 In a jar, add half of the yogurt mixture, then half of the raspberries. Repeat with the remaining yogurt mixture and raspberries. Top with almond butter. Enjoy!

Notes

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

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

More Flavor: Add maple syrup or honey.

No Almond Butter: Use other nut butter of choice.



Banana Tofu Smoothie

1 serving

5 minutes

Ingredients

- 1 Banana
- 132 grams Tofu (medium)
- 3 tbsps Hemp Seeds
- 1 tbs Maple Syrup
- 1 tsp Cinnamon
- 1 cup Soy Milk

Directions

- 1 Add all ingredients to a blender and blend until smooth. Enjoy!

Notes

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add vanilla extract, cacao powder, or peanut butter.

Nutrition

Amount per serving	
Calories	544
Fat	26g
Saturated	3g
Carbs	59g
Fiber	7g
Sugar	37g
Protein	30g
Sodium	125mg
Vitamin C	11mg
Calcium	747mg
Iron	7mg
Magnesium	331mg
Zinc	6mg



Banana Spinach Smoothie

1 serving

5 minutes

Ingredients

1 Banana (frozen)
1 cup Baby Spinach
4 Ice Cubes
1/2 cup Unsweetened Coconut Yogurt
1 cup Soy Milk
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	357
Fat	8g
Saturated	4g
Carbs	48g
Fiber	6g
Sugar	24g
Protein	28g
Sodium	202mg
Vitamin C	19mg
Calcium	699mg
Iron	3mg
Magnesium	139mg
Zinc	2mg

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Soy Milk: Use other milk alternative.



Strawberry Vanilla Protein Yogurt Parfait

1 serving
 10 minutes

Ingredients

1/4 cup Vanilla Protein Powder
 1 1/2 cups Unsweetened Coconut Yogurt
 1 cup Strawberries (chopped, divided)
 1 tbsp Almond Butter (divided)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Saturated	10g
Carbs	34g
Fiber	10g
Sugar	9g
Protein	25g
Sodium	115mg
Vitamin C	85mg
Calcium	940mg
Iron	2mg
Magnesium	110mg
Zinc	2mg

Directions

- 1 Mix the protein powder into the coconut yogurt.
- 2 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add berries of your choice.

Additional Toppings: Add chia seeds, cinnamon, or chopped fresh mint.

Nut-Free: Use pumpkin or sunflower seed butter instead of almond butter.



Tempeh, Quinoa & Edamame Stuffed Peppers

3 servings
 45 minutes

Ingredients

3/4 cup Quinoa (dry)
 1 tbsp Extra Virgin Olive Oil
 340 grams Tempeh (smoked, finely crumbled)
 3/4 cup Frozen Edamame (shelled, thawed)
 85 grams Cashew Cream Cheese
 1 1/2 tps Garlic Powder
 Sea Salt & Black Pepper (to taste)
 1/3 cup Parsley (chopped)
 3 Orange Bell Pepper (large, tops and seeds removed)

Nutrition

Amount per serving	
Calories	600
Fat	28g
Saturated	5g
Carbs	57g
Fiber	8g
Sugar	2g
Protein	39g
Sodium	69mg
Vitamin C	354mg
Calcium	202mg
Iron	8mg
Magnesium	228mg
Zinc	4mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the quinoa according to package directions.
- 3 Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
- 4 In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
- 5 Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed pepper.

More Flavor: Use garlic or onion cashew cream cheese.

No Cashew Cream Cheese: Use vegan cheese shreds or nutritional yeast instead.



Vanilla Berry Protein Smoothie

1 serving**5 minutes**

Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	523
Fat	25g
Saturated	3g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	39g
Sodium	213mg
Vitamin C	23mg
Calcium	652mg
Iron	5mg
Magnesium	304mg
Zinc	5mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size: One serving is equal to approximately two cups.

Soy-Free: Use coconut milk or oat milk instead.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Consistency: If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



Banana Oat Protein Pancakes

4 servings

15 minutes

Ingredients

- 2 cups Oat Flour
- 1 1/3 cups Vanilla Protein Powder
- 2 tsps Baking Powder
- 2 tsps Ground Flax Seed
- 1/4 tsp Sea Salt
- 2 Banana (medium, mashed)
- 2 1/2 cups Soy Milk
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Saturated	2g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Sodium	515mg
Vitamin C	5mg
Calcium	523mg
Iron	4mg
Magnesium	105mg
Zinc	3mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Tofu & Veggie Quinoa Stir Fry

2 servings
 20 minutes

Ingredients

2/3 cup Quinoa (dry)
 1 tsp Extra Virgin Olive Oil
 1 Yellow Bell Pepper
 1 cup Broccoli (cut into florets)
 1 cup Frozen Edamame
 340 grams Tofu (cubed)
 1 tsp Chinese Five Spice
 1 tsp Sesame Oil
 1 tbsp Soy Sauce
 1 tbsp Rice Vinegar

Nutrition

Amount per serving	
Calories	528
Fat	21g
Saturated	3g
Carbs	55g
Fiber	12g
Sugar	4g
Protein	37g
Sodium	469mg
Vitamin C	216mg
Calcium	589mg
Iron	9mg
Magnesium	247mg
Zinc	5mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
- 3 Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
- 4 Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

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

Serving Size: One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor: Add minced shallots, garlic, and green onions.

Additional Toppings: Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce: Use tamari or coconut aminos instead.



Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 servings
 30 minutes

Ingredients

1/2 cup Quinoa (dry)
 1 2/3 cups Chickpeas (cooked)
 265 grams Tofu (cut into triangles)
 2 tsps Coconut Aminos
 1 1/3 tsps Extra Virgin Olive Oil
 2 tsps Rice Vinegar
 1 1/3 tsps Peanut Sauce

Nutrition

Amount per serving	
Calories	588
Fat	24g
Saturated	3g
Carbs	67g
Fiber	15g
Sugar	11g
Protein	31g
Sodium	267mg
Vitamin C	2mg
Calcium	461mg
Iron	9mg
Magnesium	192mg
Zinc	5mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 3 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 4 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately.

Serving Size: One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

More Flavor: Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

No Coconut Aminos: Use tamari or soy sauce instead.



Tofu & Lentil Stir Fry with Veggies

2 servings
 25 minutes

Ingredients

1 tbsp Sesame Oil
 227 grams Tofu (firm, drained, cubed)
 4 cups Frozen Vegetable Mix
 1 1/2 cups Lentils (rinsed and drained)
 2 tbsps Coconut Aminos
 1 tbsp Rice Vinegar
 1/2 tsp Garlic Powder
 Sea Salt & Black Pepper (to taste)
 2 stalks Green Onion (chopped)
 1 tbsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Saturated	3g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Sodium	408mg
Vitamin C	15mg
Calcium	490mg
Iron	11mg
Magnesium	192mg
Zinc	5mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.



Chickpea, Tofu & Sweet Potato Quinoa Salad

3 servings
 30 minutes

Ingredients

2/3 cup Quinoa (dry)
 397 grams Tofu (cut into triangles)
 2 1/2 cups Chickpeas (cooked)
 1 Sweet Potato (cubed)
 1 tbsp Coconut Aminos
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Rice Vinegar
 2 cups Mixed Greens
 2 tbsps Italian Dressing

Nutrition

Amount per serving	
Calories	604
Fat	22g
Saturated	3g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Sodium	251mg
Vitamin C	5mg
Calcium	487mg
Iron	9mg
Magnesium	198mg
Zinc	5mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Lemony Lentil & Spinach Pasta

2 servings

20 minutes

Ingredients

1 1/2 cups Whole Wheat Penne
 1 1/2 tbsps Extra Virgin Olive Oil
 (divided)
 3 Garlic (cloves, minced)
 6 cups Baby Spinach
 1 cup Lentils (cooked)
 1/4 cup Lemon Juice
 3 tbsps Nutritional Yeast
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	513
Fat	12g
Saturated	2g
Carbs	78g
Fiber	20g
Sugar	5g
Protein	26g
Sodium	112mg
Vitamin C	40mg
Calcium	126mg
Iron	9mg
Magnesium	110mg
Zinc	2mg

Directions

- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
- 3 Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cup.

More Flavor: Add smoked paprika.



Roasted Edamame

3 servings
 45 minutes

Ingredients

3 cups Frozen Edamame
 1 1/2 tbsps Extra Virgin Olive Oil
 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Saturated	2g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Sodium	304mg
Vitamin C	9mg
Calcium	98mg
Iron	4mg
Magnesium	99mg
Zinc	2mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.