



Plant-Based Low FODMAP Diet

LISA HAYNE



MON



BREAKFAST
Buckwheat Sweet Potato Bowl



SNACK 1
Dark Chocolate & Walnuts



LUNCH
Cucumber Soba Noodles with Tempeh



SNACK 2
Pineapple Yogurt Bowl



DINNER
Crispy Tofu, Carrot & Rice

TUE



BREAKFAST
Buckwheat Sweet Potato Bowl



SNACK 1
Pineapple Yogurt Bowl



LUNCH
Crispy Tofu, Carrot & Rice



SNACK 2
Dark Chocolate & Walnuts



DINNER
Cucumber Soba Noodles with Tempeh

WED



BREAKFAST
Maple Walnut Millet Porridge



SNACK 1
Creamy Sweet Potato Toast



LUNCH
Cucumber Soba Noodles with Tempeh



SNACK 2
Pineapple Turmeric Smoothie



DINNER
Charred Kale Salad with Tahini Dressing

THU



BREAKFAST
Maple Walnut Millet Porridge



SNACK 1
Pineapple Turmeric Smoothie



LUNCH
Charred Kale Salad with Tahini Dressing



SNACK 2
Creamy Sweet Potato Toast



DINNER
Edamame & Soba Noodle Salad

FRI



BREAKFAST
Maple Walnut Millet Porridge



SNACK 1
Creamy Sweet Potato Toast



LUNCH
Edamame & Soba Noodle Salad



SNACK 2
Pineapple Turmeric Smoothie



DINNER
Maple Roasted Tofu & Rutabaga Bowl

SAT



BREAKFAST
Kiwi Lime Smoothie



SNACK 1
Coconut Yogurt with Sunflower Seed Butter



LUNCH
Maple Roasted Tofu & Rutabaga Bowl



SNACK 2
Zesty Lemon Chia Pudding



DINNER
Teriyaki Tofu Bowl

SUN



BREAKFAST
Kiwi Lime Smoothie



SNACK 1
Zesty Lemon Chia Pudding



LUNCH
Teriyaki Tofu Bowl



SNACK 2
Coconut Yogurt with Sunflower Seed Butter



DINNER
Maple Roasted Tofu & Rutabaga Bowl

MON**FAT 37%** **CARBS 49%** **PROTEIN 14%**

Calories 1677 Cholesterol 1mg
Fat 70g Sodium 2417mg
Saturated 18g Vitamin C 66mg
Carbs 206g Calcium 890mg
Fiber 25g Iron 14mg
Sugar 28g Magnesium 520mg
Protein 61g Zinc 7mg

TUE**FAT 37%** **CARBS 49%** **PROTEIN 14%**

Calories 1677 Cholesterol 1mg
Fat 70g Sodium 2417mg
Saturated 18g Vitamin C 66mg
Carbs 206g Calcium 890mg
Fiber 25g Iron 14mg
Sugar 28g Magnesium 520mg
Protein 61g Zinc 7mg

WED**FAT 48%** **CARBS 36%** **PROTEIN 16%**

Calories 1763 Cholesterol 4mg
Fat 96g Sodium 1179mg
Saturated 12g Vitamin C 174mg
Carbs 159g Calcium 1537mg
Fiber 22g Iron 13mg
Sugar 48g Magnesium 502mg
Protein 70g Zinc 9mg

THU**FAT 50%** **CARBS 36%** **PROTEIN 14%**

Calories 1737 Cholesterol 4mg
Fat 97g Sodium 1431mg
Saturated 11g Vitamin C 175mg
Carbs 157g Calcium 1468mg
Fiber 26g Iron 12mg
Sugar 49g Magnesium 462mg
Protein 62g Zinc 9mg

FRI**FAT 38%** **CARBS 45%** **PROTEIN 17%**

Calories 1719 Cholesterol 4mg
Fat 73g Sodium 1899mg
Saturated 8g Vitamin C 153mg
Carbs 197g Calcium 1693mg
Fiber 27g Iron 12mg
Sugar 60g Magnesium 493mg
Protein 72g Zinc 10mg

SAT**FAT 38%** **CARBS 44%** **PROTEIN 18%**

Calories 1548 Cholesterol 4mg
Fat 70g Sodium 2451mg
Saturated 11g Vitamin C 218mg
Carbs 178g Calcium 2397mg
Fiber 36g Iron 15mg
Sugar 47g Magnesium 453mg
Protein 73g Zinc 10mg

SUN**FAT 38%** **CARBS 44%** **PROTEIN 18%**

Calories 1548 Cholesterol 4mg
Fat 70g Sodium 2451mg
Saturated 11g Vitamin C 218mg
Carbs 178g Calcium 2397mg
Fiber 36g Iron 15mg
Sugar 47g Magnesium 453mg
Protein 73g Zinc 10mg

FRUITS

- 1 Blood Orange
- 4 Kiwi
- 1/2 cup Lemon Juice
- 2 Lime
- 3 1/2 tbsps Lime Juice
- 4 cups Pineapple

BREAKFAST

- 1 cup Buckwheat Groats
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Chia Seeds
- 1 tsp Dried Basil
- 2 tbsps Pumpkin Seeds
- 1 1/3 tps Sea Salt
- 1 1/8 tbsps Sesame Seeds
- 1 1/2 tps Turmeric
- 1 1/4 cups Walnuts

FROZEN

- 1 cup Frozen Edamame

VEGETABLES

- 1 Carrot
- 1 1/16 cups Cilantro
- 1 1/2 Cucumber
- 2 tbsps Ginger
- 7 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 2 cups Mixed Greens
- 4 cups Rutabaga
- 2 1/2 Sweet Potato

BOXED & CANNED

- 1 2/3 cups Brown Rice
- 250 grams Buckwheat Soba Noodles
- 1/2 cup Millet

BAKING

- 3 3/4 tbsps Arrowroot Powder
- 2 1/4 tps Coconut Sugar
- 50 grams Dark Chocolate
- 1 tbsps Unsweetened Shredded Coconut
- 1 tbsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 255 grams Tempeh
- 802 grams Tofu

CONDIMENTS & OILS

- 1 1/2 tps Avocado Oil
- 3 tbsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 2/3 cup Sunflower Seed Butter
- 2 tbsps Tahini
- 1/2 cup Tamari

COLD

- 9 3/4 cups Unsweetened Almond Milk
- 2 1/8 cups Unsweetened Coconut Yogurt

OTHER

- 1 1/4 cups Vanilla Protein Powder
- 2 1/8 cups Water

Buckwheat Sweet Potato Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 Sweet Potato (chopped into small cubes)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil
1/3 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	464	Cholesterol	0mg
Fat	16g	Sodium	1237mg
Saturated	2g	Vitamin C	12mg
Carbs	75g	Calcium	94mg
Fiber	11g	Iron	3mg
Sugar	3g	Magnesium	209mg
Protein	11g	Zinc	2mg

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 03 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 2 cups.

MORE FLAVOR

Add diced onions or minced garlic.

Maple Walnut Millet Porridge

3 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
1/2 cup Millet (uncooked)
3 tbsps Maple Syrup (divided)
2 tsps Vanilla Extract
3/4 cup Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	0mg
Fat	23g	Sodium	166mg
Saturated	2g	Vitamin C	0mg
Carbs	43g	Calcium	504mg
Fiber	6g	Iron	2mg
Sugar	13g	Magnesium	107mg
Protein	9g	Zinc	2mg

DIRECTIONS

- 01 Combine the almond milk, millet, 2/3 of the maple syrup and vanilla in a large pot over medium-high heat. Bring to a gentle boil then reduce the heat to low and cover the pot with a lid. Let it simmer for 30 to 35 minutes, or until the millet is tender and your desired consistency is reached. Be sure to stir occasionally.
- 02 Remove from the heat and stir in the remaining maple syrup.
- 03 Divide between bowls and top with the walnuts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional almond milk if needed.

SERVING SIZE

One serving is approximately 1 cup of porridge.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Top with additional maple syrup or fresh berries.

NO WALNUTS

Use almonds or pecans instead.

Kiwi Lime Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
2 Kiwi (peeled, halved)
1 Lime (juiced)
1/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	4mg
Fat	4g	Sodium	204mg
Saturated	0g	Vitamin C	141mg
Carbs	26g	Calcium	618mg
Fiber	6g	Iron	1mg
Sugar	13g	Magnesium	91mg
Protein	22g	Zinc	2mg

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk instead of almond milk.

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Dark Chocolate & Walnuts

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Walnuts

50 grams Dark Chocolate (at least 70% cacao)

DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	1mg
Fat	30g	Sodium	6mg
Saturated	8g	Vitamin C	0mg
Carbs	16g	Calcium	48mg
Fiber	5g	Iron	4mg
Sugar	7g	Magnesium	104mg
Protein	7g	Zinc	2mg

Creamy Sweet Potato Toast

3 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (large)
1/3 cup Sunflower Seed Butter
3 tbsps Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	18g	Sodium	40mg
Saturated	2g	Vitamin C	2mg
Carbs	21g	Calcium	71mg
Fiber	4g	Iron	2mg
Sugar	6g	Magnesium	116mg
Protein	7g	Zinc	2mg

DIRECTIONS

- 01 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 02 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 03 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

NOTES

LEFTOVERS

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

ADDITIONAL TOPPINGS

Add hemp seeds, flax seeds, or chia seeds on top.

Pineapple Turmeric Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Pineapple (diced into chunks)
1 1/2 tsps Ginger (peeled and grated)
1/4 cup Vanilla Protein Powder
1/2 tsp Turmeric (powder)

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	4mg
Fat	3g	Sodium	201mg
Saturated	0g	Vitamin C	79mg
Carbs	26g	Calcium	589mg
Fiber	4g	Iron	2mg
Sugar	16g	Magnesium	88mg
Protein	21g	Zinc	2mg

DIRECTIONS

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

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.

Coconut Yogurt with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1/4 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	21g	Sodium	26mg
Saturated	5g	Vitamin C	1mg
Carbs	13g	Calcium	270mg
Fiber	3g	Iron	2mg
Sugar	4g	Magnesium	100mg
Protein	6g	Zinc	2mg

DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the sunflower seed butter.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to taste.

ADDITIONAL TOPPINGS

Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

NO COCONUT YOGURT

Use Greek yogurt instead.

NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

Cucumber Soba Noodles with Tempeh

3 SERVINGS 25 MINUTES



INGREDIENTS

150 grams Buckwheat Soba Noodles (dry, uncooked)
3 tbsps Coconut Aminos
1 1/2 tbsps Lime Juice
3/4 tsp Ginger (fresh, grated or minced)
255 grams Tempeh (cut into strips)
1 1/2 Cucumber (medium, julienned)
1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	0mg
Fat	11g	Sodium	433mg
Saturated	2g	Vitamin C	7mg
Carbs	52g	Calcium	134mg
Fiber	2g	Iron	3mg
Sugar	6g	Magnesium	95mg
Protein	25g	Zinc	1mg

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the coconut aminos, lime juice, and ginger 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, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately three cups.

MORE FLAVOR

Add garlic and/or maple syrup.

ADDITIONAL TOPPINGS

Add sliced green onions or red pepper flakes.

Pineapple Yogurt Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1 cup Pineapple (chopped)
1 tbsp Unsweetened Shredded Coconut (optional)

NUTRITION

AMOUNT PER SERVING

Calories	113	Cholesterol	0mg
Fat	5g	Sodium	26mg
Saturated	5g	Vitamin C	39mg
Carbs	17g	Calcium	260mg
Fiber	3g	Iron	0mg
Sugar	9g	Magnesium	10mg
Protein	1g	Zinc	0mg

DIRECTIONS

01 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Top with chopped nuts, seeds, and/or granola.

MORE FRUIT

Add berries, mango, banana, or kiwi.

NO COCONUT YOGURT

Use plain or Greek yogurt instead.

Zesty Lemon Chia Pudding

2 SERVINGS 4 HOURS



INGREDIENTS

1 3/4 cups Unsweetened Almond Milk
1/4 cup Lemon Juice
1 tbsp Maple Syrup (or honey)
1 tsp Vanilla Extract
1/2 cup Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	0mg
Fat	17g	Sodium	149mg
Saturated	1g	Vitamin C	12mg
Carbs	30g	Calcium	714mg
Fiber	17g	Iron	4mg
Sugar	7g	Magnesium	19mg
Protein	9g	Zinc	0mg

DIRECTIONS

- 01 In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
- 02 To serve, divide between bowls or mason jars. Enjoy!

NOTES

OPTIONAL TOPPINGS

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days.

Crispy Tofu, Carrot & Rice

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
225 grams Tofu (extra-firm, pressed and cubed)
1 1/3 tbsps Tamari
1 1/3 tbsps Arrowroot Powder
2 cups Mixed Greens
1 Carrot (medium, shredded)
1 tbsp Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	0mg
Fat	8g	Sodium	715mg
Saturated	1g	Vitamin C	8mg
Carbs	46g	Calcium	354mg
Fiber	4g	Iron	4mg
Sugar	3g	Magnesium	102mg
Protein	17g	Zinc	2mg

DIRECTIONS

- 01 Cook the rice according to package directions. Let the rice cool slightly.
- 02 While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 04 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 05 Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

ADDITIONAL TOPPINGS

Sliced green onions, sauerkraut, or other pickled veggies.

NO BROWN RICE

Use white rice, quinoa, cauliflower rice or omit completely.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO ARROWROOT POWDER

Use tapioca flour or corn starch instead.

TOFU

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Charred Kale Salad with Tahini Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Lime Juice
2 tbsps Tahini
1/4 cup Extra Virgin Olive Oil (divided)
1/2 cup Cilantro (roughly chopped)
1/4 tsp Sea Salt
1 tbsp Water
4 cups Kale Leaves (stem removed, roughly torn)
2 tpsps Sesame Seeds (toasted)
1 Blood Orange (peeled, roughly chopped into segments)
2 tbsps Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	0mg
Fat	41g	Sodium	339mg
Saturated	6g	Vitamin C	86mg
Carbs	17g	Calcium	239mg
Fiber	6g	Iron	4mg
Sugar	7g	Magnesium	96mg
Protein	8g	Zinc	2mg

DIRECTIONS

- 01 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 02 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 03 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

NOTES

LEFTOVERS

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

NO BLOOD ORANGE

Use a regular orange or grapefruit.

Edamame & Soba Noodle Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

100 grams Buckwheat Soba Noodles (dry, uncooked)
1 cup Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1 tbsp Tamari
1 tbsp Rice Vinegar
1 1/2 tsps Maple Syrup
1/2 tsp Ginger (fresh, minced)
1/2 cup Matchstick Carrots
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	0mg
Fat	12g	Sodium	685mg
Saturated	1g	Vitamin C	8mg
Carbs	50g	Calcium	65mg
Fiber	6g	Iron	2mg
Sugar	7g	Magnesium	55mg
Protein	17g	Zinc	1mg

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 03 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add sriracha to the dressing.

ADDITIONAL TOPPINGS

Top with sesame seeds or chopped peanuts.

Maple Roasted Tofu & Rutabaga Bowl

3 SERVINGS 1 HOUR



INGREDIENTS

1/2 cup Brown Rice (dry)
2 tbsps Maple Syrup
2 tbsps Tamari
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (to taste)
4 cups Rutabaga (peeled, diced)
350 grams Tofu (extra-firm, pressed and cubed)
2 tbsps Arrowroot Powder
2 cups Kale Leaves (tough stems removed, chopped)
2 tbsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	426	Cholesterol	0mg
Fat	17g	Sodium	807mg
Saturated	3g	Vitamin C	64mg
Carbs	57g	Calcium	464mg
Fiber	7g	Iron	4mg
Sugar	18g	Magnesium	127mg
Protein	18g	Zinc	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
- 02 In a bowl, whisk together the maple syrup, tamari, oil, and salt.
- 03 Arrange the diced rutabaga in a glass baking dish and toss with half of the marinade. Cover with a lid or foil and bake for 30 minutes.
- 04 Meanwhile, add the tofu cubes to a bowl and gently toss with the remaining marinade. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 05 Remove the rutabaga from the oven and gently stir. Lower the temperature to 375°F (190°C) and return the rutabaga to the oven, uncovered. At this time, place the tofu in the oven as well. Cook both for an additional 25 minutes, flipping the tofu halfway.
- 06 Divide the kale, brown rice, rutabaga, and crispy tofu into bowls. Top with lemon juice and salt to taste (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Sliced green onion, sauerkraut, or other pickled veggies.

NO RUTABAGA

Use sweet potato, parsnip, or squash and adjust cooking times accordingly.

TOFU

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Teriyaki Tofu Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

2/3 cup Brown Rice
227 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Avocado Oil
2 1/2 tbsps Tamari (divided)
1 1/2 tsps Arrowroot Powder
1 tbsp Rice Vinegar
2 1/4 tsps Coconut Sugar
1/4 tsp Ginger (minced)
2 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	0mg
Fat	11g	Sodium	1265mg
Saturated	2g	Vitamin C	0mg
Carbs	52g	Calcium	331mg
Fiber	3g	Iron	4mg
Sugar	5g	Magnesium	116mg
Protein	18g	Zinc	3mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 04 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 05 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

COCONUT SUGAR

Use another type of sugar, such as honey, maple syrup or brown sugar.

MORE FLAVOR

Add chili flakes or sriracha to the sauce.

ADDITIONAL TOPPINGS

Top with sesame seeds and/or green onions.