


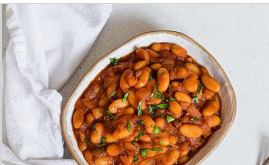





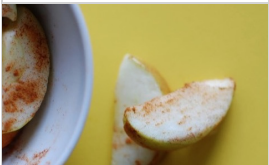














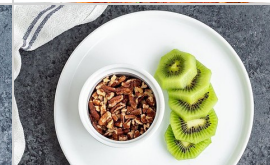





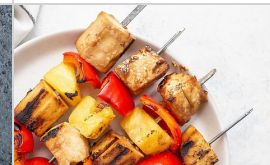


RB - 800 calorie meal plan

Herb + Spice

[Lisa Hayne](#)

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| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|---|---|--|--|---|
| Breakfast |  Strawberry Overnight Oats |  Maple Baked Beans |  Fruity Kiwi Smoothie |  Blueberry Vanilla Baked Oatmeal |  Pineapple Cucumber Smoothie |  Winter Berry Smoothie |  Chocolate Strawberry Chia Pudding |
| Snack 1 |  Apple Slices with Cinnamon | |  Rice Cake with Apple & Sunflower Seed Butter | | | | |
| Lunch |  Classic Veggie Burger |  Jollof Quinoa |  Sweet Potato Soup |  Fresh Salad Rolls |  Citrusy Kale & Carrot Salad |  Roasted Butternut Squash Soup with Kale Chips |  Tomato Chickpea Stuffed Potato |
| Snack 2 |  Chocolate Covered Peanut Caramel Bars |  Oil-Free Roasted Chickpeas |  Cookie Caramel Chocolate Cups |  Chocolate Chip Oat Bites |  Sun Dried Tomato Hummus |  Rice Cake with Apple & Sunflower Seed Butter |  Kiwi & Pecans |
| Dinner |  Bombay Potatoes |  Herb & Garlic Roasted Vegetables |  Oyster Mushroom & Bok Choy Noodles |  Chickpea & Rice Soup |  Sticky Sheet Pan Tofu Stir Fry |  Lentil Salad Lettuce Wraps |  Tofu, Bell Pepper & Pineapple Skewers |

Fruits

- ☐ 5 Apple
- ☐ 2/3 cup Blueberries
- ☐ 2 Kiwi
- ☐ 1/2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1 1/8 tbsps Lime Juice
- ☐ 2 Navel Orange
- ☐ 5 cups Pineapple
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 3 tbsps Cashew Butter
- ☐ 2/3 cup Maple Syrup
- ☐ 2 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 1/2 tps Cinnamon
- ☐ 2 tps Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 1/2 tsp Dried Dill
- ☐ 1 3/4 tbsps Dried Parsley
- ☐ 1/2 tsp Dried Thyme
- ☐ 1/2 tsp Garam Masala
- ☐ 2 1/8 tps Garlic Powder
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1/4 tsp Ground Ginger
- ☐ 1 tbsp Hemp Seeds
- ☐ 1/2 tsp Onion Powder
- ☐ 1/2 tsp Oregano
- ☐ 2 tps Paprika
- ☐ 1/4 cup Pecans
- ☐ 1/2 cup Raw Peanuts
- ☐ 1/8 tsp Red Pepper Flakes
- ☐ 2 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tps Sesame Seeds
- ☐ 1/4 cup Sliced Almonds

Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 1 Beet
- ☐ 3 cups Bok Choy
- ☐ 6 cups Broccoli
- ☐ 5 cups Butternut Squash
- ☐ 8 Carrot
- ☐ 1 head Cauliflower
- ☐ 1 stalk Celery
- ☐ 1/2 cup Cilantro
- ☐ 1/2 Cucumber
- ☐ 19 Garlic
- ☐ 1/4 cup Ginger
- ☐ 1/16 head Green Lettuce
- ☐ 2 stalks Green Onion
- ☐ 1/4 head Iceberg Lettuce
- ☐ 13 cups Kale Leaves
- ☐ 2 1/2 cups Mini Potatoes
- ☐ 3 cups Oyster Mushrooms
- ☐ 2 cups Purple Cabbage
- ☐ 3 Red Bell Pepper
- ☐ 1 1/2 cups Red Onion
- ☐ 6 leaves Romaine
- ☐ 2 Russet Potato
- ☐ 2 Sweet Onion
- ☐ 5 Sweet Potato
- ☐ 6 1/2 Tomato
- ☐ 3 1/2 Yellow Onion
- ☐ 1 Yellow Potato

Boxed & Canned

- ☐ 1/3 cup Brown Rice
- ☐ 7 cups Chickpeas
- ☐ 1 3/4 cups Crushed Tomatoes
- ☐ 1 1/2 cups Lentils
- ☐ 2 cups Quinoa
- ☐ 3 ozs Rice Vermicelli Noodles
- ☐ 12 ozs Shiratake Noodles
- ☐ 8 cups Vegetable Broth
- ☐ 2 cups Vegetable Broth, Low Sodium
- ☐ 2 cups White Navy Beans

Bread, Fish, Meat & Cheese

- ☐ 1 2/3 lbs Tofu
- ☐ 2 1/16 ozs Whole Wheat Hamburger Buns

Condiments & Oils

- ☐ 2 tps Apple Cider Vinegar
- ☐ 2 tbsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Miso Paste
- ☐ 3 tbsps Red Wine Vinegar
- ☐ 8 Rice Paper Wraps
- ☐ 1 1/2 tbsps Rice Vinegar
- ☐ 1/3 cup Sun Dried Tomatoes
- ☐ 2 tbsps Sunflower Seed Butter
- ☐ 2 tbsps Tahini
- ☐ 1/2 cup Tamari

Cold

- ☐ 2/3 cup Oat Milk
- ☐ 1/2 cup Orange Juice
- ☐ 1 cup Plain Coconut Milk
- ☐ 2 1/3 cups Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 1 tbsp Sugar Free Ketchup
- ☐ 9 1/16 cups Water

- ☐ 1 tsp Smoked Paprika
- ☐ 1 1/2 tsps Turmeric
- ☐ 1/3 cup Walnuts

Frozen

- ☐ 1 1/2 cups Frozen Berries
- ☐ 4 Ice Cubes
- ☐ 3 1/3 ozs Veggie Burger Patty

Baking

- ☐ 1/2 cup All Purpose Gluten-Free Flour
- ☐ 2 1/2 cups Almond Flour
- ☐ 1/4 tsp Baking Powder
- ☐ 1 tbsp Cocoa Powder
- ☐ 1 1/2 tbsps Coconut Sugar
- ☐ 9 2/3 ozs Dark Chocolate
- ☐ 1/4 cup Dark Chocolate Chips
- ☐ 1 1/2 tbsps Fancy Molasses
- ☐ 2 1/8 cups Oats
- ☐ 2 3/4 cups Pitted Dates
- ☐ 2 tbsps Unsweetened Applesauce
- ☐ 1 tsp Vanilla Extract



Strawberry Overnight Oats

2 servings

8 hours

Ingredients

1/2 cup Oats
1/2 cup Unsweetened Almond Milk
1/2 cup Strawberries (chopped, plus extra to garnish)
1/4 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Coconut Yogurt: Use Greek yogurt or plain cow's milk yogurt instead.



Maple Baked Beans

4 servings

20 minutes

Ingredients

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

Directions

- 1 In a medium pot, add water and bring to a boil. Add in the onion and simmer for five minutes.
- 2 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!



Fruity Kiwi Smoothie

2 servings

5 minutes

Ingredients

- 1 Kiwi
- 1 cup Pineapple (fresh or frozen)
- 1 cup Kale Leaves
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water
- 4 Ice Cubes

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 one cup.

More Protein: Add protein powder, collagen powder, hemp seeds, or chia seeds.



Blueberry Vanilla Baked Oatmeal

2 servings

30 minutes

Ingredients

1/2 tsp Coconut Oil
2/3 cup Oats
2/3 cup Oat Milk
2 tbsps Unsweetened Applesauce
2 tps Maple Syrup
1/2 tsp Cinnamon
2 tps Chia Seeds
1/2 tsp Vanilla Extract
2/3 cup Blueberries

Directions

- 1 Preheat the oven to 350°F (177°C). Grease the ramekins with the oil.
- 2 Add all remaining ingredients to a mixing bowl and stir until thoroughly combined.
- 3 Divide the mixture evenly between the ramekins and bake for 30 minutes or until a toothpick comes out clean. Enjoy!

Notes

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

Serving Size: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

No Applesauce: Omit or use mashed banana instead.



Pineapple Cucumber Smoothie

1 serving

2 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)

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 1 1/2 cups.

Likes it Sweet: Add honey, dates, or another sweetener of choice to taste.

More Protein: Add collagen powder or hemp seeds.

No Baby Spinach: Use kale instead.

Pineapple: If using fresh pineapple add ice cubes for a colder smoothie.



Winter Berry Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



Chocolate Strawberry Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Apple Slices with Cinnamon

2 servings

5 minutes

Ingredients

2 Apple

1 tsp Cinnamon

Directions

- 1 Slice apple and cut out the core.
- 2 Sprinkle with cinnamon.
- 3 Enjoy!



Rice Cake with Apple & Sunflower Seed Butter

1 serving

2 minutes

Ingredients

- 1 Plain Rice Cake
- 1 tbsp Sunflower Seed Butter
- 1/2 Apple (sliced)

Directions

1

Spread the sunflower seed butter on the rice cake and top with the apple slices. Enjoy!

Notes

More Flavor: Add cinnamon or honey.

No Sunflower Seed Butter: Use another nut or seed butter instead.

No Apple: Use banana or strawberries instead.



Classic Veggie Burger

1 serving

20 minutes

Ingredients

3 1/3 ozs Veggie Burger Patty
1/16 head Green Lettuce (leaves pulled apart)
1/2 Tomato (sliced)
1 tbsp Sugar Free Ketchup
2 1/16 ozs Whole Wheat Hamburger Buns (toasted)

Directions

- 1 Cook the veggie burger patty according to package directions.
- 2 Add lettuce, the veggie burger patty, tomato slices, and ketchup to the bun. Serve immediately and enjoy!

Notes

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

No Ketchup: Use mayonnaise, relish, and/or mustard instead.

Additional Toppings: Add pickles, mushrooms, cheese, and/or red onions.

Veggie Burger Patty: One veggie burger patty is 94 grams or 3 1/3 ounces.

Burger Buns: One burger bun is equal to approximately 57 grams or two ounces.



Jollof Quinoa

6 servings

40 minutes

Ingredients

- 2 Tomato (medium, roughly chopped)
- 2 Garlic (cloves)
- 1 Yellow Onion (chopped, divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 tsps Curry Powder
- 1/2 tsp Dried Thyme (leaves)
- 2 cups Quinoa (dry)
- 1/4 tsp Sea Salt (to taste)
- 2 cups Vegetable Broth, Low Sodium

Directions

- 1 In a food processor, blend the tomatoes, garlic, and half the onions until smooth. Set aside.
- 2 Heat the oil in a pot over medium heat. Cook the remaining onions until golden, about two minutes. Stir in the curry powder, thyme, and tomato mixture. Cook for one minute.
- 3 Add the quinoa, salt, and vegetable broth. Bring to a boil, then turn the heat to low. Cover and cook for 20 minutes or until the quinoa is cooked. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze in smaller portions if longer.

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

More Flavor: Add red bell pepper and ginger to the tomato mixture. Add cayenne pepper.

Serve it With: Grilled meats, beans, stew, or curry.



Baked Veggie Pakoras

4 servings

40 minutes

Ingredients

1/2 cup Red Onion (thinly sliced)
1 Yellow Potato (medium, peeled and grated)
1 Carrot (medium, peeled and grated)
1/2 tsp Sea Salt
1/4 cup Cilantro (roughly chopped)
1 Garlic (clove, minced)
1 tsp Ginger (fresh, minced or grated)
1 tsp Curry Powder
1/4 tsp Baking Powder
1/2 cup All Purpose Gluten-Free Flour
1 tsp Coconut Oil (melted)

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Add the onion, potato, and carrots to a mixing bowl and season with the salt. Mix to combine. Set the mixture aside for 10 minutes to rest.
- 3 To the same bowl, add the cilantro, garlic, ginger, curry powder, and baking powder and mix to combine. Add the gluten-free flour and stir until a loose dough forms.
- 4 Form the mixture into equal-sized balls, one to two inches in diameter. Place them onto the baking sheet and gently flatten.
- 5 Bake for 11 to 13 minutes or until browned on the bottom. Remove from the oven and lightly brush the top side with some of the coconut oil before flipping over and lightly brushing the second side with the remaining coconut oil. Return to the oven and continue baking for six to eight minutes or until browned and crispy.
- 6 Allow the pakoras to rest on the baking sheet for five minutes then divide between plates and enjoy!

Notes

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

Serving Size: One serving is equal to three pakoras.

More Flavor: Add other dried herbs and spices to taste.

No Gluten-Free All-Purpose Flour: Use a combination of chickpea and brown rice flour or wheat flour instead.

No Curry Powder: Use a combination of turmeric, cumin, chili powder, and black pepper instead.

Serve it With: Spicy cilantro chutney, tamarind chutney, or a yogurt-based sauce for dipping.



Sweet Potato Soup

4 servings

50 minutes

Ingredients

1/2 Yellow Onion (large, chopped)
3 Garlic (large cloves, minced)
1 1/2 tbsps Ginger (fresh, minced or grated)
7 cups Water (divided)
1 tsp Sea Salt
1 1/2 tsps Turmeric
2 Sweet Potato (large, peeled and cubed)
1/2 head Cauliflower (small, cut into florets)
2 Carrot (medium, peeled, and chopped)

Directions

- 1 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 2 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

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

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

More Flavor: Use vegetable broth instead of water. Add other dried herbs and spices.

Sweet Potato: Two large sweet potatoes yields approximately five cups of sweet potato cubes.

Cauliflower: Half a small cauliflower yields approximately three cups of florets.



Fresh Salad Rolls

4 servings

15 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving equals approximately two rolls.

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

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



Citrusy Kale & Carrot Salad

4 servings

10 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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



Broccoli Potato Bites

4 servings

1 hour

Ingredients

2 Russet Potato (medium, peeled and cut in half)
2 cups Broccoli (cut into small florets)
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



Roasted Butternut Squash Soup with Kale Chips

4 servings

1 hour 30 minutes

Ingredients

4 cups Butternut Squash
1 tsp Cinnamon (plus extra for garnish)
2 tbsps Extra Virgin Olive Oil (divided)
2 Apple (peeled, cored and sliced)
1 Sweet Onion (diced)
1 tbsp Ginger (grated)
4 cups Vegetable Broth
2 tsps Sea Salt (divided)
4 cups Kale Leaves (cut into large pieces)

Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers: Refrigerate for up to four days. Freeze for up to three months.

More Protein: Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



Tomato Chickpea Stuffed Potato

6 servings

35 minutes

Ingredients

- 3 Sweet Potato (medium, halved lengthwise)
- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (small, sliced)
- 2 Garlic (cloves, minced)
- 2 tbsps Balsamic Vinegar
- 1 1/2 cups Crushed Tomatoes (from the can)
- 2 cups Chickpeas (cooked)
- 2 stalks Green Onion (sliced, divided)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Brush the flesh of the sweet potato halves with oil. Bake face-down on the baking sheet for 20 to 30 minutes, or until tender.
- 3 Meanwhile, heat a pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in half the green onions and set aside.
- 4 Divide the sweet potato halves onto plates and top with the tomato chickpea mixture. Garnish with the remaining green onions and enjoy!

Notes

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

Serving Size: One serving equals half a medium sweet potato topped with approximately one cup of the chickpea mixture.



Chocolate Covered Peanut Caramel Bars

16 servings

4 hours

Ingredients

1 1/2 cups Almond Flour
1 tbsp Cocoa Powder
2 tbsps Maple Syrup
1/3 cup Unsweetened Almond Milk (divided)
3/4 tsp Sea Salt (divided)
1 cup Pitted Dates (soaked until soft then drained)
1/4 cup All Natural Peanut Butter
1/2 cup Raw Peanuts (roughly chopped)
5 1/4 ozs Dark Chocolate
1 tbsp Coconut Oil

Directions

- 1 Line a baking pan with parchment paper.
- 2 In a mixing bowl combine the almond flour, cocoa powder, maple syrup, 2/3 of the almond milk, and a pinch of the salt. Stir until a wet dough forms. Press the dough into an even layer in the bottom of the baking dish and place in the freezer.
- 3 Add the drained dates, peanut butter, the remaining almond milk, and the remaining salt to a food processor and blend until smooth. A caramel sauce will form and it should be thick but smooth. Add additional almond milk if necessary to help with blending.
- 4 Spoon the date caramel sauce on top of the chocolate almond layer and use a spoon or damp fingers to spread the caramel into an even layer. Top with the peanuts. Place in the freezer for two to three hours, or up to overnight, until the caramel layer is firm, but not solid.
- 5 Melt the chocolate and coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove. Line a baking sheet or plate with parchment paper.
- 6 Remove the pan from the freezer and carefully cut the caramel and cookie layers into bars, approximately one inch by two inches.
- 7 Using forks, carefully dip the bars into the melted chocolate until completely covered. Allow any excess chocolate to drip off before placing the chocolate-covered bar on the baking sheet. Use a spoon to drizzle any remaining melted chocolate over the top of each bar, if desired. Place the bars back in the freezer for at least 15 minutes or until the chocolate has set.

8

Store the bars in an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Freeze in an airtight container for up to three months.

Serving Size: A 9 x 5-inch loaf pan was used to make 16 servings. One serving is equal to one 1 x 2-inch bar.

More Flavor: Add vanilla extract or additional salt.

Additional Toppings: Finely chopped peanuts or flakey sea salt.

No Dark Chocolate: Use milk chocolate instead.



Oil-Free Roasted Chickpeas

4 servings

45 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
1 tbsp Water
1 tbsp Lime Juice
1 1/2 tsp Paprika
1 tsp Chili Powder
1 tsp Cumin
1 tsp Garlic Powder
1/2 tsp Sea Salt

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place chickpeas on the baking sheet and pat dry. Bake for 25 minutes.
- 3 In a bowl, add the remaining ingredients. Add the cooked chickpeas and toss to coat. Spread the chickpeas back on the baking sheet. Bake for an additional 20 minutes or until golden. Enjoy!

Notes

Leftovers: Store roasted chickpeas in an airtight container at room temperature for up to five days.

Serving Size: One serving is equal to approximately a 1/2 cup of chickpeas.

More Flavor: Add in lime zest for extra flavor!



Cookie Caramel Chocolate Cups

10 servings

1 hour

Ingredients

1 cup Almond Flour
2 tbsps Maple Syrup
1/4 cup Coconut Oil (divided)
3/4 cup Pitted Dates (soaked in hot water for at least 10 minutes)
2 tbsps All Natural Peanut Butter
1/8 tsp Sea Salt
2 tbsps Water (reserved from soaking the dates; plus more if needed)
4 1/3 ozs Dark Chocolate

Directions

- 1 Line a muffin tray with paper baking cups and set aside.
- 2 Add the almond flour, maple syrup, and 3/4 of the coconut oil to a food processor. Blend until a soft, cookie dough-like texture forms. Divide the dough evenly between baking cups and press it into an even layer at the bottom of each baking cup. (Use damp fingers if the dough is too sticky.) Transfer to the freezer for at least 15 minutes or until firm.
- 3 Meanwhile, rinse out the bowl of the food processor. Add the soaked dates, peanut butter, salt, and reserved date water and blend until mostly smooth, scraping down the sides of the food processor when needed. Add one to two additional tablespoons of the date water if needed. The consistency of the date caramel sauce should be thick, mostly smooth, and not liquidy.
- 4 Using a spoon or damp fingers, add the date caramel sauce in an even layer to the top of the almond cookie layer. Place in the freezer for at least 15 minutes or until chilled.
- 5 Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
- 6 Spoon the melted chocolate over the top of the caramel layer. Place in the freezer for at least 15 minutes or until the chocolate has set then transfer to an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size: One serving is equal to one cup.

Peanut-Free: Use another nut or seed butter instead.

More Flavor: Add vanilla extract or top with flakey sea salt. Use almond or coconut milk instead of water for the date caramel.

No Dark Chocolate: Use milk chocolate instead.

No Maple Syrup: Use honey or another liquid sweetener instead.



Chocolate Chip Oat Bites

8 servings

30 minutes

Ingredients

- 1 cup Pitted Dates
- 1 cup Oats (rolled)
- 1/4 cup Sliced Almonds
- 3 tbsps Cashew Butter
- 2 tbsps Maple Syrup
- 1/4 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips (mini)

Directions

- 1 In a food processor, add the dates and oats. Blend until there are small crumbly pieces.
- 2 Add the almonds, cashew butter, maple syrup, and sea salt. Blend again.
- 3 Fold in the chocolate chips. Form the dough into one inch balls and refrigerate for 15 minutes to firm up. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to three months.

Serving Size: One serving is equal to two balls.

Gluten-Free: Use certified gluten-free oats.

Nut-Free: Use sunflower seed butter or tahini. Replace the sliced almonds with pumpkin seeds.



Sun Dried Tomato Hummus

6 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tbsps Tahini
1/3 cup Sun Dried Tomatoes (plus extra for optional garnish)
1 tbsp Lemon Juice
1 Garlic (clove)
1/2 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Sesame Seeds (optional for garnish)

Directions

- 1 In a food processor, process together the chickpeas, tahini, sun dried tomatoes, lemon juice, garlic, sea salt, and half of the olive oil until smooth, about two to three minutes.
- 2 Spoon the hummus into your serving plate. Top it with the remaining olive oil. Garnish with optional chopped sun dried tomatoes and sesame seeds. Enjoy.

Notes

Leftovers: Refrigerate the leftovers in an airtight container in the fridge for up to six days.

Serving Size: One serving is equal to approximately 1/3 cup hummus.

Additional Toppings: Fresh herbs and/or Za'atar spice.

How To Serve: Serve with your choice of crackers, flatbread, or vegetables.



Carrot Sticks

1 serving

5 minutes

Ingredients

1 Carrot (medium)

Directions

1 Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.



Kiwi & Pecans

1 serving

2 minutes

Ingredients

- 1 Kiwi (sliced or chopped)
- 1/4 cup Pecans (whole or chopped)

Directions

- 1 Place the kiwi and nuts on a plate and enjoy!

Notes

No Pecans: Use another nut or seed instead.

No Kiwi: Use another fruit instead.



Bombay Potatoes

4 servings

35 minutes

Ingredients

- 2 1/2 cups Mini Potatoes (halved)
- 2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (medium, sliced)
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Garam Masala
- 1 tsp Sea Salt
- 3 Tomato (large, diced)
- 1 tbsp Ginger (fresh, minced)
- 4 Garlic (clove, minced)
- 1/4 cup Cilantro (chopped)

Directions

1

In a medium pot, add the potatoes and cover with cold water. Bring to a boil and cook for ten minutes or until fork-tender. Drain and set aside.

2

Heat the oil in a pan over medium-high heat. Add the onions and cook until translucent, about five minutes. Stir in the spices.

3

Add in the tomatoes, ginger, and garlic, and simmer for 12 to 15 minutes or until the mixture reduces. Add in the potatoes and warm through. Divide evenly between bowls, top with cilantro, and enjoy!

Notes

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

Serving Size: One serving size is equal to approximately one cup.

Additional Toppings: Top with red chili flakes and/or yogurt.



Herb & Garlic Roasted Vegetables

2 servings

45 minutes

Ingredients

1/2 head Cauliflower (small, cut into florets)
1 Beet (large, peeled and chopped)
2 cups Broccoli (cut into florets)
1 cup Butternut Squash (cut into cubes)
1 tbsp Coconut Oil (melted)
1 tsp Dried Parsley
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
- 3 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add other dried herbs and spices to taste.

Vegetables: Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.



Oyster Mushroom & Bok Choy Noodles

2 servings

30 minutes

Ingredients

2 tbsps Tamari
1 tbsp Water
1 1/2 tbsps Coconut Sugar (to taste)
1/2 tsp Lime Juice (to taste)
3 cups Oyster Mushrooms (chopped)
3 cups Bok Choy (chopped)
12 ozs Shiratake Noodles (rinsed)
1/2 tsp Sesame Seeds

Directions

- 1 Add the tamari, water, coconut sugar, and lime juice to a pan over medium heat. Whisk until dissolved.
- 2 Add the oyster mushrooms and bok choy. Cook for five to eight minutes or until soft.
- 3 Stir in the noodles until combined. Divide into bowls and garnish with sesame seeds. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

More Flavor: Add ginger, garlic, red hot chili peppers, or chili oil. Replace some of the lime juice with rice vinegar.

Additional Toppings: Top with green onions.



Chickpea & Rice Soup

3 servings

40 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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

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

No Brown Rice: Use white rice or quinoa instead.

No Chickpeas: Use white beans or lentils instead.



Sticky Sheet Pan Tofu Stir Fry

2 servings

35 minutes

Ingredients

7 1/16 ozs Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
2 tbsps Tamari (divided)
2 cups Broccoli (cut into florets)
1 Carrot (large, peeled and sliced)
1 Red Bell Pepper (medium, chopped)
1 tbsp Maple Syrup
1 Garlic (small clove, minced)
1/4 tsp Ground Ginger
1/8 tsp Red Pepper Flakes

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
- 3 Bake the tofu and veggies for 20 minutes.
- 4 Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
- 5 Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

Notes

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

Additional Toppings: Sesame seeds, sliced green onion, or more tamari.

Vegetables: Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

No Tamari: Use soy sauce or coconut aminos instead.

No Maple Syrup: Use honey or another liquid sweetener instead.

Serve it With: Rice, cauliflower rice, or quinoa.



Lentil Salad Lettuce Wraps

2 servings

10 minutes

Ingredients

- 1 1/2 cups Lentils (cooked, rinsed well)
- 1/4 cup Red Onion (finely chopped)
- 1 Tomato (medium, diced)
- 1/4 Cucumber (diced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Oregano (dried)
- 1/8 tsp Garlic Powder
- 3 tbsps Red Wine Vinegar
- 6 leaves Romaine (large)

Directions

- 1 Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
- 2 To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

Notes

Leftovers: Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

Serving Size: One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

More Flavor: Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

No Lettuce Leaves: Use tortilla or pita bread instead or serve over mixed greens.

No Red Wine Vinegar: Use lemon juice or balsamic vinegar instead.

More Veggies: Add bell pepper, zucchini, and/or arugula.



Tofu, Bell Pepper & Pineapple Skewers

5 servings

45 minutes

Ingredients

- 2 tbsps Miso Paste
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Maple Syrup
- 1 1/4 lbs Tofu (extra firm, drained and pat dry)
- 1 Red Bell Pepper (medium, chopped)
- 3 cups Pineapple (chopped)

Directions

- 1 In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
- 2 Add the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

Notes

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

Serving Size: One serving equals approximately two 12-inch skewers.

Additional Toppings: Sprinkle sesame seeds over the tofu before grilling.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.