



































RB - high protein vegan meal
plan

Herb + Spice

[Lisa Hayne](#)

lhayne@y7mail.com

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Green Smoothie	 Blackberry Protein Overnight Oats	 Mango Lime Smoothie	 Raspberry Chia Protein Pudding	 Creamy Blueberry Smoothie	 Chocolate Zucchini Bread Smoothie	 Overnight Vanilla Protein Oats
Snack 1	 Brownie Batter Protein Balls	 Sea Salt & Garlic Crackers	 Cilantro Lentil Dip	 Hot Chocolate Smoothie	 Taco Spiced Chickpeas	 No Bake Chocolate Almond Protein Bars	 Popcorn & Olive Snack Box
Lunch	 Crispy Tofu, Carrot & Rice	 Black Bean, Corn & Quinoa Salad	 Orange Sesame Tofu with Greens & Rice	 Quinoa Radish Bowl	 Sticky Sheet Pan Tofu Stir Fry	 Warm Lentil & Sweet Potato Salad	 Creamy Sun Dried Tomato Pasta
Snack 2	 Fruit & Nut Popcorn Snack Mix			 Watermelon Fruit Salad	 Fruit & Nut Popcorn Snack Mix		 Watermelon Fruit Salad
Dinner	 Avocado & Tempeh Sandwich	 Tofu & Cauliflower Fried Rice	 Grilled Tempeh & Pear Salad	 Grilled Tofu Pineapple Skewers with Arugula	 Roasted Veggie Pasta	 Tofu & Broccoli Salad with Peanut Sauce	 Broccoli Almond Protein Salad

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 34%	Fat	<div><div></div></div> 34%	Fat	<div><div></div></div> 34%	Fat	<div><div></div></div> 24%	Fat	<div><div></div></div> 28%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 31%
Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 46%	Carbs	<div><div></div></div> 55%	Carbs	<div><div></div></div> 51%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 52%
Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 17%
Calories	1542	Calories	1424	Calories	1400	Calories	1368	Calories	1401	Calories	1356	Calories	1356
Fat	61g	Fat	57g	Fat	55g	Fat	39g	Fat	46g	Fat	63g	Fat	51g
Carbs	188g	Carbs	178g	Carbs	166g	Carbs	206g	Carbs	191g	Carbs	131g	Carbs	191g
Fiber	33g	Fiber	45g	Fiber	24g	Fiber	47g	Fiber	53g	Fiber	40g	Fiber	41g
Sugar	54g	Sugar	17g	Sugar	59g	Sugar	97g	Sugar	67g	Sugar	37g	Sugar	87g
Protein	76g	Protein	70g	Protein	74g	Protein	80g	Protein	79g	Protein	80g	Protein	61g
Cholesterol	5mg	Cholesterol	2mg	Cholesterol	4mg	Cholesterol	6mg	Cholesterol	4mg	Cholesterol	5mg	Cholesterol	2mg
Sodium	2024mg	Sodium	1955mg	Sodium	1820mg	Sodium	1471mg	Sodium	1788mg	Sodium	1422mg	Sodium	1093mg
Vitamin A	8665IU	Vitamin A	8918IU	Vitamin A	12074IU	Vitamin A	10288IU	Vitamin A	13653IU	Vitamin A	14026IU	Vitamin A	7920IU
Vitamin C	37mg	Vitamin C	112mg	Vitamin C	239mg	Vitamin C	276mg	Vitamin C	273mg	Vitamin C	113mg	Vitamin C	224mg
Calcium	1177mg	Calcium	1211mg	Calcium	1497mg	Calcium	1733mg	Calcium	1062mg	Calcium	1339mg	Calcium	969mg
Iron	14mg	Iron	18mg	Iron	15mg	Iron	18mg	Iron	21mg	Iron	18mg	Iron	18mg
Magnesium	417mg	Magnesium	673mg	Magnesium	341mg	Magnesium	620mg	Magnesium	343mg	Magnesium	520mg	Magnesium	427mg
Zinc	8mg	Zinc	11mg	Zinc	5mg	Zinc	9mg	Zinc	9mg	Zinc	8mg	Zinc	7mg
Selenium	35µg	Selenium	55µg	Selenium	32µg	Selenium	40µg	Selenium	32µg	Selenium	39µg	Selenium	24µg



Cinnamon Green Smoothie

2 servings

10 minutes

Ingredients

2 1/2 cups Oat Milk (unsweetened, plain)
2 Banana (medium)
2 cups Baby Spinach
1/16 head Green Lettuce (separated into leaves and washed)
1/2 cup Vanilla Protein Powder
1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g
Cholesterol	4mg
Sodium	189mg
Vitamin A	2946IU
Vitamin C	19mg
Calcium	594mg
Iron	2mg
Magnesium	103mg
Zinc	2mg
Selenium	8µg

Directions

1

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

Notes

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

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds instead.



Blackberry Protein Overnight Oats

1 serving

8 hours

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Oats (quick or rolled)
1 tbsp Chia Seeds
2 tbsps Vanilla Protein Powder
1 tsp Cinnamon
1/2 cup Blackberries

Nutrition

Amount per serving	
Calories	322
Fat	10g
Carbs	43g
Fiber	14g
Sugar	4g
Protein	19g
Cholesterol	2mg
Sodium	183mg
Vitamin A	661IU
Vitamin C	15mg
Calcium	643mg
Iron	4mg
Magnesium	147mg
Zinc	3mg
Selenium	15µg

Directions

- 1 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 2 To serve, stir well and top with blackberries. Enjoy!

Notes

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

Nut-Free: Use another milk or milk alternative instead.

Additional Toppings: Stir in additional almond milk or top with a dollop of greek yogurt.

No Blackberries: Use other fresh berries fruit instead.

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.



Mango Lime Smoothie

1 serving

5 minutes

Ingredients

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g
Cholesterol	4mg
Sodium	127mg
Vitamin A	2574IU
Vitamin C	130mg
Calcium	845mg
Iron	2mg
Magnesium	83mg
Zinc	2mg
Selenium	9µg

Directions

1

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

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.



Raspberry Chia Protein Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	234
Fat	13g
Carbs	18g
Fiber	11g
Sugar	2g
Protein	15g
Cholesterol	2mg
Sodium	101mg
Vitamin A	265IU
Vitamin C	12mg
Calcium	428mg
Iron	3mg
Magnesium	112mg
Zinc	1mg
Selenium	3µg

Directions

- 1 In a large bowl, combine the chia seeds with the almond 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 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk.

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

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



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving	
Calories	324
Fat	9g
Carbs	41g
Fiber	14g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	102mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	500mg
Iron	3mg
Magnesium	114mg
Zinc	2mg
Selenium	8µg

Directions

1

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

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.



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
1/4 cup Chocolate Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tbsp Cacao Powder
1 tsp Cacao Nibs (optional)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	28g
Cholesterol	4mg
Sodium	209mg
Vitamin A	733IU
Vitamin C	23mg
Calcium	716mg
Iron	4mg
Magnesium	216mg
Zinc	2mg
Selenium	8µg

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

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



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	311
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	123mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	425mg
Iron	3mg
Magnesium	134mg
Zinc	3mg
Selenium	15µg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Brownie Batter Protein Balls

6 servings

40 minutes

Ingredients

1/3 cup Pitted Dates (packed)
2 cups Black Beans (cooked)
1/2 cup Chocolate Protein Powder
1/3 cup Pumpkin Seed Butter
1/2 tsp Sea Salt
1 tbsp Cacao Powder
1/2 cup Dark Chocolate Chips
(optional)

Nutrition

Amount per serving	
Calories	342
Fat	15g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	16g
Cholesterol	1mg
Sodium	250mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	58mg
Iron	4mg
Magnesium	119mg
Zinc	2mg
Selenium	3µg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size: Nutrition information is calculated based on 3 balls per serving.

Storage: Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter: Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder: This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



Sea Salt & Garlic Crackers

4 servings

30 minutes

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Pumpkin Seeds
1/2 cup Chia Seeds
1/2 cup Almond Flour
1/2 tsp Sea Salt
1 1/2 tsps Garlic Powder
1/2 cup Water

Nutrition

Amount per serving	
Calories	387
Fat	31g
Carbs	19g
Fiber	10g
Sugar	1g
Protein	15g
Cholesterol	0mg
Sodium	298mg
Vitamin A	4IU
Vitamin C	1mg
Calcium	186mg
Iron	5mg
Magnesium	228mg
Zinc	2mg
Selenium	14µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 3 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 4 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 5 Enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 1 week.

Serve Them With: Hummus, nut butter, cheese, on top of salad or soup.



Cilantro Lentil Dip

4 servings

30 minutes

Ingredients

1 cup Dry Yellow Lentils
3 cups Water
1 Yellow Onion (small, chopped)
2 Garlic (cloves, chopped)
1/2 tsp Cumin
1/2 tsp Sea Salt
1 cup Cilantro
1 tbsp Lime Juice
1/4 cup Extra Virgin Olive Oil
2 cups Corn Tortilla Chips

Nutrition

Amount per serving	
Calories	391
Fat	17g
Carbs	46g
Fiber	9g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	305mg
Vitamin A	286IU
Vitamin C	3mg
Calcium	70mg
Iron	6mg
Magnesium	25mg
Zinc	0mg
Selenium	1µg

Directions

- 1 In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
- 2 In a blender or food processor, add the drained lentils, cilantro, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
- 3 Serve with tortilla chips and enjoy!

Notes

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

Serving Size: One serving is approximately 1/4 to 1/3 cup of dip with 1/2 cup of tortilla chips.

No Tortilla Chips: Use as a dip for crackers, vegetables or pita bread. Use it as a spread on sandwiches.

No Cilantro: Use another fresh herb instead.

No Yellow Lentils: Use red instead.



Hot Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	268
Fat	9g
Carbs	31g
Fiber	13g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	513mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	664mg
Iron	4mg
Magnesium	177mg
Zinc	2mg
Selenium	9µg

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

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



Taco Spiced Chickpeas

2 servings

30 minutes

Ingredients

2 cups Chickpeas (cooked)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste, optional)
2 tsps Taco Seasoning

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	47g
Fiber	13g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	267mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	90mg
Iron	5mg
Magnesium	79mg
Zinc	3mg
Selenium	6µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 4 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

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

No Extra Virgin Olive Oil: Use avocado oil instead.



No Bake Chocolate Almond Protein Bars

8 servings

1 hour 15 minutes

Ingredients

1/2 cup Almond Butter (smooth and drippy)
3 tbsps Coconut Oil
1/3 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Vanilla Protein Powder
1 cup Oats
1 tbsp Chia Seeds
1/3 cup Unsweetened Shredded Coconut
1/4 tsp Sea Salt
3 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	301
Fat	19g
Carbs	24g
Fiber	4g
Sugar	12g
Protein	10g
Cholesterol	1mg
Sodium	88mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	110mg
Iron	1mg
Magnesium	77mg
Zinc	1mg
Selenium	5µg

Directions

- 1 Line the pan with parchment paper.
- 2 Add the almond butter, coconut oil, and maple syrup to a small saucepan. Heat over low, stirring with a spatula until smooth and well combined. Remove from heat and stir in the vanilla. Transfer to a large bowl.
- 3 To the same bowl, add the protein powder, oats, chia seeds, shredded coconut, and salt. Stir well to combine. Transfer the mixture to the prepared pan.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Drizzle the melted chocolate over the top of the bars and place them in the fridge to set for one hour. Remove the bars from the pan and slice. Enjoy!

Notes

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

Serving Size: One serving is equal to one two-inch bar. An 8 x 4-inch pan was used to make eight servings.

Nut-Free: Use tahini or sunflower seed butter.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Popcorn & Olive Snack Box

2 servings

5 minutes

Ingredients

- 1 1/2 cups Popcorn
- 1/2 Apple (medium, chopped)
- 1 cup Snap Peas (trimmed)
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	106
Fat	5g
Carbs	16g
Fiber	4g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	241mg
Vitamin A	444IU
Vitamin C	8mg
Calcium	42mg
Iron	2mg
Magnesium	25mg
Zinc	0mg
Selenium	1µg

Directions

1

Arrange the popcorn, apples, snap peas, and olives into a container. Refrigerate until ready to serve. Enjoy!

Notes

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



Crispy Tofu, Carrot & Rice

2 servings

40 minutes

Ingredients

1/2 cup Brown Rice (dry)
 8 ozs 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
Fat	8g
Carbs	46g
Fiber	4g
Sugar	3g
Protein	17g
Cholesterol	0mg
Sodium	715mg
Vitamin A	5096IU
Vitamin C	8mg
Calcium	354mg
Iron	4mg
Magnesium	102mg
Zinc	2mg
Selenium	23µg

Directions

- 1 Cook the rice according to package directions. Let the rice cool slightly.
- 2 While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 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.
- 4 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 5 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.



Black Bean, Corn & Quinoa Salad

2 servings

25 minutes

Ingredients

1/2 cup Quinoa (dry)
2/3 cup Frozen Corn
1 cup Black Beans (cooked and rinsed)
1 Red Bell Pepper (diced)
1/4 cup Red Onion (finely chopped)
3 tbsps Lime Juice
1 Garlic (clove, minced)
1/2 tsp Chili Powder
1/4 tsp Sea Salt
1/4 tsp Cumin

Nutrition

Amount per serving	
Calories	349
Fat	4g
Carbs	67g
Fiber	14g
Sugar	6g
Protein	16g
Cholesterol	0mg
Sodium	322mg
Vitamin A	2196IU
Vitamin C	87mg
Calcium	64mg
Iron	5mg
Magnesium	173mg
Zinc	3mg
Selenium	6µg

Directions

- 1 Cook the quinoa according to package directions. Let the quinoa cool slightly.
- 2 Cook the corn according to package directions. Drain and rinse under cold water to cool.
- 3 Combine the lime juice, garlic, salt, chili, and cumin in a large mixing bowl. Add the black beans, red pepper, red onion, quinoa, and corn to the bowl and stir to combine. Season with additional lime juice and salt if needed. Divided between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use taco seasoning or add other dried herbs and spices.

Additional Toppings: Avocado, cilantro, green onion, tomatoes, salsa.

More Fat: Add avocado oil.

More Protein: Serve with tofu, tempeh, cooked chicken, or cooked shrimp on top.



Orange Sesame Tofu with Greens & Rice

2 servings

30 minutes

Ingredients

1/2 cup Brown Rice
 1/2 cup Orange Juice
 1 1/2 tbsps Tamari
 1 tbsp Sesame Oil
 1 tbsp Ginger (fresh, grated or minced)
 7 1/16 ozs Tofu (extra-firm, cut into thin strips)
 1 1/2 tsps Coconut Oil
 4 cups Bok Choy (chopped)
 1/2 tsp Tapioca Flour

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	48g
Fiber	4g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	852mg
Vitamin A	6379IU
Vitamin C	94mg
Calcium	443mg
Iron	4mg
Magnesium	129mg
Zinc	2mg
Selenium	22µg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Quinoa Radish Bowl

4 servings

22 minutes

Ingredients

1 cup Quinoa (uncooked)
 2 cups Black Beans (cooked)
 1 Carrot (medium, shredded)
 2 cups Radishes (sliced)
 2 cups Alfalfa Sprouts
 1/4 cup Lemon Juice
 1/4 cup Fresh Dill (chopped)
 1 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	294
Fat	3g
Carbs	53g
Fiber	12g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	38mg
Vitamin A	2632IU
Vitamin C	17mg
Calcium	71mg
Iron	4mg
Magnesium	157mg
Zinc	3mg
Selenium	5µg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once the quinoa has cooled, divide it between bowls along with the black beans, carrots, radishes, and alfalfa sprouts.
- 3 Whisk together the lemon juice, dill, and garlic. Drizzle over top of the quinoa bowls and season with salt and pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

Additional Toppings: Add sauerkraut, kimchi, balsamic vinegar, pickled veggies, or your favorite dressing.



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

Nutrition

Amount per serving	
Calories	182
Fat	6g
Carbs	22g
Fiber	6g
Sugar	13g
Protein	15g
Cholesterol	0mg
Sodium	1064mg
Vitamin A	7572IU
Vitamin C	160mg
Calcium	356mg
Iron	4mg
Magnesium	75mg
Zinc	2mg
Selenium	16µg

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.



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

1 Sweet Potato (medium, peeled and cut into small cubes)
2/3 cup Vegetable Broth (divided)
1/2 cup Red Onion (chopped)
3 Garlic (cloves, minced)
1/4 tsp Sea Salt
2 cups Baby Spinach
2 cups Lentils (cooked, rinsed)
2 tbsps Balsamic Vinegar
1/4 cup Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	336
Fat	1g
Carbs	63g
Fiber	19g
Sugar	11g
Protein	21g
Cholesterol	0mg
Sodium	587mg
Vitamin A	12867IU
Vitamin C	28mg
Calcium	121mg
Iron	9mg
Magnesium	123mg
Zinc	3mg
Selenium	7µg

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

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

No Sweet Potato: Use cubed butternut squash instead.



Creamy Sun Dried Tomato Pasta

4 servings

20 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	41g
Fiber	11g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	431mg
Vitamin A	820IU
Vitamin C	12mg
Calcium	234mg
Iron	7mg
Magnesium	27mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 2 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 3 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 4 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

Nut-Free: Use coconut milk, hemp seed milk or oat milk instead of almond milk.

More Flavor: Use reserved water from cooking the pasta to thin the sauce instead.



Fruit & Nut Popcorn Snack Mix

1 serving

5 minutes

Ingredients

- 1 cup Popcorn
- 1/4 cup Blueberries
- 2 tbsps Pecans
- 1 tbsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	252
Fat	17g
Carbs	21g
Fiber	3g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	98mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	12mg
Iron	1mg
Magnesium	29mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Combine all ingredients in a small bowl. Enjoy!

Notes

Leftovers: Do not mix in blueberries until serving. Store other components in an airtight container at room temperature for up to four days.

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

Dairy-Free: Use dairy-free chocolate chips.

Nut-Free: Replace pecans with pumpkin seeds.



Watermelon Fruit Salad

2 servings

5 minutes

Ingredients

1/4 Seedless Watermelon (small, cut into cubes)

1 Mango (cut into cubes)

1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	291
Fat	2g
Carbs	73g
Fiber	6g
Sugar	62g
Protein	5g
Cholesterol	0mg
Sodium	8mg
Vitamin A	5051IU
Vitamin C	110mg
Calcium	60mg
Iron	2mg
Magnesium	75mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Add the watermelon, mango, and blueberries to a bowl and stir to combine. Enjoy!

Notes

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

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

More Flavor: Add honey, lime juice, or fresh mint.

Fruit: Use strawberries, peaches, kiwi, or cantaloupe instead.



Avocado & Tempeh Sandwich

2 servings

40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 3 1/2 ozs Tempeh (cut into thin slices)
- 1/2 Avocado (sliced)
- 4 ozs English Muffin (halved, lightly toasted)
- 3/4 cup Arugula

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	38g
Fiber	12g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	772mg
Vitamin A	591IU
Vitamin C	6mg
Calcium	159mg
Iron	3mg
Magnesium	64mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Gluten-Free: Use a gluten-free English muffin or bread instead.

Additional Toppings: Hot sauce, butter, ghee, almond butter, or peanut butter.

No Arugula: Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Tofu & Cauliflower Fried Rice

2 servings

35 minutes

Ingredients

- 1/2 cup Brown Rice
- 6 1/8 ozs Tofu (extra-firm, pressed then crumbled into pieces)
- 2 tbsps Tamari (divided)
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Frozen Edamame (thawed)
- 1/3 cup Water
- 2 Garlic (clove, minced)
- 3 stalks Green Onion (chopped, divided)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	366
Fat	12g
Carbs	49g
Fiber	7g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	1152mg
Vitamin A	6057IU
Vitamin C	9mg
Calcium	318mg
Iron	4mg
Magnesium	125mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the tofu to a bowl with 1/4 of the tamari and the rice vinegar. Stir to combine and ensure the tofu is well coated.
- 3 Heat the sesame oil over medium heat. Add the seasoned tofu and cook for five to six minutes or until browned. Transfer to a plate or bowl and set aside.
- 4 To the same pan add the carrots, edamame, and water. Cover with a lid and steam for about five minutes until the carrots are just tender.
- 5 Add the garlic and half of the green onion and stir to combine then add the remaining tamari and sriracha. Stir well and ensure the tamari is bubbling before adding the cauliflower rice, cooked brown rice, and tofu to the pan. Stir to combine and continue to cook for two to three minutes or until the cauliflower rice is tender. Stir in the remaining green onions. Season with additional tamari or salt if needed.
- 6 Divide between plates or bowls and enjoy!

Notes

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

More Flavour: Add fresh ginger.

No Tamari: Use soy sauce or coconut aminos instead.

No Edamame: Use green peas instead.

More Protein: Scramble in some eggs or add cooked chicken, pork, beef, or shrimp.

Zinc	3mg
Selenium	20µg



Grilled Tempeh & Pear Salad

4 servings

20 minutes

Ingredients

12 ozs Tempeh (sliced)
2 tsps Sesame Oil
2 tbsps Tamari
1 tbsp Maple Syrup
1 tbsp Apple Cider Vinegar
4 cups Baby Spinach
2 Pear (sliced)

Nutrition

Amount per serving	
Calories	260
Fat	12g
Carbs	25g
Fiber	3g
Sugar	12g
Protein	19g
Cholesterol	0mg
Sodium	536mg
Vitamin A	2835IU
Vitamin C	12mg
Calcium	139mg
Iron	3mg
Magnesium	104mg
Zinc	1mg
Selenium	0µg

Directions

- 1 In a large bowl, add the tempeh along with the sesame oil, tamari, maple syrup, and apple cider vinegar. Coat well and let sit for five to ten minutes.
- 2 Grill the tempeh over medium-high heat for about eight minutes, flipping halfway, or until grill marks appear. Brush on any leftover marinade as needed, or save as a dressing.
- 3 Divide the spinach, pear and grilled tempeh into bowls and enjoy!

Notes

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

More Flavor: Let the tempeh marinate overnight. Slice the pears in half and grill alongside the tempeh.

Additional Toppings: Top with extra virgin olive oil, lemon juice, or your favorite dressing.



Grilled Tofu Pineapple Skewers with Arugula

2 servings

45 minutes

Ingredients

- 1 tbsp Miso Paste
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 1/4 tsps Tamari
- 2 1/4 tsps Maple Syrup
- 10 1/2 ozs Tofu (extra firm, drained and pat dry)
- 1/2 Red Bell Pepper (medium, chopped)
- 1 1/2 cups Pineapple (chopped)
- 3 cups Arugula
- 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	281
Fat	12g
Carbs	31g
Fiber	5g
Sugar	22g
Protein	19g
Cholesterol	0mg
Sodium	811mg
Vitamin A	1794IU
Vitamin C	104mg
Calcium	510mg
Iron	5mg
Magnesium	99mg
Zinc	2mg
Selenium	20µg

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 Pierce 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.
- 3 Serve the skewers over the arugula and cucumber slices. Enjoy!

Notes

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

Serving Size: One serving equals approximately two 12-inch skewers with two cups of salad.

Additional Toppings: Sprinkle sesame seeds over the tofu before grilling. Drizzle olive oil or your favorite dressing on top.

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



Roasted Veggie Pasta

4 servings

25 minutes

Ingredients

- 1 Eggplant (large, diced into half-inch pieces)
- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 Carrot (medium, sliced)
- 1/2 cup Red Onion (large, sliced)
- 3 Garlic (cloves, minced)
- 2 1/2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt (to taste)
- 10 ozs Chickpea Pasta (dry)
- 2 tbsps Balsamic Vinegar (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	5g
Carbs	60g
Fiber	17g
Sugar	18g
Protein	21g
Cholesterol	0mg
Sodium	257mg
Vitamin A	5917IU
Vitamin C	28mg
Calcium	104mg
Iron	8mg
Magnesium	46mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 2 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 3 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 4 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

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

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

More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.

Additional Toppings: Add spinach, marinated tofu, chicken, turkey, tuna, avocado, or sunflower seeds.



Tofu & Broccoli Salad with Peanut Sauce

4 servings

50 minutes

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed, cubed)
 2 tbsps Tamari (divided)
 2 tbsps Rice Vinegar (divided)
 1 1/2 tbsps Sesame Oil (divided)
 1 tbsp Arrowroot Powder
 1/4 cup All Natural Peanut Butter
 2 tbsps Water
 3 cups Broccoli (chopped into tiny florets)
 1/3 cup Radishes (thinly sliced)
 1/4 cup Raw Peanuts (roughly chopped)

Nutrition

Amount per serving	
Calories	330
Fat	24g
Carbs	14g
Fiber	5g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	538mg
Vitamin A	426IU
Vitamin C	62mg
Calcium	392mg
Iron	4mg
Magnesium	104mg
Zinc	2mg
Selenium	19µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use sunflower seed butter and omit the peanuts.

More Flavor: Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

No Arrowroot Powder: Use cornstarch instead.



Broccoli Almond Protein Salad

4 servings

20 minutes

Ingredients

4 cups Broccoli (chopped into small florets)
2 cups Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
1/2 cup Almonds (chopped)
1/4 cup Almond Butter
1 tbsp Rice Vinegar
1 tbsp Tamari (or Coconut Aminos)
1 tbsp Maple Syrup
1 tbsp Sesame Oil
1 Garlic (clove, minced)
2 tbsps Water

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Nutrition

Amount per serving	
Calories	374
Fat	25g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	290mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	208mg
Iron	4mg
Magnesium	166mg
Zinc	3mg
Selenium	4µg