







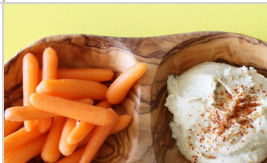

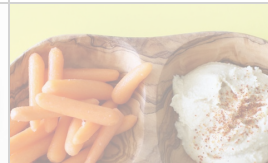
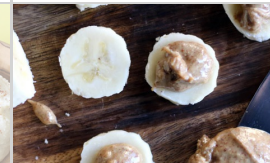



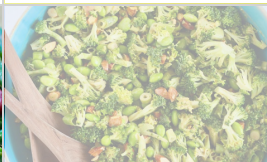
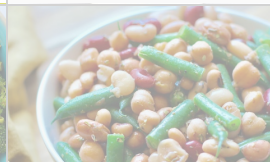




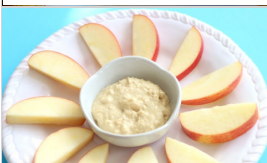
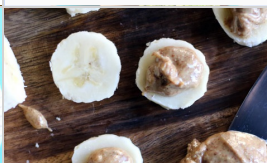



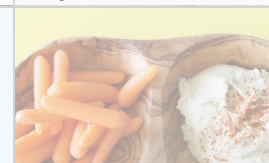
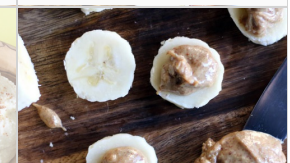
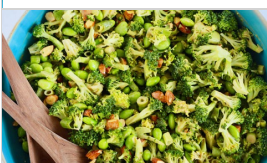




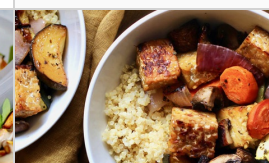





Whole Food Plant Based Diet

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Protein-Packed Avocado Toast	 Peanut Butter Banana Oat Smoothie	 Hummus Toast with Avocado	 Peanut Butter Banana Oat Smoothie	 Protein-Packed Avocado Toast	 Tofu Veggie Scramble	 Tofu Veggie Scramble
Snack 1	 Blackberries & Pistachios	 Baby Carrots & Hummus	 Blackberries & Pistachios	 Baby Carrots & Hummus	 Banana with Almond Butter	 Grapes & Walnuts	 Pistachios
Lunch	 Marinated Mixed Bean Salad	 Broccoli Almond Protein Salad	 Marinated Mixed Bean Salad	 Sweet Potato Black Bean Quinoa Bake	 Marinated Mixed Bean Salad	 Lentil, Sweet Potato & Arugula Salad	 Balsamic Roasted Tempeh Bowls
Snack 2	 Apple Slices & Hummus	 Banana with Almond Butter	 Apple Slices & Hummus	 Grapes & Walnuts	 Pistachios	 Baby Carrots & Hummus	 Banana with Almond Butter
Dinner	 Broccoli Almond Protein Salad	 Peanut Butter Curry Chickpea Stew	 Sweet Potato Black Bean Quinoa Bake	 Peanut Butter Curry Chickpea Stew	 Lentil, Sweet Potato & Arugula Salad	 Balsamic Roasted Tempeh Bowls	 Swiss Chard, Lentil & Rice Bowl

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 44%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 48%
Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 41%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 38%	Carbs	<div><div></div></div> 35%
Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 13%	Protein	<div><div></div></div> 13%	Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 17%	Protein	<div><div></div></div> 17%
Calories	1768	Calories	1717	Calories	1825	Calories	1615	Calories	1828	Calories	1421	Calories	1604
Fat	96g	Fat	91g	Fat	95g	Fat	76g	Fat	99g	Fat	75g	Fat	90g
Saturated	11g	Saturated	14g	Saturated	13g	Saturated	14g	Saturated	11g	Saturated	11g	Saturated	15g
Carbs	184g	Carbs	188g	Carbs	208g	Carbs	203g	Carbs	193g	Carbs	140g	Carbs	150g
Fiber	63g	Fiber	47g	Fiber	62g	Fiber	45g	Fiber	56g	Fiber	32g	Fiber	34g
Sugar	45g	Sugar	65g	Sugar	40g	Sugar	62g	Sugar	37g	Sugar	45g	Sugar	38g
Protein	67g	Protein	65g	Protein	60g	Protein	55g	Protein	68g	Protein	65g	Protein	74g
Sodium	1120mg	Sodium	1742mg	Sodium	1504mg	Sodium	1850mg	Sodium	844mg	Sodium	524mg	Sodium	480mg
Vitamin C	154mg	Vitamin C	172mg	Vitamin C	97mg	Vitamin C	112mg	Vitamin C	42mg	Vitamin C	125mg	Vitamin C	139mg
Calcium	524mg	Calcium	929mg	Calcium	390mg	Calcium	724mg	Calcium	497mg	Calcium	792mg	Calcium	744mg
Iron	18mg	Iron	18mg	Iron	19mg	Iron	18mg	Iron	18mg	Iron	19mg	Iron	18mg
Magnesium	608mg	Magnesium	591mg	Magnesium	504mg	Magnesium	491mg	Magnesium	517mg	Magnesium	422mg	Magnesium	491mg
Zinc	11mg	Zinc	10mg	Zinc	10mg	Zinc	9mg	Zinc	9mg	Zinc	8mg	Zinc	7mg

Fruits

- ☐ 2 Apple
- ☐ 1 3/4 Avocado
- ☐ 5 Banana
- ☐ 2 cups Blackberries
- ☐ 2 cups Grapes
- ☐ 1 Lemon
- ☐ 3/4 Lime

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1/2 cup Almond Butter
- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 1 3/4 tsps Cumin
- ☐ 1/3 tsp Garlic Powder
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 1/16 tsps Italian Seasoning
- ☐ 1/4 tsp Paprika
- ☐ 1/2 cup Pistachios
- ☐ 1 cup Pistachios, In Shell
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sunflower Seeds
- ☐ 1 3/4 tsps Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 2 cups Arugula
- ☐ 2 1/4 cups Baby Carrots
- ☐ 1 cup Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 3 Carrot
- ☐ 2 tsps Cilantro
- ☐ 5 1/2 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 1 1/2 cups Green Beans
- ☐ 3 stalks Green Onion
- ☐ 1 1/3 cups Mushrooms
- ☐ 1 3/4 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 2 cups Swiss Chard
- ☐ 1 Yellow Onion
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 2/3 cup Black Beans
- ☐ 2 tsps Brown Rice
- ☐ 2 cups Chickpeas
- ☐ 1 1/2 cups Lentils
- ☐ 3 cups Mixed Beans
- ☐ 3/4 cup Quinoa
- ☐ 1 2/3 cups Vegetable Broth
- ☐ 1 cup White Navy Beans

Baking

- ☐ 1 tbsp Nutritional Yeast
- ☐ 1/2 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bread
- ☐ 2 slices Rye Bread
- ☐ 167 grams Tempeh
- ☐ 220 grams Tofu

Condiments & Oils

- ☐ 1 3/4 tsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1 1/3 tsps Balsamic Vinegar
- ☐ 2 1/4 tsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Rice Vinegar
- ☐ 1 1/2 tsps Sesame Oil
- ☐ 2 tsps Tahini
- ☐ 1 1/2 tsps Tamari

Cold

- ☐ 1 3/4 cups Hummus
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 1/3 cups Water



Protein-Packed Avocado Toast

1 serving
15 minutes

Ingredients

1/2 Avocado
1/2 cup White Navy Beans (cooked)
1/8 Lemon (juiced)
1/8 tsp Sea Salt
2 slices Bread
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	555
Fat	30g
Saturated	3g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g
Sodium	558mg
Vitamin C	13mg
Calcium	119mg
Iron	5mg
Magnesium	233mg
Zinc	4mg

Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans: Use chickpeas instead.

Likes it Spicy: Add hot sauce or chili flakes into the avocado bean mixture.



Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	389
Fat	20g
Saturated	4g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Sodium	88mg
Vitamin C	10mg
Calcium	258mg
Iron	2mg
Magnesium	122mg
Zinc	2mg

Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Hummus Toast with Avocado

1 serving
10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

1

Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.

Nutrition

Amount per serving	
Calories	675
Fat	46g
Saturated	6g
Carbs	55g
Fiber	18g
Sugar	4g
Protein	19g
Sodium	833mg
Vitamin C	10mg
Calcium	118mg
Iron	6mg
Magnesium	162mg
Zinc	4mg



Tofu Veggie Scramble

2 servings

15 minutes

Ingredients

220 grams Tofu (firm)
 1 tbsp Avocado Oil
 1/2 Yellow Onion (medium, diced)
 2 Garlic (cloves, minced)
 1 Red Bell Pepper (sliced)
 1 cup Baby Spinach (chopped)
 1 tbsp Nutritional Yeast
 1/4 tsp Turmeric
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Saturated	2g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Sodium	33mg
Vitamin C	81mg
Calcium	348mg
Iron	5mg
Magnesium	59mg
Zinc	1mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.



Blackberries & Pistachios

2 servings

2 minutes

Ingredients

2 cups Blackberries
1/2 cup Pistachios (shelled)

Nutrition

Amount per serving	
Calories	234
Fat	15g
Saturated	2g
Carbs	22g
Fiber	11g
Sugar	9g
Protein	8g
Sodium	2mg
Vitamin C	32mg
Calcium	74mg
Iron	2mg
Magnesium	66mg
Zinc	1mg

Directions

- 1 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last: Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.



Baby Carrots & Hummus

3 servings

5 minutes

Ingredients

2 1/4 cups Baby Carrots

3/4 cup Hummus

Nutrition

Amount per serving	
Calories	190
Fat	11g
Saturated	2g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g
Sodium	359mg
Vitamin C	9mg
Calcium	89mg
Iron	3mg
Magnesium	46mg
Zinc	1mg

Directions

1

Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots: Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy: Top with a pinch of cayenne pepper or chili powder.



Banana with Almond Butter

1 serving

2 minutes

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Saturated	1g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Sodium	3mg
Vitamin C	10mg
Calcium	114mg
Iron	1mg
Magnesium	119mg
Zinc	1mg

Directions

- 1 Slice the banana and dip it in almond butter. Enjoy!

Notes

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



Marinated Mixed Bean Salad

3 servings

15 minutes

Ingredients

1 1/2 cups Green Beans (fresh or frozen)
 3 cups Mixed Beans (cooked)
 3 tbsps Extra Virgin Olive Oil
 1 1/2 tbsps Apple Cider Vinegar
 2 1/4 tps Italian Seasoning
 3/4 Garlic (clove, minced)
 3/4 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans: Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers: Keeps well covered in the fridge up to 4 to 5 days.

Nutrition

Amount per serving	
Calories	365
Fat	15g
Saturated	2g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Sodium	6mg
Vitamin C	13mg
Calcium	83mg
Iron	5mg
Magnesium	88mg
Zinc	2mg



Apple Slices & Hummus

1 serving

5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Nutrition

Amount per serving	
Calories	240
Fat	11g
Saturated	2g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g
Sodium	264mg
Vitamin C	8mg
Calcium	40mg
Iron	2mg
Magnesium	55mg
Zinc	1mg

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Grapes & Walnuts

2 servings

3 minutes

Ingredients

2 cups Grapes (washed)

1/2 cup Walnuts

Nutrition

Amount per serving	
Calories	258
Fat	20g
Saturated	2g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g
Sodium	2mg
Vitamin C	4mg
Calcium	42mg
Iron	1mg
Magnesium	52mg
Zinc	1mg

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Pistachios

2 servings

1 minute

Ingredients

1 cup Pistachios, In Shell

Directions

- 1 Divide into bowls, peel and enjoy!

Nutrition

Amount per serving	
Calories	318
Fat	26g
Saturated	4g
Carbs	16g
Fiber	6g
Sugar	4g
Protein	12g
Sodium	216mg
Vitamin C	0mg
Calcium	40mg
Iron	2mg
Magnesium	0mg
Zinc	0mg



Broccoli Almond Protein Salad

2 servings

20 minutes

Ingredients

2 cups Broccoli (chopped into small florets)
 1 cup Frozen Edamame (shelled)
 2 stalks Green Onion (sliced)
 1/4 cup Almonds (chopped)
 2 tbsps Almond Butter
 1 1/2 tsps Rice Vinegar
 1 1/2 tsps Tamari (or Coconut Aminos)
 1 1/2 tsps Maple Syrup
 1 1/2 tsps Sesame Oil
 1/2 Garlic (clove, minced)
 1 tbsp 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
Saturated	2g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g
Sodium	290mg
Vitamin C	88mg
Calcium	208mg
Iron	4mg
Magnesium	166mg
Zinc	3mg



Peanut Butter Curry Chickpea Stew

2 servings
 45 minutes

Ingredients

1 1/2 tps Coconut Oil
 1/2 Yellow Onion (medium, diced)
 1 Garlic (cloves, minced)
 1 1/2 tps Ginger (grated)
 1/2 tsp Cumin
 1/2 tsp Coriander
 1/2 tsp Cinnamon
 1 1/2 tps Turmeric
 2 tbsps Water
 2 tbsps All Natural Peanut Butter
 1 cup Vegetable Broth
 1/2 cup Unsweetened Almond Milk
 1/2 tsp Sea Salt
 1/2 Red Bell Pepper (sliced)
 1/2 Zucchini (sliced)
 1 Carrot (medium, peeled and sliced)
 2 cups Chickpeas (cooked)
 1/2 Lime (juiced)
 2 tbsps Cilantro (chopped)

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.
Serving Size: One serving is approximately 2 cups.

Nutrition

Amount per serving	
Calories	467
Fat	17g
Saturated	5g
Carbs	63g
Fiber	17g
Sugar	17g
Protein	21g

Sodium	1002mg
Vitamin C	55mg
Calcium	260mg
Iron	8mg
Magnesium	138mg
Zinc	3mg



Sweet Potato Black Bean Quinoa Bake

2 servings

55 minutes

Ingredients

- 1 Sweet Potato (small, peeled and chopped)
- 2/3 cup Black Beans (cooked, from the can)
- 1/3 cup Quinoa (dry, uncooked)
- 1/3 Red Bell Pepper (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Chili Powder
- 1 tsp Cumin (ground)
- 1/3 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 2/3 cup Vegetable Broth
- 1/3 Lime (juiced)
- 1/3 Avocado (diced)

Nutrition

Amount per serving	
Calories	311
Fat	8g
Saturated	1g
Carbs	52g
Fiber	12g
Sugar	5g
Protein	12g
Sodium	399mg
Vitamin C	34mg
Calcium	75mg
Iron	4mg
Magnesium	133mg
Zinc	2mg

Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish: Use a 9x13-inch dish for six servings.

No Green Onion: Use a white or red onion instead.

No Red Bell Pepper: Use a green or yellow bell pepper instead.

Leftovers: Keeps well in the fridge for up to four days.

More Flavor: Top with chopped cilantro, shredded cheese, salsa and/or sour cream.



Lentil, Sweet Potato & Arugula Salad

2 servings
 35 minutes

Ingredients

1 Sweet Potato (medium, diced)
 3/4 tsp Extra Virgin Olive Oil
 2 tbsps Tahini
 2 tbsps Water
 1 1/2 tps Maple Syrup
 Sea Salt & Black Pepper (to taste)
 2 cups Arugula
 1 cup Lentils (cooked)

Nutrition

Amount per serving	
Calories	293
Fat	10g
Saturated	1g
Carbs	40g
Fiber	11g
Sugar	8g
Protein	13g
Sodium	61mg
Vitamin C	6mg
Calcium	141mg
Iron	5mg
Magnesium	77mg
Zinc	2mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils: Use chickpeas, grilled tofu, edamame, or tempeh instead.
No Tahini: Use sunflower seed butter instead.
No Arugula: Use baby spinach, kale or mixed greens instead.
Likes it Spicy: Add cajun spice or hot sauce into the tahini dressing.



Balsamic Roasted Tempeh Bowls

2 servings

1 hour

Ingredients

1 1/3 tbsps Extra Virgin Olive Oil
 1 1/3 tbsps Balsamic Vinegar
 1 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 1 tsp Italian Seasoning
 167 grams Tempeh
 1/3 cup Red Onion (medium, sliced)
 2 Carrot (medium, peeled and chopped)
 1 1/3 cups Mushrooms (quartered)
 1 Zucchini (sliced)
 1/2 cup Quinoa (dry)
 3/4 cup Water

Nutrition

Amount per serving	
Calories	474
Fat	21g
Saturated	4g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Sodium	69mg
Vitamin C	25mg
Calcium	172mg
Iron	5mg
Magnesium	188mg
Zinc	3mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.



Swiss Chard, Lentil & Rice Bowl

1 serving

1 hour

Ingredients

2 tbsps Brown Rice (uncooked)
 3 tbsps Water
 3/4 tsp Coconut Oil
 2 cups Swiss Chard (washed, stems removed and chopped)
 1/4 tsp Cumin
 1/4 tsp Paprika
 1 1/2 tbsps Extra Virgin Olive Oil
 1/4 Garlic (clove, minced)
 3/4 tsp Apple Cider Vinegar
 1/2 cup Lentils (cooked, drained and rinsed)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	309
Fat	12g
Saturated	4g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g
Sodium	159mg
Vitamin C	23mg
Calcium	70mg
Iron	5mg
Magnesium	125mg
Zinc	2mg

Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

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

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

Speed it Up: Use quinoa or brown rice pasta instead of brown rice.

No Swiss Chard: Use kale, spinach or collard greens instead.