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Program**
























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Our Plant-Based Family-Friendly Program is full of family favorites that exclude animal products. Parents and children will enjoy recipes like pasta, banana sushi, tacos, and sloppy joes made with nutrient-dense plant foods.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Avocado Smoothie	 Peanut Butter & Banana Steel Cut Oats	 Sweet Cherry Steel Cut Oats	 Peanut Butter & Banana Steel Cut Oats	 Strawberry Banana Smoothie	 Protein-Packed Avocado Toast	 Tofu Veggie Scramble
	 Breakfast Oatmeal Cookies				 Breakfast Oatmeal Cookies		
Snack 1	 Apple Slices & Hummus	 Sunflower Banana Boat	 Coconut Yogurt with Strawberries	 Banana with Peanut Butter	 Apple Slices & Hummus	 Coconut Yogurt with Strawberries	 Banana with Peanut Butter
Lunch	 Chopped Salad Pitas	 Garlicky Broccoli & Chickpea Pasta	 Sweet Potato Fries Supreme	 Vegan Sloppy Joes	 Cheesy Edamame & Parsley Pasta	 Mushroom Miso Soup	 Roasted Chickpea Tacos
Snack 2	 Carrots & Guacamole	 Baby Carrots & Hummus	 Banana Sushi	 Carrots & Guacamole	 2 Chocolate Peanut Butter Energy Bites	 Banana Sushi	 2 Chocolate Peanut Butter Energy Bites
Dinner	 Garlicky Broccoli & Chickpea Pasta	 Vegan Sloppy Joes	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Veggie Quinoa Sushi	 Roasted Chickpea Tacos	 Cheesy Edamame & Parsley Pasta	 Vegan Corn Chowder
			 Quinoa	 Mushroom Miso Soup			 Oven Baked Potato Wedges

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  39%	Fat  35%	Fat  42%	Fat  34%	Fat  34%	Fat  35%	Fat  42%
Carbs  47%	Carbs  52%	Carbs  43%	Carbs  51%	Carbs  55%	Carbs  51%	Carbs  46%
Protein  14%	Protein  13%	Protein  15%	Protein  15%	Protein  11%	Protein  14%	Protein  12%
Calories 1988	Calories 1995	Calories 1548	Calories 1822	Calories 2012	Calories 1875	Calories 1625
Fat 90g	Fat 81g	Fat 78g	Fat 74g	Fat 78g	Fat 78g	Fat 79g
Carbs 245g	Carbs 270g	Carbs 176g	Carbs 246g	Carbs 286g	Carbs 252g	Carbs 197g
Fiber 60g	Fiber 56g	Fiber 37g	Fiber 58g	Fiber 48g	Fiber 53g	Fiber 39g
Sugar 71g	Sugar 77g	Sugar 40g	Sugar 83g	Sugar 64g	Sugar 36g	Sugar 50g
Protein 70g	Protein 69g	Protein 63g	Protein 75g	Protein 58g	Protein 72g	Protein 51g
Cholesterol 4mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 1871mg	Sodium 2028mg	Sodium 674mg	Sodium 4551mg	Sodium 1005mg	Sodium 4049mg	Sodium 1675mg
Potassium 4014mg	Potassium 3695mg	Potassium 3299mg	Potassium 4423mg	Potassium 3152mg	Potassium 3693mg	Potassium 3681mg
Vitamin A 22724IU	Vitamin A 22259IU	Vitamin A 14287IU	Vitamin A 30177IU	Vitamin A 4934IU	Vitamin A 8213IU	Vitamin A 10420IU
Vitamin C 190mg	Vitamin C 160mg	Vitamin C 156mg	Vitamin C 124mg	Vitamin C 207mg	Vitamin C 123mg	Vitamin C 221mg
Calcium 1005mg	Calcium 618mg	Calcium 1252mg	Calcium 894mg	Calcium 940mg	Calcium 957mg	Calcium 772mg
Iron 17mg	Iron 22mg	Iron 17mg	Iron 19mg	Iron 17mg	Iron 19mg	Iron 15mg
Vitamin D 101IU	Vitamin D 52IU	Vitamin D 8IU	Vitamin D 82IU	Vitamin D 101IU	Vitamin D 30IU	Vitamin D 0IU
Vitamin B12 20.8µg	Vitamin B12 18.4µg	Vitamin B12 1.4µg	Vitamin B12 1.5µg	Vitamin B12 16.9µg	Vitamin B12 18.3µg	Vitamin B12 16.9µg
Zinc 9mg	Zinc 9mg	Zinc 10mg	Zinc 11mg	Zinc 8mg	Zinc 12mg	Zinc 6mg
Selenium 41µg	Selenium 39µg	Selenium 40µg	Selenium 56µg	Selenium 21µg	Selenium 48µg	Selenium 25µg

Fruits

- 8 Apple
- 16 1/3 Avocado
- 29 Banana
- 2/3 Lemon
- 2 2/3 tbsps Lemon Juice
- 9 1/3 Lime
- 6 cups Strawberries

Breakfast

- 3 1/2 cups All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 1/2 cups Maple Syrup
- 3 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1 1/4 tps Black Pepper
- 1 cup Cashews
- 1/4 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 1 1/3 tps Chili Powder
- 2 2/3 tbsps Cinnamon
- 1 1/3 tps Cumin
- 1 2/3 tbsps Garlic Powder
- 1 cup Ground Flax Seed
- 1 3/4 cups Hemp Seeds
- 1 tsp Italian Seasoning
- 2 tps Onion Powder
- 1 1/3 tps Oregano
- 2 tps Paprika
- 1/4 cup Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1/2 tsp Turmeric

Frozen

- 2 cups Frozen Berries
- 1 cup Frozen Cauliflower
- 2 cups Frozen Cherries
- 4 cups Frozen Corn
- 3 cups Frozen Edamame

Vegetables

- 3 cups Baby Carrots
- 6 cups Baby Spinach
- 8 cups Broccoli
- 2 cups Brussels Sprouts
- 38 Carrot
- 2 1/3 heads Cauliflower
- 4 stalks Celery
- 3 1/3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 1 1/2 Cucumber
- 21 1/3 Garlic
- 1 1/3 tbsps Ginger
- 2 Green Bell Pepper
- 8 stalks Green Onion
- 8 cups Kale Leaves
- 2 cups Matchstick Carrots
- 4 cups Mushrooms
- 4 cups Parsley
- 3 lbs Portobello Mushroom Caps
- 4 2/3 Red Bell Pepper
- 4 Russet Potato
- 6 cups Shiitake Mushrooms
- 1 Sweet Onion
- 2 2/3 Sweet Potato
- 1 tsp Thyme
- 1 1/3 White Onion
- 1 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 1/3 cups Black Beans
- 4 cups Brown Rice Spaghetti
- 10 2/3 cups Chickpeas
- 1 cup Corn
- 4 cups Crushed Tomatoes
- 8 cups Lentils
- 1 cup Organic Coconut Milk
- 4 cups Organic Vegetable Broth
- 2 cups Quick Oats
- 2 cups Quinoa

Bread, Fish, Meat & Cheese

- 16 Corn Tortilla
- 3 cups Hummus
- 8 slices Organic Bread
- 4 1/2 lbs Tofu
- 2 Whole Wheat Pita

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1/2 cup Avocado Oil
- 1/2 cup Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 3/4 cup Miso Paste
- 1/4 cup Sunflower Seed Butter
- 1 cup Tamari
- 1/3 cup Yellow Mustard

Cold

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

Other

- 16 Nori Sheets
- 1 cup Vanilla Protein Powder
- 27 1/16 cups Water

-
- 2 cups White Navy Beans
 - 6 cups Whole Wheat Penne

Baking

- 2 tbsps Arrowroot Powder
- 1/3 cup Cacao Powder
- 2/3 cup Nutritional Yeast
- 2 1/2 cups Oats
- 1/4 cup Organic Dark Chocolate Chips
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/3 tbsps Vanilla Extract



Berry Avocado Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Plain Coconut Milk (unsweetened, from the box)
- 2 Zucchini (chopped, frozen)
- 1 cup Frozen Cauliflower
- 2 cups Frozen Berries
- 1 Avocado
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	370
Fat	17g
Carbs	33g
Fiber	12g
Sugar	18g
Protein	25g
Cholesterol	4mg
Sodium	93mg
Potassium	924mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Iron	3mg
Vitamin D	101IU
Vitamin B12	3.6µg
Zinc	2mg
Selenium	7µg

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



Breakfast Oatmeal Cookies

8 servings
 20 minutes

Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	258
Fat	12g
Carbs	32g
Fiber	4g
Sugar	11g
Protein	7g
Cholesterol	0mg
Sodium	41mg
Potassium	322mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	21mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	7µg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size: One serving is equal to one cookie.



Peanut Butter & Banana Steel Cut Oats

8 servings
 35 minutes

Ingredients

- 1 1/3 tbsps Coconut Oil
- 2 cups Steel Cut Oats (dry, uncooked)
- 4 cups Water
- 4 cups Plain Coconut Milk (from the can or carton)
- 4 Banana (medium, ripe and mashed)
- 1 1/3 tbsps Vanilla Extract
- 1 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Calories	507
Fat	25g
Carbs	62g
Fiber	7g
Sugar	21g
Protein	12g
Cholesterol	0mg
Sodium	28mg
Potassium	598mg
Vitamin A	287IU
Vitamin C	5mg
Calcium	281mg
Iron	2mg
Vitamin D	50IU
Vitamin B12	1.5µg
Zinc	1mg
Selenium	2µg

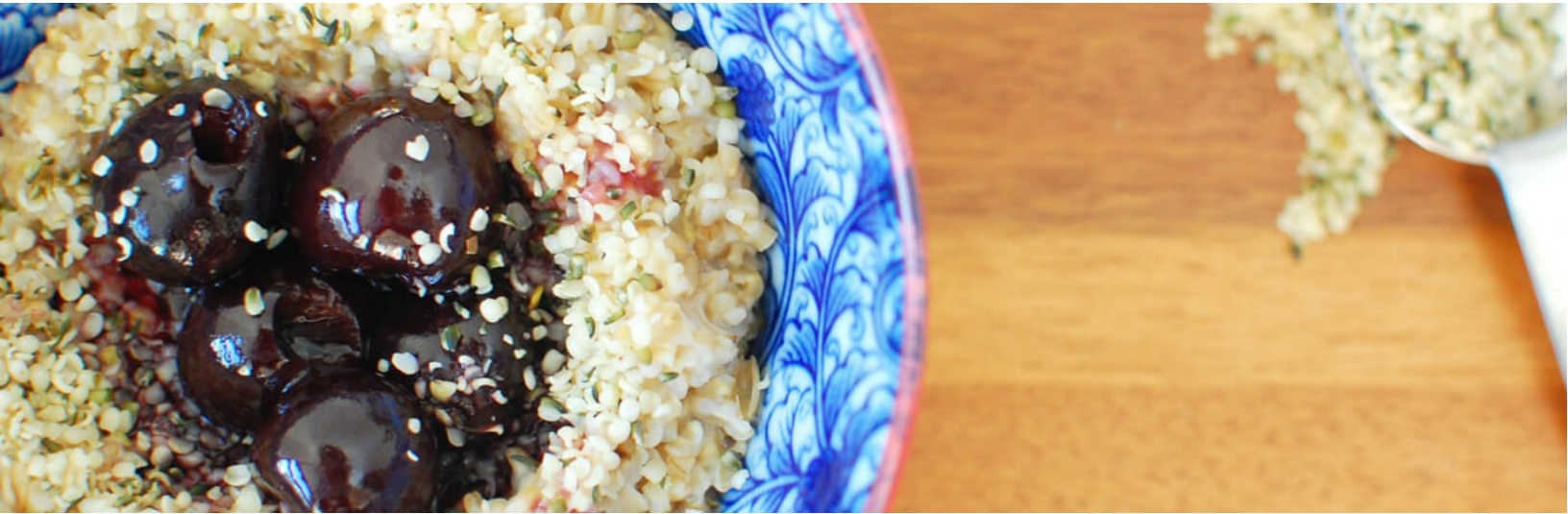
Directions

- 1 Melt the coconut oil in a medium pot with a lid over medium heat. Add the oats and toast in the coconut oil for about a minute until oats are fragrant.
- 2 Carefully add the water and the coconut milk to the pot and then stir in the mashed banana and vanilla. Cover with a lid and reduce the heat to medium-low. Let simmer for 25 to 30 minutes or until the oats are tender, stirring frequently to prevent burning.
- 3 Stir in the peanut butter and maple syrup. Divide into bowls and enjoy!

Notes

No Coconut Milk: Use almond milk instead.

Leftovers: Keep well in the fridge for up to four days. Reheat the oats with a splash of water or milk.



Sweet Cherry Steel Cut Oats

4 servings
 20 minutes

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	316
Fat	14g
Carbs	41g
Fiber	6g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	5mg
Potassium	498mg
Vitamin A	676IU
Vitamin C	1mg
Calcium	56mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	0µg

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries: Any fruit will work.



Strawberry Banana Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Strawberries
- 2 Banana
- 1/2 cup Oats (quick or rolled)
- 4 cups Unsweetened Almond Milk
- 1/4 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	221
Fat	9g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	164mg
Potassium	625mg
Vitamin A	555IU
Vitamin C	90mg
Calcium	490mg
Iron	2mg
Vitamin D	101IU
Vitamin B12	0µg
Zinc	2mg
Selenium	4µg

Directions

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

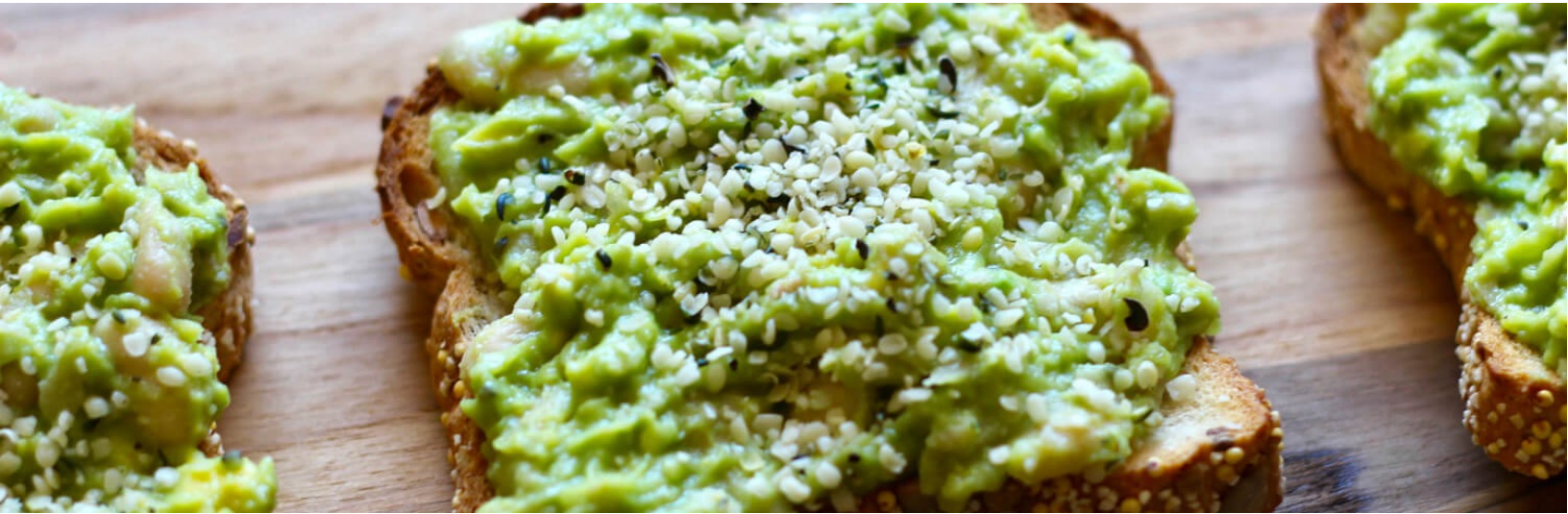
Notes

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

Storage: Refrigerate in a sealed mason jar up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre: Add ground flax seeds.



Protein-Packed Avocado Toast

4 servings
 15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	555
Fat	30g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g
Cholesterol	0mg
Sodium	558mg
Potassium	1149mg
Vitamin A	149IU
Vitamin C	13mg
Calcium	119mg
Iron	5mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	4mg
Selenium	3µg

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.



Tofu Veggie Scramble

4 servings
 15 minutes

Ingredients

- 15 1/2 ozs Tofu (firm)
- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 2 Red Bell Pepper (sliced)
- 2 cups Baby Spinach (chopped)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	33mg
Potassium	507mg
Vitamin A	3270IU
Vitamin C	81mg
Calcium	348mg
Iron	5mg
Vitamin D	0IU
Vitamin B12	16.9µg
Zinc	1mg
Selenium	15µg

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.



Apple Slices & Hummus

8 servings
 5 minutes

Ingredients

8 Apple
 2 cups Hummus

Nutrition

Amount per serving	
Calories	240
Fat	11g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	264mg
Potassium	387mg
Vitamin A	112IU
Vitamin C	8mg
Calcium	40mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

Directions

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

Notes

No Apple: Use pear slices instead.



Sunflower Banana Boat

4 servings

5 minutes

Ingredients

- 1/4 cup Sunflower Seed Butter
- 1/3 cup Water (warm)
- 4 Banana (peeled)
- 1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	237
Fat	13g
Carbs	32g
Fiber	5g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	4mg
Potassium	515mg
Vitamin A	84IU
Vitamin C	11mg
Calcium	18mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	18µg

Directions

- 1 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 2 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut overtop. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings: Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.



Coconut Yogurt with Strawberries

8 servings
 10 minutes

Ingredients

4 cups Unsweetened Coconut Yogurt
 2 2/3 tbsps Cinnamon
 2 cups Strawberries (chopped)

Nutrition

Amount per serving	
Calories	73
Fat	4g
Carbs	11g
Fiber	4g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	25mg
Potassium	66mg
Vitamin A	12IU
Vitamin C	21mg
Calcium	282mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	1.4µg
Zinc	0mg
Selenium	0µg

Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

Notes

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

Additional Toppings: Add nuts and seeds.



Banana with Peanut Butter

4 servings
 5 minutes

Ingredients

4 Banana (peeled and sliced)
 1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	298
Fat	17g
Carbs	34g
Fiber	5g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Potassium	602mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter: Use any nut or seed butter.
More Protein: Sprinkle with hemp seeds.



Chopped Salad Pitas

4 servings
 10 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 2 cups Cherry Tomatoes (sliced into quarters)
- 1/2 Cucumber (chopped)
- 1/2 tsp Sea Salt
- 2 Whole Wheat Pita (halved)
- 1/2 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	251
Fat	4g
Carbs	46g
Fiber	10g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	446mg
Potassium	525mg
Vitamin A	682IU
Vitamin C	12mg
Calcium	121mg
Iron	4mg
Vitamin D	0IU
Vitamin B12	0.3µg
Zinc	2mg
Selenium	17µg

Directions

- 1 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 2 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 3 Stuff the pita pockets with the chickpea mixture. Enjoy!

Notes

Leftovers: Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

Serving Size: Each serving equals one pita half stuffed with the chickpea mixture.

Gluten-Free: Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

More Flavor: Add lime juice, fresh herbs or spices.

Additional Toppings: Bell peppers, red onions and/or black olives.

No Chickpeas: Use marinated tofu, white beans, lentils, chicken breast or turkey instead.



Sweet Potato Fries Supreme

4 servings
 30 minutes

Ingredients

- 2 2/3 Sweet Potato
- 2 2/3 tbsps Coconut Oil (melted)
- 2/3 tsp Paprika
- 2/3 tsp Cumin
- 2/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 1 1/3 cups Black Beans (cooked, drained and rinsed)
- 1/3 cup Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 2/3 Avocado
- 1/8 Lemon (juiced)
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1/3 cup Water (hot)
- 1 cup Corn
- 1 1/3 cups Cherry Tomatoes (cut into quarters)
- 1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	378
Fat	20g
Carbs	45g
Fiber	12g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	69mg
Potassium	894mg

Directions

- 1 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 2 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 3 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 4 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 5 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 6 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

Notes

Crispier Fries: Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

More Greens: Turn it into a salad by serving it over a bed of greens.

Vitamin A	13184IU
Vitamin C	16mg
Calcium	98mg
Iron	3mg
Vitamin D	8IU
Vitamin B12	0µg
Zinc	2mg
Selenium	2µg

Less Work: Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.



Carrots & Guacamole

8 servings
 5 minutes

Ingredients

- 16 Carrot (medium)
- 4 Avocado
- 4 Lime (juiced)
- 1 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Potassium	904mg
Vitamin A	20539IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Baby Carrots & Hummus

4 servings
 5 minutes

Ingredients

- 3 cups Baby Carrots
- 1 cup Hummus

Nutrition

Amount per serving	
Calories	190
Fat	11g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	359mg
Potassium	192mg
Vitamin A	17264IU
Vitamin C	9mg
Calcium	89mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

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 Sushi

8 servings

5 minutes

Ingredients

- 8 Banana (peeled)
- 1/2 cup Almond Butter
- 1/2 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	256
Fat	14g
Carbs	31g
Fiber	5g
Sugar	15g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Potassium	659mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	67mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	2µg

Directions

- 1 Spread almond butter onto banana.
- 2 Sprinkle hemp seeds over top.
- 3 Slice and enjoy!

Notes

No Hemp Seeds: Use sunflower seeds instead.



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
 1/2 cup Ground Flax Seed
 3 tbsps Cacao Powder
 1/4 tsp Sea Salt
 1/2 cup All Natural Peanut Butter
 1/3 cup Maple Syrup
 1 tsp Unsweetened Almond Milk
 (optional)

Nutrition

Amount per serving	
Calories	108
Fat	6g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	40mg
Potassium	86mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	19mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	0mg
Selenium	0µg

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size: One serving is equal to one ball.

Gluten-Free: Use certified gluten-free oats.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add vanilla extract.

No Maple Syrup: Use agave instead.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Garlicky Broccoli & Chickpea Pasta

8 servings
 25 minutes

Ingredients

8 cups Broccoli (finely chopped)
 4 cups Chickpeas (cooked, patted dry)
 1/4 cup Avocado Oil
 2 tsps Sea Salt (divided)
 6 cups Whole Wheat Penne
 3/4 cup Extra Virgin Olive Oil (divided)
 8 Garlic (cloves, minced and divided)
 1/4 cup Nutritional Yeast
 1 cup Water
 2 2/3 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	653
Fat	31g
Carbs	78g
Fiber	16g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	640mg
Potassium	952mg
Vitamin A	590IU
Vitamin C	85mg
Calcium	94mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	16.9µg
Zinc	2mg
Selenium	6µg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 5 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 6 Divide between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

Serving Size: One serving is equal to approximately 2 1/4 cups.

Gluten-Free: Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor: Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Additional Toppings: Top with additional nutritional yeast, vegan parmesan cheese,

fresh parsley, lemon zest, black pepper or red pepper flakes.



Vegan Sloppy Joes

8 servings

4 hours

Ingredients

- 8 cups Lentils (cooked, drained and rinsed)
- 1 Sweet Onion (finely diced)
- 2 Green Bell Pepper (finely diced)
- 4 cups Mushrooms (sliced)
- 2 cups Matchstick Carrots
- 2 tsps Garlic Powder
- 1/3 cup Yellow Mustard
- 1/2 cup Maple Syrup
- 4 cups Crushed Tomatoes
- 2 tsps Sea Salt
- 1 tsp Black Pepper
- 3 lbs Portobello Mushroom Caps
- 4 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	408
Fat	1g
Carbs	78g
Fiber	22g
Sugar	26g
Protein	29g
Cholesterol	0mg
Sodium	997mg
Potassium	1438mg
Vitamin A	4034IU
Vitamin C	50mg
Calcium	136mg
Iron	10mg
Vitamin D	2IU

Directions

- 1 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 2 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 3 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

Vitamin B12	0µg
Zinc	4mg
Selenium	10µg



One Pan Tofu, Brussels Sprouts & Cauliflower

4 servings
 45 minutes

Ingredients

- 2 lbs Tofu (extra firm, drained)
- 2 tbsps Tamari
- 2 tbsps Avocado Oil
- 2 tpsps Maple Syrup
- 2 tbsps Arrowroot Powder
- 2 cups Brussels Sprouts (trimmed and halved)
- 1 head Cauliflower (chopped into florets)
- 2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	369
Fat	23g
Carbs	21g
Fiber	7g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	568mg
Potassium	943mg
Vitamin A	332IU
Vitamin C	108mg
Calcium	720mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	3mg
Selenium	32µg

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

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

Vegetable Alternatives: The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.



Quinoa

4 servings
 15 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water

Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Potassium	239mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	4µg

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Veggie Quinoa Sushi

8 servings
 30 minutes

Ingredients

- 1 cup Quinoa
- 2 cups Water
- 1/4 cup Apple Cider Vinegar
- 1 Cucumber (sliced into strips)
- 2 Avocado (diced)
- 2 Carrot (grated)
- 1/4 tsp Cayenne Pepper
- 16 Nori Sheets
- 1/2 cup Tamari

Nutrition

Amount per serving	
Calories	194
Fat	9g
Carbs	24g
Fiber	8g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	1029mg
Potassium	507mg
Vitamin A	3487IU
Vitamin C	13mg
Calcium	57mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	2µg

Directions

- 1 Add quinoa and water to a saucepan and bring to a boil. Once boiling, turn down to simmer and cover for 12 minutes. After 12 minutes, remove from heat and stir in apple cider vinegar. Set quinoa aside.
- 2 Place nori sheet on bamboo mat. If you don't have a bamboo mat or tea towel. Spread two spoonfuls of quinoa over nori sheet then add cucumber, avocado and carrot (and/or other any veggies you love). Roll the sushi. (Note: If you have never rolled sushi, Youtube it. There are a million videos with awesome demonstrations!)
- 3 Using a very sharp knife, slice the filled nori roll into smaller pieces. Sprinkle sushi pieces with cayenne pepper if you want a little spice! Serve immediately with tamari.



Mushroom Miso Soup

8 servings
 25 minutes

Ingredients

- 12 cups Water
- 4 cups Organic Vegetable Broth
- 6 cups Shiitake Mushrooms (sliced)
- 1 1/2 lbs Tofu (drained, rinsed and cut into cubes)
- 1 1/3 tbsps Ginger
- 1/4 cup Tamari
- 3/4 cup Miso Paste
- 8 cups Kale Leaves (roughly chopped)
- 8 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	199
Fat	7g
Carbs	26g
Fiber	6g
Sugar	9g
Protein	15g
Cholesterol	0mg
Sodium	2103mg
Potassium	374mg
Vitamin A	1754IU
Vitamin C	22mg
Calcium	343mg
Iron	3mg
Vitamin D	30IU
Vitamin B12	0µg
Zinc	3mg
Selenium	38µg

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.



Roasted Chickpea Tacos

8 servings
 45 minutes

Ingredients

- 4 2/3 cups Chickpeas (cooked)
- 2 2/3 Red Bell Pepper (sliced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/3 tsps Chili Powder
- 1/3 tsp Sea Salt
- 2 2/3 Avocado
- 1 1/3 Lime (juiced)
- 2 2/3 Garlic (clove, minced)
- 2 2/3 tbsps Water
- 16 Corn Tortilla

Nutrition

Amount per serving	
Calories	479
Fat	20g
Carbs	64g
Fiber	15g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	125mg
Potassium	708mg
Vitamin A	1501IU
Vitamin C	61mg
Calcium	262mg
Iron	4mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	4µg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the chickpeas and red pepper to the sheet. Drizzle with 1/3 of the olive oil and toss to coat. Add the chili powder and sea salt. Bake for 15 to 20 minutes.
- 2 Remove from the oven, shake the baking sheet and cook for 10 to 15 minutes more.
- 3 Add the avocado flesh, lime juice, garlic, water and remaining olive oil to a blender or food processor. Blend until smooth and creamy.
- 4 Add the avocado sauce to the tortillas. Top with the chickpeas and peppers. Serve and enjoy!

Notes

Serving Size : One serving is equal to two tacos.

No Tortillas: Use lettuce as a wrap.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Leftovers: Refrigerate ingredients separately in their own airtight containers for up to 3 days. For best results, reheat the chickpeas and peppers in a skillet before serving.

More Veggies: Roast additional vegetables, such as cauliflower, broccoli florets or sweet potato, and add to the tacos.



Cheesy Edamame & Parsley Pasta

8 servings
 15 minutes

Ingredients

4 cups Brown Rice Spaghetti (cooked)
 1 cup Cashews
 1/4 cup Nutritional Yeast
 1 tsp Garlic Powder
 1 tsp Sea Salt
 3 cups Frozen Edamame (thawed)
 4 cups Parsley (finely chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	598
Fat	14g
Carbs	101g
Fiber	10g
Sugar	2g
Protein	21g
Cholesterol	0mg
Sodium	331mg
Potassium	938mg
Vitamin A	2734IU
Vitamin C	44mg
Calcium	89mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	16.9µg
Zinc	2mg
Selenium	3µg

Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame: Use frozen peas or any leftover veggies.
Meat Lover: Replace edamame with cooked chicken breast or shrimp.
Make it Spicy: Garnish with red pepper flakes.



Vegan Corn Chowder

8 servings
 40 minutes

Ingredients

- 1 1/3 heads Cauliflower (chopped into florets and divided)
- 1/4 cup Coconut Oil
- 1 1/3 White Onion (diced)
- 6 2/3 Garlic (cloves, minced)
- 4 Carrot (chopped)
- 4 stalks Celery
- 1 1/3 tbsps Sea Salt
- 1 1/3 tsps Paprika
- 1 1/3 tsps Onion Powder
- 1 1/3 tsps Garlic Powder
- 2/3 tsp Cumin
- 1 tsp Thyme
- 1 1/3 tsps Oregano
- 4 cups Frozen Corn (divided)
- 1 cup Organic Coconut Milk
- 2 2/3 cups Water

Nutrition

Amount per serving	
Calories	231
Fat	13g
Carbs	29g
Fiber	6g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	1258mg
Potassium	738mg
Vitamin A	5551IU

Directions

- 1 On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
- 2 Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
- 3 Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
- 4 Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
- 5 Add additional salt and spices to taste. Divide into bowls and enjoy!

Notes

More Protein: Add quinoa, edamame, chickpeas, diced baked chicken breast or shrimp.

More Greens: Just before serving, stir in chopped spinach or kale until wilted.

No Coconut Milk: Use almond milk instead.

Less Work: Sauté all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.

Extra Toppings: Top with chopped green onions, avocado, organic bacon or pieces of toast.

Make it Cheesy: Add nutritional yeast.

Make it Spicy: Add hot sauce, cayenne pepper or red pepper flakes.

Vitamin C	55mg
Calcium	70mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	2µg



Oven Baked Potato Wedges

4 servings
 40 minutes

Ingredients

- 4 Russet Potato (medium, cut into wedges)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	195
Fat	4g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	172mg
Potassium	954mg
Vitamin A	18IU
Vitamin C	14mg
Calcium	32mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 3 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 4 Serve immediately and enjoy!

Notes

More Flavor: Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

No Olive Oil: Use avocado oil instead.

Leftovers: Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.