










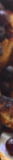



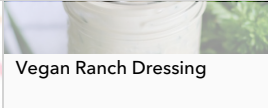




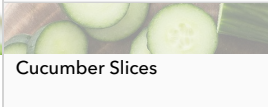






















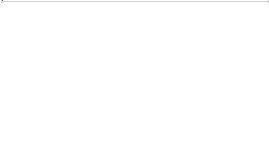
Plant-Based Stress & Anxiety Support Program






















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A fresh and colorful meal plan packed with plant-based nutrients that help the body cope with stress.

When it comes to coping with stress and anxiety, proper nutrition is key. This program has been designed to contain high amounts of nutrients that help individuals struggling with stress and anxiety including magnesium, vitamin B6, iron, and fiber.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Chocolate Cherry Chia Pudding	 Chocolate Almond Butter Smoothie Bowl	 Berry & Nut Breakfast Bowl	 2 Breakfast Oatmeal Cookies	 Breakfast Oatmeal Cookies	 Mango Oat Smoothie	 Tofu Rancheros	 Vegan Wild Blueberry French Toast
Snack 1	 Vegan Ranch Dressing	 Sunflower Banana Boat	 Chocolate Cherry Green Smoothie	 Vegan Ranch Dressing	 Chocolate Cherry Green Smoothie	 Banana Chia Crisps	 Banana Chia Crisps	
	 Cucumber Slices			 Cucumber Slices				
Lunch	 Chickpea Tikka Masala with Couscous	 Spiced Cauliflower Rice Bowl	 Tofu, Broccoli & Brown Rice	 Roasted Cauliflower Burrito Bowl	 Spiced Cauliflower Rice Bowl	 Chopped Salad Pitas	 Mediterranean Buddha Bowl	
	 Crackers & Avocado							
Snack 2	 Pistachios	 Apple with Almond Butter	 Protein-Packed Avocado Toast	 Vegan Ranch Dressing	 Cucumber Slices	 Protein-Packed Avocado Toast	 Apple with Almond Butter	
	 Tofu, Broccoli & Brown Rice							
Dinner	 Creamy Sun Dried Tomato Pasta	 Burrito Bowl with Quinoa Tofu Taco Filling	 Chickpea Tikka Masala with Couscous	 Mediterranean Buddha Bowl	 Cauliflower Tacos with Lime Crema	 Creamy Sun Dried Tomato Pasta		
	 Crackers & Avocado							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  43%	Fat  46%	Fat  36%	Fat  39%	Fat  39%	Fat  40%
Carbs  48%	Carbs  42%	Carbs  37%	Carbs  50%	Carbs  48%	Carbs  48%	Carbs  49%
Protein  16%	Protein  15%	Protein  17%	Protein  14%	Protein  13%	Protein  13%	Protein  11%
Calories 1750	Calories 1919	Calories 1880	Calories 1887	Calories 1912	Calories 1661	Calories 1721
Fat 74g	Fat 97g	Fat 103g	Fat 79g	Fat 86g	Fat 75g	Fat 82g
Carbs 219g	Carbs 216g	Carbs 186g	Carbs 246g	Carbs 240g	Carbs 211g	Carbs 223g
Fiber 44g	Fiber 55g	Fiber 48g	Fiber 63g	Fiber 43g	Fiber 60g	Fiber 52g
Sugar 42g	Sugar 54g	Sugar 60g	Sugar 51g	Sugar 75g	Sugar 37g	Sugar 68g
Protein 72g	Protein 79g	Protein 84g	Protein 71g	Protein 68g	Protein 59g	Protein 52g
Cholesterol 2mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 3387mg	Sodium 1243mg	Sodium 2702mg	Sodium 2150mg	Sodium 1372mg	Sodium 1989mg	Sodium 1071mg
Potassium 3118mg	Potassium 3613mg	Potassium 3644mg	Potassium 4382mg	Potassium 3937mg	Potassium 3851mg	Potassium 2585mg
Vitamin A 4380IU	Vitamin A 2277IU	Vitamin A 7688IU	Vitamin A 4095IU	Vitamin A 8435IU	Vitamin A 7592IU	Vitamin A 2878IU
Vitamin C 292mg	Vitamin C 158mg	Vitamin C 282mg	Vitamin C 273mg	Vitamin C 226mg	Vitamin C 169mg	Vitamin C 78mg
Calcium 1178mg	Calcium 1183mg	Calcium 1693mg	Calcium 470mg	Calcium 1410mg	Calcium 1084mg	Calcium 944mg
Iron 21mg	Iron 20mg	Iron 18mg	Iron 20mg	Iron 17mg	Iron 21mg	Iron 20mg
Vitamin D 50IU	Vitamin D 139IU	Vitamin D 126IU	Vitamin D 0IU	Vitamin D 202IU	Vitamin D 0IU	Vitamin D 63IU
Vitamin B12 6.0µg	Vitamin B12 9.0µg	Vitamin B12 3.4µg	Vitamin B12 4.2µg	Vitamin B12 4.8µg	Vitamin B12 8.7µg	Vitamin B12 8.4µg
Zinc 11mg	Zinc 7mg	Zinc 12mg	Zinc 13mg	Zinc 12mg	Zinc 8mg	Zinc 5mg
Selenium 62µg	Selenium 49µg	Selenium 53µg	Selenium 33µg	Selenium 48µg	Selenium 36µg	Selenium 11µg

Fruits

- 1 Apple
- 4 Avocado
- 6 1/3 Banana
- 1/2 cup Blackberries
- 2 1/3 cups Cherries
- 1/3 Lemon
- 1 1/2 tbsps Lemon Juice
- 1 1/2 Lime
- 1 tsp Lime Juice
- 1/4 cup Raspberries
- 1/2 cup Strawberries

Breakfast

- 3 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 2 tbsps Granola
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Almonds
- 3/4 cup Cashews
- 3/4 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tsp Chili Powder
- 2 2/3 tsps Cinnamon
- 2 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 1/8 tsps Garlic Powder
- 1/3 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/3 tsp Onion Powder
- 1/4 tsp Oregano
- 1/2 tsp Paprika
- 1/2 cup Pistachios, In Shell
- 1 tbsp Pumpkin Seeds
- 3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/3 tbsps Sesame Seeds
- 1 1/4 tsps Smoked Paprika

Vegetables

- 1/2 cup Asparagus
- 2 cups Baby Spinach
- 4 2/3 cups Broccoli
- 1 3/4 heads Cauliflower
- 1/2 cup Cherry Tomatoes
- 1 1/2 tbsps Chives
- 3/4 cup Cilantro
- 2 1/8 Cucumber
- 2 1/4 Garlic
- 1 tbsp Ginger
- 1/2 Green Bell Pepper
- 1/2 Jalapeno Pepper
- 3 1/2 tbsps Parsley
- 1 cup Purple Cabbage
- 2 Red Bell Pepper
- 1/4 cup Red Onion
- 4 leaves Romaine
- 2/3 head Romaine Hearts
- 1/2 tsp Thyme
- 1 Tomato
- 1/2 Yellow Onion
- 1/2 Zucchini

Boxed & Canned

- 2/3 cup Black Beans
- 1 1/3 cups Brown Rice
- 4 ozs Chickpea Pasta
- 3 cups Chickpeas
- 3/4 cup Crushed Tomatoes
- 1/4 cup Organic Salsa
- 3/4 cup Organic Vegetable Broth
- 2/3 cup Quinoa
- 1 cup White Navy Beans
- 1 3/4 ozs Whole Grain Crackers

Baking

- 1 1/2 tsps Arrowroot Powder
- 2 tbsps Cacao Powder
- 1 1/2 tbsps Nutritional Yeast
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 8 Corn Tortilla
- 4 slices Gluten Free Bread
- 1/4 cup Hummus
- 4 slices Organic Bread
- 1 1/16 lbs Tofu
- 1/2 Whole Wheat Pita

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 tbsp Coconut Oil
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 2 tsps Sesame Oil
- 1/4 cup Sun Dried Tomatoes
- 1 tbsp Sunflower Seed Butter
- 3 1/8 tbsps Tahini
- 2 tbsps Tamari

Cold

- 1/2 cup Plain Coconut Milk
- 5 1/2 cups Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

Other

- 1 cup Chocolate Protein Powder
- 1/4 cup Couscous
- 2 1/8 cups Water

-
- 3/4 tsp Turmeric
 - 2 tbsps Walnuts
 - 1 1/2 tbsps Organic Dark Chocolate Chips
 - 1 1/2 tbsps Unsweetened Shredded Coconut

Frozen

- 2/3 cup Frozen Blueberries
- 1/4 cup Frozen Cauliflower
- 1 cup Frozen Mango



Chocolate Cherry Chia Pudding

1 serving
 30 minutes

Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Plain Coconut Milk
(unsweetened, from the carton)
- 2 tbsps Chocolate Protein Powder
- 1/3 cup Cherries (pitted)
- 1 1/2 tps Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	255
Fat	12g
Carbs	24g
Fiber	8g
Sugar	11g
Protein	14g
Cholesterol	2mg
Sodium	38mg
Potassium	383mg
Vitamin A	287IU
Vitamin C	4mg
Calcium	424mg
Iron	3mg
Vitamin D	50IU
Vitamin B12	1.8µg
Zinc	1mg
Selenium	3µg

Directions

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

Notes

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

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

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

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

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



Chocolate Almond Butter Smoothie Bowl

1 serving
 5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	561
Fat	24g
Carbs	59g
Fiber	19g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	223mg
Potassium	1510mg
Vitamin A	788IU
Vitamin C	50mg
Calcium	755mg
Iron	6mg
Vitamin D	101IU
Vitamin B12	0.6µg
Zinc	3mg
Selenium	12µg

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

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

More Flavor: Add cinnamon to your smoothie base.

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

No Smoothie Bowl: Drink as a regular smoothie instead.

Smoothie Consistency: For a creamier texture, use a frozen banana.



Berry & Nut Breakfast Bowl

1 serving
 10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	356
Fat	28g
Carbs	21g
Fiber	10g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	44mg
Potassium	553mg
Vitamin A	289IU
Vitamin C	58mg
Calcium	220mg
Iron	4mg
Vitamin D	25IU
Vitamin B12	0µg
Zinc	2mg
Selenium	2µg

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of maple syrup.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Breakfast Oatmeal Cookies

3 servings
 20 minutes

Ingredients

- 3/4 cup Oats (rolled)
- 1 1/8 Banana (mashed)
- 3 tbsps All Natural Peanut Butter
- 1/16 tsp Sea Salt
- 1 1/2 tbsps 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.



Mango Oat Smoothie

1 serving
 5 minutes

Ingredients

- 1 cup Frozen Mango
- 1/2 Banana
- 2 tbsps Oats
- 1 cup Unsweetened Almond Milk
- 1 tbsp Hemp Seeds
- 1/8 Lemon (juiced)

Nutrition

Amount per serving	
Calories	276
Fat	9g
Carbs	47g
Fiber	7g
Sugar	30g
Protein	8g
Cholesterol	0mg
Sodium	164mg
Potassium	688mg
Vitamin A	2324IU
Vitamin C	68mg
Calcium	485mg
Iron	2mg
Vitamin D	101IU
Vitamin B12	0µg
Zinc	2mg
Selenium	5µg

Directions

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

Notes

No Banana: Sweeten with maple syrup or soaked dates instead. Refrigerate in a Storage: mason jar or other air-tight container up to 48 hours.

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

More Fibre: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add vegan greek yogurt.



Tofu Rancheros

2 servings
 30 minutes

Ingredients

- 2 tbsps Water (divided)
- 1/2 Yellow Onion (chopped)
- 1/2 Green Bell Pepper (chopped)
- 1/2 Jalapeno Pepper (seeds removed, finely chopped)
- 1 Tomato (medium, chopped)
- 1/2 tsp Sea Salt (divided)
- 6 ozs Tofu (extra firm, drained, crumbled)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Turmeric
- 4 leaves Romaine
- 1/4 cup Cilantro (for garnish)

Nutrition

Amount per serving	
Calories	118
Fat	5g
Carbs	10g
Fiber	5g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	631mg
Potassium	541mg
Vitamin A	5991IU
Vitamin C	40mg
Calcium	280mg
Iron	4mg
Vitamin D	0IU
Vitamin B12	8.4µg

Directions

- 1 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 2 Add in the tomatoes and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 3 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 4 Divide the tofu, salsa fresca and romaine lettuce leaves onto plates. Garnish with cilantro and enjoy!

Notes

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

Serving Size: Each serving equals approximately 1/3 cup of tofu, 3/4 cup of salsa fresca and two romaine leaves.

Additional Toppings: Add avocado, guacamole, refried beans and/or rice.

More Flavor: Cook with oil instead of water.

Zinc	1mg
Selenium	12µg



Vegan Wild Blueberry French Toast

2 servings
 20 minutes

Ingredients

- 2/3 Banana (ripe)
- 1 tbsp Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 2/3 tsp Cinnamon
- 1 tbsp Coconut Oil
- 4 slices Gluten-Free Bread (or sourdough)
- 2/3 cup Frozen Blueberries (wild)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	342
Fat	15g
Carbs	50g
Fiber	7g
Sugar	20g
Protein	6g
Cholesterol	0mg
Sodium	297mg
Potassium	308mg
Vitamin A	176IU
Vitamin C	5mg
Calcium	201mg
Iron	1mg
Vitamin D	25IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. Continue until all pieces of french toast are cooked.
- 3 While the french toast is cooking, add the frozen wild blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with wild blueberries and maple syrup. Enjoy!

Notes

No Blueberries: Use raspberries, strawberries, blackberries or peaches instead.



Vegan Ranch Dressing

3 servings
 10 minutes

Ingredients

- 1/3 cup Cashews (raw)
- 3 tbsps Water
- 1 1/8 tsps Nutritional Yeast
- 1/4 tsp Sea Salt
- 1 1/8 tsps Apple Cider Vinegar
- 1 1/8 tbsps Tahini
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1 1/2 tbsps Parsley (finely chopped)
- 1 1/2 tbsps Chives (finely chopped)

Directions

- 1 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 2 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

Notes

Serving Size: One serving is equal to approximately two tablespoons of dressing.
Serve it With: Veggie sticks for dipping or on salads. Keeps well in the
Leftovers: fridge up to 4 to 5 days.

Nutrition

Amount per serving	
Calories	141
Fat	11g
Carbs	8g
Fiber	1g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	235mg
Potassium	167mg
Vitamin A	229IU
Vitamin C	3mg
Calcium	39mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	4.2µg
Zinc	1mg
Selenium	4µg



Cucumber Slices

3 servings
 5 minutes

Ingredients

1 1/2 Cucumber

Nutrition

Amount per serving	
Calories	23
Fat	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Potassium	221mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	0mg
Selenium	0µg

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage: Cucumber can keep up to one week in the fridge if stored in water.



Sunflower Banana Boat

1 serving
 5 minutes

Ingredients

- 1 tbsp Sunflower Seed Butter
- 1 1/2 tbsps Water (warm)
- 1 Banana (peeled)
- 1 tbsp 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.



Chocolate Cherry Green Smoothie

2 servings

5 minutes

Ingredients

2 cups Cherries (fresh and pitted, or frozen)
 1/2 cup Chocolate Protein Powder
 2 cups Baby Spinach
 2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	218
Fat	3g
Carbs	28g
Fiber	6g
Sugar	20g
Protein	22g
Cholesterol	4mg
Sodium	222mg
Potassium	666mg
Vitamin A	3411IU
Vitamin C	19mg
Calcium	615mg
Iron	2mg
Vitamin D	101IU
Vitamin B12	0.6µg
Zinc	2mg
Selenium	7µg

Directions

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

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.



Banana Chia Crisps

2 servings
 25 minutes

Ingredients

- 2 Banana (medium, ripe)
- 1/2 cup Chia Seeds
- 2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	351
Fat	16g
Carbs	49g
Fiber	16g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	1mg
Potassium	782mg
Vitamin A	83IU
Vitamin C	10mg
Calcium	300mg
Iron	5mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	0mg
Selenium	1µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size: One serving is equal to approximately 12 small crisps.



Chickpea Tikka Masala with Couscous

2 servings
 45 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 1/2 tsps Curry Powder
- 1/2 tsp Cumin
- 1 tsp Garam Masala
- 2 cups Chickpeas
- 2 cups Broccoli (chopped into florets)
- 1 Red Bell Pepper (stem and seeds removed, chopped)
- 3/4 cup Crushed Tomatoes
- 3/4 cup Organic Vegetable Broth
- 1/2 tsp Sea Salt
- 1/4 cup Couscous (dry, uncooked)

Nutrition

Amount per serving	
Calories	444
Fat	6g
Carbs	82g
Fiber	21g
Sugar	16g
Protein	23g
Cholesterol	0mg
Sodium	1055mg
Potassium	1248mg
Vitamin A	2873IU
Vitamin C	168mg
Calcium	179mg
Iron	8mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	4mg

Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

Notes

Gluten-Free: Omit the couscous and serve with quinoa or brown rice instead.

Storage: Refrigerate in an airtight container up to 5 days.

Make It Creamy: Add coconut milk.

Selenium

10µg



Spiced Cauliflower Rice Bowl

2 servings
 40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	369mg
Potassium	1197mg
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas

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

Vitamin B12	0µg
Zinc	3mg
Selenium	18µg



Roasted Cauliflower Burrito Bowl

1 serving
 35 minutes

Ingredients

- 1/4 head Cauliflower (cut into florets)
- 1/8 tsp Cumin
- 1/4 tsp Chili Powder (divided)
- 1/4 tsp Smoked Paprika (divided)
- 1/16 tsp Sea Salt (divided)
- 1/3 cup Black Beans (cooked)
- 2 tbsps Water
- 1/4 Avocado
- 1/4 Garlic (clove, minced)
- 1/4 tsp Lime Juice
- 1 tbsp Cilantro (finely chopped, optional)

Nutrition

Amount per serving	
Calories	208
Fat	8g
Carbs	28g
Fiber	12g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	217mg
Potassium	953mg
Vitamin A	630IU
Vitamin C	77mg
Calcium	67mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

More Flavor: Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

Additional Toppings: Serve with corn tortilla chips.

Selenium

2µg



Chopped Salad Pitas

1 serving
 10 minutes

Ingredients

- 1/2 cup Chickpeas (cooked)
- 1/2 cup Cherry Tomatoes (sliced into quarters)
- 1/8 Cucumber (chopped)
- 1/8 tsp Sea Salt
- 1/2 Whole Wheat Pita (halved)
- 2 tbsps 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, or lentils



Crackers & Avocado

1 serving
 10 minutes

Ingredients

- 1 3/4 ozs Whole Grain Crackers
- 1/4 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	321
Fat	18g
Carbs	38g
Fiber	5g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	445mg
Potassium	329mg
Vitamin A	76IU
Vitamin C	5mg
Calcium	13mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	13µg

Directions

- 1 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

- Make it Paleo:** Use grain-free flax crackers instead.
- More Protein:** Top with hemp seeds.



Pistachios

1 serving
 1 minute

Ingredients

1/2 cup Pistachios, In Shell

Nutrition

Amount per serving	
Calories	318
Fat	26g
Carbs	16g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	216mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	40mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	0mg
Selenium	0µg

Directions

- 1 Divide into bowls, peel and enjoy!



Apple with Almond Butter

1 serving
 5 minutes

Ingredients

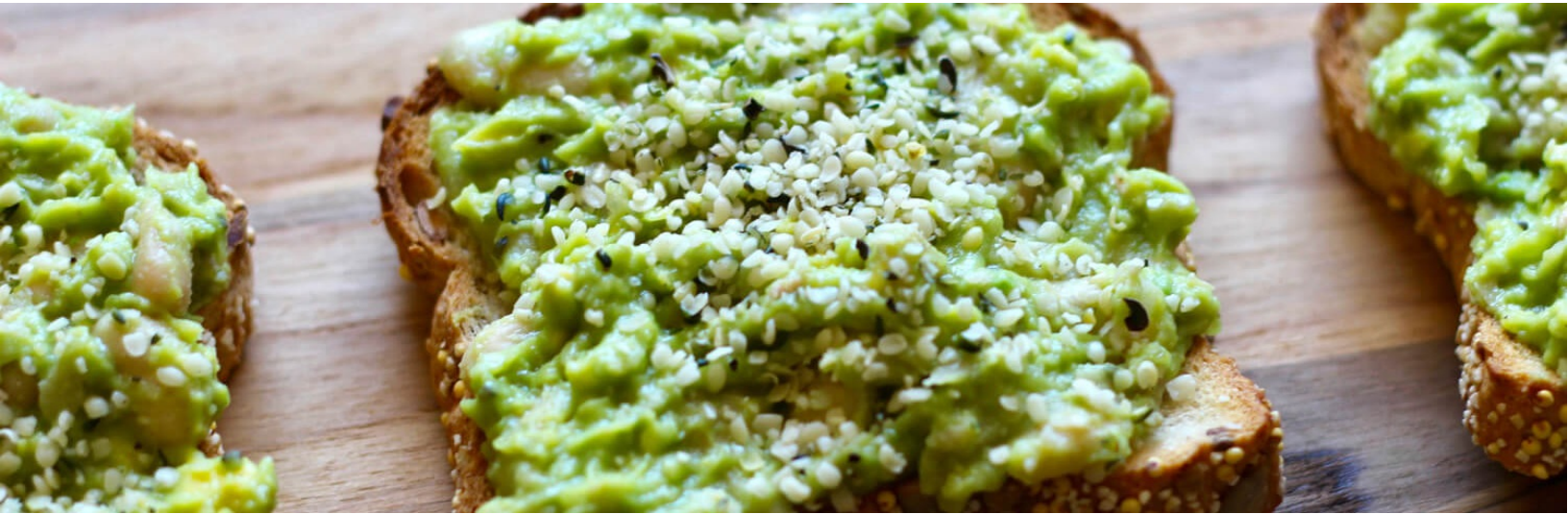
- 1 Apple
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Potassium	428mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.



Protein-Packed Avocado Toast

2 servings
 15 minutes

Ingredients

- 1 Avocado
- 1 cup White Navy Beans (cooked)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 4 slices Organic Bread
- 1/4 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, Broccoli & Brown Rice

2 servings

1 hour

Ingredients

- 2/3 cup Brown Rice (uncooked, rinsed)
- 1 1/3 cups Water
- 2 2/3 cups Broccoli (chopped into florets)
- 1 1/3 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tamari
- 1 1/3 tbsps Miso Paste (optional)
- 2 tps Sesame Oil
- 8 1/4 ozs Tofu (sliced into cubes)
- 2 tbsps Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	566
Fat	27g
Carbs	62g
Fiber	8g
Sugar	5g
Protein	25g
Cholesterol	0mg
Sodium	1611mg
Potassium	770mg
Vitamin A	757IU
Vitamin C	108mg
Calcium	499mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	4mg
Selenium	32µg

Directions

- 1 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 2 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 4 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 5 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

Notes

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



Creamy Sun Dried Tomato Pasta

2 servings
 20 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 1 Garlic (clove, minced)
- 1 1/2 tsps Arrowroot Powder
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Sun Dried Tomatoes (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/4 tsp Sea Salt
- 1 1/2 tsps Lemon Juice
- 4 ozs Chickpea Pasta
- 1/2 cup Asparagus (trimmed, cut into bite-sized pieces)
- 2 tbsps Parsley (chopped)
- 1/4 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	41g
Fiber	11g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	431mg
Potassium	391mg
Vitamin A	820IU
Vitamin C	12mg
Calcium	234mg
Iron	7mg
Vitamin D	38IU
Vitamin B12	8.4µg

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.

Zinc	0mg
Selenium	1µg



Burrito Bowl with Quinoa Tofu Taco Filling

1 serving
 35 minutes

Ingredients

- 2 tbsps Quinoa (uncooked)
- 2 ozs Tofu (extra firm, crumbled)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2/3 tsp Chili Powder
- 1/3 tsp Cumin
- 1/4 tsp Oregano
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/4 cup Organic Salsa (divided)
- 3/4 tsp Lime Juice
- 1/4 tsp Nutritional Yeast
- 1/2 Red Bell Pepper (sliced)
- 1/8 head Romaine Hearts (chopped)
- 1/4 cup Black Beans (cooked)
- 1/2 Avocado (diced)

Nutrition

Amount per serving	
Calories	453
Fat	27g
Carbs	44g
Fiber	16g
Sugar	7g
Protein	17g
Cholesterol	0mg
Sodium	821mg
Potassium	1227mg
Vitamin A	3132IU
Vitamin C	89mg
Calcium	240mg

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings: Add cilantro, sliced jalapenos, vegan cheese, sour cream, diced tomatoes or lime wedges.

Iron	5mg
Vitamin D	0IU
Vitamin B12	2.8µg
Zinc	3mg
Selenium	11µg



Mediterranean Buddha Bowl

2 servings
 10 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	467
Fat	25g
Carbs	52g
Fiber	10g
Sugar	6g
Protein	13g
Cholesterol	0mg
Sodium	338mg
Potassium	676mg
Vitamin A	1700IU
Vitamin C	43mg
Calcium	90mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	0µg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

No Hummus: Use tzatziki instead.

More Protein: Top with crumbled falafel

Prep Ahead: All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour: Serve with a lemon wedge and black pepper.

Zinc	3mg
Selenium	7µg



Cauliflower Tacos with Lime Crema

4 servings
 50 minutes

Ingredients

- 1 1/2 tbsps Avocado Oil
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 1 head Cauliflower (medium sized, chopped into florets)
- 1/3 cup Cashews (soaked, drained and rinsed)
- 1 1/2 Lime (juiced)
- 1/4 cup Water
- 8 Corn Tortilla
- 1 cup Purple Cabbage (thinly sliced)
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped, for garnish, optional)

Nutrition

Amount per serving	
Calories	386
Fat	20g
Carbs	47g
Fiber	9g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	353mg
Potassium	854mg
Vitamin A	687IU
Vitamin C	94mg
Calcium	264mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.
- 2 Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water and remaining sea salt. Blend on high until smooth and creamy.
- 3 Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro, if using. Enjoy!

Notes

Leftovers: This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

Serving Size: One serving is two tacos.

More Flavor: Season the cabbage with extra lime juice and sea salt.

Additional Toppings: Top with thinly sliced radish and/or chili flakes.

Nut-Free: Use plain coconut yogurt mixed with lime juice instead of cashew cream.

Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg