



Whole Food Plant Based Diet



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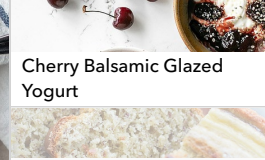



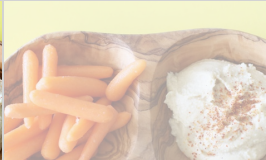












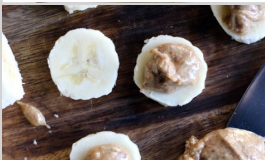



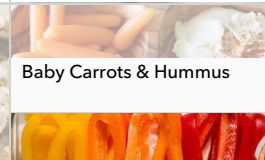
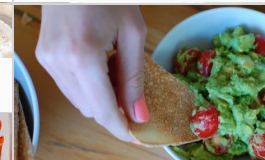






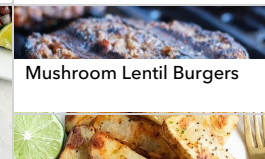
A plant-based meal plan offering balanced nutrition without the use of animal products and processed foods.






















The Whole Food Plant Based Diet is a completely animal product-free approach to healthy eating that maximizes whole grains, vegetables, and legumes while minimizing refined sugars and oils.

This plan provides adequate protein from a variety of plant-based sources including grains, legumes, nuts, and seeds. Fats are provided by whole food sources like avocados and nuts/seeds.

Some recipes contain oil which may be eliminated or replaced.

Each as much or as little at each meal to fit your macros. If you would like a custom meal plan that fits into your macros, contact us!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Protein-Packed Avocado Toast	 Gut Healing Green Smoothie	 Hummus Toast with Avocado	 Strawberry Kiwi Tropical Smoothie Vegan Banana Bread	 Chocolate Chip Cookie Dough Overnight Oats	 Cherry Balsamic Glazed Yogurt Vegan Banana Bread	 Tofu Veggie Scramble
Snack 1	 Blackberries & Pistachios	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Blackberries & Pistachios	 Banana with Almond Butter	 Strawberry Almond Protein Smoothie	 3 Cinnamon Protein Energy Bites
Lunch	 Marinated Mixed Bean Salad	 Tofu Cabbage Wraps with Peanut Sauce	 Sweet Potato Black Bean Quinoa Bake	 Marinated Mixed Bean Salad	 Tofu Cabbage Wraps with Peanut Sauce	 Summer Buddha Bowl	 Roasted Veggie & Quinoa Bowl
Snack 2	 Crispy Cauliflower Bites	 Banana with Almond Butter	 Apple Slices & Hummus	 Grapes & Walnuts	 Crispy Cauliflower Bites	 Baby Carrots & Hummus Chopped Bell Peppers	 Guacamole with Brown Rice Chips
Dinner	 Quinoa Tofu Tacos	 Sweet Potato Black Bean Quinoa Bake	 Cheesy Cauliflower & Broccoli Casserole	 Quinoa Tofu Tacos	 Roasted Veggie & Quinoa Bowl	 Mexican Black Bean Salad	 Mushroom Lentil Burgers Sea Salt & Lime Potato Wedges

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  47%	Fat  44%	Fat  43%	Fat  41%	Fat  42%	Fat  41%	Fat  40%
Carbs  40%	Carbs  42%	Carbs  44%	Carbs  46%	Carbs  45%	Carbs  46%	Carbs  46%
Protein  13%	Protein  14%	Protein  13%	Protein  13%	Protein  13%	Protein  13%	Protein  14%
Calories 1706	Calories 1616	Calories 1696	Calories 1632	Calories 1633	Calories 1755	Calories 1693
Fat 93g	Fat 86g	Fat 85g	Fat 79g	Fat 81g	Fat 84g	Fat 79g
Carbs 181g	Carbs 183g	Carbs 197g	Carbs 197g	Carbs 193g	Carbs 213g	Carbs 207g
Fiber 57g	Fiber 41g	Fiber 56g	Fiber 54g	Fiber 33g	Fiber 55g	Fiber 44g
Sugar 27g	Sugar 77g	Sugar 43g	Sugar 62g	Sugar 72g	Sugar 81g	Sugar 43g
Protein 57g	Protein 60g	Protein 60g	Protein 56g	Protein 57g	Protein 60g	Protein 65g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 2mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 0mg
Sodium 2085mg	Sodium 1813mg	Sodium 2282mg	Sodium 1025mg	Sodium 2621mg	Sodium 1115mg	Sodium 1547mg
Potassium 3557mg	Potassium 3275mg	Potassium 4036mg	Potassium 3387mg	Potassium 2932mg	Potassium 3570mg	Potassium 3852mg
Vitamin A 1780IU	Vitamin A 31828IU	Vitamin A 36362IU	Vitamin A 2526IU	Vitamin A 16106IU	Vitamin A 26262IU	Vitamin A 17204IU
Vitamin C 136mg	Vitamin C 200mg	Vitamin C 228mg	Vitamin C 250mg	Vitamin C 264mg	Vitamin C 391mg	Vitamin C 190mg
Calcium 710mg	Calcium 904mg	Calcium 465mg	Calcium 1229mg	Calcium 1224mg	Calcium 1598mg	Calcium 801mg
Iron 17mg	Iron 16mg	Iron 21mg	Iron 16mg	Iron 16mg	Iron 14mg	Iron 20mg
Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 132IU	Vitamin D 38IU	Vitamin D 132IU	Vitamin D 8IU
Vitamin B12 0.9µg	Vitamin B12 0µg	Vitamin B12 67.6µg	Vitamin B12 1.4µg	Vitamin B12 0µg	Vitamin B12 2.8µg	Vitamin B12 16.9µg
Zinc 10mg	Zinc 9mg	Zinc 10mg	Zinc 8mg	Zinc 8mg	Zinc 8mg	Zinc 10mg
Selenium 28µg	Selenium 31µg	Selenium 50µg	Selenium 32µg	Selenium 35µg	Selenium 20µg	Selenium 44µg

Fruits

- 1 Apple
- 5 1/16 Avocado
- 6 1/2 Banana
- 2 cups Blackberries
- 1 cup Cherries
- 2 cups Grapes
- 1 Kiwi
- 2/3 Lemon
- 1/4 cup Lemon Juice
- 1 3/4 Lime
- 1/3 cup Lime Juice
- 1 1/3 Mango
- 1/4 cup Pineapple
- 2 cups Strawberries

Breakfast

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

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/4 cup Cashews
- 3 1/3 tbsps Chia Seeds
- 2 1/2 tsps Chili Powder
- 1 1/8 tsps Cinnamon
- 1 2/3 tsps Cumin
- 2/3 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 2 1/8 tsps Italian Seasoning
- 1/8 tsp Nutmeg
- 1/3 tsp Oregano
- 1/2 tsp Paprika
- 1/2 cup Pistachios
- 2 tsps Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1/4 tsp Turmeric

Vegetables

- 3 cups Arugula
- 2 1/4 cups Baby Carrots
- 1 cup Baby Spinach
- 3 1/3 cups Broccoli
- 1 cup Butternut Squash
- 1 Carrot
- 1 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 5 1/2 Garlic
- 1 cup Green Beans
- 1 Green Bell Pepper
- 2 2/3 cups Green Cabbage
- 2 2/3 stalks Green Onion
- 1 cup Kale Leaves
- 1 3/4 tbsps Parsley
- 1 1/3 cups Portobello Mushroom
- 4 1/8 Red Bell Pepper
- 2 tbsps Red Onion
- 1/8 head Romaine Hearts
- 2 Russet Potato
- 2 1/3 Sweet Potato
- 1 Yellow Bell Pepper
- 1 1/3 Yellow Onion
- 1/2 Zucchini

Boxed & Canned

- 1 2/3 cups Black Beans
- 1 1/8 cups Chickpeas
- 2/3 cup Green Lentils
- 2 cups Mixed Beans
- 1/2 cup Organic Salsa
- 1 2/3 cups Organic Vegetable Broth
- 1/2 cup Quick Oats
- 1 cup Quinoa
- 1/2 cup White Navy Beans

Baking

- 2 cups All Purpose Gluten Free Flour
- 3 1/2 tbsps Almond Flour

Bread, Fish, Meat & Cheese

- 1 1/2 cups Hummus
- 2 slices Organic Bread
- 2 slices Rye Bread
- 2 lbs Tofu
- 4 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 2 1/3 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Sesame Oil
- 2/3 tsp Tabasco Sauce
- 2 3/4 tbsps Tahini
- 1/3 cup Tamari

Cold

- 3 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Cashew Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 2 1/8 cups Water

3/4 cup Walnuts

Frozen

2 Brown Rice Tortilla

1 cup Frozen Strawberries

2 2/3 tps Arrowroot Powder

1 1/2 tbsps Baking Powder

1 1/3 tbsps Coconut Sugar

1/3 cup Nutritional Yeast

3 3/4 tbsps Oat Flour

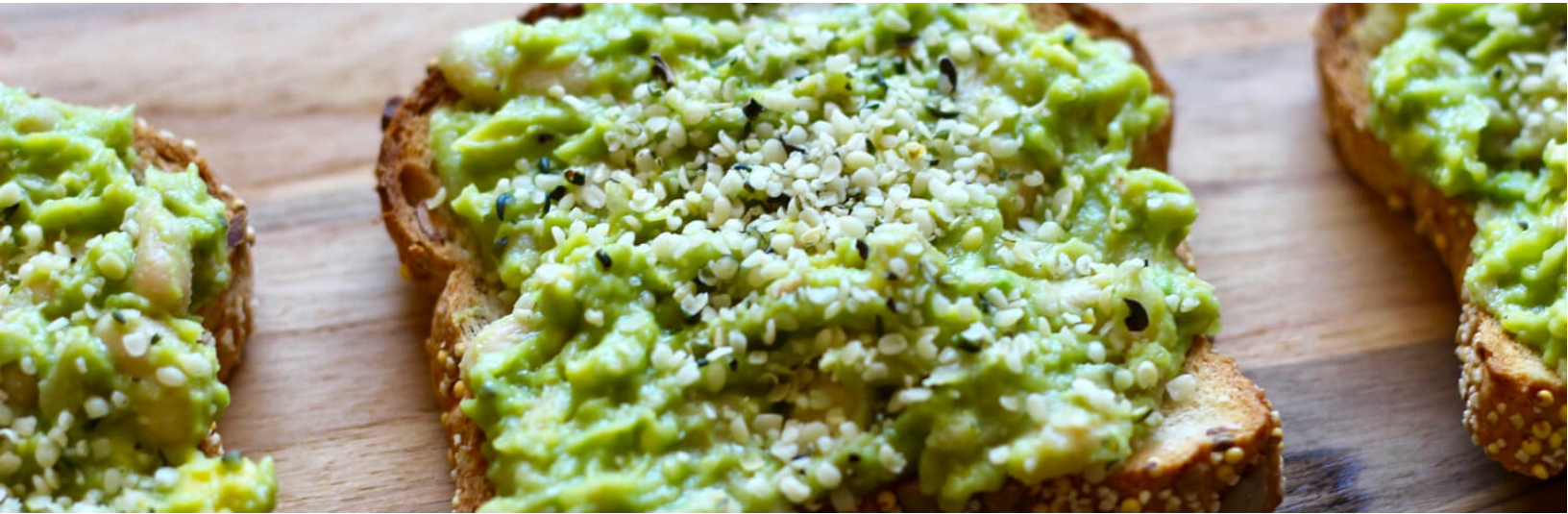
2 1/4 tbsps Oats

1 tbsp Organic Dark Chocolate Chips

1 tbsp Raw Honey

2 tbsps Tapioca Flour

1 tsp Vanilla Extract



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 Organic Bread
- 2 tbsps 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.



Gut Healing Green Smoothie

1 serving
 5 minutes

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g
Cholesterol	0mg
Sodium	22mg
Potassium	812mg
Vitamin A	1124IU
Vitamin C	30mg
Calcium	149mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	1µg

Directions

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

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



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)

Nutrition

Amount per serving	
Calories	675
Fat	46g
Carbs	55g
Fiber	18g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	833mg
Potassium	1090mg
Vitamin A	180IU
Vitamin C	10mg
Calcium	118mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	4mg
Selenium	34µg

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.
- Make Your Own Bread:** See our Grain-Free Flax Bread recipe.



Strawberry Kiwi Tropical Smoothie

1 serving
 5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 tbsp Chia Seeds
- 2 tbsps Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	295
Fat	8g
Carbs	46g
Fiber	13g
Sugar	23g
Protein	16g
Cholesterol	2mg
Sodium	235mg
Potassium	1036mg
Vitamin A	1003IU
Vitamin C	192mg
Calcium	768mg
Iron	4mg
Vitamin D	126IU
Vitamin B12	0.3µg
Zinc	2mg
Selenium	5µg

Directions

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

Notes

Nut-Free: Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds: Use ground flax seeds instead.

No Zucchini: Use frozen cauliflower, spinach or kale instead.

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



Vegan Banana Bread

12 servings
 50 minutes

Ingredients

- 3 Banana (ripe, divided)
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Cashew Milk (or almond milk)
- 2 tbsps Ground Flax Seed
- 2 cups All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	195
Fat	6g
Carbs	33g
Fiber	5g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	176mg
Potassium	120mg
Vitamin A	40IU
Vitamin C	3mg
Calcium	82mg
Iron	1mg
Vitamin D	6IU
Vitamin B12	0.2µg
Zinc	0mg
Selenium	1µg

Directions

- 1 Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
- 2 In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
- 3 In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
- 4 Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
- 5 Let cool completely before slicing. Enjoy!

Notes

Serving Size: One serving is equal to one slice of banana bread.

Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

Add-Ins: Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

Storage: Keeps well in the fridge for 5 days or in the freezer for a few months.



Chocolate Chip Cookie Dough Overnight Oats

2 servings

3 hours

Ingredients

- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Quick Oats
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 1 tbsp Organic Dark Chocolate Chips
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg

Nutrition

Amount per serving	
Calories	195
Fat	7g
Carbs	28g
Fiber	4g
Sugar	10g
Protein	4g
Cholesterol	0mg
Sodium	62mg
Potassium	85mg
Vitamin A	189IU
Vitamin C	0mg
Calcium	220mg
Iron	2mg
Vitamin D	38IU
Vitamin B12	0µg
Zinc	0mg
Selenium	0µg

Directions

- 1 Combine all the ingredients into a small mixing bowl.
- 2 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

Notes

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

Dairy-Free: Use dairy-free chocolate chips.

Additional Toppings: Top with chopped nuts or additional chocolate chips or cinnamon.

More Protein: Stir in your favorite protein powder



Cherry Balsamic Glazed Yogurt

2 servings
 15 minutes

Ingredients

- 1 cup Cherries (pitted)
- 2 tbsps Maple Syrup
- 1/4 cup Balsamic Vinegar
- 1 1/2 cups Unsweetened Coconut Yogurt
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	267
Fat	10g
Carbs	41g
Fiber	4g
Sugar	28g
Protein	5g
Cholesterol	0mg
Sodium	47mg
Potassium	369mg
Vitamin A	50IU
Vitamin C	5mg
Calcium	421mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	2.0µg
Zinc	1mg
Selenium	0µg

Directions

- 1 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 2 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3/4 cup of yogurt with 1/3 cup of cherry balsamic glaze.

Additional Toppings: Top with blueberries, blackberries, coconut flakes, almond slices, crushed pistachios, bee pollen or sunflower seeds.

No Coconut Yogurt: oatmeal instead



Tofu Veggie Scramble

2 servings
 15 minutes

Ingredients

- 7 3/4 ozs 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
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.



Blackberries & Pistachios

2 servings
 2 minutes

Ingredients

2 cups Blackberries
 1/2 cup Pistachios (shelled)

Nutrition

Amount per serving	
Calories	234
Fat	15g
Carbs	22g
Fiber	11g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Potassium	548mg
Vitamin A	467IU
Vitamin C	32mg
Calcium	74mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

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
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.



Strawberry Almond Protein Smoothie

1 serving
 5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Potassium	1094mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Vitamin D	126IU
Vitamin B12	0.6µg
Zinc	3mg
Selenium	9µg

Directions

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

Notes

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

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

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



Cinnamon Protein Energy Bites

6 servings
 35 minutes

Ingredients

- 2 1/4 tbsps Oats (quick)
- 1 3/4 tbsps Oat Flour
- 1 3/4 tbsps Vanilla Protein Powder
- 1 3/4 tbsps Ground Flax Seed
- 2 1/2 tsps Chia Seeds
- 2/3 tsp Cinnamon
- 3 1/2 tbsps Almond Butter
- 1 3/4 tbsps Maple Syrup
- 1 1/4 tsps Unsweetened Almond Milk (optional; if needed)

Nutrition

Amount per serving	
Calories	111
Fat	7g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Potassium	108mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	64mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size: One serving is equal to one ball.

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

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

No Maple Syrup: Use agave instead.

Gluten-Free: Use certified gluten-free quick oats.

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 into a quick oats texture.

No Protein Powder: Use more oat flour instead.



Marinated Mixed Bean Salad

2 servings
 15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	366
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	5mg
Potassium	838mg
Vitamin A	346IU
Vitamin C	13mg
Calcium	83mg
Iron	5mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	2µg

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.



Tofu Cabbage Wraps with Peanut Sauce

2 servings
 50 minutes

Ingredients

10 1/2 ozs Tofu (extra firm, drained)
 2 tsps Avocado Oil
 1 1/3 tsps Arrowroot Powder
 2 tsps Tamari (divided)
 2 2/3 tsps All Natural Peanut Butter
 1 1/3 tsps Lime Juice
 2 tsps Coconut Sugar
 1 1/3 tsps Sesame Oil
 1 1/3 tsps Water
 2/3 Mango (diced)
 2/3 Red Bell Pepper (chopped)
 1 1/3 cups Green Cabbage (pulled apart into leaves)
 3 1/2 tsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	442
Fat	27g
Carbs	36g
Fiber	7g
Sugar	26g
Protein	24g
Cholesterol	0mg
Sodium	1030mg
Potassium	746mg
Vitamin A	2637IU
Vitamin C	117mg
Calcium	477mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 2 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 3 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cabbage leaf wraps.

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

Additional Toppings: Add crushed peanuts and/or sesame seeds on top.

Vitamin D	0IU
Vitamin B12	0µg
Zinc	3mg
Selenium	21µg



Summer Buddha Bowl

2 servings
 20 minutes

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Nutrition

Amount per serving	
Calories	393
Fat	29g
Carbs	31g
Fiber	13g
Sugar	8g
Protein	9g
Cholesterol	0mg
Sodium	201mg
Potassium	932mg
Vitamin A	5978IU
Vitamin C	42mg
Calcium	149mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	2mg
Selenium	6µg

Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

Notes

Leftovers: Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

No Arugula: Use another green such as baby spinach or kale.

More Fiber: Add brown rice or quinoa to increase the fiber.



Crispy Cauliflower Bites

2 servings
 20 minutes

Ingredients

- 1 1/2 tsps Sesame Oil
- 1 stalk Green Onion (sliced)
- 1 Garlic (cloves, minced)
- 1 tbsp Tamari
- 1 1/2 tsps Maple Syrup
- 2 tsps Oat Flour
- 2 tsps Tapioca Flour
- 1 1/2 tsps Baking Powder
- Sea Salt & Black Pepper (to taste)
- 2 2/3 tsps Water
- 1/2 head Cauliflower (chopped into florets)
- 2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	267
Fat	18g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	915mg
Potassium	485mg
Vitamin A	240IU
Vitamin C	72mg
Calcium	254mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg

Directions

- 1 Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1 to 2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
- 2 In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
- 3 Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5 to 7 minutes. Add more coconut oil to the pan if needed.
- 4 Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

Notes

- No Oat Flour:** Use regular flour, brown rice flour, or gluten-free all-purpose flour instead.
- No Tapioca Flour:** Use arrowroot powder or cornstarch instead.
- No Coconut Oil:** Use sesame oil instead.
- Serve it With:** As an appetizer or with or Marinated Baked Tofu.

Zinc	1mg
Selenium	1µg



Banana with Almond Butter

2 servings
2 minutes

Ingredients

2 Banana
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Potassium	656mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	114mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	2µg

Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.



Apple Slices & Hummus

1 serving
 5 minutes

Ingredients

1 Apple
 1/4 cup 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.



Grapes & Walnuts

2 servings
 3 minutes

Ingredients

2 cups Grapes (washed)
 1/2 cup Walnuts

Nutrition

Amount per serving	
Calories	258
Fat	20g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Potassium	308mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	2µg

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!



Chopped Bell Peppers

4 servings
 5 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper

Nutrition

Amount per serving	
Calories	26
Fat	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Potassium	213mg
Vitamin A	1135IU
Vitamin C	147mg
Calcium	10mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	0mg
Selenium	0µg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Guacamole with Brown Rice Chips

2 servings
 15 minutes

Ingredients

- 2 Brown Rice Tortilla
- 1 Avocado
- 1/2 cup Cherry Tomatoes (cut into quarters)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Place avocado in a bowl and mash it well with a fork. Add lime juice and cherry tomatoes. Season with salt and pepper and stir well. Transfer guacamole to a bowl and enjoy with some brown rice chips.

Nutrition

Amount per serving	
Calories	323
Fat	17g
Carbs	39g
Fiber	10g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	179mg
Potassium	601mg
Vitamin A	468IU
Vitamin C	22mg
Calcium	19mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	0µg



Quinoa Tofu Tacos

2 servings
 25 minutes

Ingredients

- 1 1/3 tbsps Quinoa (uncooked)
- 1 1/3 ozs Tofu (extra firm, crumbled)
- 1 tsp Extra Virgin Olive Oil
- 1/2 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Oregano
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 1/4 cup Organic Salsa (divided)
- 1/2 tsp Lime Juice
- 1/8 tsp Nutritional Yeast
- 2 Whole Wheat Tortilla (small)
- 1/2 Avocado (mashed)
- 1/16 head Romaine Hearts (chopped)
- 1/3 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	284
Fat	15g
Carbs	31g
Fiber	9g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	605mg
Potassium	537mg
Vitamin A	578IU
Vitamin C	6mg
Calcium	180mg

Directions

- 1 Cook the quinoa according to the directions on the package.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, for 8 to 10 minutes or until golden brown. Transfer the tofu to a dish and set aside.
- 3 Once your quinoa is cooked, add oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add a third of the salsa, the lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even layer in the pan and let it 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 Warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 6 To assemble the tacos, layer the mashed avocado, remaining salsa and quinoa tofu taco meat on top of a warm tortilla followed by the romaine lettuce and green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Wait to mash the avocado and assemble tacos until just before serving.

Serving Size: One serving is approximately one taco.

Gluten-Free: Use corn tortillas, brown rice tortillas or lettuce wraps instead.

Additional Toppings: Add cilantro, sliced jalapenos, diced tomatoes and/or lime wedges.

Iron	3mg
Vitamin D	0IU
Vitamin B12	0.9µg
Zinc	2mg
Selenium	19µg



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 Organic Vegetable Broth
- 1/3 Lime (juiced)
- 1/3 Avocado (diced)

Nutrition

Amount per serving	
Calories	311
Fat	8g
Carbs	52g
Fiber	12g
Sugar	5g
Protein	12g
Cholesterol	0mg
Sodium	399mg
Potassium	869mg
Vitamin A	10727IU
Vitamin C	34mg
Calcium	75mg
Iron	4mg
Vitamin D	0IU

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 and/or salsa

Vitamin B12	0µg
Zinc	2mg
Selenium	4µg



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Potassium	1498mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	67.6µg
Zinc	2mg
Selenium	6µg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

- Save Time:** Buy frozen, pre-sliced butternut squash cubes.
More Carbs: : Serve with brown rice macaroni or quinoa.



Roasted Veggie & Quinoa Bowl

2 servings
 40 minutes

Ingredients

- 1 1/3 cups Broccoli (chopped into florets)
- 1 1/3 Sweet Potato (medium, cut into 1/2-inch cubes)
- 2/3 cup Chickpeas (cooked)
- 2 2/3 tbsps Lemon Juice (divided)
- 2/3 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1/2 cup Quinoa (uncooked)
- 1 cup Organic Vegetable Broth
- 1 1/3 tbsps Tahini
- 1 1/3 tbsps Water (warm)
- 1 tbsp Maple Syrup
- 2 tpsps Pumpkin Seeds (optional)

Nutrition

Amount per serving	
Calories	432
Fat	11g
Carbs	72g
Fiber	12g
Sugar	14g
Protein	16g
Cholesterol	0mg
Sodium	611mg
Potassium	960mg
Vitamin A	12964IU
Vitamin C	65mg
Calcium	159mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 3 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 4 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 5 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers: Store in the fridge for up to four days.

No Quinoa: Use rice or cauliflower rice instead.

No Broth: Use water instead.

Cooked Chickpeas: Use cooked chickpeas from the can to save time.

More Flavor: Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.

Vitamin B12	0µg
Zinc	3mg
Selenium	11µg



Mexican Black Bean Salad

2 servings
 15 minutes

Ingredients

- 1 cup Black Beans (cooked)
- 1/2 Red Bell Pepper (chopped)
- 2 tbsps Red Onion (chopped)
- 1/2 Avocado (diced)
- 2 tbsps Lime Juice
- 1/8 tsp Chili Powder
- 1/8 tsp Cumin
- 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	8g
Carbs	29g
Fiber	12g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	85mg
Potassium	650mg
Vitamin A	1069IU
Vitamin C	48mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

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

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cilantro, tomato, corn or hot sauce.

No Black Beans: Use cooked lentils or chickpeas instead.



Mushroom Lentil Burgers

3 servings
 30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Yellow Onion (diced)
- 1 1/3 cups Portobello Mushroom (diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Walnuts (chopped and toasted)
- 2/3 cup Green Lentils (cooked, drained, rinsed and divided)
- 2/3 tsp Tabasco Sauce
- 1/3 tsp Paprika
- 1/2 tsp Chili Powder
- 3 1/2 tbsps Almond Flour
- 1 3/4 tbsps Parsley (chopped)
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper

Nutrition

Amount per serving	
Calories	202
Fat	13g
Carbs	17g
Fiber	7g
Sugar	4g
Protein	9g
Cholesterol	0mg
Sodium	94mg
Potassium	493mg
Vitamin A	469IU
Vitamin C	4mg
Calcium	49mg

Directions

- 1 Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
- 2 In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
- 3 Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
- 4 Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
- 5 Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

- More Carbs:** Serve it on a gluten-free bun or in a wrap.
- Keep it Light:** Serve on a bed of greens or collard green wraps.
- Extra Flavour:** Brush the patties with clean BBQ sauce while grilling.
- No BBQ:** Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.
- Toppings:** Sprouts, avocado, tomato, mustard or greens.

Iron	3mg
Vitamin D	8IU
Vitamin B12	0µg
Zinc	1mg
Selenium	14µg



Sea Salt & Lime Potato Wedges

2 servings
 40 minutes

Ingredients

- 2 Russet Potato (medium, cut into wedges)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	197
Fat	4g
Carbs	38g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	615mg
Potassium	967mg
Vitamin A	24IU
Vitamin C	18mg
Calcium	34mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Zinc	1mg
Selenium	1µg

Directions

- 1 Preheat the 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 the oil, black pepper, sea salt and lime juice.
- 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. Flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 4 Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat in the oven to crisp them back up.

More Flavor: Serve with ketchup, hummus or your favorite dipping sauce.

Additional Toppings: Cilantro, lime zest, salsa and/or guacamole.

No Olive Oil: Use avocado oil instead.