



Fruits

- ☐ 1 Lime

Breakfast

- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
☐ 1/2 cup Everything Bagel Seasoning
☐ 1 tbsp Garlic Powder
☐ 1 tsp Oregano
☐ 1 1/2 tps Smoked Paprika
☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 1/2 cup Frozen Cherries

Vegetables

- ☐ 1 Cucumber
☐ 1 cup Matchstick Carrots

Boxed & Canned

- ☐ 1 cup Black Beans
☐ 1 3/4 lbs Canned Whole Tomatoes
☐ 1 3/4 lbs Crushed Tomatoes
☐ 1 cup Jasmine Rice
☐ 1 tbsp Tomato Paste

Baking

- ☐ 1/4 cup All Purpose Gluten-Free Flour
☐ 1 oz Graham Crackers

Bread, Fish, Meat & Cheese

- ☐ 12 Corn Tortillas
☐ 4 ozs Sourdough Baguette
☐ 1 1/2 cups Textured Vegetable Protein
☐ 2 lbs Tofu
☐ 1/2 cup Vegan Cheese

Condiments & Oils

- ☐ 16 Rice Paper Wraps
☐ 2 tps Sriracha

Cold

- ☐ 2 cups Plain Greek Yogurt
☐ 1/2 cup Unsweetened Almond Milk

Other

- ☐ 8 Nori Sheets
☐ 2 tbsps Protein Powder
☐ 1 1/2 cups Water



Crispy Black Bean Tacos

4 servings

15 minutes

Ingredients

- 1 1/2 cups Textured Vegetable Protein
- 1 tbsp Taco Seasoning (diced or minced)
- 1 cup Black Beans (rinsed & drained)
- 1 tbsp Tomato Paste
- 1 Lime (juiced)
- 12 Corn Tortillas
- 1/2 cup Vegan Cheese (optional)

Nutrition

Amount per serving	
Calories	364
Fat	2g
Carbs	64g
Fiber	12g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	199mg
Vitamin A	69IU
Vitamin C	4mg
Calcium	383mg
Iron	5mg

Directions

- 1 Preheat the oven to 450F.
- 2 Add 1.5 cup of boiling water to the TVP to rehydrate. Let stand for 5-10 minutes.
- 3 In a pan over medium heat, add the tomato paste and taco seasoning. Add in the drained and rinsed cans of black beans, along with the TVP and stir until combined with the spices and tomato paste.
- 4 Using a potato masher or the back of a fork, mash the beans and TVP into a thick paste. Finish with a squeeze of lime.
- 5 Coat a sheet pan with spray oil, and lay out the tortillas. Transfer the mixture 2 tablespoons at a time onto the tortillas, and top with vegan cheese if using. Fold in half.
- 6 Place in the oven for 5 minutes, then flip and bake the other side until crispy.
- 7 Drizzle with salsa/pico and enjoy!



Crispy Rice Paper Sushi Rolls

4 servings
25 minutes

Ingredients

1 lb Tofu
1/4 cup All Purpose Gluten-Free Flour
16 Rice Paper Wraps
8 Nori Sheets (cut into rectangles)
1 cup Matchstick Carrots
1 Cucumber (sliced into matchsticks)
1/2 cup Everything Bagel Seasoning
1 cup Jasmine Rice
1 1/2 cups Water

Nutrition

Amount per serving	
Calories	459
Fat	6g
Carbs	89g
Fiber	7g
Sugar	4g
Protein	18g
Cholesterol	0mg
Sodium	1298mg
Vitamin A	3118IU
Vitamin C	10mg
Calcium	368mg
Iron	4mg

Directions

- 1 Rinse and drain the jasmine rice. Add 1.5 cups water first and cook on stovetop for about 18 minutes. If rice is still uncooked, add 1/2 cup of water and cook for a few minutes. Cover the lid and let it cook more in the steam.
- 2 Slice tofu into rectangles. Coat in flour and fry them until crispy. Drizzle soy sauce on them when they are done cooking.
- 3 Wet the rice paper in water for a split second and lay it on a clean surface.
- 4 Layer with nori sheet, sushi rice, tofu and veggies. Wrap the rice paper horizontally, then vertically.
- 5 Roll one side of the sushi rolls into the everything bagel seasoning.
- 6 Fry the rolls in oil until crispy on both sides. Serve with hot chili oil dipping sauce.



Cheesecake Protein Chia Pudding with Greek Yogurt

1 serving
20 minutes

Ingredients

1 tbsp Chia Seeds
1/2 cup Frozen Cherries
1 tbsp Maple Syrup
1/2 cup Unsweetened Almond Milk
1 cup Plain Greek Yogurt
2 tbsps Protein Powder
1 oz Graham Crackers (crumbled)

Nutrition

Amount per serving	
Calories	492
Fat	12g
Carbs	62g
Fiber	8g
Sugar	32g
Protein	36g
Cholesterol	36mg
Sodium	423mg
Vitamin A	2175IU
Vitamin C	16mg
Calcium	1011mg
Iron	3mg

Directions

- 1 In a bowl or mason jar, combine chia seeds, cherries, maple syrup and milk. Using a whisk or fork, stir to combine.
- 2 Cover the pudding and refrigerate for 1-2 hours.
- 3 Before serving, add Greek yogurt to a small bowl and stir until creamy - if you desire, mix in some more maple syrup (or honey or sweetener) for a sweeter yogurt.
- 4 Top chia pudding with the yogurt and sprinkle with graham cracker crumbs.



Creamy Vegan Tomato Soup

4 servings
20 minutes

Ingredients

2 tbsps Maple Syrup
1 lb Tofu
1 3/4 lbs Crushed Tomatoes
1 3/4 lbs Canned Whole Tomatoes
1 tbsp Garlic Powder
2 tsps Sriracha
1 1/2 tsps Smoked Paprika
1 tsp Oregano
1 cup Plain Greek Yogurt
4 ozs Sourdough Baguette

Directions

- 1 Add tofu and maple syrup to a blender. Blend until well combined and completely smooth.
- 2 Add the can of crushed tomatoes, garlic powder, sriracha and smoked paprika to the blender. Process until ingredients are well.
- 3 Pour contents into a sauce pan. Crush the peeled tomatoes by hand and add to the pan with the oregano. Cook over medium-low to medium heat, stirring occasionally until the soup is completely heated.
- 4 Portion into bowls. Swirl in yogurt of choice. Serve with baguette. Enjoy!

Nutrition

Amount per serving	
Calories	364
Fat	8g
Carbs	52g
Fiber	7g
Sugar	23g
Protein	25g
Cholesterol	8mg
Sodium	1001mg
Vitamin A	2071IU
Vitamin C	43mg
Calcium	570mg
Iron	8mg