



### Fruits

- ☐ 4 Kiwi
- ☐ 1 cup Pineapple
- ☐ 2 cups Strawberries

### Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 2 1/4 tps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1 tsp Ground Ginger

### Frozen

- ☐ 2 cups Frozen Edamame
- ☐ 4 cups Frozen Strawberries

### Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 2 cups Matchstick Carrots
- ☐ 1 1/2 cups Mini Potatoes
- ☐ 1/2 Red Bell Pepper
- ☐ 2 Zucchini

### Boxed & Canned

- ☐ 2 cups Wild Rice

### Baking

- ☐ 1 tsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- ☐ 12 slices Gluten-Free Bread
- ☐ 1 1/3 lbs Tofu

### Condiments & Oils

- ☐ 2 tbsps Extra Virgin Olive Oil
- ☐ 1/4 tsp Ground Tumeric
- ☐ 2 tbsps Rice Vinegar
- ☐ 1/3 cup Tahini

### Cold

- ☐ 7 cups Unsweetened Almond Milk

### Other

- ☐ 8 Egg Replacer
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1/4 cup Water



## Tofu Scramble

2 servings

30 minutes

### Ingredients

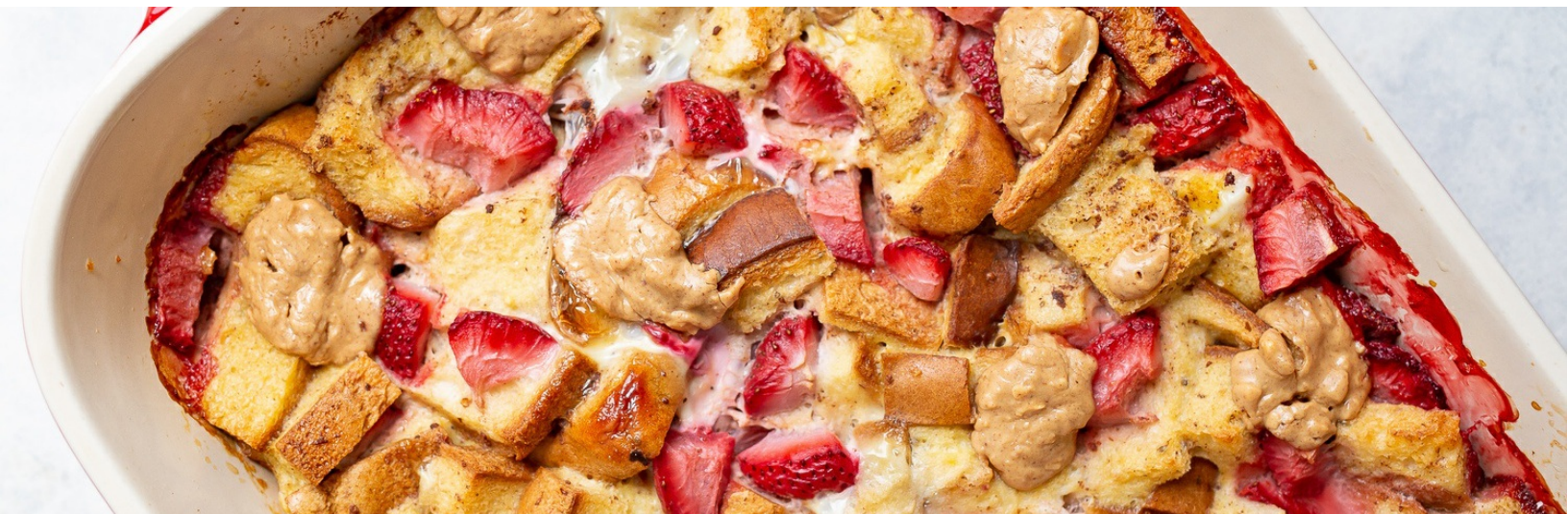
14 ozs Tofu  
2 tbsps Extra Virgin Olive Oil  
1/2 Red Bell Pepper  
1/2 tsp Cumin  
2 1/4 tsp Chili Powder  
1/4 tsp Ground Turmeric  
1 1/2 cups Mini Potatoes

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 389    |
| Fat                | 25g    |
| Carbs              | 26g    |
| Fiber              | 6g     |
| Sugar              | 4g     |
| Protein            | 23g    |
| Cholesterol        | 0mg    |
| Sodium             | 104mg  |
| Vitamin A          | 1841IU |
| Vitamin C          | 60mg   |
| Calcium            | 590mg  |
| Iron               | 6mg    |

### Directions

- 1 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
- 2 While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 3 Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 Tbsp olive oil and the red pepper. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
- 4 In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
- 5 Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
- 6 Serve immediately with the breakfast potatoes, toast or fruit.



## PB & Berry Baked French Toast

6 servings

50 minutes

### Ingredients

12 slices Gluten-Free Bread (chopped)  
2 cups Strawberries (stems removed, chopped)  
2 cups Unsweetened Almond Milk  
8 Egg Replacer  
2 tbsps Maple Syrup  
1 tsp Vanilla Extract  
1 tsp Ground Ginger  
1 tsp Cinnamon  
1/4 cup All Natural Peanut Butter

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 265   |
| Fat                | 11g   |
| Carbs              | 36g   |
| Fiber              | 5g    |
| Sugar              | 13g   |
| Protein            | 7g    |
| Cholesterol        | 0mg   |
| Sodium             | 312mg |
| Vitamin A          | 174IU |
| Vitamin C          | 28mg  |
| Calcium            | 205mg |
| Iron               | 1mg   |

### Directions

- 1 Preheat the oven to 350°F (175°C) and grease a baking dish with oil or butter.
- 2 Arrange the bread and strawberries in an even layer in the baking dish.
- 3 In a mixing bowl, whisk together the almond milk, egg replacer, maple syrup, vanilla, ginger, and cinnamon. Pour the mixture over the bread and strawberries. Gently press down the bread to ensure all pieces are drenched.
- 4 Add dollops of peanut butter. Bake for 45 minutes, or until browned and cooked through. If the top is browned before the cooking time is reached, place a sheet of foil or lid on top to prevent burning. Let cool a bit before serving. Enjoy!

### Notes

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

**Serving Size:** A 9- by 13-inch baking dish was used to make six servings.

**Nut-Free:** Use oat milk instead of almond milk. Use pumpkin seed butter, tahini, or cream cheese instead of peanut butter. You can also omit the peanut butter completely.

**More Flavor:** Add nutmeg or your choice of additional spices. Top with flaky sea salt.

**Additional Toppings:** Serve with maple syrup, nuts, fruits or coconut whipped cream.



## Strawberry Kiwi Tropical Smoothie

4 servings

5 minutes

### Ingredients

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

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 292    |
| Fat                | 8g     |
| Carbs              | 46g    |
| Fiber              | 14g    |
| Sugar              | 23g    |
| Protein            | 16g    |
| Cholesterol        | 2mg    |
| Sodium             | 236mg  |
| Vitamin A          | 1003IU |
| Vitamin C          | 192mg  |
| Calcium            | 777mg  |
| Iron               | 4mg    |

### 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.



## Wild Rice Bowl

4 servings

20 minutes

### Ingredients

1/3 cup Tahini  
1/4 cup Water  
2 tbsps Rice Vinegar  
1 tbsp Maple Syrup  
2 cups Baby Spinach  
2 cups Wild Rice (cooked)  
2 cups Frozen Edamame (thawed)  
8 ozs Tofu (pressed & pan-fried with oil)  
2 cups Matchstick Carrots

### Directions

- 1 Mix together the tahini, water, rice vinegar and maple syrup to make the dressing.
- 2 Build the bowls by layering the spinach, wild rice, edamame, tofu and carrots.

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 588    |
| Fat                | 19g    |
| Carbs              | 82g    |
| Fiber              | 13g    |
| Sugar              | 11g    |
| Protein            | 31g    |
| Cholesterol        | 0mg    |
| Sodium             | 96mg   |
| Vitamin A          | 6144IU |
| Vitamin C          | 13mg   |
| Calcium            | 347mg  |
| Iron               | 7mg    |