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Breakfast	 Blueberry Vanilla Protein Oats	 Blueberry Vanilla Protein Oats	 Peanut Butter Protein Yogurt with Blackberries	 Peanut Butter Protein Yogurt with Blackberries	 Strawberry Vanilla Protein Yogurt Parfait	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes
Snack 1	 Apple	 Apple	 Apple	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries
Lunch	 Lentil & Chickpea Pasta Salad	 Lentil & Chickpea Pasta Salad	 Green Goddess Mason Jar Salad	 Green Goddess Mason Jar Salad	 Pressure Cooker Creamy Beans	 Tofu Scramble with Lentils & Spinach	 Tofu Scramble with Lentils & Spinach
Snack 2	 Edamame & Cream Cheese Spread on Crispbread	 Edamame & Cream Cheese Spread on Crispbread	 Vanilla Matcha Protein Balls	 Vanilla Matcha Protein Balls	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie
Dinner	 Pan Fried Tofu with Beans & Peppers	 Pan Fried Tofu with Beans & Peppers	 Roasted Broccoli Chickpea Pasta	 Pressure Cooker Creamy Beans	 Roasted Broccoli Chickpea Pasta	 One Pan Turmeric Edamame & Veggies	 One Pan Turmeric Edamame & Veggies

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  29%	Fat  42%	Fat  34%	Fat  29%	Fat  26%	Fat  26%
Carbs  50%	Carbs  50%	Carbs  38%	Carbs  44%	Carbs  47%	Carbs  44%	Carbs  44%
Protein  21%	Protein  21%	Protein  20%	Protein  22%	Protein  24%	Protein  30%	Protein  30%
Calories 1628	Calories 1628	Calories 1756	Calories 1493	Calories 1582	Calories 1504	Calories 1504
Fat 57g	Fat 57g	Fat 88g	Fat 59g	Fat 54g	Fat 46g	Fat 46g
Carbs 217g	Carbs 217g	Carbs 179g	Carbs 173g	Carbs 197g	Carbs 173g	Carbs 173g
Fiber 60g	Fiber 60g	Fiber 47g	Fiber 45g	Fiber 52g	Fiber 48g	Fiber 48g
Sugar 70g	Sugar 70g	Sugar 58g	Sugar 40g	Sugar 45g	Sugar 49g	Sugar 49g
Protein 90g	Protein 90g	Protein 93g	Protein 87g	Protein 103g	Protein 118g	Protein 118g
Cholesterol 2mg	Cholesterol 2mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 8mg	Cholesterol 9mg	Cholesterol 9mg
Sodium 1921mg	Sodium 1921mg	Sodium 450mg	Sodium 1275mg	Sodium 1298mg	Sodium 716mg	Sodium 716mg
Vitamin A 5700IU	Vitamin A 5700IU	Vitamin A 2637IU	Vitamin A 1716IU	Vitamin A 3759IU	Vitamin A 15490IU	Vitamin A 15490IU
Vitamin C 201mg	Vitamin C 201mg	Vitamin C 155mg	Vitamin C 145mg	Vitamin C 296mg	Vitamin C 250mg	Vitamin C 250mg
Calcium 1100mg	Calcium 1100mg	Calcium 1292mg	Calcium 1322mg	Calcium 1512mg	Calcium 1527mg	Calcium 1527mg
Iron 29mg	Iron 29mg	Iron 20mg	Iron 16mg	Iron 23mg	Iron 24mg	Iron 24mg

Fruits

- 3 Apple
- 2 Banana
- 2 cups Blackberries
- 2 cups Blueberries
- 1/2 cup Lemon Juice
- 1 1/2 Pear
- 17 cups Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1 1/2 tsps Green Tea Powder
- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 Bay Leaf
- 3/4 cup Cashews
- 2 tbsps Chia Seeds
- 1 tsp Cumin
- 1/4 cup Ground Flax Seed
- 1 cup Hemp Seeds
- 1/4 cup Pecans
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Steak Spice Seasoning
- 1 1/8 tbsps Turmeric
- 1/2 cup Walnuts

Frozen

- 7 cups Frozen Edamame

Vegetables

- 2 cups Baby Kale
- 4 cups Baby Spinach
- 2 cups Basil Leaves
- 2 1/2 cups Broccoli
- 2 cups Brussels Sprouts
- 2 Carrot
- 1/4 head Cauliflower
- 1 Cucumber
- 8 1/2 Garlic
- 4 cups Green Beans
- 4 stalks Green Onion
- 3 cups Kale Leaves
- 1 Leeks
- 4 cups Mixed Greens
- 2 Red Bell Pepper
- 2 tbsps Red Onion
- 1 tbsp Thyme
- 1 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Basmati Rice
- 10 ozs Chickpea Pasta
- 2 cups Dry White Navy Beans
- 6 cups Lentils
- 24 slices Light Rye Crisp Bread
- 4 cups Vegetable Broth

Baking

- 1/2 tsp Arrowroot Powder
- 2 tsps Baking Powder
- 1/2 cup Nutritional Yeast
- 2 cups Oat Flour
- 2 cups Oats
- 1/2 cup Pitted Dates

Bread, Fish, Meat & Cheese

- 2 1/3 lbs Tofu

Condiments & Oils

- 2 tbsps Balsamic Vinaigrette
- 1 tsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Green Goddess Salad Dressing
- 1 1/2 tbsps Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 1/3 cup Sun Dried Tomatoes
- 2 tbsps Tamari

Cold

- 8 ozs Cashew Cream Cheese
- 2 1/2 cups Oat Milk
- 2 1/2 cups Soy Milk
- 4 1/2 cups Unsweetened Coconut Yogurt

Other

- 4 cups Vanilla Protein Powder
- 4 1/8 cups Water



Blueberry Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 1/4 cups Oat Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Blueberries
- 1 tbsp All Natural Peanut Butter
- 2 tbsps Pecans (chopped)

Nutrition

Amount per serving	
Calories	450
Fat	18g
Carbs	55g
Fiber	11g
Sugar	13g
Protein	21g
Cholesterol	2mg
Sodium	87mg
Vitamin A	43IU
Vitamin C	7mg
Calcium	353mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Place in the fridge for eight hours, or overnight.
- 2 After the oats have set, remove from the fridge and stir in the protein powder and ground flax until well combined. Add extra oat milk one tablespoon at a time if the oats are too thick.
- 3 Divide the oats evenly between bowls or containers and top with blueberries, peanut butter, and chopped pecans. Enjoy!

Notes

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

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

No Peanut Butter: Use other nut or seed butter instead.

No Oat Milk: Use other milk alternative instead.



Peanut Butter Protein Yogurt with Blackberries

1 serving
5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 cup Blackberries
- 1 tbsp All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	409
Fat	20g
Carbs	37g
Fiber	14g
Sugar	10g
Protein	26g
Cholesterol	4mg
Sodium	116mg
Vitamin A	308IU
Vitamin C	30mg
Calcium	913mg
Iron	2mg

Directions

- 1 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
- 2 Top with the blackberries and swirl in the peanut butter. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days, keeping the berries separate.

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

More Flavor: Add maple syrup or honey.

Additional Toppings: Granola, hemp seeds, and/or ground flax seeds.



Strawberry Vanilla Protein Yogurt Parfait

1 serving
10 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Coconut Yogurt
1 cup Strawberries (chopped, divided)
1 tbsp Almond Butter (divided)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	34g
Fiber	10g
Sugar	9g
Protein	25g
Cholesterol	4mg
Sodium	115mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	940mg
Iron	2mg

Directions

- 1 Mix the protein powder into the coconut yogurt.
- 2 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add berries of your choice.

Additional Toppings: Add chia seeds, cinnamon, or chopped fresh mint.

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



Banana Oat Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Fresh Strawberries

4 servings

5 minutes

Ingredients

4 cups Strawberries

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg

Directions

- 1 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Lentil & Chickpea Pasta Salad

2 servings
15 minutes

Ingredients

4 ozs Chickpea Pasta
2 cups Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Red Bell Pepper (diced)
1/2 Cucumber (diced)
1/4 cup Pitted Kalamata Olives (finely chopped)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.

Nutrition

Amount per serving	
Calories	544
Fat	12g
Carbs	85g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2013IU
Vitamin C	82mg
Calcium	176mg
Iron	14mg



Green Goddess Mason Jar Salad

2 servings
25 minutes

Ingredients

1/4 cup Brown Basmati Rice (dry, rinsed)
2 tbsps Green Goddess Salad Dressing
1 1/2 cups Frozen Edamame (thawed)
1/4 cup Broccoli (cut into florets)
1/4 Cucumber (medium, diced)
2 cups Mixed Greens
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	356
Fat	18g
Carbs	33g
Fiber	8g
Sugar	5g
Protein	20g
Cholesterol	6mg
Sodium	159mg
Vitamin A	464IU
Vitamin C	22mg
Calcium	117mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions. Let it cool to room temperature.
- 2 Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

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

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.



Tofu Scramble with Lentils & Spinach

2 servings
15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove, minced)
- 14 ozs Tofu (crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 2 cups Lentils (cooked)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	462
Fat	15g
Carbs	48g
Fiber	20g
Sugar	6g
Protein	42g
Cholesterol	0mg
Sodium	52mg
Vitamin A	3316IU
Vitamin C	14mg
Calcium	649mg
Iron	13mg

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Edamame & Cream Cheese Spread on Crispbread

6 servings
15 minutes

Ingredients

1 1/2 cups Frozen Edamame
4 ozs Cashew Cream Cheese
1/4 cup Hemp Seeds
2 tbsps Nutritional Yeast
1 tbsp Lemon Juice
1/2 cup Basil Leaves
3/4 tsp Sea Salt
12 slices Light Rye Crisp Bread

Nutrition

Amount per serving	
Calories	190
Fat	9g
Carbs	19g
Fiber	8g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	407mg
Vitamin A	303IU
Vitamin C	4mg
Calcium	46mg
Iron	4mg

Directions

- 1 Bring water to a boil in a large pot. Add the edamame and cook until tender, about four to five minutes and then drain.
- 2 In a food processor, combine the edamame, cream cheese, hemp seeds, nutritional yeast, and lemon juice. Pulse until the mixture comes together into a chunky spread.
- 3 Add the basil leaves and salt and pulse just to combine.
- 4 Spread the mixture onto crispbread and enjoy!

Notes

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

Serving Size: One serving is two crispbreads with about 1/3 cup of spread.

More Flavor: Add fresh garlic to the spread.

Additional Toppings: Top with a drizzle of olive oil and/or chili flakes.

Gluten-Free: Use a gluten-free cracker or bread instead.

No Basil: Use parsley, dill, or cilantro.



Vanilla Matcha Protein Balls

5 servings

15 minutes

Ingredients

- 3/4 cup Cashews
- 1/2 cup Walnuts
- 1/2 cup Pitted Dates
- 2/3 cup Vanilla Protein Powder
- 1 tsp Coconut Oil
- 1 1/2 tsp Green Tea Powder
- 1/3 cup Water

Nutrition

Amount per serving	
Calories	289
Fat	19g
Carbs	20g
Fiber	3g
Sugar	11g
Protein	15g
Cholesterol	2mg
Sodium	23mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	88mg
Iron	2mg

Directions

- 1 Add the cashews and walnuts to a food processor and pulse until you get a coarse crumble. Add the dates, protein powder, oil, and green tea powder and pulse again until the mixture starts to come together.
- 2 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 3 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used up all of the batter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is approximately four energy balls.

Additional Toppings: Roll the balls in unsweetened shredded coconut.



Pear & Kale Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/2 Pear (stem and seeds removed, chopped)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g
Cholesterol	4mg
Sodium	56mg
Vitamin A	1033IU
Vitamin C	23mg
Calcium	205mg
Iron	1mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

No Kale: Use spinach instead.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.



Pan Fried Tofu with Beans & Peppers

2 servings

25 minutes

Ingredients

- 2 tbsps Tamari
- 2 tbsps Water
- 1 tbsp Maple Syrup
- 1/2 tsp Arrowroot Powder
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 10 ozs Tofu (cut into slices)
- 1 tsp Steak Spice Seasoning
- 1 Yellow Onion (large, diced)
- 1 Red Bell Pepper (large, diced)
- 4 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	349
Fat	18g
Carbs	33g
Fiber	10g
Sugar	21g
Protein	21g
Cholesterol	0mg
Sodium	1149mg
Vitamin A	3243IU
Vitamin C	100mg
Calcium	514mg
Iron	8mg

Directions

- 1 In a bowl, whisk together the tamari, water, maple syrup, and arrowroot powder. Set aside.
- 2 Working in batches if needed, heat 2/3 of the oil in a large non-stick skillet over high heat. Once hot, add the tofu. Cook for three minutes then flip. Season with steak spice. Cook for another two minutes then set aside.
- 3 Reduce the heat to medium and wipe the skillet clean. Add the remaining oil. Once hot, add the onions and bell peppers. Cook for three to four minutes or until golden. Add the green beans and continue to cook for two minutes or until tender-crisp. Divide the vegetables and tofu onto plates.
- 4 In the same skillet, bring the tamari mixture to a boil, constantly stirring, until thickened for one to two minutes. Pour over the tofu and vegetables. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups of vegetables with tofu.

Additional Toppings: Green onions and/or cilantro.



Roasted Broccoli Chickpea Pasta

2 servings

30 minutes

Ingredients

6 ozs Chickpea Pasta (uncooked)
 2 cups Broccoli (cut into florets)
 3 tbsps Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 1 cup Basil Leaves
 1/2 Garlic (clove, minced)
 2 tbsps Hemp Seeds
 2 tbsps Lemon Juice
 1 1/2 tbsps Nutritional Yeast
 1/3 cup Sun Dried Tomatoes (drained, chopped)

Nutrition

Amount per serving	
Calories	607
Fat	31g
Carbs	64g
Fiber	18g
Sugar	13g
Protein	32g
Cholesterol	0mg
Sodium	150mg
Vitamin A	1766IU
Vitamin C	95mg
Calcium	163mg
Iron	12mg

Directions

- 1 Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
- 2 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 3 Place the broccoli on the baking sheet and toss with 1/3 of the oil. Season with salt and pepper. Roast for 15 minutes or until lightly golden. Set aside to cool.
- 4 Blend the basil, garlic, hemp seeds, lemon juice, nutritional yeast, and the remaining oil in a blender or food processor. Season with salt and pepper.
- 5 Combine the roasted broccoli, cooked pasta, sun dried tomatoes, and pesto in a large bowl. Toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for four days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Nuts, seeds, and/or your favorite shredded cheese.

Warm or Cold: This pasta dish works well fresh, reheated, or enjoyed cold.



Pressure Cooker Creamy Beans

4 servings
45 minutes

Ingredients

- 2 cups Dry White Navy Beans
- 4 Garlic (clove, chopped)
- 1 Leeks (large, chopped)
- 1 tbsp Thyme (fresh, chopped, plus more for garnish)
- 4 cups Vegetable Broth
- 1 Bay Leaf
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Miso Paste
- 2 tbsps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	393
Fat	2g
Carbs	72g
Fiber	17g
Sugar	7g
Protein	25g
Cholesterol	0mg
Sodium	976mg
Vitamin A	926IU
Vitamin C	8mg
Calcium	181mg
Iron	7mg

Directions

- 1 Add the beans, garlic, leek, thyme, broth, and bay leaf to the pressure cooker. Season with salt and pepper.
- 2 Close the lid and set to "sealing". Press manual/pressure cooker and cook for 25 minutes on high pressure.
- 3 Once the cooking time is complete, allow the pressure to naturally release for 10 minutes, then carefully quick release any remaining pressure.
- 4 Remove the bay leaf. Stir in the miso and lemon juice. Stir until the miso is diluted into the broth. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

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

More Flavor: Add cooked protein of choice and/or mixed greens.

Serve it With: A drizzle of olive oil, fresh bread, fresh herbs, and/or chili flakes.



One Pan Turmeric Edamame & Veggies

2 servings
30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Lemon Juice
1 1/2 tsps Turmeric
Sea Salt & Black Pepper (to taste)
1 cup Frozen Edamame (defrosted)
2 cups Brussels Sprouts (trimmed and halved)
1/4 head Cauliflower (chopped into florets)
2 Carrot (medium, chopped)

Nutrition

Amount per serving	
Calories	304
Fat	18g
Carbs	27g
Fiber	11g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	92mg
Vitamin A	11086IU
Vitamin C	123mg
Calcium	127mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a big bowl, mix together the oil, lemon juice, turmeric, salt, and pepper. Add the remaining ingredients and toss to combine.
- 3 Transfer the veggies to the prepared baking sheet. Bake in the oven for 20 to 25 minutes or until everything is cooked through.
- 4 Divide evenly between serving plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2 1/3 cups.

Additional Toppings: Top with fresh herbs.