



## Flavourful High Protein Meal Prep

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### Breakfast

- 1/3 cup Almond Butter
- 1/3 cup Maple Syrup

### Seeds, Nuts & Spices

- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1/2 tsp Garam Masala
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika

### Frozen

- 2 cups Edamame Pods
- 3 cups Frozen Edamame
- 3 cups Frozen Vegetable Mix

### Vegetables

- 5 cups Cherry Tomatoes
- 3 Cucumber
- 1 Yellow Bell Pepper

### Boxed & Canned

- 10 ozs Chickpea Pasta
- 1 cup Fava Beans
- 10 ozs Gluten-Free Ramen Noodles
- 1 cup Wild Rice

### Baking

- 1/2 cup Cacao Nibs
- 1/2 cup Oats

### Bread, Fish, Meat & Cheese

- 1 1/4 lbs Tofu
- 1/2 Cups Vegan Feta

### Condiments & Oils

- 2 tbsps Balsamic Vinaigrette
- 1/2 tsp Ground Coriander
- 1 tbsp Hoisin Sauce
- 1 tsp Sesame Oil
- 3 tbsps Soy Sauce, Low Sodium
- 3 cups Tomato Sauce

### Cold

- 1 1/2 cups Hummus
- 1/2 cup Unsweetened Coconut Yogurt



## Vegan Vegetable Chow Mein

4 servings  
20 minutes

### Ingredients

3 tbsps Soy Sauce, Low Sodium  
1 tbsp Hoisin Sauce (vegan)  
1 tsp Sesame Oil  
1 tbsp Maple Syrup  
10 ozs Gluten-Free Ramen Noodles  
3 cups Frozen Edamame (thawed)

### Nutrition

Amount per serving	
Calories	441
Fat	10g
Carbs	71g
Fiber	8g
Sugar	7g
Protein	21g
Cholesterol	0mg
Sodium	455mg
Vitamin A	347IU
Vitamin C	7mg
Calcium	83mg
Iron	4mg

### Directions

- 1 In a large wok, cook the frozen vegetables and edamame according to package directions.
- 2 Cook noodles according to package directions. Then add into wok.
- 3 Mix the sauce ingredients together. Add the chow mein sauce and noodles, stir well and serve!



## Tofu Tikka Masala

4 servings  
25 minutes

### Ingredients

- 3 cups Tomato Sauce
- 1/2 tsp Garam Masala
- 1/2 tsp Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Ground Coriander
- 1/4 tsp Ground Ginger
- 1/4 tsp Cinnamon
- 1 1/4 lbs Tofu
- 1/2 cup Unsweetened Coconut Yogurt
- 3 cups Frozen Vegetable Mix
- 1 cup Wild Rice

### Nutrition

Amount per serving	
Calories	412
Fat	10g
Carbs	62g
Fiber	13g
Sugar	13g
Protein	26g
Cholesterol	0mg
Sodium	84mg
Vitamin A	6787IU
Vitamin C	17mg
Calcium	534mg
Iron	7mg

### Directions

- 1 In a large pot, combine the tomato sauce, coconut yogurt, and all spices. Cut tofu into 1/2 inch cubes, and stir into the sauce. Bring to a boil and then simmer for 10 minutes.
- 2 Add in frozen veggies and let simmer for 5 more minutes.
- 3 Cook rice according to package directions and serve Tikka Masala over it.



## Mediterranean Chickpea Pasta

4 servings  
20 minutes

### Ingredients

- 10 ozs Chickpea Pasta
- 3 cups Cherry Tomatoes (sliced)
- 2 Cucumber (chopped)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Fava Beans (cooked)
- 2 tbsps Balsamic Vinaigrette
- 1 cup Hummus (roasted red pepper)
- 1/2 Cups Vegan Feta (crumbled)

### Directions

- 1 Cook pasta according to package directions. Place aside.
- 2 Mix together the pasta, prepared veggies and fava beans. Coat with the balsamic vinaigrette and divide into containers. Top with hummus and vegan feta.

### Nutrition

Amount per serving	
Calories	523
Fat	20g
Carbs	71g
Fiber	18g
Sugar	13g
Protein	28g
Cholesterol	0mg
Sodium	408mg
Vitamin A	1202IU
Vitamin C	105mg
Calcium	134mg
Iron	10mg



## Sweet and Crunchy Snack Box

4 servings  
10 minutes

### Ingredients

- 1/2 cup Cacao Nibs
- 1/2 cup Oats
- 1/4 cup Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/3 cup Almond Butter
- 1/4 cup Maple Syrup
- 2 cups Edamame Pods
- 1/2 cup Hummus
- 1 Cucumber (sliced)
- 2 cups Cherry Tomatoes

### Directions

- 1 In a large bowl, stir together the oats, cacao nibs, nut butter, flax seed, chia seed and maple syrup. Roll into 12 balls with hands.
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- 2 Divide the edamame, prepared veggies and hummus between 4 snack containers. Add the protein balls. Enjoy

### Nutrition

Amount per serving	
Calories	519
Fat	30g
Carbs	47g
Fiber	16g
Sugar	18g
Protein	20g
Cholesterol	0mg
Sodium	144mg
Vitamin A	707IU
Vitamin C	18mg
Calcium	204mg
Iron	5mg