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Breakfast	 Vanilla Berry Protein Smoothie	 Avocado Toast with Tofu Scramble	 Chocolate Protein Overnight Oats
Lunch	 Moroccan Spiced Quinoa Carrot Salad	 Moroccan Spiced Quinoa Carrot Salad	 One Pot Vegan Sun Dried Tomato Alfredo
Snack 2	 Edamame & Cream Cheese Spread on Crispbread	 Edamame & Cream Cheese Spread on Crispbread	 Cashew Queso with Veggies
Dinner	 Pan Fried Tofu with Beans & Peppers	 One Pot Vegan Sun Dried Tomato Alfredo	 Tofu & Black Bean Tacos

Mon		Tue		Wed	
Fat	40%	Fat	34%	Fat	31%
Carbs	39%	Carbs	46%	Carbs	46%
Protein	21%	Protein	20%	Protein	23%
Calories	1585	Calories	1716	Calories	1796
Fat	74g	Fat	66g	Fat	64g
Carbs	162g	Carbs	204g	Carbs	213g
Fiber	41g	Fiber	52g	Fiber	58g
Sugar	61g	Sugar	35g	Sugar	34g
Protein	90g	Protein	86g	Protein	106g
Cholesterol	4mg	Cholesterol	6mg	Cholesterol	10mg
Sodium	1874mg	Sodium	2725mg	Sodium	3532mg
Vitamin A	10142IU	Vitamin A	11104IU	Vitamin A	15920IU
Vitamin C	141mg	Vitamin C	38mg	Vitamin C	94mg
Calcium	1318mg	Calcium	892mg	Calcium	1803mg
Iron	24mg	Iron	29mg	Iron	28mg

### Fruits

- 1/2 Avocado
- 1/2 cup Blueberries
- 3 1/2 tbsps Lemon Juice
- 1 cup Raspberries

### Breakfast

- 2 tbsps Almond Butter
- 1 1/3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1 cup Cashews
- 1/8 tsp Cayenne Pepper
- 1/2 tsp Garlic Powder
- 2/3 cup Hemp Seeds
- 1/2 tsp Moroccan Spice Blend
- 1/4 tsp Paprika
- 2 2/3 tps Sea Salt
- 1 tsp Smoked Paprika
- 1 tsp Steak Spice Seasoning
- 2 tbsps Sunflower Seeds
- 2 tps Taco Seasoning

### Frozen

- 3 cups Frozen Edamame

### Vegetables

- 3 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Broccoli
- 5 Carrot
- 1/4 cup Cilantro
- 2 Garlic
- 4 cups Green Beans
- 1 1/2 Red Bell Pepper
- 1/3 cup Shallot
- 1 Yellow Onion

### Boxed & Canned

- 1 cup Black Beans
- 8 ozs Chickpea Pasta
- 1 cup Chickpeas
- 24 slices Light Rye Crisp Bread
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 2 cups Vegetable Broth

### Baking

- 1/2 tsp Arrowroot Powder
- 1 1/2 tbsps Cocoa Powder
- 3/4 cup Nutritional Yeast
- 1/2 cup Oats
- 2 tbsps Pitted Dates

### Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 6 ozs Silken Tofu
- 1 3/4 ozs Sourdough Bread
- 16 ozs Tofu

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Sun Dried Tomato Pesto
- 2 1/2 tbsps Tamari

### Cold

- 8 ozs Cashew Cream Cheese
- 1/4 cup Guacamole
- 1 1/2 cups Soy Milk
- 2 3/4 cups Unsweetened Almond Milk

### Other

- 1/4 cup Chocolate Protein Powder
- 1/4 cup Vanilla Protein Powder
- 2/3 cup Water



## Vanilla Berry Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	523
Fat	25g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	39g
Cholesterol	4mg
Sodium	213mg
Vitamin A	63IU
Vitamin C	23mg
Calcium	652mg
Iron	5mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

**Serving Size:** One serving is equal to approximately two cups.

**Soy-Free:** Use coconut milk or oat milk instead.

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

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



## Avocado Toast with Tofu Scramble

1 serving  
15 minutes

### Ingredients

- 6 ozs Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 3/4 ozs Sourdough Bread (toasted)
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	402
Fat	19g
Carbs	40g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	563mg
Vitamin A	430IU
Vitamin C	11mg
Calcium	70mg
Iron	4mg

### Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 2 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

### Notes

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

**More Flavor:** Add black pepper, turmeric, and black salt.

**Additional Toppings:** Serve it with salsa or fresh fruit.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Chocolate Protein Overnight Oats

1 serving

8 hours

### Ingredients

- 1/2 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1 1/2 tbsps Cocoa Powder
- 1 tbsp Almond Butter
- 1 tsp Maple Syrup
- 1/2 cup Raspberries (plus extra to garnish)

### Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg

### Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups.

**Additional Toppings:** If a thinner consistency is desired, stir in a splash of milk when ready to eat.



## Moroccan Spiced Quinoa Carrot Salad

2 servings  
20 minutes

### Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Lemon Juice
- 1/3 cup Shallot (finely chopped)
- 1/2 tsp Moroccan Spice Blend
- 1 cup Chickpeas (cooked)
- 1 Carrot (large, grated)
- 2 tbsps Pitted Dates (finely chopped)
- 1 cup Baby Spinach (chopped)
- 2 tbsps Sunflower Seeds (toasted)

### Nutrition

Amount per serving	
Calories	523
Fat	22g
Carbs	68g
Fiber	13g
Sugar	14g
Protein	17g
Cholesterol	0mg
Sodium	105mg
Vitamin A	6533IU
Vitamin C	14mg
Calcium	106mg
Iron	7mg

### Directions

- 1 Cook the quinoa according to package directions. Set aside.
- 2 In a large bowl, whisk together the oil, lemon juice, shallots, and Moroccan spice blend.
- 3 Add the remaining ingredients and the cooked quinoa to the same bowl. Mix to coat.
- 4 Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add fresh parsley. Season with salt and pepper.

**Additional Toppings:** Toasted walnuts or almonds.



## 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.





## Cashew Queso with Veggies

4 servings

15 minutes

### Ingredients

- 1 cup Cashews (raw, soaked for at least 6 hours, and rinsed)
- 1/2 Red Bell Pepper (medium, roughly chopped)
- 2 Garlic (cloves)
- 1/3 cup Nutritional Yeast
- 1 tbsp Apple Cider Vinegar
- 1 tsp Smoked Paprika
- 1/8 tsp Cayenne Pepper
- 1 tsp Sea Salt
- 1/2 cup Water (hot)
- 2 cups Broccoli (florets, chopped)
- 4 Carrot (sliced into sticks)

### Directions

- 1 Add all of the ingredients except the broccoli and carrots to a blender or food processor and blend until a very smooth consistency is achieved.
- 2 Serve the queso with the veggies, and enjoy!

### Notes

- Leftovers:** Refrigerate the queso in an airtight container for up to seven days.
- Serving Size:** One serving is equal to approximately 1/4 of queso with veggies.
- Short on Time:** Soak the cashews for 10 minutes in boiling water.

### Nutrition

Amount per serving	
Calories	292
Fat	16g
Carbs	26g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	688mg
Vitamin A	11247IU
Vitamin C	64mg
Calcium	72mg
Iron	4mg



## 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.



## One Pot Vegan Sun Dried Tomato Alfredo

2 servings  
15 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
2 cups Vegetable Broth  
8 ozs Chickpea Pasta (dry)  
1/2 cup Sun Dried Tomato Pesto  
2 cups Baby Spinach (finely chopped)  
1 tbsp Nutritional Yeast

### Nutrition

Amount per serving	
Calories	601
Fat	16g
Carbs	77g
Fiber	22g
Sugar	16g
Protein	38g
Cholesterol	6mg
Sodium	1650mg
Vitamin A	3838IU
Vitamin C	9mg
Calcium	670mg
Iron	14mg

### Directions

- 1 In a pot over medium-high heat, bring the milk and broth to a boil. Add the pasta and stir. Cook over medium heat for four to six minutes, stirring frequently, until the pasta is just cooked to al dente. The pasta will continue to cook in the next steps.
- 2 Stir in the sun dried tomato pesto, spinach, and nutritional yeast. Cook for one to two more minutes, allowing the spinach to wilt and the sauce to thicken.
- 3 Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**Nut-Free:** Use coconut milk, hemp seed milk or oat milk instead of almond milk.

**Chickpea Pasta:** Cooking time may vary depending on the pasta's shape. Check tenderness during cooking.



## Tofu & Black Bean Tacos

2 servings  
25 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Tamari
- 2 tsps Taco Seasoning
- 6 ozs Tofu (crumbled)
- 1 cup Black Beans (cooked)
- 1/2 cup Salsa
- 1 tbsp Nutritional Yeast
- 1/4 cup Guacamole
- 4 Corn Tortilla (warmed)
- 1/4 cup Cilantro (finely chopped)

### Nutrition

Amount per serving	
Calories	479
Fat	17g
Carbs	61g
Fiber	15g
Sugar	4g
Protein	23g
Cholesterol	0mg
Sodium	1029mg
Vitamin A	440IU
Vitamin C	5mg
Calcium	501mg
Iron	6mg

### Directions

- 1 In a large mixing bowl, whisk together half of the oil, tamari, and taco seasoning.
- 2 Add the tofu into the bowl, mix to coat.
- 3 Heat the remaining oil in a large skillet over medium-high heat. Add the tofu mixture and cook for five to seven minutes or until dry and the moisture has evaporated.
- 4 Add the beans, salsa, and nutritional yeast. Cook for about two minutes or until warmed through, and the salsa liquid has cooked off.
- 5 Spread the guacamole over warm tortillas. Top with the tofu mixture and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is two tacos.

**Additional Toppings:** Tomatoes, jalapeños, your favorite cheese, sour cream, and/or shredded cabbage.