



High Protein Lunch

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Fruits

- 2 Apple
- 1/4 cup Lemon Juice

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 1 tsp Cinnamon
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 2/3 cup Pumpkin Seeds

Frozen

- 5 cups Frozen Edamame

Vegetables

- 2 cups Baby Carrots
- 8 cups Baby Spinach
- 5 cups Broccoli
- 2 1/2 Carrot
- 2 Garlic
- 3 stalks Green Onion

Boxed & Canned

- 4 1/2 cups Lentils
- 1 1/2 cups Quinoa
- 4 ozs Seed Crackers

Baking

- 1 cup All Purpose Gluten-Free Flour
- 1/8 tsp Baking Powder
- 1 tsp Baking Soda
- 1/3 cup Brown Sugar
- 3/4 cup Pitted Prunes
- 1 cup Unsweetened Applesauce
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 1/2 cup Feta Cheese
- 1 3/4 lbs Tofu

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 2 2/3 tbsps Extra Virgin Olive Oil
- 2 tpsps Hot Sauce
- 1 tbsp Soy Sauce

Cold

- 1 cup Plain Greek Yogurt
- 3 ozs Vegan Cheese Shreds

Other

- 2 Egg Replacer
- 1 1/2 cups Water



Shredded Buffalo Quesadilla

2 servings

10 minutes

Ingredients

- 14 ozs Tofu
- 1/2 tsp Paprika
- 1/4 tsp Onion Powder
- 2 tsps Hot Sauce
- 1 tbsp Soy Sauce
- 1 cup Baby Spinach
- 1 cup Broccoli (chopped into small florets)
- 1 tsp Extra Virgin Olive Oil
- 4 Corn Tortilla (small)
- 2 ozs Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	432
Fat	20g
Carbs	41g
Fiber	7g
Sugar	2g
Protein	24g
Cholesterol	0mg
Sodium	867mg
Vitamin A	1973IU
Vitamin C	45mg
Calcium	1054mg
Iron	6mg

Directions

- 1 First, shred the tofu with a cheese grater. Next, add the shredded tofu in a large bowl and add spices, soy sauce and hot sauce. Mix well. Next, spray a large frying pan with avocado oil spray and fry the tofu until it turns crisp and brown. Place aside.
- 2 Wipe out the pan and return to medium heat.
- 3 Add one tortilla to the pan and sprinkle the cheese on it. Add the spinach, broccoli and shredded tofu and top it with the other tortilla. Press down on the quesadilla to flatten it. Cook for three to five minutes, flipping halfway, or until the quesadilla is browned on both sides and the cheese has melted. Slice, serve, and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the pan.

Serving Size: One serving is one quesadilla.

Make it Vegan: Use vegan cheese.

More Flavor: Serve with salsa, sour cream and/or guacamole.

Additional Toppings: Chopped cilantro.



Broccoli & Quinoa California Prune Lentil Salad

4 servings
20 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Broccoli (stalk end trimmed)
- 1/4 cup Pitted Prunes (California Prunes - chopped)
- 2 1/2 cups Lentils
- 3 stalks Green Onion (chopped)
- 1/3 cup Pumpkin Seeds
- 1 oz Vegan Cheese Shreds (shaved)
- 3 tbsps Lemon Juice
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	424
Fat	16g
Carbs	56g
Fiber	16g
Sugar	9g
Protein	20g
Cholesterol	0mg
Sodium	109mg
Vitamin A	1027IU
Vitamin C	89mg
Calcium	164mg
Iron	7mg

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork and set aside.
- 2 Shave the broccoli florets thinly into a large bowl. Using a vegetable peeler, remove the outer layer of stalk until you get to the tender light green inside. Chop up the stalk and add to the bowl.
- 3 Add the prunes, green onion, pumpkin seeds, lentils quinoa, and salt and mix well. Then add the vegan cheese shreds, lemon juice, and extra virgin olive oil. Toss well to combine. Let the salad sit in a sealed container for at least 30 minutes to allow everything to combine. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 4 days. Refresh with extra lemon or olive oil as needed.

Serving Size: One serving is equal to about 1 cup.

More Flavor: Add a pinch of red pepper flakes.

Make it Vegan: Omit the cheese and use a vegan cheese or cubed avocado.



Mediterranean Edamame Salad Jars

4 servings
20 minutes

Ingredients

1 cup Quinoa
3 cups Frozen Edamame
6 cups Baby Spinach
1/2 Carrot (shredded)
1/4 cup Apple Cider Vinegar
1 tsp Extra Virgin Olive Oil
1/2 cup Feta Cheese (Vegan)
1 tbsp Dijon Mustard
2 tbsps Maple Syrup

Directions

- 1 Cook the quinoa according to package directions. Set aside.
;
- 2 Meanwhile, mix together the dressing ingredients.
;
- 3 Arrange the ingredients in the salad jars. Start with the dressing, followed by the quinoa, edamame, shredded carrot, vegan feta and spinach. Shake well before consuming and pour into a bowl.

Nutrition

Amount per serving	
Calories	403
Fat	14g
Carbs	48g
Fiber	10g
Sugar	9g
Protein	24g
Cholesterol	17mg
Sodium	307mg
Vitamin A	5925IU
Vitamin C	20mg
Calcium	244mg
Iron	6mg



Edamame Dip Box

4 servings
15 minutes

Ingredients

- 2 cups Frozen Edamame (thawed)
- 1 tbsp Lemon Juice
- 1/2 cup Plain Greek Yogurt
- 2 Garlic
- 1 cup Baby Spinach
- 14 ozs Tofu
- 4 ozs Seed Crackers
- 2 cups Baby Carrots

Directions

- 1 Make the Edamame dip by combining the edamame, lemon juice, garlic, yogurt and spinach in a blender. Blend until smooth and divide evenly into four containers.
- 2 Use the tofu shreds from the previous recipe in this package and divide into small containers in the box.
- 3 Add the crackers and carrots into the box as well. Enjoy!

Nutrition

Amount per serving	
Calories	360
Fat	14g
Carbs	36g
Fiber	12g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	263mg
Vitamin A	12590IU
Vitamin C	17mg
Calcium	505mg
Iron	6mg



Carrot California Prune Protein Muffins Box

4 servings
30 minutes

Ingredients

1/2 cup Unsweetened Applesauce
2 cups Lentils
2 Egg Replacer
1/2 cup Unsweetened Applesauce
1 tsp Vanilla Extract
1/2 cup Plain Greek Yogurt
1 tsp Cinnamon
1/3 cup Brown Sugar
1 cup All Purpose Gluten-Free Flour
1 tsp Baking Soda
1/8 tsp Baking Powder
2 Carrot (shredded)
1/2 cup Pitted Prunes (California Prunes - chopped)
1/4 cup Pumpkin Seeds
1/4 cup Almonds
2 Apple (sliced)

Directions

- 1 Preheat the oven to 350°F.
- 2 Add the lentils to a food processor and process until smooth. Measure out ¾ cup of the lentil purée, and mix in a large bowl with the egg replacer, applesauce, vanilla, yogurt and brown sugar.
- 3 Add in the flour, cinnamon, baking soda and baking powder.
- 4 Mix the wet and dry ingredients together until just combined (do not over-mix). Fold in the carrots and chopped California prunes.
- 5 Spoon the mixture into the muffin liners, filling just to the top. Bake for 20-25 minutes, or until a toothpick comes out clean.
- 6 Divide out muffins into containers - 3 per container, along with the nuts, seeds and sliced apple. Enjoy!

Nutrition

Amount per serving	
Calories	574
Fat	10g
Carbs	108g
Fiber	21g
Sugar	43g
Protein	19g
Cholesterol	4mg
Sodium	378mg
Vitamin A	5491IU
Vitamin C	10mg

Calcium	165mg
Iron	5mg