



Fruits

- ☐ 4 cups Pineapple

Seeds, Nuts & Spices

- ☐ 2 tbsps Taco Seasoning

Frozen

- ☐ 4 1/2 cups Frozen Edamame

Vegetables

- ☐ 1 cup Broccoli
- ☐ 2 Carrot
- ☐ 2 cups Green Beans
- ☐ 1 Orange Bell Pepper
- ☐ 2 cups Purple Cabbage
- ☐ 1 Red Bell Pepper
- ☐ 3 Sweet Potato
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 8 ozs Gluten-Free Ramen Noodles
- ☐ 4 cups Red Kidney Beans
- ☐ 1 cup Salsa
- ☐ 5 cups Wild Rice

Bread, Fish, Meat & Cheese

- ☐ 1 3/4 lbs Tofu

Condiments & Oils

- ☐ 1/4 cup Balsamic Vinaigrette
- ☐ 1 tbsp Soy Sauce
- ☐ 2 tbsps Teriyaki Sauce

Cold

- ☐ 1/4 cup Hummus



Pineapple Taco Bowl

4 servings
20 minutes

Ingredients

14 ozs Tofu (Pressed & cubed)
2 cups Red Kidney Beans
2 cups Wild Rice (cooked)
2 cups Pineapple (cubed)
1 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 Orange Bell Pepper (sliced)
2 tbsps Taco Seasoning
1 cup Salsa

Nutrition

Amount per serving	
Calories	573
Fat	7g
Carbs	105g
Fiber	18g
Sugar	15g
Protein	33g
Cholesterol	0mg
Sodium	861mg
Vitamin A	1390IU
Vitamin C	165mg
Calcium	407mg
Iron	8mg

Directions

- 1 Add the pressed and cubed tofu to a frying pan over medium heat. Cook until each side is browned. Place aside.
- 2 Add the sliced bell peppers to the frying pan next over medium heat and spray with avocado oil. Fry until they start to brown. Add 1/2 of the taco seasoning about a minute or two before you remove from heat.
- 3 Add the red of the taco seasoning to the kidney beans.
- 4 Make the bowls by combining the rice, roasted peppers, tofu, kidney beans and pineapple. Serve with salsa and enjoy!



Rainbow Noodle Bowl

4 servings

20 minutes

Ingredients

8 ozs Gluten-Free Ramen Noodles
(Cooked)
2 Sweet Potato (cubed & roasted)
2 1/2 cups Frozen Edamame (thawed)
2 cups Purple Cabbage (Shredded)
2 Carrot (shredded)
1/4 cup Balsamic Vinaigrette

Directions

- 1 Combine all of the ingredients into to bowls and top with balsamic vinaigrette, Enjoy!

Nutrition

Amount per serving	
Calories	465
Fat	13g
Carbs	73g
Fiber	10g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	145mg
Vitamin A	15102IU
Vitamin C	35mg
Calcium	111mg
Iron	4mg



Wild Rice Grain Bowl

4 servings

20 minutes

Ingredients

- 1 cup Wild Rice (cooked)
- 2 cups Red Kidney Beans (cooked)
- 2 cups Frozen Edamame (thawed)
- 1 Sweet Potato (cubed & roasted)
- 1/4 cup Hummus (red pepper)
- 1 cup Broccoli (steamed)

Directions

- 1 Combine the cooked wild rice, steamed broccoli, cooked sweet potato cubes, kidney beans and edamame into bowls. Mix hummus with 1/2 cup of water to create a sauce and drizzle on top before eating. Enjoy!

Nutrition

Amount per serving	
Calories	418
Fat	7g
Carbs	67g
Fiber	17g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	102mg
Vitamin A	4997IU
Vitamin C	27mg
Calcium	143mg
Iron	6mg



Teriyaki Tofu Bowl

4 servings
20 minutes

Ingredients

14 ozs Tofu (pressed & cubed)
2 cups Wild Rice (cooked)
2 cups Green Beans
2 cups Pineapple (cubed)
2 tbsps Teriyaki Sauce
1 tbsp Soy Sauce

Nutrition

Amount per serving	
Calories	435
Fat	6g
Carbs	77g
Fiber	8g
Sugar	14g
Protein	24g
Cholesterol	0mg
Sodium	577mg
Vitamin A	408IU
Vitamin C	46mg
Calcium	329mg
Iron	5mg

Directions

- 1 Cook the rice according the package directions.
- 2 Add the cubed and pressed tofu to a frying pan over medium heat and sautee until each side is browned. Add teriyaki sauce and remove from heat.
- 3 Add the green beans to a separate frying pan over medium heat and add soy sauce. Cook for 4-5 minutes.
- 4 Combine the rice, cooked tofu, green beans and cubed pineapple into bowls. Enjoy!