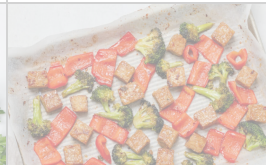
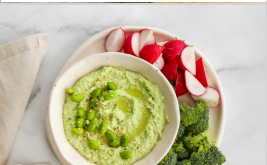
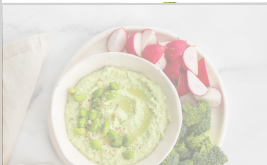
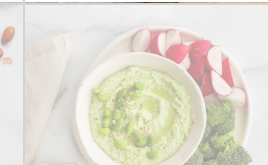
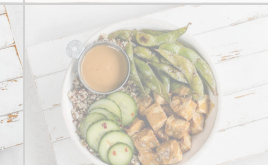


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Grape & Coconut Protein Chia Pudding	 Grape & Coconut Protein Chia Pudding	 Protein-Packed Avocado Toast	 Protein-Packed Avocado Toast	 Strawberry Vanilla Protein Yogurt Parfait	 Strawberry Vanilla Protein Yogurt Parfait	 Strawberry Vanilla Protein Yogurt Parfait
Lunch	 Sauerkraut & Hummus Sandwich	 Chickpea & Edamame Millet Salad	 Chickpea & Edamame Millet Salad	 One Pan Sweet Chili Tempeh & Veggies	 Chickpea Pasta Chili	 Pan Fried Tofu with Beans & Peppers	 Sauerkraut & Hummus Sandwich
Snack 2	 Edamame Hummus & Veggies	 Edamame Hummus & Veggies	 Peanut Butter Chocolate Protein Balls	 Cashews & Clementines	 Cashews & Clementines	 Peanut Butter Chocolate Protein Balls	 Edamame Hummus & Veggies
Dinner	 Lentil & Zucchini Couscous Bowl	 Lentil & Zucchini Couscous Bowl	 One Pan Sweet Chili Tempeh & Veggies	 Chickpea Pasta Chili	 Pan Fried Tofu with Beans & Peppers	 Tofu & Quinoa Bowl with Peanut Sauce	 Tofu & Quinoa Bowl with Peanut Sauce

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	40%	Fat	33%	Fat	39%	Fat	39%	Fat	36%	Fat	42%	Fat	44%
Carbs	40%	Carbs	47%	Carbs	43%	Carbs	43%	Carbs	43%	Carbs	35%	Carbs	34%
Protein	20%	Protein	20%	Protein	18%	Protein	18%	Protein	21%	Protein	23%	Protein	22%
Calories	1594	Calories	1592	Calories	1868	Calories	1762	Calories	1450	Calories	1633	Calories	1799
Fat	74g	Fat	60g	Fat	86g	Fat	82g	Fat	62g	Fat	81g	Fat	92g
Carbs	169g	Carbs	196g	Carbs	210g	Carbs	204g	Carbs	169g	Carbs	149g	Carbs	163g
Fiber	54g	Fiber	57g	Fiber	47g	Fiber	50g	Fiber	45g	Fiber	36g	Fiber	43g
Sugar	22g	Sugar	28g	Sugar	60g	Sugar	62g	Sugar	59g	Sugar	55g	Sugar	30g
Protein	83g	Protein	84g	Protein	87g	Protein	83g	Protein	81g	Protein	101g	Protein	102g
Cholesterol	4mg	Cholesterol	4mg	Cholesterol	1mg	Cholesterol	0mg	Cholesterol	4mg	Cholesterol	5mg	Cholesterol	4mg
Sodium	1544mg	Sodium	551mg	Sodium	1064mg	Sodium	1314mg	Sodium	1674mg	Sodium	2333mg	Sodium	2334mg
Vitamin A	5015IU	Vitamin A	4158IU	Vitamin A	5029IU	Vitamin A	8613IU	Vitamin A	7431IU	Vitamin A	3323IU	Vitamin A	1883IU
Vitamin C	72mg	Vitamin C	85mg	Vitamin C	269mg	Vitamin C	373mg	Vitamin C	312mg	Vitamin C	198mg	Vitamin C	141mg
Calcium	1059mg	Calcium	1017mg	Calcium	508mg	Calcium	525mg	Calcium	1669mg	Calcium	2113mg	Calcium	1790mg
Iron	21mg	Iron	21mg	Iron	18mg	Iron	23mg	Iron	23mg	Iron	20mg	Iron	20mg

Fruits

- ☐ 2 Avocado
- ☐ 8 Clementines
- ☐ 1 1/3 cups Grapes
- ☐ 1 Lemon
- ☐ 3 cups Strawberries

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 3 tbsps Almond Butter
- ☐ 1 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Cashews
- ☐ 1 cup Chia Seeds
- ☐ 1/4 tsp Chili Flakes
- ☐ 1 tsp Cinnamon
- ☐ 1 1/2 tps Cumin
- ☐ 2/3 cup Hemp Seeds
- ☐ 1/3 cup Raw Peanuts
- ☐ 2/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1 tsp Steak Spice Seasoning
- ☐ 1 1/2 tbsps Taco Seasoning
- ☐ 1/2 tsp Turmeric

Frozen

- ☐ 2 cups Edamame Pods
- ☐ 3 cups Frozen Edamame

Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 3 1/2 cups Broccoli
- ☐ 1 Carrot
- ☐ 1/3 cup Cilantro
- ☐ 1/3 Cucumber
- ☐ 1 Garlic
- ☐ 4 cups Green Beans
- ☐ 2 tbsps Parsley
- ☐ 1 1/2 cups Radishes
- ☐ 4 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 10 ozs Chickpea Pasta
- ☐ 1 1/2 cups Chickpeas
- ☐ 1/2 cup Couscous
- ☐ 2 cups Diced Tomatoes
- ☐ 1 cup Lentils
- ☐ 1/2 cup Millet
- ☐ 2/3 cup Quinoa
- ☐ 2 cups Red Kidney Beans
- ☐ 2 tbsps Tomato Paste
- ☐ 1/4 cup Vegetable Broth
- ☐ 2 cups White Navy Beans

Baking

- ☐ 2 tps Arrowroot Powder
- ☐ 1/2 cup Oats
- ☐ 3/4 cup Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 8 slices Bread
- ☐ 1/2 cup Hummus
- ☐ 8 3/4 ozs Tempeh
- ☐ 1 1/3 lbs Tofu
- ☐ 4 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Peanut Sauce
- ☐ 1/2 cup Pickled Turnip
- ☐ 2 tbsps Rice Vinegar
- ☐ 1/2 cup Sauerkraut
- ☐ 1/2 cup Sweet Chili Sauce
- ☐ 3 tbsps Tamari

Cold

- ☐ 1 1/4 cups Hummus
- ☐ 6 1/2 cups Unsweetened Coconut Yogurt

Other

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



Grape & Coconut Protein Chia Pudding

2 servings

35 minutes

Ingredients

1/2 cup Chia Seeds
1 cup Unsweetened Coconut Yogurt
2/3 cup Water
1/2 tsp Cinnamon
1/2 cup Vanilla Protein Powder
2/3 cup Grapes (halved)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	33g
Fiber	19g
Sugar	5g
Protein	28g
Cholesterol	4mg
Sodium	72mg
Vitamin A	33IU
Vitamin C	1mg
Calcium	689mg
Iron	4mg

Directions

- 1 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- 2 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

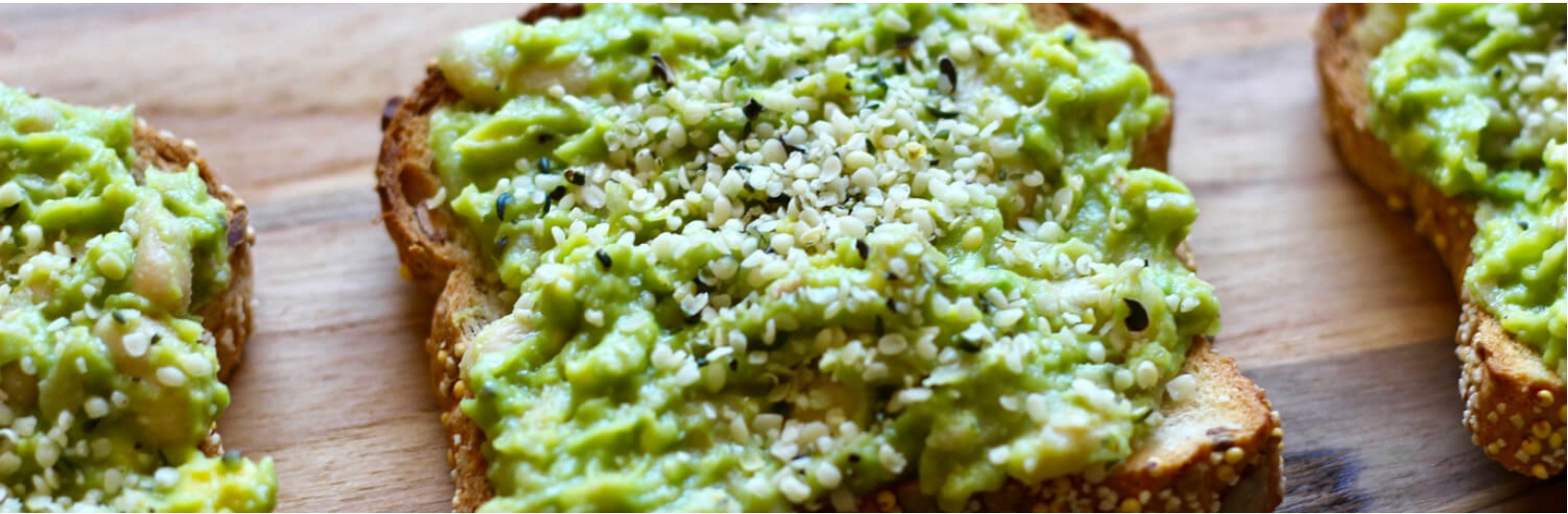
Notes

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

Serving Size: One serving is 3/4 cup of chia pudding.

More Flavor: Add maple syrup.

Additional Toppings: Nuts and seeds.



Protein-Packed Avocado Toast

2 servings

15 minutes

Ingredients

1 Avocado
1 cup White Navy Beans (cooked)
1/4 Lemon (juiced)
1/4 tsp Sea Salt
4 slices Bread
1/4 cup Hemp Seeds

Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans: Use chickpeas instead.

Likes it Spicy: Add hot sauce or chili flakes into the avocado bean mixture.

Nutrition

Amount per serving	
Calories	555
Fat	30g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g
Cholesterol	0mg
Sodium	558mg
Vitamin A	149IU
Vitamin C	13mg
Calcium	119mg
Iron	5mg



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.



Sauerkraut & Hummus Sandwich

1 serving
10 minutes

Ingredients

1/2 cup Hummus
1 tbsp Hemp Seeds
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread
1/4 cup Sauerkraut (drained)
1/2 cup Baby Spinach

Nutrition

Amount per serving	
Calories	578
Fat	30g
Carbs	58g
Fiber	15g
Sugar	7g
Protein	25g
Cholesterol	0mg
Sodium	1086mg
Vitamin A	1442IU
Vitamin C	10mg
Calcium	176mg
Iron	7mg

Directions

- 1 Mix together the hummus, hemp seeds, and turmeric, until well combined. Season with salt and pepper.
- 2 Scoop the hummus mixture onto one slice of bread. Add the sauerkraut and spinach on top. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size: One serving is one sandwich.

Additional Toppings: Sliced bell peppers, green onions, fresh herbs, or sprouts.

Gluten-Free: Use gluten-free bread instead.



Chickpea & Edamame Millet Salad

2 servings

30 minutes

Ingredients

1/2 cup Millet (dry, rinsed)
1 cup Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (medium, juiced)
1 Garlic (clove, large, minced)
Sea Salt & Black Pepper (to taste)
1 tsp Maple Syrup
1 1/2 cups Chickpeas (drained)
1/2 cup Pickled Turnip (chopped)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	576
Fat	16g
Carbs	85g
Fiber	18g
Sugar	13g
Protein	26g
Cholesterol	0mg
Sodium	93mg
Vitamin A	585IU
Vitamin C	23mg
Calcium	134mg
Iron	7mg

Directions

- 1 Cook the millet according to the package directions.
- 2 Place a steamer basket inside a large pot and fill just to the basket with water. Bring to a boil. Once boiling, add the edamame and steam for three minutes.
- 3 In a large bowl, mix the oil, lemon juice, garlic, salt, pepper, and maple syrup together.
- 4 Add the chickpeas, pickled turnips, and parsley to the same large bowl and mix to combine. Add the millet and edamame and toss until well combined. Enjoy!

Notes

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

Serving Size: One serving is one cup.



Edamame Hummus & Veggies

5 servings

5 minutes

Ingredients

2 cups Frozen Edamame (thawed, plus extra for garnish)
1/2 cup Hummus
3 tbsps Water
1 tbsp Extra Virgin Olive Oil (optional, for garnish)
1 tsp Sesame Seeds (optional, for garnish)
1 1/2 cups Broccoli (cut into small florets)
1 1/2 cups Radishes (quartered)

Nutrition

Amount per serving	
Calories	175
Fat	11g
Carbs	12g
Fiber	6g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	131mg
Vitamin A	363IU
Vitamin C	33mg
Calcium	79mg
Iron	2mg

Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

More Flavor: Add fresh herbs like mint or dill.

Make it Spicy: Add chili flakes or cayenne powder.



Peanut Butter Chocolate Protein Balls

6 servings

15 minutes

Ingredients

1/3 cup Raw Peanuts
 1/2 cup Oats (rolled)
 3/4 cup Pitted Dates
 1/3 cup All Natural Peanut Butter
 1/8 tsp Sea Salt
 1/2 cup Chocolate Protein Powder
 1/3 cup Water

Nutrition

Amount per serving	
Calories	238
Fat	12g
Carbs	23g
Fiber	4g
Sugar	14g
Protein	13g
Cholesterol	1mg
Sodium	67mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	64mg
Iron	1mg

Directions

- 1 Add the peanuts and oats to a food processor and pulse until you get a coarse crumble.
- 2 Add the dates, peanut butter, salt, and protein powder and pulse again until the mixture starts to come together.
- 3 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.
- 4 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 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.

More Flavor: Add mini chocolate chips, cacao nibs, and/or cacao powder as an outer coating.



Cashews & Clementines

2 servings

5 minutes

Ingredients

1/2 cup Cashews

4 Clementines

Directions

- 1 Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	267
Fat	16g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	7mg
Vitamin A	0IU
Vitamin C	72mg
Calcium	60mg
Iron	2mg



Lentil & Zucchini Couscous Bowl

2 servings

15 minutes

Ingredients

1/2 cup Couscous (uncooked)
 1 tbsp Extra Virgin Olive Oil
 1/2 Yellow Onion (medium, sliced)
 1 Zucchini (medium, chopped)
 1 1/2 tsps Cumin
 1 cup Lentils (cooked)
 1/4 cup Vegetable Broth (warm, divided)
 1/4 cup Hummus
 2 cups Baby Spinach
 2 tsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	452
Fat	14g
Carbs	66g
Fiber	14g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	255mg
Vitamin A	3177IU
Vitamin C	28mg
Calcium	115mg
Iron	8mg

Directions

- 1 Cook the couscous according to the package directions. Set aside.
- 2 Heat the oil in a pan over medium-high heat. Add the onion and cook, stirring, until starting to brown, about four minutes. Add the zucchini and cook for two more minutes or until tender.
- 3 Add the cumin, lentils, and half of the broth. Stir to combine and cook for one more minute or until heated through.
- 4 In a small bowl, mix the hummus with the remaining broth.
- 5 Divide the couscous, lentils, and spinach into each bowl. Top with the hummus dressing and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately and add just before serving.

Serving Size: One serving is equal to approximately one cup of each the spinach and the lentil mixture, 1/2 cup couscous and three tablespoons hummus dressing.

Additional Toppings: Toasted nuts and/or seeds.



One Pan Sweet Chili Tempeh & Veggies

2 servings

35 minutes

Ingredients

2 cups Broccoli (chopped into florets)
2 Red Bell Pepper (medium, chopped)
8 3/4 ozs Tempeh (cut into cubes)
2 tbsps Extra Virgin Olive Oil
1/2 cup Sweet Chili Sauce
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	499
Fat	28g
Carbs	43g
Fiber	5g
Sugar	27g
Protein	29g
Cholesterol	0mg
Sodium	346mg
Vitamin A	4293IU
Vitamin C	233mg
Calcium	191mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the broccoli, bell peppers, and tempeh to the baking sheet. Drizzle the oil all over then toss to coat. Pour the sweet chili sauce all over and season with salt and pepper. Toss again, then spread out into an even layer.
- 3 Place in the oven and cook for 20 to 25 minutes, flipping halfway through, or until the vegetables are tender and the tempeh is browned.
- 4 Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of tempeh and 1 1/2 cups vegetables.

Additional Toppings: Add more sweet chili sauce when serving.



Chickpea Pasta Chili

4 servings

25 minutes

Ingredients

10 ozs Chickpea Pasta
1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 Carrot (large, diced small)
1 Red Bell Pepper (large, chopped)
2 tbsps Tomato Paste
2 cups Diced Tomatoes (from the can, with juices)
1 1/2 tbsps Taco Seasoning
2 cups Red Kidney Beans (cooked)
1/4 cup Cilantro (chopped, plus more for garnish)

Nutrition

Amount per serving	
Calories	441
Fat	8g
Carbs	73g
Fiber	21g
Sugar	14g
Protein	28g
Cholesterol	0mg
Sodium	403mg
Vitamin A	4171IU
Vitamin C	55mg
Calcium	155mg
Iron	11mg

Directions

- 1 Cook the chickpea pasta to al dente according to the package directions.
- 2 Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions, carrots, and peppers and cook for three to five minutes or until softened.
- 3 Add the tomato paste and diced tomatoes and stir in the taco seasoning. Bring the mixture to a simmer. Once the mixture is bubbling, add the beans and cilantro. Cook until warmed through.
- 4 Add the cooked pasta to the pot. Cook for another minute or until warmed through. Top with cilantro (optional) and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use salsa instead of diced tomatoes.



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.



Tofu & Quinoa Bowl with Peanut Sauce

2 servings

35 minutes

Ingredients

2/3 cup Quinoa (dry, rinsed)
 12 ozs Tofu (extra-firm, pressed, and cubed)
 1 tbsp Avocado Oil (divided)
 1 tbsp Tamari (divided)
 Sea Salt & Black Pepper (to taste)
 1 1/2 tsps Arrowroot Powder
 2 cups Edamame Pods (frozen)
 2 tsps Rice Vinegar
 1/4 tsp Chili Flakes
 1/3 Cucumber (large, sliced)
 1/4 cup Peanut Sauce

Nutrition

Amount per serving	
Calories	653
Fat	31g
Carbs	59g
Fiber	12g
Sugar	11g
Protein	42g
Cholesterol	0mg
Sodium	1002mg
Vitamin A	61IU
Vitamin C	13mg
Calcium	595mg
Iron	9mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Add the tofu cubes to a bowl and gently toss with half of the oil and half the tamari. Season with salt and pepper. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 15 minutes.
- 4 In the same bowl, toss the edamame with the remaining oil and tamari and season with salt and pepper. Move the tofu to one side of the baking sheet and add the edamame. Place back in the oven and bake for 12 to 14 minutes or until cooked through and the tofu is crispy.
- 5 In a small bowl, mix together the rice vinegar and chili flakes. Add the sliced cucumber and toss to coat.
- 6 Divide the quinoa, tofu, and edamame into bowls. Top with the cucumber and drizzle with peanut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the dressing separately.

Serving Size: One serving is 2/3 cup cooked quinoa, one cup edamame and 6 oz (170g) of tofu, with about 1/3 cup cucumber.

More Flavor: Cook the quinoa in vegetable broth.

Additional Toppings: Chopped green onions, cilantro and/or chopped peanuts.