



3 Meals with 30 g Protein

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Fruits

- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 1 tsp Garlic Powder
- 1 1/2 tbsps Hemp Seeds
- 1/2 tsp Onion Powder

Frozen

- 3/4 cup Frozen Edamame

Vegetables

- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Broccoli
- 1 cup Cherry Tomatoes
- 2 Red Bell Pepper
- 1 Yellow Bell Pepper

Boxed & Canned

- 1 cup Orzo
- 1 tsp Vegetable Broth
- 3/4 cup Vital Wheat Gluten
- 8 ozs Whole Wheat Rotini Pasta

Baking

- 3/4 cup Chickpea Flour
- 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 14 ozs Tofu
- 2 slices Whole Grain Bread

Condiments & Oils

- 3 tbsps Avocado Oil
- 1 tbsp Balsamic Glaze
- 1/2 oz Pickled Red Onions
- 1/4 cup Teriyaki Sauce

Cold

- 2 tbsps Guacamole

Other

- 2/3 cup Water



Baked Feta Pasta

3 servings
40 minutes

Ingredients

1 cup Cherry Tomatoes
1 cup Broccoli (chopped)
1 Red Bell Pepper (sliced)
14 ozs Tofu
1/4 cup Basil Leaves
3 cups Baby Spinach
1/4 cup Nutritional Yeast
2 tbsps Lemon Juice
1/2 tsp Garlic Powder
1 tbsp Avocado Oil
8 ozs Whole Wheat Rotini Pasta

Nutrition

Amount per serving	
Calories	511
Fat	14g
Carbs	69g
Fiber	15g
Sugar	7g
Protein	33g
Cholesterol	0mg
Sodium	85mg
Vitamin A	4845IU
Vitamin C	98mg
Calcium	459mg
Iron	8mg

Directions

- 1 Preheat the oven to 400 F.
- 2 Arrange the cherry tomatoes, red peppers and broccoli in a casserole dish.
- 3 In a food processor, combine extra-firm tofu, spinach, nutritional yeast, basil, lemon juice, garlic powder, and 4 tbsp water. Do not overprocess, the tofu should still have a slightly grainy texture. Add to the middle of the casserole dish that the veggies are in. Drizzle with avocado oil and sprinkle with dried basil. Bake in the oven for 25 minutes, until the tomatoes start to burst.
- 4 Meanwhile, cook the pasta according to package directions. Add to the casserole dish when it is done baking and mix everything together. Enjoy!



Teriyaki Seitan Stirfry

3 servings
20 minutes

Ingredients

2 tbsps Avocado Oil
 3/4 cup Vital Wheat Gluten
 3/4 cup Chickpea Flour
 1 tsp Vegetable Broth
 1/2 tsp Onion Powder
 1/2 tsp Garlic Powder
 2/3 cup Water
 1/4 cup Teriyaki Sauce
 1 Red Bell Pepper (sliced)
 1 Yellow Bell Pepper (sliced)
 1 cup Orzo (cooked)

Nutrition

Amount per serving	
Calories	483
Fat	12g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	36g
Cholesterol	0mg
Sodium	944mg
Vitamin A	1379IU
Vitamin C	165mg
Calcium	33mg
Iron	5mg

Directions

- 1 Add about an inch of water to a pot with a steamer basket and bring to a light boil.
- 2 In the meantime, whisk together the vital wheat gluten, flour, vegetable broth, onion powder and garlic powder in a medium bowl. Pour in the water and mix to form a ball of dough. Lightly grease the steamer basket, then tear off bite-sized pieces of the seitan dough and place them in a single layer in the steamer basket. Cover, and steam the seitan for 10 minutes.
- 3 When the seitan is done steaming, heat 2 tablespoons of oil in a large skillet or non-stick pan. Use tongs to remove the seitan bites from the steamer basket, and place them into the hot oil in the pan. Add the sliced peppers. Cook the seitan bites and peppers a few minutes per side until they are golden brown and crispy. Drizzle with teriyaki sauce then remove from heat.
- 4 Serve over the cooked orzo. Enjoy!



Edamame Avocado Toast

1 serving
10 minutes

Ingredients

3/4 cup Frozen Edamame
2 tbsps Guacamole (medium, mashed)
2 slices Whole Grain Bread (toasted)
1/2 oz Pickled Red Onions
1 tbsp Balsamic Glaze
1 1/2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	523
Fat	22g
Carbs	58g
Fiber	15g
Sugar	16g
Protein	30g
Cholesterol	0mg
Sodium	553mg
Vitamin A	348IU
Vitamin C	10mg
Calcium	172mg
Iron	6mg

Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Set aside to cool.
- 2 Mash the guac with the edamame. Spread on the toast and top with red onions and hemp seeds. Drizzle with balsamic glaze.

Notes

Leftovers: Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size: One serving is one piece of toast.

Additional Toppings: Sprinkle with chilli flakes.

Gluten-Free: Use gluten-free bread.

More Flavor: Top with olive oil or flavor-infused oil.