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Breakfast	 Chickpea Omelette with Asparagus	 Chickpea Omelette with Asparagus	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Zucchini Banana Smoothie Bowl	 Zucchini Banana Smoothie Bowl
Lunch	 Mediterranean Chickpea Frittata	 Sheet Pan Mini Potatoes, Chickpeas & Veggies	 Chickpea Pasta Chili	 Broccoli & Chickpea Green Goddess Salad	 Broccoli & Chickpea Green Goddess Salad	 Tofu & Quinoa Bowl with Peanut Sauce	 Mediterranean Chickpea Frittata
Dinner	 Sheet Pan Mini Potatoes, Chickpeas & Veggies	 Chickpea Pasta Chili	 Tempeh, Mushroom & Asparagus Stir Fry	 Tempeh, Mushroom & Asparagus Stir Fry	 Tofu & Quinoa Bowl with Peanut Sauce	 One Pan Sweet Chili Tempeh & Veggies	 One Pan Sweet Chili Tempeh & Veggies

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  42%	Fat  29%	Fat  28%	Fat  37%	Fat  39%	Fat  40%	Fat  44%
Carbs  42%	Carbs  51%	Carbs  49%	Carbs  41%	Carbs  39%	Carbs  35%	Carbs  36%
Protein  16%	Protein  20%	Protein  23%	Protein  22%	Protein  22%	Protein  25%	Protein  20%
Calories 1311	Calories 1320	Calories 1247	Calories 1100	Calories 1256	Calories 1487	Calories 1266
Fat 64g	Fat 45g	Fat 41g	Fat 47g	Fat 56g	Fat 70g	Fat 66g
Carbs 144g	Carbs 178g	Carbs 161g	Carbs 120g	Carbs 128g	Carbs 140g	Carbs 120g
Fiber 46g	Fiber 54g	Fiber 34g	Fiber 23g	Fiber 31g	Fiber 24g	Fiber 25g
Sugar 23g	Sugar 31g	Sugar 20g	Sugar 13g	Sugar 21g	Sugar 56g	Sugar 51g
Protein 54g	Protein 68g	Protein 78g	Protein 63g	Protein 73g	Protein 97g	Protein 69g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 2mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 686mg	Sodium 831mg	Sodium 1551mg	Sodium 1325mg	Sodium 1303mg	Sodium 1416mg	Sodium 672mg
Vitamin A 5587IU	Vitamin A 7021IU	Vitamin A 5380IU	Vitamin A 3137IU	Vitamin A 2316IU	Vitamin A 4628IU	Vitamin A 7304IU
Vitamin C 152mg	Vitamin C 183mg	Vitamin C 68mg	Vitamin C 79mg	Vitamin C 85mg	Vitamin C 274mg	Vitamin C 285mg
Calcium 342mg	Calcium 380mg	Calcium 761mg	Calcium 727mg	Calcium 1146mg	Calcium 1115mg	Calcium 637mg
Iron 19mg	Iron 25mg	Iron 20mg	Iron 13mg	Iron 16mg	Iron 16mg	Iron 12mg

Fruits

- 3 Avocado
- 2 Banana
- 3/4 cup Blueberries
- 1 tbsp Lemon Zest
- 3/4 cup Raspberries

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 2 tbsps Almonds
- 3 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tbsp Garlic Powder
- 1 1/2 tsps Ground Flax Seed
- 2 tbsps Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tbsps Sunflower Seeds
- 1 1/2 tbsps Taco Seasoning
- 1/2 tsp Turmeric

Frozen

- 2 cups Edamame Pods

Vegetables

- 5 cups Asparagus
- 3 cups Baby Spinach
- 1/2 cup Basil Leaves
- 8 1/2 cups Broccoli
- 1 Carrot
- 2/3 cup Cilantro
- 1/3 Cucumber
- 1/4 cup Fresh Dill
- 2 Garlic
- 3 stalks Green Onion
- 2 cups Mini Potatoes
- 1 cup Mushrooms
- 5 Red Bell Pepper
- 1/2 cup Red Onion
- 2 Tomato
- 1 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 10 ozs Chickpea Pasta
- 3 cups Chickpeas
- 2 cups Diced Tomatoes
- 2/3 cup Quinoa
- 2 cups Red Kidney Beans
- 2 tbsps Tomato Paste

Baking

- 1 1/2 tsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 3 cups Chickpea Flour
- 1/4 cup Nutritional Yeast
- 3 cups Oats

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Tempeh
- 12 ozs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 2/3 cup Extra Virgin Olive Oil
- 2 tbsps Green Goddess Salad Dressing
- 1/4 cup Peanut Sauce
- 1/2 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1 cup Sweet Chili Sauce
- 3 tbsps Tamari

Cold

- 3 3/4 cups Unsweetened Almond Milk
- 2/3 cup Unsweetened Coconut Yogurt

Other

- 1 1/4 cups Vanilla Protein Powder
- 4 cups Water



Chickpea Omelette with Asparagus

1 serving

15 minutes

Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/8 tsp Sea Salt
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 cup Asparagus (trimmed, chopped)
- 2 tbsps Fresh Dill (chopped)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	452
Fat	25g
Carbs	42g
Fiber	16g
Sugar	7g
Protein	19g
Cholesterol	0mg
Sodium	363mg
Vitamin A	1238IU
Vitamin C	16mg
Calcium	76mg
Iron	6mg

Directions

- 1 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 2 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 3 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 4 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

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

Serving Size: One serving is equal to one omelette with all the toppings.

More Flavor: Add chili flakes or black pepper.

Additional Toppings: Top with goat cheese or feta.



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

Serving Size: One serving is approximately 1 1/2 cups.

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Zucchini Banana Smoothie Bowl

1 serving

5 minutes

Ingredients

1/3 cup Unsweetened Coconut Yogurt
 3/4 cup Water
 1 Banana (divided)
 1/2 Zucchini (large, frozen)
 1/4 cup Vanilla Protein Powder
 1 tbsp Pumpkin Seeds
 1 tbsp Sunflower Seeds

Nutrition

Amount per serving	
Calories	335
Fat	11g
Carbs	38g
Fiber	7g
Sugar	18g
Protein	26g
Cholesterol	4mg
Sodium	68mg
Vitamin A	274IU
Vitamin C	28mg
Calcium	329mg
Iron	2mg

Directions

- 1 Add the yogurt, water, half of the banana, zucchini, and protein powder to a blender and blend on high until smooth.
- 2 Pour the smoothie into a large bowl and top with the remaining banana, pumpkin seeds, and sunflower seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add frozen berries.

Additional Toppings: Berries, hemp hearts, and/or cacao nibs.



Mediterranean Chickpea Frittata

2 servings

25 minutes

Ingredients

- 1 cup Chickpea Flour
- 1/4 tsp Baking Powder
- 3/4 cup Water
- 1 Tomato (medium, diced)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Pitted Kalamata Olives (sliced)
- 1/4 cup Basil Leaves (chopped, plus more for garnish)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	432
Fat	27g
Carbs	39g
Fiber	13g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	258mg
Vitamin A	2737IU
Vitamin C	24mg
Calcium	117mg
Iron	5mg

Directions

- 1 In a large bowl, whisk together the chickpea flour, baking powder, and water until smooth. Add the tomatoes, spinach, olives, and basil and mix well.
- 2 Heat the oil in a non-stick pan over medium-high heat. Add the mixture, cover, and cook for eight to 10 minutes until the bottom is golden.
- 3 Cover the pan with a large upside-down plate, place your hand on it, and quickly turn the frittata over on the plate before gently sliding it back onto the pan. Cook for an additional five to eight minutes until fully cooked.
- 4 Top with sliced avocado and garnish with basil, if desired. Enjoy!

Notes

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

Serving Size: A 10-inch (25 cm) pan was used to make two servings. One serving is roughly half of the frittata.



Broccoli & Chickpea Green Goddess Salad

2 servings
20 minutes

Ingredients

1 1/2 cups Broccoli (cut into florets)
1 cup Chickpeas (cooked)
1 cup Baby Spinach
2 tbsps Almonds (toasted, chopped)
1 1/2 tsps Nutritional Yeast
1 1/2 tsps Ground Flax Seed
2 tbsps Green Goddess Salad Dressing
2 tbsps Cilantro (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	294
Fat	14g
Carbs	32g
Fiber	10g
Sugar	7g
Protein	13g
Cholesterol	6mg
Sodium	177mg
Vitamin A	1928IU
Vitamin C	66mg
Calcium	121mg
Iron	4mg

Directions

- 1 Steam the broccoli in a steamer basket for three to five minutes or until tender-crisp. Set aside to cool for five minutes.
- 2 Meanwhile, mix together the remaining ingredients in a large salad bowl.
- 3 Add the broccoli and toss until well combined. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately two cups of salad.

Additional Toppings: Parsley, shallots and/or chives.



Sheet Pan Mini Potatoes, Chickpeas & Veggies

3 servings
50 minutes

Ingredients

3 cups Broccoli (cut into florets)
3 cups Asparagus (trimmed, chopped)
2 cups Mini Potatoes (halved)
2 cups Chickpeas (cooked)
2 tbsps Extra Virgin Olive Oil
2 tbsps Nutritional Yeast
1 tbsp Garlic Powder
Sea Salt & Black Pepper (to taste)
1 tbsp Lemon Zest

Nutrition

Amount per serving	
Calories	427
Fat	12g
Carbs	63g
Fiber	17g
Sugar	10g
Protein	21g
Cholesterol	0mg
Sodium	65mg
Vitamin A	1612IU
Vitamin C	112mg
Calcium	149mg
Iron	8mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Add the broccoli, asparagus, potatoes, and chickpeas to the baking sheet. Drizzle everything with oil and season with nutritional yeast, garlic powder, salt, and pepper. Toss to evenly coat.
- 3 Spread the vegetables out into an even layer and place in the oven. Cook for 30 to 35 minutes, flipping halfway through, or until the vegetables are browned and fork tender.
- 4 Divide into bowls and top with lemon zest. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add your favorite dressing or 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.



Tempeh, Mushroom & Asparagus Stir Fry

2 servings

40 minutes

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbsp Sesame Oil
- 8 ozs Tempeh (cut into cubes)
- 1 cup Mushrooms (sliced)
- 1 cup Asparagus (chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1/4 cup Cilantro (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	497
Fat	22g
Carbs	51g
Fiber	4g
Sugar	3g
Protein	32g
Cholesterol	0mg
Sodium	1024mg
Vitamin A	882IU
Vitamin C	7mg
Calcium	176mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions. Set aside.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
- 3 Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
- 4 Stir in the cooked rice, tamari, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
- 5 Garnish with sesame seeds before serving. Enjoy!

Notes

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

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

More Flavor: Add more vegetables like bell peppers, cauliflower, and broccoli.



Tofu & Quinoa Bowl with Peanut Sauce

3 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.



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.