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Dinner					
	Shredded Tofu Quesadillas	Buffalo Chickpea Wraps	Crispy Tofu and Buffalo Chickpea Salad	Grilled Lemon Dijon Tofu Skewers	Mediterranean Chickpea Pasta Salad

Mon	Tue	Wed	Thu	Fri
Fat  25%	Fat  22%	Fat  38%	Fat  32%	Fat  58%
Carbs  49%	Carbs  59%	Carbs  38%	Carbs  46%	Carbs  30%
Protein  26%	Protein  19%	Protein  24%	Protein  22%	Protein  12%
Calories 322	Calories 388	Calories 321	Calories 482	Calories 684
Fat 10g	Fat 10g	Fat 14g	Fat 18g	Fat 47g
Carbs 43g	Carbs 60g	Carbs 32g	Carbs 57g	Carbs 55g
Fiber 7g	Fiber 11g	Fiber 9g	Fiber 8g	Fiber 13g
Sugar 7g	Sugar 6g	Sugar 7g	Sugar 15g	Sugar 11g
Protein 23g	Protein 20g	Protein 20g	Protein 28g	Protein 22g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 739mg	Sodium 500mg	Sodium 458mg	Sodium 733mg	Sodium 141mg
Vitamin A 2163IU	Vitamin A 494IU	Vitamin A 183IU	Vitamin A 2104IU	Vitamin A 394IU
Vitamin C 79mg	Vitamin C 23mg	Vitamin C 6mg	Vitamin C 258mg	Vitamin C 11mg
Calcium 680mg	Calcium 329mg	Calcium 346mg	Calcium 612mg	Calcium 85mg
Iron 4mg	Iron 4mg	Iron 5mg	Iron 6mg	Iron 9mg

Fruits

- 1 1/2 Lemon

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/3 tbsps Dried Chives
- 1 tsp Oregano
- 1 tsp Sea Salt
- 2 tps Taco Seasoning

Vegetables

- 1 1/2 cups Cherry Tomatoes
- 1 Cucumber
- 4 cups Mixed Greens
- 4 1/2 Red Bell Pepper
- 3 1/2 cups Red Onion
- 2 Yellow Bell Pepper

Boxed & Canned

- 12 ozs Chickpea Pasta
- 5 cups Chickpeas
- 1 cup Salsa
- 1 cup Wild Rice

Bread, Fish, Meat & Cheese

- 16 Keto Wraps
- 3 2/3 lbs Tofu
- 1 Cups Vegan Feta

Condiments & Oils

- 2 tbsps Avocado Oil
- 3 1/2 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Hot Sauce
- 3 tbsps Red Wine Vinegar
- 1/3 cup Vegan Ranch Dressing

Cold

- 3 ozs Vegan Cheese Shreds

Other

- 12 Barbecue Skewers



Shredded Tofu Quesadillas

4 servings

15 minutes

Ingredients

- 1 lb Tofu (Smoked Extra Firm Tofu - shredded)
- 2 tsps Taco Seasoning
- 8 Keto Wraps (or double the amount of mini tortillas)
- 1/2 cup Red Onion (diced)
- 2 Red Bell Pepper (chopped)
- 2 ozs Vegan Cheese Shreds
- 1 cup Salsa

Nutrition

Amount per serving	
Calories	322
Fat	10g
Carbs	43g
Fiber	7g
Sugar	7g
Protein	23g
Cholesterol	0mg
Sodium	739mg
Vitamin A	2163IU
Vitamin C	79mg
Calcium	680mg
Iron	4mg

Directions

- 1 Add the onions and peppers to a frying pan over medium heat with avocado oil and taco seasoning. Pan fry until soft. Remove from heat.
- 2 In the same pan, add another drizzle of avocado oil to help the tortilla brown and place tortilla down, on only 1/2 of the tortilla add a sprinkle of vegan cheese and assemble tofu, veggies and cheese. Sprinkle a final layer of vegan cheese and flip the other side of the tortilla over.
- 3 Press down, flipping in a few minutes when that side is brown, until cheese is melty and both sides are brown. Serve with salsa and enjoy!



Buffalo Chickpea Wraps

4 servings
25 minutes

Ingredients

2 1/2 cups Chickpeas (cooked, drained)
1/4 cup Hot Sauce (divided)
2 cups Mixed Greens (small, chopped)
1/4 cup Red Onion (small, sliced)
1/2 Red Bell Pepper (chopped)
3 tbsps Vegan Ranch Dressing
8 Keto Wraps (small)
1 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	388
Fat	10g
Carbs	60g
Fiber	11g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	500mg
Vitamin A	494IU
Vitamin C	23mg
Calcium	329mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the chickpeas and half of the hot sauce. Mix to combine.
- 3 Spread the chickpeas out on the baking sheet and bake for 13 to 15 minutes.
- 4 While the chickpeas are in the oven, in a bowl, combine the lettuce, onions, and ranch dressing.
- 5 Remove the chickpeas from the oven and place them back into the first bowl that was used for mixing. Add the remaining hot sauce and sea salt and mix to combine.
- 6 To assemble, place the tortillas on plates and top evenly with the lettuce mix and chickpeas. Wrap and enjoy!

Notes

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

Gluten-Free: Use gluten-free tortillas.

More Flavor: Add more hot sauce or ranch dressing.



Crispy Tofu and Buffalo Chickpea Salad

4 servings
25 minutes

Ingredients

2 1/2 cups Chickpeas (cooked, drained)
1/4 cup Hot Sauce (divided)
2 cups Mixed Greens (small, chopped)
1/4 cup Red Onion (small, sliced)
1/2 cup Cherry Tomatoes
14 ozs Tofu (extra-firm & pressed)
3 tbsps Vegan Ranch Dressing
1/2 Cups Vegan Feta

Nutrition

Amount per serving	
Calories	321
Fat	14g
Carbs	32g
Fiber	9g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	458mg
Vitamin A	183IU
Vitamin C	6mg
Calcium	346mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the chickpeas and half of the hot sauce. Mix to combine.
- 3 Spread the chickpeas out on the baking sheet and bake for 13 to 15 minutes.
- 4 While the chickpeas are in the oven, toss the cubed tofu in the airfryer at 400 F, cooking for 10-12 mins.
- 5 Combine all of the ingredients and serve. Enjoy!

Notes

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

Gluten-Free: Use gluten-free tortillas.

More Flavor: Add more hot sauce or ranch dressing.



Grilled Lemon Dijon Tofu Skewers

4 servings
30 minutes

Ingredients

1 Lemon (juiced)
2 tbsps Avocado Oil
3 tbsps Dijon Mustard (divided)
1 1/3 tbsps Dried Chives
1 tsp Sea Salt
1 3/4 lbs Tofu (extra-firm, pressed and cut into large cubes)
2 Red Bell Pepper (cut into large chunks)
2 Yellow Bell Pepper (cut into large chunks)
2 cups Red Onion (sliced)
2 tbsps Maple Syrup
12 Barbecue Skewers
1 cup Wild Rice

Nutrition

Amount per serving	
Calories	482
Fat	18g
Carbs	57g
Fiber	8g
Sugar	15g
Protein	28g
Cholesterol	0mg
Sodium	733mg
Vitamin A	2104IU
Vitamin C	258mg
Calcium	612mg
Iron	6mg

Directions

- 1 Cook the rice according to package directions.
- 2 Combine the lemon juice, oil, 1/3 of the Dijon mustard, chives, and sea salt in a zipper-lock bag or shallow bowl. Add the tofu and gently toss until evenly coated. Refrigerate for at least 30 minutes or overnight.
- 3 Pierce the tofu, bell peppers, and onions onto barbecue skewers.
- 4 In a small bowl combine the remaining Dijon mustard with the maple syrup.
- 5 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes until the vegetables are lightly charred or your desired doneness is reached. Brush with the Dijon maple sauce during the last few minutes of cooking. Divide skewers between plates and enjoy!

Notes

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

Serving Size: One serving is approximately three 8-inch skewers.

More Flavor: Add garlic or other fresh or dried herbs.

Serve it With: Rice, quinoa, salad, pita bread, or other roasted or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Mediterranean Chickpea Pasta Salad

4 servings

30 minutes

Ingredients

12 ozs Chickpea Pasta
 1 cup Cherry Tomatoes (sliced)
 1/2 cup Red Onion (diced)
 1 Cucumber (sliced)
 1/2 Cups Vegan Feta
 3 tbsps Red Wine Vinegar
 1 1/2 tsps Dijon Mustard
 3/4 cup Extra Virgin Olive Oil
 1/2 Lemon (juice from 1/2 lemon)
 1 tsp Oregano

Directions

- 1 Bring a large pot of salted water to a boil and cook pasta according to package instructions. Once done, drain and rinse under cold water.
- 2 Meanwhile, whisk together all ingredients for the dressing and set aside.
- 3 When the pasta is done, add to the bowl with the veggies and toss.
- 4 Toss in the dressing until everything is well coated.

Nutrition

Amount per serving	
Calories	684
Fat	47g
Carbs	55g
Fiber	13g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	141mg
Vitamin A	394IU
Vitamin C	11mg
Calcium	85mg
Iron	9mg