



Easy Weeknight Dinners With Minimal Ingredients

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Fruits

- 1 1/2 tsps Lemon Juice

Seeds, Nuts & Spices

- 2 1/4 tsps Chili Powder
- 1/2 tsp Cumin
- 2 1/2 tsps Dried Thyme
- 2 tsps Garlic Powder
- 1/2 tsp Onion Powder
- 1 tsp Smoked Paprika
- 1 tbsp Taco Seasoning

Vegetables

- 4 cups Baby Spinach
- 2 Carrots
- 2 stalks Celery
- 2 heads Iceberg Lettuce
- 4 cups Mini Potatoes
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 7 Tomato
- 2 Yellow Bell Pepper
- 1 Zucchini

Boxed & Canned

- 6 ozs Chickpea Pasta
- 2 cups Chickpeas
- 1 cup Corn Tortilla Chips
- 12 ozs Soy Curls
- 7 cups Vegetable Broth

Bread, Fish, Meat & Cheese

- 2 1/8 lbs Tofu
- 1/2 Cups Vegan Feta

Condiments & Oils

- 2 1/3 tsps Avocado Oil
- 2 ozs Avocado Oil Spray
- 1/4 tsp Ground Tumeric

Cold

- 1/2 cup Guacamole
- 1 cup Tzatziki
- 2 ozs Vegan Cheese Shreds



Mediterranean Sheet Pan Dinner

4 servings
30 minutes

Ingredients

- 1 1/4 lbs Tofu (pressed and cubed)
- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)
- 1 Zucchini (sliced)
- 2 cups Chickpeas
- 2 cups Mini Potatoes (sliced)
- 1 oz Avocado Oil Spray (.5)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Dried Thyme
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 Cups Vegan Feta
- 1 cup Tzatziki (vegan if desired)

Directions

- 1 Preheat oven to 400°F.
- 2 Add the cubed tofu and prepared veggies on 1-2 parchment paper lined baking sheets. Spray with avocado oil and add the spices, along with the lemon juice. Roast for 25-30 minutes, stirring once halfway through.
- 3 Once cooked, sprinkle with vegan feta and drizzle with tzatziki. Enjoy!

Nutrition

Amount per serving	
Calories	423
Fat	15g
Carbs	49g
Fiber	11g
Sugar	11g
Protein	27g
Cholesterol	10mg
Sodium	168mg
Vitamin A	1361IU
Vitamin C	153mg
Calcium	597mg
Iron	7mg



Tofu Scramble With Roasted Tomatoes

2 servings

30 minutes

Ingredients

6 Tomato (cut into quarters)
 2 cups Mini Potatoes (sliced)
 14 ozs Tofu
 1 oz Avocado Oil Spray
 1/2 tsp Cumin
 2 1/4 tsps Chili Powder
 1/4 tsp Ground Tumeric
 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	358
Fat	12g
Carbs	43g
Fiber	11g
Sugar	3g
Protein	29g
Cholesterol	0mg
Sodium	292mg
Vitamin A	11518IU
Vitamin C	100mg
Calcium	669mg
Iron	9mg

Directions

- 1 Preheat oven to 400 F. Add the sliced mini potato onto a parchment paper lined baking sheet and drizzle with avocado oil. Roast for 20-30 mins, tossing halfway.
- 2 Use a fork to crumble the tofu into bite-sized pieces. Spray a frying pan with avocado oil and add crumbled tofu. Cook until tofu is slightly browned.
- 3 Next, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Add the sauce to the frying pan. Cook for another 5-7 minutes and remove from heat.
- 4 Next, add the spinach to the frying pan over medium heat and cover with a lid. Cook until spinach is wilted.
- 5 Serve the tofu with the spinach and cooked tomatoes and potatoes. Enjoy!



Veggie Taco Salad

4 servings
20 minutes

Ingredients

8 ozs Soy Curls
1 tbsp Taco Seasoning
1 tsp Avocado Oil
2 heads Iceberg Lettuce (chopped)
1 cup Corn Tortilla Chips
1 Red Bell Pepper (diced)
1 Yellow Bell Pepper (diced)
1 Tomato (diced)
2 ozs Vegan Cheese Shreds
1/2 cup Guacamole

Nutrition

Amount per serving	
Calories	388
Fat	19g
Carbs	35g
Fiber	13g
Sugar	9g
Protein	24g
Cholesterol	0mg
Sodium	418mg
Vitamin A	2798IU
Vitamin C	138mg
Calcium	244mg
Iron	8mg

Directions

- 1 To a heat-safe bowl, add dry Soy Curls, very hot water (just under a boil), and bouillon. Cover, and allow to sit, covered, for about 10 minutes. When they are cool enough to handle, carefully squeeze any excess liquid out of the hydrated Soy Curls and transfer them to another dish along with 1 teaspoon of avocado oil and taco seasoning. Toss to coat.
- 2 Heat a frying pan to medium-high heat. Add hydrated and seasoned Soy Curls. Cook until they are lightly browned, and have a nice, meaty texture. Return the cooked soy curls to the seasoning bowl, and set aside until ready to use.
- 3 Assemble the bowls starting with the iceberg lettuce, then the tortilla chips, followed by the soy curls. Add the additional veggies on top then top with shredded vegan cheese and guac. Enjoy!



One Pot Vegan "Chicken" Noodle Soup

4 servings

35 minutes

Ingredients

2 tbsps Avocado Oil (for oil-free sub
1/4 cup extra broth)
2 Carrots (sliced)
2 stalks Celery (chopped)
1 tsp Smoked Paprika
1 tsp Garlic Powder
1 tsp Dried Thyme
4 ozs Soy Curls (dry)
6 ozs Chickpea Pasta
7 cups Vegetable Broth

Nutrition

Amount per serving	
Calories	337
Fat	14g
Carbs	37g
Fiber	10g
Sugar	9g
Protein	21g
Cholesterol	0mg
Sodium	1227mg
Vitamin A	6398IU
Vitamin C	4mg
Calcium	85mg
Iron	7mg

Directions

- 1 Warm a pot to medium-high heat and add the oil. Once warm, add in the diced onion and sauté or 3 minutes, until translucent and slightly golden. Add the celery and carrot and sauté for an additional 2 minutes. Add the garlic, paprika and thyme and sauté for 1 minute.
- 2 Bring to Boil: Add the dry pasta and soy curls to the pot followed by the imitation veggie broth. Mix well, then cover and bring to a boil over high heat.
- 3 Simmer: Uncover and simmer for 8 to 10 minutes over medium heat, stirring occasionally. The soup is finished cooking once the pasta is cooked completely. Turn the heat off, then stir in the parsley (optional). Divide into four servings. Enjoy!