

Mon

Breakfast



Cherry Walnut Blended Oats

Snack 1



Granola & Oranges

Lunch



Tofu Scramble Veggie Bowl

Snack 2



Fruit & Veggie Smoothie

Dinner



Sheet Pan Caprese Gnocchi

Mon

Fat  27%

Carbs  50%

Protein  23%

Calories	1716
Fat	55g
Carbs	225g
Fiber	52g
Sugar	80g
Protein	103g
Cholesterol	19mg
Sodium	1210mg
Vitamin A	7431IU
Vitamin C	385mg
Calcium	1678mg
Iron	19mg

Fruits

- 2 Clementines
- 1 cup Raspberries

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 2 1/4 tsps Chili Powder
- 1/2 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/2 tsp Turmeric
- 2 tbsps Walnuts

Frozen

- 1/2 cup Frozen Banana
- 1/2 cup Frozen Cauliflower
- 1 cup Frozen Cherries
- 2 1/2 cups Frozen Edamame

Vegetables

- 2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 3 1/2 cups Cherry Tomatoes
- 2 cups Mini Potatoes
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 1/2 cup Red Onion

Boxed & Canned

- 1/3 cup Edamame Granola

Baking

- 1 cup Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 oz Boursin Cheese
- 1 lb Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Glaze

Cold

- 12 ozs Potato Gnocchi
- 1 cup Soy Milk
- 1 cup Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder



Cherry Walnut Blended Oats

2 servings

5 minutes

Ingredients

1 cup Oats
2 tbsps Chia Seeds
1 tsp Vanilla Extract
1 cup Soy Milk
1 cup Frozen Cherries
1/4 cup Vanilla Protein Powder
2 tbsps Walnuts

Directions

- 1 Blend the oats, vanilla and frozen cherries in a high speed blender until smooth. Divide among two 8-ounce jars. Top with walnuts and a few more cherries if desired. Screw on lids and refrigerate overnight or for up to five days.

Nutrition

Amount per serving	
Calories	396
Fat	14g
Carbs	49g
Fiber	10g
Sugar	12g
Protein	22g
Cholesterol	2mg
Sodium	81mg
Vitamin A	674IU
Vitamin C	1mg
Calcium	322mg
Iron	4mg



Granola & Oranges

1 serving

1 minute

Ingredients

1/3 cup Edamame Granola (Prana)
2 Clementines

Directions

1 Portion out granola and clementines. Enjoy!

Nutrition

Amount per serving	
Calories	290
Fat	12g
Carbs	37g
Fiber	8g
Sugar	26g
Protein	13g
Cholesterol	0mg
Sodium	171mg
Vitamin A	0IU
Vitamin C	72mg
Calcium	94mg
Iron	2mg



Tofu Scramble Veggie Bowl

3 servings

30 minutes

Ingredients

2 cups Mini Potatoes
 2 cups Cherry Tomatoes
 1 lb Tofu
 1 tbsp Avocado Oil
 1/2 tsp Garlic Powder
 2 1/4 tsps Chili Powder
 1/2 tsp Turmeric
 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	19g
Cholesterol	0mg
Sodium	91mg
Vitamin A	3305IU
Vitamin C	39mg
Calcium	476mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F. Add the potatoes to a parchment paper lined baking sheet on one side and tomatoes on the vine to other side. Drizzle with oil. After 15 minutes, remove the tomatoes and toss potatoes. Cook potatoes for 15 minutes more.
- 2 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
- 3 While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 4 Crumble tofu with a fork. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned. While tofu is cooking, move to one side and add spinach to frying pan. Cook for 2-3 minutes, until wilted.
- 5 Assemble bowls with cooked potatoes, tofu and veggies. Enjoy!



Fruit & Veggie Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Raspberries
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Cauliflower
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed

Directions

- 1 Blend all of the ingredients together in a high speed blender. Enjoy!

Nutrition

Amount per serving	
Calories	330
Fat	6g
Carbs	48g
Fiber	17g
Sugar	20g
Protein	26g
Cholesterol	4mg
Sodium	217mg
Vitamin A	621IU
Vitamin C	70mg
Calcium	627mg
Iron	3mg



Sheet Pan Caprese Gnocchi

3 servings
30 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)
- 1 1/2 cups Cherry Tomatoes
- 2 1/2 cups Frozen Edamame
- 12 ozs Potato Gnocchi
- 2 tbsps Balsamic Glaze
- 1/2 cup Basil Leaves
- 1 oz Boursin Cheese (vegan if desired)

Nutrition

Amount per serving	
Calories	425
Fat	10g
Carbs	65g
Fiber	11g
Sugar	17g
Protein	23g
Cholesterol	13mg
Sodium	650mg
Vitamin A	2831IU
Vitamin C	203mg
Calcium	159mg
Iron	5mg

Directions

- 1 Preheat your oven to 425°F. Line a baking sheet with parchment paper.
- 2 Add the veggies to a baking sheet and spray with avocado oil. Roast the prepared bell peppers, onions and tomatoes in the oven for 15 minutes. Meanwhile, boil the gnocchi and edamame according to package directions.
- 3 After 15 minutes, add the gnocchi and edamame to the roasted veggies. Roast for 10-15 more minutes.
- 4 Once cooked, top with basil leaves and cheese. Drizzle with balsamic glaze. Enjoy!