



## Valentines Day Meal Prep

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### Fruits

- 2 tbsps Lemon Juice
- 1/4 cup Lime Juice

### Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 1 tsp Dried Thyme
- 2 1/2 tsps Garlic Powder
- 1 tbsp Smoked Paprika
- 1 tsp Turmeric

### Frozen

- 1 cup Frozen Edamame
- 2 cups Frozen Vegetable Mix

### Vegetables

- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Coleslaw Mix
- 4 cloves Garlic
- 2 Green Onions
- 2 cups Red Cabbage

### Boxed & Canned

- 1 cup Jasmine Rice
- 15 units Jumbo Pasta Shells
- 4 cups Marinara Sauce
- 1/2 cup Salsa

### Baking

- 2 tbsps Cornstarch
- 1/3 cup Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 12 Corn Tortilla
- 2 1/3 lbs Tofu

### Condiments & Oils

- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Soy Sauce



## Crispy Blackened Tofu Tacos

4 servings  
20 minutes

### Ingredients

2 cups Coleslaw Mix  
2 cups Red Cabbage (shredded)  
1/4 cup Lime Juice (about 2 limes)  
1 tbsp Chili Powder  
1 tbsp Smoked Paprika  
1 tsp Dried Thyme  
2 tbsps Cornstarch  
1 lb Tofu  
1/4 cup Extra Virgin Olive Oil  
12 Corn Tortilla  
1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	487
Fat	22g
Carbs	58g
Fiber	8g
Sugar	6g
Protein	16g
Cholesterol	0mg
Sodium	318mg
Vitamin A	3141IU
Vitamin C	40mg
Calcium	685mg
Iron	5mg

### Directions

- 1 In a large bowl, combine the coleslaw mix and shredded cabbage with the lime juice. Set aside and allow to marinate.
- 2 In a medium to large shallow bowl, combine the seasonings for the tofu (from chili powder to thyme). Stir together then set aside.
- 3 In a separate large to medium bowl, whisk together the cornstarch with 4 tablespoons water. Set aside.
- 4 Warm the oil in a large skillet over medium heat. Take each piece of tofu and dip it in the cornstarch mixture, flipping to coat each side. The cornstarch might start to settle to the bottom of the bowl so you may need to whisk it prior to dipping the tofu.
- 5 Next, place the tofu in the bowl with the seasonings and flip until all sides are evenly coated. Add to the heated skillet and allow to cook for about 5 minutes on each side, until golden and crispy. Repeat this step until all of the tofu has been cooked in the skillet.
- 6 Serve tofu warm with tortillas, slaw, pickled onions and salsa and enjoy!



## High Protein Veggie Fried Rice

3 servings  
15 minutes

### Ingredients

- 1 cup Jasmine Rice
- 2 Green Onions
- 4 cloves Garlic
- 2 cups Frozen Vegetable Mix
- 1 cup Frozen Edamame
- 8 ozs Tofu (crumbled)
- 1 tsp Turmeric
- 2 tbsps Nutritional Yeast
- 3 tbsps Soy Sauce
- 2 tsps Garlic Powder

### Directions

- 1 Cook your rice according to package directions. Place aside.
- 2 In a large pan, sauté the green onions and garlic over medium heat (adding some avocado oil spray to the pan), then add the remaining veggies and edamame. Cook for 5 more minutes.
- 3 Mix in the crumbled extra firm tofu and spices. Then add the cooked rice and mix again until everything is incorporated.
- 4 Serve with additional green onions and sesame seeds.

### Nutrition

Amount per serving	
Calories	468
Fat	7g
Carbs	79g
Fiber	12g
Sugar	6g
Protein	27g
Cholesterol	0mg
Sodium	945mg
Vitamin A	5343IU
Vitamin C	10mg
Calcium	302mg
Iron	5mg



## Basil Tofu "Ricotta" Stuffed Shells

4 servings  
45 minutes

### Ingredients

15 units Jumbo Pasta Shells  
2 cups Marinara Sauce (plus extra for topping - optional)  
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  
2 cups Marinara Sauce

### Nutrition

Amount per serving	
Calories	476
Fat	10g
Carbs	66g
Fiber	7g
Sugar	7g
Protein	28g
Cholesterol	0mg
Sodium	317mg
Vitamin A	2650IU
Vitamin C	22mg
Calcium	333mg
Iron	4mg

### Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Cook jumbo pasta shells according to instructions.
- 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.
- 4 Pour 2 cups of marinara sauce into the bottom of a 9" x 9" casserole dish. Fill cooked jumbo pasta shells with tofu ricotta. Place stuffed shells on top of marinara sauce. Optional: Spoon shells with extra marinara sauce and vegan cheese shreds.
- 5 Cover with foil and bake for 20 minutes. Uncover and bake for another 10 minutes.