

Lunch

Mon



Potato Nachos with Pinto Beans and Spinach

Tue



Mediterranean Sheet Pan Dinner

Wed



Dill Pickle Soup

Thu


















Roasted Potato Veggie Shawarma Bowls

Fri



One Pot Chili Baked Hasselback Potatoes

Mon	Tue	Wed	Thu	Fri
Fat  7%	Fat  38%	Fat  25%	Fat  32%	Fat  2%
Carbs  70%	Carbs  40%	Carbs  63%	Carbs  52%	Carbs  81%
Protein  23%	Protein  22%	Protein  12%	Protein  16%	Protein  17%
Calories 487	Calories 336	Calories 434	Calories 446	Calories 364
Fat 4g	Fat 15g	Fat 12g	Fat 17g	Fat 1g
Carbs 89g	Carbs 36g	Carbs 69g	Carbs 63g	Carbs 75g
Fiber 21g	Fiber 7g	Fiber 14g	Fiber 18g	Fiber 16g
Sugar 14g	Sugar 8g	Sugar 5g	Sugar 11g	Sugar 10g
Protein 30g	Protein 20g	Protein 13g	Protein 20g	Protein 16g
Cholesterol 0mg	Cholesterol 11mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 1915mg	Sodium 166mg	Sodium 2948mg	Sodium 402mg	Sodium 202mg
Vitamin A 2279IU	Vitamin A 2671IU	Vitamin A 3538IU	Vitamin A 4187IU	Vitamin A 1345IU
Vitamin C 50mg	Vitamin C 143mg	Vitamin C 37mg	Vitamin C 124mg	Vitamin C 153mg
Calcium 285mg	Calcium 474mg	Calcium 117mg	Calcium 181mg	Calcium 143mg
Iron 8mg	Iron 5mg	Iron 4mg	Iron 8mg	Iron 7mg

Fruits

- 1 Lemon

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Cumin
- 2 tsps Italian Seasoning
- 2 tsps Liquid Smoke
- 2 tsps Paprika
- 1 tsp Turmeric

Vegetables

- 6 cups Baby Spinach
- 1 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1 Leeks
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Yellow Bell Pepper
- 13 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 1 cup Canned Coconut Milk
- 2 cups Chickpeas
- 1/2 cup Corn
- 1 cup Crushed Tomatoes
- 3 cups Diced Tomatoes
- 2 cups Pinto Beans
- 2 cups Red Kidney Beans
- 1 cup Salsa
- 4 1/4 cups Vegetable Broth
- 2 cups White Navy Beans

Bread, Fish, Meat & Cheese

- 1/4 cup Feta Cheese
- 1 cup Textured Vegetable Protein
- 14 ozs Tofu

Condiments & Oils

- 2 tsps Avocado Oil
- 2 1/8 lbs Baby Pickles
- 1 tsp Ground Cumin
- 1 oz Pickled Red Onions
- 1/4 cup Soy Sauce

Cold

- 1/2 cup Hummus
- 1 oz Vegan Cheese Shreds

Other

- 1 cup Water



Potato Nachos with Pinto Beans and Spinach

3 servings
30 minutes

Ingredients

- 3 Yellow Potato (Ontario)
- 1 cup Textured Vegetable Protein
- 1 cup Water
- 1/4 cup Soy Sauce
- 1 tbsp Maple Syrup
- 2 tsps Liquid Smoke
- 2 cups Pinto Beans (cooked)
- 2 cups Baby Spinach
- 1 oz Vegan Cheese Shreds
- 1 cup Salsa

Nutrition

Amount per serving	
Calories	487
Fat	4g
Carbs	89g
Fiber	21g
Sugar	14g
Protein	30g
Cholesterol	0mg
Sodium	1915mg
Vitamin A	2279IU
Vitamin C	50mg
Calcium	285mg
Iron	8mg

Directions

- 1 Preheat to 375°F. Coat 2 rimmed baking sheets with cooking spray.
- 2 Cut the potatoes into 1/4-inch-thick slices and arrange on the baking sheets in an even layer, making sure they don't overlap. Coat with avocado cooking spray. Bake until fork-tender, 20 to 22 minutes.
- 3 While the potatoes are cooking, add the water, soy sauce, maple syrup and liquid smoke to a small pot on the stove top and bring to a boil. Add the TVP and stir. Remove from heat and let the TVP soak in the liquid.
- 4 Remove from oven. Transfer the potatoes from one pan to the other, covering as much of the bottom of as possible. Top with beans, spinach, cheese, salsa and TVP.
- 5 Bake until warmed through and the cheese is melted, about 10 minutes. Serve with additional salsa, hot sauce, or yogurt if desired.



Mediterranean Sheet Pan Dinner

3 servings
30 minutes

Ingredients

- 14 ozs Tofu (pressed and cubed)
- 2 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 1/2 cup Red Onion (sliced)
- 2 Yellow Potato (Ontario - washed and cubed)
- 2 tbsps Italian Seasoning
- 1 tbsp Avocado Oil
- 1/4 cup Feta Cheese (vegan)

Directions

- 1 Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2 In a large bowl, toss the tofu and veggies with the avocado oil and seasoning. Roast for 25-30 minutes, stirring once halfway through.
- 3 Top with feta cheese and herbs of choice. Serve over rice, cauliflower rice or another cooked grain with kalamata olives, tahini yogurt sauce and crispy chickpeas or pita.

Nutrition

Amount per serving	
Calories	336
Fat	15g
Carbs	36g
Fiber	7g
Sugar	8g
Protein	20g
Cholesterol	11mg
Sodium	166mg
Vitamin A	2671IU
Vitamin C	143mg
Calcium	474mg
Iron	5mg



Dill Pickle Soup

4 servings
30 minutes

Ingredients

- 3 Yellow Potato (Ontario - diced)
- 2 stalks Celery (diced)
- 1 Leeks (diced)
- 1 Carrot (chopped)
- 2 cups White Navy Beans (cooked)
- 2 1/8 lbs Baby Pickles (1 L jar)
- 4 cups Vegetable Broth
- 1 cup Canned Coconut Milk

Directions

- 1 Combine potatoes, celery, leek, carrot, pickles, beans, coconut milk and stock in a slow cooker. Cover and cook on low for 6 to 8 hours or until vegetables are soft. Purée right in the slow cooker with an immersion blender (or in a conventional blender in batches) until the soup is as smooth or chunky as you like. Serve hot.

Nutrition

Amount per serving	
Calories	434
Fat	12g
Carbs	69g
Fiber	14g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	2948mg
Vitamin A	3538IU
Vitamin C	37mg
Calcium	117mg
Iron	4mg



Roasted Potato Veggie Shawarma Bowls

3 servings
40 minutes

Ingredients

2 cups Chickpeas
1 Yellow Potato (Ontario - diced into 1/2-inch cubes)
1 head Cauliflower (chopped into bite-sized florets)
1 tbsp Avocado Oil
2 tsps Cumin
1 tsp Paprika
1 tsp Turmeric
1/2 Lemon (juiced)
1/2 cup Hummus
1/2 Lemon (juiced)
4 cups Baby Spinach
1 oz Pickled Red Onions

Directions

- 1 Preheat oven to 425 degrees F. Line one large baking sheets with parchment paper.
- 2 Add the prepared potatoes, cauliflower and chickpeas to the parchment paper lined baking sheet. Toss with avocado oil, lemon and spices.
- 3 Make the dressing by adding the lemon juice to hummus. Mix with a whisk.
- 4 Pile the crispy shawarma veggies over the spinach. Top with pickled onions and serve with the dressing. Enjoy!

Nutrition

Amount per serving	
Calories	446
Fat	17g
Carbs	63g
Fiber	18g
Sugar	11g
Protein	20g
Cholesterol	0mg
Sodium	402mg
Vitamin A	4187IU
Vitamin C	124mg
Calcium	181mg
Iron	8mg



One Pot Chili Baked Hasselback Potatoes

4 servings

1 hour 15 minutes

Ingredients

- 4 Yellow Potato (From Ontario - Scrubbed)
- 1 Yellow Bell Pepper (diced)
- 3 cups Diced Tomatoes
- 2 cups Red Kidney Beans
- 1 cup Crushed Tomatoes
- 1/2 cup Corn
- 1/4 cup Vegetable Broth
- 1 tsp Ground Cumin
- 1 tsp Paprika

Directions

- 1 Preheat the oven to 375 F. Prepare a baking tray with parchment paper.
- 2 Dry potatoes with a kitchen towel. Cut slits with a sharp knife. Repeat the same with each potato. Bake in the middle of the oven for 45 minutes.
- 3 In the meantime prepare the chili. In a large bowl, mix tomato, bell pepper, red beans, tomato purée, corn kernel, spices and vegetable broth.
- 4 After 45 minutes, remove the tray from the oven and place on a counter. Pour chili sauce all around the hasselback potatoes. Enjoy!

Nutrition

Amount per serving	
Calories	364
Fat	1g
Carbs	75g
Fiber	16g
Sugar	10g
Protein	16g
Cholesterol	0mg
Sodium	202mg
Vitamin A	1345IU
Vitamin C	153mg
Calcium	143mg
Iron	7mg