






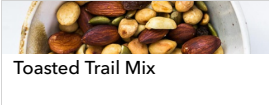
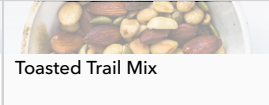

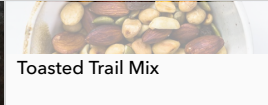
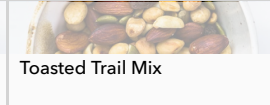







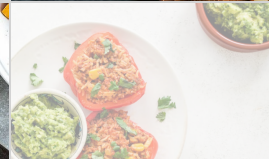
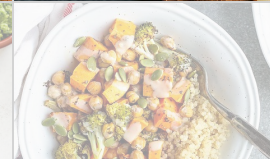





































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	High Fat Chocolate Smoothie	High Fat Chocolate Smoothie	High Fat Chocolate Smoothie	Chocolate Kale Smoothie	Chocolate Kale Smoothie	Toast with Peanut Butter	Toast with Peanut Butter
Snack 1							
	Toasted Trail Mix	Toasted Trail Mix	Apple with Peanut Butter	Toasted Trail Mix	Toasted Trail Mix	Apples & Almonds	Apples & Almonds
Lunch							
	TVP & Corn Quesadilla	TVP & Corn Quesadilla	Crispy Tofu Meal Prep Bowls	Crispy Tofu Meal Prep Bowls	Roasted Veggie & Quinoa Bowl	TVP & Rice Stuffed Bell Peppers with Guacamole	Roasted Veggie & Quinoa Bowl
Snack 2							
	Apple with Peanut Butter	Blueberry Yogurt Flaxseed Cookies	Crackers & Hummus	Apples & Almonds	Apples & Almonds	Crackers & Hummus	Crackers & Hummus
Dinner							
	Tofu Cabbage Wraps with Peanut Sauce	Sweet Potato & Tofu Tacos	One Pan Paprika Tofu & Veggies	One Pan Paprika Tofu & Veggies	TVP & Rice Stuffed Bell Peppers with Guacamole	Roasted Red Pepper & Tahini Beans with Air Fryer...	Roasted Red Pepper & Tahini Beans with Air Fryer...

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  46%	Fat  44%	Fat  50%	Fat  56%	Fat  44%	Fat  39%	Fat  37%
Carbs  36%	Carbs  37%	Carbs  34%	Carbs  27%	Carbs  39%	Carbs  44%	Carbs  47%
Protein  18%	Protein  19%	Protein  16%	Protein  17%	Protein  17%	Protein  17%	Protein  16%
Calories 2284	Calories 2217	Calories 1911	Calories 1912	Calories 2010	Calories 2165	Calories 2194
Fat 125g	Fat 112g	Fat 112g	Fat 127g	Fat 105g	Fat 97g	Fat 94g
Carbs 215g	Carbs 217g	Carbs 173g	Carbs 140g	Carbs 207g	Carbs 251g	Carbs 271g
Fiber 51g	Fiber 52g	Fiber 42g	Fiber 44g	Fiber 55g	Fiber 61g	Fiber 59g
Sugar 93g	Sugar 56g	Sugar 68g	Sugar 65g	Sugar 67g	Sugar 62g	Sugar 64g
Protein 110g	Protein 110g	Protein 80g	Protein 89g	Protein 94g	Protein 96g	Protein 89g
Cholesterol 4mg	Cholesterol 6mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 1926mg	Sodium 1870mg	Sodium 1700mg	Sodium 1297mg	Sodium 1397mg	Sodium 2715mg	Sodium 2915mg
Vitamin A 11777IU	Vitamin A 13755IU	Vitamin A 17301IU	Vitamin A 10742IU	Vitamin A 19285IU	Vitamin A 9138IU	Vitamin A 18060IU
Vitamin C 288mg	Vitamin C 172mg	Vitamin C 345mg	Vitamin C 330mg	Vitamin C 378mg	Vitamin C 382mg	Vitamin C 286mg
Calcium 965mg	Calcium 1236mg	Calcium 1116mg	Calcium 1701mg	Calcium 1137mg	Calcium 1016mg	Calcium 1067mg
Iron 19mg	Iron 20mg	Iron 16mg	Iron 18mg	Iron 19mg	Iron 28mg	Iron 28mg

## Fruits

- 6 Apple
- 2 1/2 Avocado
- 3 1/2 Banana
- 1/2 cup Blueberries
- 1/2 Lemon
- 1/4 cup Lemon Juice
- 1 1/3 tbsps Lime Juice
- 2/3 Mango

## Breakfast

- 3/4 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 2 cups Almonds
- 1/8 tsp Black Pepper
- 1/2 tsp Cinnamon
- 2/3 tsp Curry Powder
- 1/2 tsp Dried Thyme
- 2 tbsps Fajita Seasoning
- 1/2 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 1 1/2 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 2 tbsps Taco Seasoning

## Frozen

- 4 Brown Rice Tortilla
- 1/2 cup Frozen Edamame
- 1 cup Frozen Mango
- 8 Ice Cubes

## Vegetables

- 2 cups Arugula
- 2 cups Asparagus
- 2 cups Baby Spinach
- 2 cups Broccoli
- 1/2 cup Cilantro
- 2 cups Coleslaw Mix
- 2 Garlic
- 2 cups Green Beans
- 1 1/3 cups Green Cabbage
- 1 cup Kale Leaves
- 1 3/4 Orange Bell Pepper
- 2 tbsps Parsley
- 5 1/16 Red Bell Pepper
- 1 cup Red Onion
- 4 ozs Roasted Red Peppers
- 9 leaves Romaine
- 3 Sweet Potato
- 2 1/4 Yellow Bell Pepper
- 1/3 Yellow Onion
- 1 1/2 Zucchini

## Boxed & Canned

- 1/4 cup Basmati Rice
- 2 1/2 cups Cannellini Beans
- 1 cup Chickpeas
- 1/2 cup Corn
- 2/3 cup Quinoa
- 1 2/3 tbsps Tomato Paste
- 1 1/2 cups Vegetable Broth
- 5 1/4 ozs Whole Grain Crackers

## Baking

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1 1/3 tsps Arrowroot Powder
- 1 tbsp Cacao Nibs
- 3 tbsps Cacao Powder
- 2 tsps Cocoa Powder
- 2 tsps Coconut Sugar
- 3 2/3 tbsps Nutritional Yeast
- 1 cup Oats

## Bread, Fish, Meat & Cheese

- 8 Corn Tortilla
- 2 cups Textured Vegetable Protein
- 3 3/4 lbs Tofu
- 4 slices Whole Grain Bread

## Condiments & Oils

- 1/2 cup Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Sesame Oil
- 1/3 cup Tahini
- 1/4 cup Tamari

## Cold

- 1 cup Guacamole
- 3/4 cup Hummus
- 1/3 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

## Other

- 1 1/4 cups Chocolate Protein Powder
- 3 1/2 cups Water

- 
- 1/2 cup Raisins
  - 1/2 tsp Vanilla Extract



## High Fat Chocolate Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Water
- 3 leaves Romaine (roughly chopped)
- 1/2 Zucchini (chopped, frozen)
- 1/2 Avocado (frozen)
- 1/2 Banana (frozen)
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 tbsp All Natural Peanut Butter
- 1 tsp Cacao Nibs (optional, for topping)

### Nutrition

Amount per serving	
Calories	476
Fat	27g
Carbs	36g
Fiber	15g
Sugar	13g
Protein	29g
Cholesterol	4mg
Sodium	68mg
Vitamin A	7697IU
Vitamin C	36mg
Calcium	215mg
Iron	3mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Romaine :** Use another green such as spinach.

**Nut-Free:** Use sunflower seed butter instead of peanut butter, or omit completely.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Chocolate Kale Smoothie

1 serving  
5 minutes

### Ingredients

- 1/2 cup Kale Leaves (finely chopped)
- 1 cup Unsweetened Almond Milk
- 1/2 Avocado (medium, pitted)
- 1/4 cup Chocolate Protein Powder
- 1 tsp Cocoa Powder
- 4 Ice Cubes (optional)

### Nutrition

Amount per serving	
Calories	283
Fat	18g
Carbs	13g
Fiber	10g
Sugar	1g
Protein	23g
Cholesterol	4mg
Sodium	212mg
Vitamin A	1151IU
Vitamin C	20mg
Calcium	606mg
Iron	2mg

### Directions

- 1 Add all the ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use your preferred choice of milk.



## Curried Tofu Scramble

2 servings  
25 minutes

### Ingredients

2 tsps Vegetable Broth  
2/3 Red Bell Pepper (chopped)  
1/3 Yellow Onion (chopped)  
10 1/2 ozs Tofu (extra firm, drained and pressed to remove water)  
2/3 tsp Curry Powder  
2 tsps Nutritional Yeast  
1/8 tsp Sea Salt  
2 cups Arugula

### Nutrition

Amount per serving	
Calories	160
Fat	8g
Carbs	8g
Fiber	4g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	233mg
Vitamin A	1728IU
Vitamin C	54mg
Calcium	467mg
Iron	5mg

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

### Notes

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

**No Vegetable Broth:** Use avocado oil or extra virgin olive oil instead.

**More Flavor:** Add mushrooms or fresh herbs to the dish.



## Toast with Peanut Butter

1 serving  
5 minutes

### Ingredients

- 2 slices Whole Grain Bread (or any type of bread)
- 2 tbsps All Natural Peanut Butter (or any nut butter)

### Nutrition

Amount per serving	
Calories	412
Fat	20g
Carbs	43g
Fiber	8g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	320mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	100mg
Iron	3mg

### Directions

- 1 Toast the bread slices, then spread on the peanut butter. Enjoy!

### Notes

**Topping Ideas:** Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.



## Toasted Trail Mix

4 servings  
10 minutes

### Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

### Nutrition

Amount per serving	
Calories	566
Fat	44g
Carbs	32g
Fiber	9g
Sugar	17g
Protein	23g
Cholesterol	0mg
Sodium	161mg
Vitamin A	3IU
Vitamin C	1mg
Calcium	150mg
Iron	5mg

### Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

### Notes

**Serving Size:** One serving is approximately 3/4 cup of the trail mix.

**Serve it With:** Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

**Make it Paleo:** Replace peanuts with another type of nut or seed.

**Storage:** Refrigerate in an air-tight container.

**Other Add-Ins:** Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



## Chopped Bell Peppers

7 servings

5 minutes

### Ingredients

- 1 3/4 Yellow Bell Pepper
- 1 3/4 Orange Bell Pepper
- 1 3/4 Red Bell Pepper

### Nutrition

Amount per serving	
Calories	20
Fat	0g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	1024IU
Vitamin C	123mg
Calcium	7mg
Iron	0mg

### Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.



## Apple with Peanut Butter

1 serving  
3 minutes

### Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	287
Fat	17g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	27mg
Iron	1mg

### Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



## Apples & Almonds

1 serving  
5 minutes

### Ingredients

1 Apple (sliced)  
1/4 cup Almonds

### Directions

- 1 Core apple and cut it into slices. Serve with almonds.

### Nutrition

Amount per serving	
Calories	302
Fat	18g
Carbs	33g
Fiber	9g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	107mg
Iron	2mg



## TVP & Corn Quesadilla

2 servings  
40 minutes

### Ingredients

- 1 cup Textured Vegetable Protein (crumbs)
- 2 tps Extra Virgin Olive Oil
- 1/4 cup Red Onion (diced)
- 1 tsp Tomato Paste
- 1/4 cup Corn
- 1 tbsp Fajita Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (chopped)
- 4 Brown Rice Tortilla

### Nutrition

Amount per serving	
Calories	493
Fat	10g
Carbs	74g
Fiber	13g
Sugar	14g
Protein	25g
Cholesterol	0mg
Sodium	658mg
Vitamin A	318IU
Vitamin C	3mg
Calcium	89mg
Iron	5mg

### Directions

- 1 Place the textured vegetable protein (TVP) in a bowl and cover it with boiling water. Cover the bowl and let it sit for 10 minutes to rehydrate.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Add the onion and sauté for five minutes until softened. Add the rehydrated TVP and cook for another 10 minutes, until crispy and golden brown.
- 3 Add the tomato paste, corn, and fajita seasoning. Season with salt and pepper and cook for another five minutes. Remove from the heat, add the cilantro and stir to combine.
- 4 Lay half of the tortillas on a flat surface. Divide the TVP and corn mixture evenly among them, then top with the remaining tortillas.
- 5 Heat a non-stick pan over medium heat. Cook each quesadilla for two to three minutes per side, or until crispy and golden. Cut before serving and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate the filling in an airtight container for up to three days. Assemble and pan-fry the quesadilla just before serving.

**Serving Size:** One serving is one quesadilla.

**Make It Spicy:** Add jalapeno to the TVP mixture.



## Crispy Tofu Meal Prep Bowls

2 servings  
20 minutes

### Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
8 ozs Tofu (firm, sliced and patted dry)  
1 tbsp Sesame Oil  
2 tbsps Avocado Oil  
1 tbsp Balsamic Vinegar  
1 1/2 tsps Tamari  
1 1/2 tsps Maple Syrup  
2 cups Baby Spinach  
2 cups Coleslaw Mix  
1 cup Frozen Mango (thawed)  
1/2 cup Frozen Edamame (thawed)  
1 1/2 tsps Sesame Seeds

### Nutrition

Amount per serving	
Calories	487
Fat	30g
Carbs	40g
Fiber	9g
Sugar	20g
Protein	20g
Cholesterol	0mg
Sodium	315mg
Vitamin A	6821IU
Vitamin C	77mg
Calcium	450mg
Iron	5mg

### Directions

- 1 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 2 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 3 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 4 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 to 4 days.

**Save Time:** Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

**No Tofu:** Use a protein of your choice instead like roasted chickpeas, edamame, or tempeh.



## Roasted Veggie & Quinoa Bowl

3 servings  
40 minutes

### Ingredients

2 cups Broccoli (chopped into florets)  
2 Sweet Potato (medium, cut into 1/2-inch cubes)  
1 cup Chickpeas (cooked)  
1/4 cup Lemon Juice (divided)  
1 tsp Italian Seasoning  
1/4 tsp Sea Salt  
2/3 cup Quinoa (uncooked)  
1 1/2 cups Vegetable Broth  
2 tbsps Tahini  
2 tbsps Water (warm)  
1 1/2 tbsps Maple Syrup  
1 tbsp Pumpkin Seeds (optional)

### Nutrition

Amount per serving	
Calories	434
Fat	11g
Carbs	72g
Fiber	12g
Sugar	15g
Protein	16g
Cholesterol	0mg
Sodium	610mg
Vitamin A	12965IU
Vitamin C	65mg
Calcium	159mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 3 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 4 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 5 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

### Notes

**Leftovers:** Store in the fridge for up to four days.

**Serving Size:** One serving equals approximately 2 1/2 cups of veggies and quinoa.

**No Quinoa:** Use rice or cauliflower rice instead.

**No Broth:** Use water instead.

**Cooked Chickpeas:** Use cooked chickpeas from the can to save time.

**More Flavor:** Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.



## Blueberry Yogurt Flaxseed Cookies

6 servings  
30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/2 cup Blueberries  
1/3 cup Plain Greek Yogurt

### Nutrition

Amount per serving	
Calories	168
Fat	6g
Carbs	24g
Fiber	5g
Sugar	7g
Protein	6g
Cholesterol	2mg
Sodium	9mg
Vitamin A	102IU
Vitamin C	5mg
Calcium	62mg
Iron	1mg

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with blueberries and drizzle with yogurt. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Crackers & Hummus

3 servings

5 minutes

### Ingredients

5 1/4 ozs Whole Grain Crackers  
3/4 cup Hummus

### Directions

- 1 Dip the crackers into the hummus and enjoy!

### Nutrition

Amount per serving	
Calories	387
Fat	21g
Carbs	43g
Fiber	5g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	703mg
Vitamin A	17IU
Vitamin C	0mg
Calcium	36mg
Iron	3mg



## Tofu Cabbage Wraps with Peanut Sauce

2 servings

50 minutes

### Ingredients

10 1/2 ozs Tofu (extra firm, drained)  
 2 tsps Avocado Oil  
 1 1/3 tsps Arrowroot Powder  
 2 tsps Tamari (divided)  
 2 2/3 tsps All Natural Peanut Butter  
 1 1/3 tsps Lime Juice  
 2 tsps Coconut Sugar  
 1 1/3 tsps Sesame Oil  
 1 1/3 tsps Water  
 2/3 Mango (diced)  
 2/3 Red Bell Pepper (chopped)  
 1 1/3 cups Green Cabbage (pulled apart into leaves)  
 3 1/2 tsps Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	442
Fat	27g
Carbs	36g
Fiber	7g
Sugar	26g
Protein	24g
Cholesterol	0mg
Sodium	1030mg
Vitamin A	2637IU
Vitamin C	117mg
Calcium	477mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 2 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 3 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately two cabbage leaf wraps.

**Nut-Free:** Use sunflower seed butter instead of peanut butter.

**Additional Toppings:** Add crushed peanuts and/or sesame seeds on top.



## Sweet Potato & Tofu Tacos

4 servings

40 minutes

### Ingredients

- 2 tbsps Tamari
- 3 tbsps Avocado Oil (divided)
- 2 tbsps Taco Seasoning (divided)
- 3 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 1 1/2 lbs Tofu (extra-firm, pressed, crumbled)
- 1 Sweet Potato (large, chopped into small cubes)
- 1/2 cup Guacamole
- 8 Corn Tortilla (small, warmed)

### Nutrition

Amount per serving	
Calories	494
Fat	25g
Carbs	46g
Fiber	9g
Sugar	4g
Protein	26g
Cholesterol	0mg
Sodium	972mg
Vitamin A	4611IU
Vitamin C	4mg
Calcium	713mg
Iron	6mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a baking sheet. Line a second baking sheet with parchment paper.
- 2 In a large bowl, whisk together the tamari, 2/3 of the oil, half of the taco seasoning, nutritional yeast, salt, and pepper. Add the crumbled tofu and toss well. Transfer to the greased baking sheet and toss well.
- 3 In the same bowl, toss the sweet potato with the remaining oil and the remaining taco seasoning. Transfer to the parchment-lined baking sheet.
- 4 Place both baking sheets in the oven. Cook for 22 to 25 minutes until the tofu is browned and crispy and the sweet potatoes are fork-tender. Toss at the halfway mark.
- 5 Divide the guacamole evenly between the warmed tortillas. Top with tofu and sweet potato. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate the ingredients separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to two tacos.

**Additional Toppings:** Pickled red onion, cilantro, shredded cabbage, hot sauce, and/or lime juice.



## One Pan Paprika Tofu & Veggies

2 servings  
30 minutes

### Ingredients

- 1 Garlic (cloves, minced)
- 1 1/2 tsps Paprika
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 1/2 tbsps Avocado Oil (divided)
- 8 ozs Tofu (firm, patted dry and cubed)
- 1/2 cup Red Onion (sliced)
- 1/2 Yellow Bell Pepper (roughly chopped)
- 2 cups Green Beans (trimmed and halved)

### Nutrition

Amount per serving	
Calories	254
Fat	17g
Carbs	17g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	605mg
Vitamin A	1644IU
Vitamin C	101mg
Calcium	381mg
Iron	4mg

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with foil.
- 2 In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
- 3 Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
- 4 Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
- 5 Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**No Tofu:** Use tempeh or chickpeas in the paprika mixture instead.



## TVP & Rice Stuffed Bell Peppers with Guacamole

2 servings  
1 hour 15 minutes

### Ingredients

1/4 cup Basmati Rice (dry, rinsed)  
1 cup Textured Vegetable Protein (crumbs)  
2 tsps Extra Virgin Olive Oil  
1/4 cup Red Onion (diced)  
1 tsp Tomato Paste  
1/4 cup Corn  
1 tbsp Fajita Seasoning  
Sea Salt & Black Pepper (to taste)  
2 tsps Cilantro (chopped, plus extra for garnish)  
2 Red Bell Pepper (medium, halved, seeds removed)  
1/3 cup Water  
1/2 cup Guacamole

### Nutrition

Amount per serving	
Calories	405
Fat	14g
Carbs	52g
Fiber	14g
Sugar	13g
Protein	23g
Cholesterol	0mg
Sodium	410mg
Vitamin A	4043IU
Vitamin C	161mg
Calcium	108mg
Iron	5mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place the textured vegetable protein (TVP) in a bowl and cover it with boiling water. Cover the bowl and let it sit for ten minutes to rehydrate.
- 3 Heat the oil in a pan over medium-high heat. Add the onion and sauté for five minutes or until softened. Add the rehydrated TVP and cook for another ten minutes until crispy and golden brown.
- 4 Preheat the oven to 400°F (205°C). Add the tomato paste, corn, fajita seasoning, and cooked rice to the pan. Season with salt and pepper, stir, then cook for another five minutes. Remove from the heat and add the cilantro.
- 5 Place the bell peppers in a deep baking dish and stuff them evenly with the TVP and rice mixture. Pour the water into the baking dish and cover the dish with aluminum foil.
- 6 Cook in the oven for 30 to 35 minutes or until the bell peppers are cooked through. Garnish with additional cilantro, serve with guacamole, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. The guacamole is best enjoyed fresh.

**Serving Size:** One serving is approximately two stuffed bell pepper halves and 1/4 cup of guacamole.

**More Flavor:** Add jalapeno and mushrooms to the TVP mixture.

**Additional Toppings:** Fresh squeezed lime juice.



## Roasted Red Pepper & Tahini Beans with Air Fryer Asparagus

2 servings  
20 minutes

### Ingredients

2 cups Asparagus (trimmed)  
1 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
3 tbsps Tahini  
4 ozs Roasted Red Peppers  
1 tbsp Tomato Paste  
1/2 Lemon (medium, juiced, plus extra for garnish)  
1 Garlic (clove)  
2 1/2 cups Cannellini Beans (cooked)  
2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	479
Fat	16g
Carbs	67g
Fiber	20g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1045mg
Vitamin A	2227IU
Vitamin C	36mg
Calcium	191mg
Iron	10mg

### Directions

- 1 Preheat the air fryer to 400°F (205°C). Place the asparagus in the basket, drizzle with oil, and season with salt and pepper. Cook for five to six minutes, or until tender.
- 2 Meanwhile, add the tahini, roasted red pepper, tomato paste, lemon juice, garlic, salt, and pepper to a blender. Blend until smooth, adding a splash of water to thin if needed.
- 3 Transfer the mixture to a pot with the beans and bring to a simmer. Simmer for five minutes or until heated through, stirring occasionally.
- 4 Divide the beans and asparagus evenly between plates. Top with parsley and serve with lemon wedges. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of asparagus and 1 1/2 cups of beans.

**More Flavor:** Add smoked paprika and onion powder to the bean sauce. Top with nutritional yeast.