


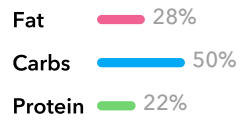


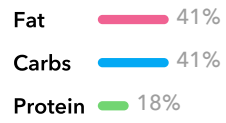
	Mon	Tue	Wed
Breakfast	 Avocado Toast with Tofu Scramble	 Blended Chocolate Chip Cookie Dough Overnight...	 Banana Oat Protein Pancakes
Snack 1	 Green Pea & Edamame Dip	 Edamame Avocado Toast	 Pear & Spinach Smoothie
Lunch	 Lentil & Purple Cabbage Salad	 Buffalo Tempeh Wrap	 Edamame, Broccoli & Chickpea Pasta Salad
Snack 2	 Pineapple Spinach Smoothie	 No Bake Apple, Oat & Almond Butter Bars	 Maple Cinnamon Chickpea Snack Box
Dinner	 Lentil & Spinach Soup	 Lentil & Chickpea Pasta Salad	 Tofu & Lentil Stir Fry with Veggies

Mon



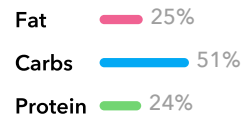
Calories	1767
Fat	57g
Carbs	229g
Fiber	46g
Sugar	43g
Protein	101g
Cholesterol	4mg
Sodium	1312mg
Vitamin A	12300IU
Vitamin C	182mg
Calcium	1242mg
Iron	26mg

Tue



Calories	2253
Fat	107g
Carbs	243g
Fiber	63g
Sugar	48g
Protein	106g
Cholesterol	2mg
Sodium	1875mg
Vitamin A	7827IU
Vitamin C	103mg
Calcium	1205mg
Iron	28mg

Wed



Calories	2315
Fat	68g
Carbs	305g
Fiber	83g
Sugar	95g
Protein	145g
Cholesterol	9mg
Sodium	1899mg
Vitamin A	21782IU
Vitamin C	146mg
Calcium	2100mg
Iron	32mg

Fruits

- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1/2 Lemon
- 3 tbsps Lemon Juice
- 1 Pear
- 1 cup Pineapple
- 1 cup Strawberries

Breakfast

- 2/3 cup Almond Butter
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1/3 cup Almonds
- 1/3 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1 1/4 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/4 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tsps Sesame Seeds
- 1/2 tsp Smoked Paprika

Frozen

- 2 1/8 cups Frozen Edamame
- 1/3 cup Frozen Peas
- 2 cups Frozen Vegetable Mix
- 4 Ice Cubes

Vegetables

- 2 cups Baby Kale
- 4 1/2 cups Baby Spinach
- 1 cup Broccoli
- 1 Carrot
- 1 stalk Celery
- 1/2 cup Cilantro
- 1 Cucumber
- 5 Garlic
- 1 stalk Green Onion
- 1/2 cup Parsley
- 1 1/2 cups Purple Cabbage
- 1 Red Bell Pepper
- 2 tsps Red Onion
- 4 leaves Romaine
- 1/4 cup Shallot
- 1 Yellow Onion

Boxed & Canned

- 8 ozs Chickpea Pasta
- 1 1/2 cups Chickpeas
- 2 1/3 cups Dry Green Lentils
- 2 3/4 cups Lentils
- 7 cups Vegetable Broth, Low Sodium

Baking

- 1 tsp Baking Powder
- 2 tsps Dark Chocolate Chips
- 1 1/2 tsps Nutritional Yeast
- 1 cup Oat Flour
- 2 1/2 cups Oats
- 1 cup Pitted Dates
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 6 ozs Silken Tofu
- 5 1/4 ozs Sourdough Bread
- 8 ozs Tempeh
- 4 ozs Tofu
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tsps Balsamic Vinaigrette
- 1 tbsp Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 3 tsps Hot Sauce
- 1/2 oz Pickled Red Onions
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 2 tsps Tahini
- 3 tsps Vegan Ranch Dressing

Cold

- 1 1/4 cups Soy Milk
- 3 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 4 ozs Apple Chips
- 1 1/2 cups Vanilla Protein Powder
- 2 tsps Water



Avocado Toast with Tofu Scramble

1 serving
15 minutes

Ingredients

6 ozs Silken Tofu (drained)
1 1/2 tsps Nutritional Yeast
1/2 tsp Garlic Powder
1/4 tsp Paprika
1/8 tsp Sea Salt
1 3/4 ozs Sourdough Bread (toasted)
1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	402
Fat	19g
Carbs	40g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	563mg
Vitamin A	430IU
Vitamin C	11mg
Calcium	70mg
Iron	4mg

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 2 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

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

More Flavor: Add black pepper, turmeric, and black salt.

Additional Toppings: Serve it with salsa or fresh fruit.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Blended Chocolate Chip Cookie Dough Overnight Oats

2 servings

8 hours 10 minutes

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Almond Butter
- 1/8 tsp Sea Salt
- 2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	484
Fat	23g
Carbs	48g
Fiber	11g
Sugar	8g
Protein	22g
Cholesterol	2mg
Sodium	284mg
Vitamin A	312IU
Vitamin C	0mg
Calcium	616mg
Iron	4mg

Directions

- 1 In a blender, add the oats, chia seeds, milk, yogurt, protein powder, almond butter, and salt. Blend until smooth.
- 2 Pour into a container and stir in the chocolate chips. Seal the container and place it the fridge overnight or for at least eight hours.
- 3 Divide the oats evenly between bowls or containers. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 3/4 cups.

More Flavor: Add a pinch of nutmeg and/or cinnamon.

Additional Toppings: Additional almond butter, sliced banana or another fruit.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



Banana Oat Protein Pancakes

2 servings
15 minutes

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Green Pea & Edamame Dip

2 servings
10 minutes

Ingredients

2/3 cup Frozen Edamame
1/3 cup Frozen Peas
2 tbsps Tahini
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
1/2 Lemon (juiced)
2 tbsps Water
1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	132
Fat	9g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	27mg
Vitamin A	483IU
Vitamin C	7mg
Calcium	72mg
Iron	2mg

Directions

- 1 Add the edamame and peas to boiling water for three minutes or until tender. Drain and add to a food processor.
- 2 Add all of the remaining ingredients except for the oil to the food processor. Blend until smooth, scraping down the sides as needed.
- 3 Add the dip into a serving bowl and drizzle the oil on top. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup.

More Flavor: Add caramelized onions.

Additional Toppings: Sesame seeds.

Serve it With: Pita, tortilla chips, crackers, and/or raw veggies.



Edamame Avocado Toast

2 servings
10 minutes

Ingredients

- 1/2 cup Frozen Edamame
- 1 Avocado (medium, mashed)
- 3 1/2 ozs Sourdough Bread (toasted)
- 1/2 oz Pickled Red Onions
- 1 tsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	343
Fat	18g
Carbs	37g
Fiber	10g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	339mg
Vitamin A	262IU
Vitamin C	14mg
Calcium	51mg
Iron	3mg

Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Set aside.
- 2 Spread the avocado on the toast and top with the edamame, red onions, and sesame seeds. Enjoy!

Notes

Leftovers: Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size: One serving is one piece of toast.

Additional Toppings: Sprinkle with chilli flakes.

Gluten-Free: Use gluten-free bread.

More Flavor: Top with olive oil or flavor-infused oil.



Pear & Spinach Smoothie

1 serving
5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 Pear (cored and chopped)
- 1 1/2 cups Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	345
Fat	12g
Carbs	37g
Fiber	13g
Sugar	18g
Protein	27g
Cholesterol	4mg
Sodium	278mg
Vitamin A	4889IU
Vitamin C	20mg
Calcium	822mg
Iron	4mg

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 2 1/2 cups.



Lentil & Purple Cabbage Salad

3 servings
40 minutes

Ingredients

- 1 cup Dry Green Lentils (rinsed)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup Shallot (finely chopped)
- 1 Carrot (medium, finely diced)
- 1 stalk Celery (medium, finely diced)
- 1/3 cup Almonds (roasted, chopped)
- 1/2 cup Parsley (chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	395
Fat	13g
Carbs	53g
Fiber	11g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	48mg
Vitamin A	4833IU
Vitamin C	46mg
Calcium	116mg
Iron	6mg

Directions

- 1 Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water then add to a large serving bowl.
- 2 Add the remaining ingredients to the bowl and toss to coat. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add more nuts, seeds, and/or fresh herbs like chives and basil.



Buffalo Tempeh Wrap

2 servings
20 minutes

Ingredients

- 8 ozs Tempeh (sliced)
- 1 tbsp Avocado Oil
- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Hot Sauce
- 2 Whole Wheat Tortilla (large)
- 3 tbsps Vegan Ranch Dressing
- 4 leaves Romaine (chopped)
- 1/2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	598
Fat	41g
Carbs	35g
Fiber	9g
Sugar	2g
Protein	29g
Cholesterol	0mg
Sodium	932mg
Vitamin A	5236IU
Vitamin C	7mg
Calcium	256mg
Iron	5mg

Directions

- 1 Place the tempeh in a large baking dish or bowl. Add the oil, then add the garlic powder, smoked paprika, salt, and pepper. Toss gently to combine.
- 2 Heat a non-stick pan over medium heat and add the tempeh. Cook for eight to 10 minutes, flipping halfway through. Remove, brush with hot sauce, and set aside.
- 3 To assemble, top each tortilla with ranch, romaine, tempeh, and avocado. Roll tightly into a wrap and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one wrap.

Additional Toppings: Red onion, bell peppers, and/or cucumber.

Gluten-Free: Use a gluten-free tortilla or lettuce wraps instead. Alternatively, use gluten-free bread to make it a sandwich.



Edamame, Broccoli & Chickpea Pasta Salad

2 servings
25 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1 cup Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Italian Seasoning
1 tbsp Hemp Seeds
1 tbsp Nutritional Yeast
1 cup Frozen Edamame (thawed)
1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	475
Fat	24g
Carbs	46g
Fiber	15g
Sugar	9g
Protein	29g
Cholesterol	0mg
Sodium	94mg
Vitamin A	594IU
Vitamin C	47mg
Calcium	129mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
- 2 In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
- 3 Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add chopped toasted almonds.

Additional Toppings: Season with fresh herbs like basil and/or dill.



Pineapple Spinach Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 2 1/2 cups.

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



No Bake Apple, Oat & Almond Butter Bars

8 servings
2 hours 20 minutes

Ingredients

- 1/2 cup Almond Butter (runny)
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1 1/2 cups Oats (rolled)
- 4 ozs Apple Chips (soft, chopped)
- 1/4 cup Hemp Seeds
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1 cup Pitted Dates (soaked)

Nutrition

Amount per serving	
Calories	284
Fat	13g
Carbs	38g
Fiber	6g
Sugar	21g
Protein	8g
Cholesterol	0mg
Sodium	44mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	106mg
Iron	2mg

Directions

- 1 In a bowl, combine the almond butter, maple syrup, and vanilla, and stir until smooth. Add the oats, apple chips, hemp seeds, chia seeds, cinnamon, and salt. Mix until well combined.
- 2 In a food processor, blend the dates until they form into a soft and smooth ball. Add to the oat mixture and mix to combine well.
- 3 Line a baking dish with parchment paper. Add the bar mixture to the baking dish and spread it out into an even layer. Firmly press the mix down to flatten.
- 4 Refrigerate for two to three hours or until set. Cut evenly into bars and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: An 8 x 8 inch (20 cm x 20 cm) pan was used to make eight servings. One serving is one bar.

No Almond Butter: Use peanut or cashew butter instead.



Maple Cinnamon Chickpea Snack Box

2 servings
45 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 cup Strawberries
- 1 cup Blackberries

Nutrition

Amount per serving	
Calories	337
Fat	4g
Carbs	67g
Fiber	15g
Sugar	31g
Protein	12g
Cholesterol	0mg
Sodium	604mg
Vitamin A	200IU
Vitamin C	59mg
Calcium	136mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the chickpeas onto the baking sheet and pat them dry. Bake for 25 minutes.
- 3 Remove the chickpeas from the oven and carefully transfer them to a mixing bowl. Add the maple syrup, cinnamon, and sea salt and toss to combine. Spread the chickpeas back onto the baking sheet and bake for an additional 10 to 15 minutes or until golden.
- 4 Arrange the roasted chickpeas, strawberries, and blackberries into containers. Enjoy!

Notes

Leftovers: Store the chickpeas in an airtight container in the pantry for up to three days. When ready to eat, serve with fruit.

Serving Size: One serving is equal to approximately 3/4 cup chickpeas and one cup of strawberries and blackberries.

Mix Up the Fruit: Use other fruits like blueberries, pineapple, mango and papaya.



Lentil & Spinach Soup

2 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 cups Dry Green Lentils
- 7 cups Vegetable Broth, Low Sodium
- 1 tsp Cumin
- 2 cups Baby Spinach (chopped)
- 2 tbsps Lemon Juice
- 1/2 cup Cilantro (chopped)
- 1/4 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	579
Fat	9g
Carbs	96g
Fiber	16g
Sugar	15g
Protein	33g
Cholesterol	0mg
Sodium	425mg
Vitamin A	3146IU
Vitamin C	31mg
Calcium	118mg
Iron	12mg

Directions

- 1 Heat the oil in a large pot over medium-high heat.
- 2 Add the onion and the garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 3 Add the lentils, vegetable broth, cumin, and spinach to the pot and stir to combine.
- 4 Bring to a boil, then reduce the heat and let simmer for 20 to 25 minutes, or until the lentils are tender.
- 5 Stir in the lemon juice and the cilantro and top with chili flakes, if desired. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add more vegetables like celery, carrots, and cabbage. Add sea salt to taste or use regular broth.



Lentil & Chickpea Pasta Salad

2 servings
15 minutes

Ingredients

4 ozs Chickpea Pasta
2 cups Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Red Bell Pepper (diced)
1/2 Cucumber (diced)
1/4 cup Pitted Kalamata Olives (finely chopped)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.

Nutrition

Amount per serving	
Calories	544
Fat	12g
Carbs	85g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2013IU
Vitamin C	82mg
Calcium	176mg
Iron	14mg



Tofu & Lentil Stir Fry with Veggies

1 serving
25 minutes

Ingredients

1 1/2 tsps Sesame Oil
4 ozs Tofu (firm, drained, cubed)
2 cups Frozen Vegetable Mix
3/4 cup Lentils (rinsed and drained)
1 tbsp Coconut Aminos
1 1/2 tsps Rice Vinegar
1/4 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
1 stalk Green Onion (chopped)
1 1/2 tsps Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.