



Seeds, Nuts & Spices

- 2 2/3 tbsps Taco Seasoning

Frozen

- 3 cups Frozen Broccoli
- 2 cups Frozen Edamame

Vegetables

- 2 cups Purple Cabbage
- 2 Red Bell Pepper
- 2 Sweet Potato
- 1/2 White Onion
- 1 Zucchini

Boxed & Canned

- 2 cups Black Beans
- 3 cups Fire Roasted Diced Tomatoes
- 2/3 cup Jasmine Rice
- 1 1/2 cups Quinoa
- 1/4 cup Salsa
- 14 ozs Soy Curls

Baking

- 1 tbsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- 6 ozs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 2 tpsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 1/3 tbsps Sesame Oil
- 1 tbsp Sriracha
- 3 1/3 tbsps Tamari

Cold

- 1/2 cup Orange Juice



Tofu & Black Bean Taco Bowl

2 servings
25 minutes

Ingredients

- 1/2 cup Quinoa
- 1 tbsp Avocado Oil (divided)
- 1 1/2 tsps Tamari
- 2 tsps Taco Seasoning
- 6 ozs Tofu (crumbled)
- 1 cup Black Beans (cooked)
- 1 tbsp Nutritional Yeast
- 1/4 cup Salsa
- 1 Sweet Potato (peeled and diced)

Nutrition

Amount per serving	
Calories	497
Fat	15g
Carbs	68g
Fiber	15g
Sugar	5g
Protein	27g
Cholesterol	0mg
Sodium	792mg
Vitamin A	9382IU
Vitamin C	2mg
Calcium	326mg
Iron	7mg

Directions

- 1 Prep veggies/ starch that you are using. Preheat oven to 400 F. Add prepped veggies of choice to a parchment lined baking sheet. I used diced sweet potatoes. Drizzle with avocado oil. Cook for 30 minutes, tossing halfway.
- 2 Cook the quinoa according to package directions. Place aside.
- 3 In a large mixing bowl, whisk together half of the oil, tamari, and taco seasoning.
- 4 Add the tofu into the bowl, mix to coat.
- 5 Heat the remaining oil in a large skillet over medium-high heat. Add the tofu mixture and cook for five to seven minutes or until dry and the moisture has evaporated.
- 6 Add the beans, salsa, and nutritional yeast. Cook for about two minutes or until warmed through, and the salsa liquid has cooked off.
- 7 Serve with toppings of choice, which as guacamole.

Notes

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

Serving Size: One serving is two tacos.

Additional Toppings: Tomatoes, jalapeños, your favorite cheese, sour cream, and/or shredded cabbage.



Soy Curl & Black Bean Taco Soup

4 servings
35 minutes

Ingredients

1 cup Quinoa (dry, rinsed)
6 ozs Soy Curls
1/2 White Onion (diced)
1 cup Black Beans
2 tbsps Taco Seasoning
3 cups Fire Roasted Diced Tomatoes
(from the can, with juices)

Nutrition

Amount per serving	
Calories	421
Fat	9g
Carbs	59g
Fiber	13g
Sugar	9g
Protein	26g
Cholesterol	0mg
Sodium	805mg
Vitamin A	758IU
Vitamin C	10mg
Calcium	169mg
Iron	8mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Soak the soy curls - fill a large bowl or large measuring cup with hot water. Let soak for 10 minutes. Dump the water after soaking. Next, heat a large pot on medium-high heat. Squeeze out excess water from the soy curls by hand and add them to the pot. Stir often to make sure they get an even cook. Add half of the taco seasoning while they are cooking.
- 3 In a large pot, add oil and then add the diced onion and cook until they turn translucent, about 4-5 minutes. Next, add the beans, rest of the taco seasoning, tomatoes and broth. Let come to a boil and then turn down to a simmer. Cook for 10 minutes.
- 4 Add the soy curls to the pot and let cook for 5 to 10 minutes more.
- 5 Combine with the quinoa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

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

More Flavor: Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

Additional Toppings: Hot sauce and/or cheese.

Dairy-Free: Omit the yogurt.



Orange Soy Curl Bowl

3 servings
30 minutes

Ingredients

- 1 Sweet Potato (peeled and diced)
- 1 Red Bell Pepper (sliced)
- 2 cups Purple Cabbage (shredded)
- 8 ozs Soy Curls
- 1/2 cup Orange Juice
- 1 1/2 tbsps Tamari
- 1 tbsp Sesame Oil
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	33g
Fiber	11g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	545mg
Vitamin A	8134IU
Vitamin C	106mg
Calcium	99mg
Iron	8mg

Directions

- 1 Prep veggies/ starch that you are using. Preheat oven to 400 F. Add prepped veggies of choice to a parchment lined baking sheet. I used diced sweet potatoes, sliced red peppers and shredded cabbage. Drizzle with avocado oil. Cook for 30 minutes, tossing halfway.
- 2 Soak the soy curls - fill a large bowl or large measuring cup with hot water. Let soak for 10 minutes. Dump the water after soaking. Next, combine the orange juice, tamari and sesame oil in a zipper-lock bag or shallow bowl. Add the soy curls and marinate for at least 15 minutes or up to overnight. Panfry the soy curls in a frying pan after they are marinated, until they are browned. Combined with the veggies. Enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Edamame & Veggie Rice Bowl

3 servings
30 minutes

Ingredients

2/3 cup Jasmine Rice (dry)
2 cups Frozen Edamame
3 cups Frozen Broccoli
1 Red Bell Pepper (chopped)
1 Zucchini (sliced)
1 1/3 tbsps Tamari (divided)
2 tsps Extra Virgin Olive Oil
1 tbsp Rice Vinegar
1 tbsp Sriracha
1 tsp Sesame Oil

Nutrition

Amount per serving	
Calories	370
Fat	11g
Carbs	55g
Fiber	10g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	628mg
Vitamin A	2415IU
Vitamin C	152mg
Calcium	124mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions. Place aside.
- 2 Preheat the oven to 375°F. Line a baking sheet with parchment paper.
- 3 Place the broccoli, red peppers, zucchini and edamame on the baking sheet. Mix together 3/4 of the tamari, oil, and rice vinegar. Pour the marinade onto the veggies and edamame. Mix well with your hands. Bake for 15 to 20 minutes.
- 4 Meanwhile, mix the sriracha, sesame oil, and remaining coconut aminos together to create a sauce.
- 5 Divide the rice evenly between bowls and add the veggies and edamame on top. Serve with the sriracha sauce and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of cooked quinoa, one cup of broccoli, and 1 1/3 cup of edamame.

More Flavor: Add minced garlic and shallot to the marinade.

Additional Toppings: Chopped green onions, sliced almonds, chopped cilantro, and/or chili pepper flakes.

No Coconut Aminos: Use soy sauce or tamari instead.