



Same Ingredients, 3 Meals

Seeds, Nuts & Spices

- ☐ 1 tbsp Curry Powder
- ☐ 1 tbsp Italian Seasoning

Vegetables

- ☐ 8 cups Baby Spinach
- ☐ 5 Beet
- ☐ 2 Garlic
- ☐ 2 Parsnip
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 8 ozs Chickpea Pasta
- ☐ 4 2/3 cups Chickpeas
- ☐ 2 cups Diced Tomatoes
- ☐ 2 1/3 cups Quinoa

Baking

- ☐ 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 2 1/3 lbs Tofu

Condiments & Oils

- ☐ 3 tbsps Avocado Oil

Cold

- ☐ 2 cups Hummus

Other

- ☐ 1 3/4 cups Water



Chickpea & Tofu Curry

4 servings
20 minutes

Ingredients

1 tbsp Avocado Oil
1 Yellow Onion (medium, diced)
2 Garlic (cloves, chopped)
9 ozs Tofu (firm, drained, cubed)
2 2/3 cups Chickpeas (from the can, drained and rinsed)
2 cups Diced Tomatoes (from the can, with the juices)
1/2 cup Water
1 tbsp Curry Powder
3 cups Baby Spinach
1 cup Quinoa

Nutrition

Amount per serving	
Calories	469
Fat	13g
Carbs	67g
Fiber	15g
Sugar	11g
Protein	24g
Cholesterol	0mg
Sodium	53mg
Vitamin A	2645IU
Vitamin C	20mg
Calcium	320mg
Iron	9mg

Directions

- 1 Cook quinoa according to package directions. Set aside.
- 2 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 3 Add the tofu, chickpeas, tomatoes, water, and curry powder. Stir to combine.
- 4 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the spinach. Divide evenly between bowls, on top of the quinoa. Enjoy!

Notes

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

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



Tofu & Roasted Veggie Bowl

5 servings
 35 minutes

Ingredients

- 1 1/3 cups Quinoa (dry, rinsed)
- 1 cup Hummus
- 1/3 cup Water
- 1 1/2 lbs Tofu (extra-firm, pressed, cubed)
- 1 1/2 cups Chickpeas (cooked)
- 2 tbsps Avocado Oil
- 1 tbsp Italian Seasoning
- 2 Parsnip (sliced)
- 3 Beet (sliced)
- 5 cups Baby Spinach

Nutrition

Amount per serving	
Calories	600
Fat	26g
Carbs	68g
Fiber	15g
Sugar	10g
Protein	31g
Cholesterol	0mg
Sodium	290mg
Vitamin A	2860IU
Vitamin C	20mg
Calcium	515mg
Iron	9mg

Directions

- 1 Cook the quinoa according to the package directions. Meanwhile, preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a jar, combine the hummus and water. Shake to combine. Set aside.
- 3 Add the tofu, chickpeas, parsnips and beets on the prepared baking sheet. Drizzle with avocado oil and sprinkle with Italian seasoning.
- 4 Transfer the baking sheet to the oven and bake for 25 minutes, flipping the tofu and tossing the chickpeas and veggies halfway. Divide the cooked quinoa, tofu, chickpeas, beets, parsnips and spinach evenly into bowls and add dressing. Enjoy!

Notes

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

Serving Size: One serving is approximately 2/3 cup of quinoa, 3/4 cup of tofu, 1/3 cup of chickpeas, half a cup of broccoli, and 1/4 cup of sauce.

More Flavor: Cook the quinoa in vegetable broth.

Additional Toppings: Crushed peanuts and/or cilantro.



Roasted Beet Hummus Pasta

4 servings

1 hour

Ingredients

8 ozs Chickpea Pasta
 2 Beet (sliced)
 1 cup Hummus
 1/2 cup Chickpeas
 1 cup Water (cold)
 4 ozs Tofu
 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	426
Fat	17g
Carbs	52g
Fiber	15g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	370mg
Vitamin A	33IU
Vitamin C	2mg
Calcium	174mg
Iron	9mg

Directions

- 1 Cook pasta according to package directions. Place aside.
- 2 Preheat the oven to 400°F (205°C). Place sliced beet parchment paper. Roast in the oven for 20-25 minutes.
- 3 In a food processor, combine the beets, hummus, chickpea, tofu, nutritional yeast and water. Blend on high until very smooth, about one to two minutes.
- 4 Combine the pasta with the hummus pasta sauce. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/4 cup of hummus with 1.5 oz (40g) of crackers.

Additional Toppings: Drizzle olive oil on top before serving.

Smooth Hummus: For extra smooth hummus, blend in the food processor for a few minutes and add more water if needed to thin.