



Fruits

1 Avocado

Seeds, Nuts & Spices

1/2 tsp Black Pepper
 1/2 cup Chili Powder
 2 2/3 tbsps Cumin
 1 tbsp Garlic Powder
 1 tsp Oregano
 2 tbsps Sea Salt
 3 tbsps Smoked Paprika

Frozen

1 cup Frozen Corn

Vegetables

1 head Cauliflower
 1/2 Green Bell Pepper
 1 head Iceberg Lettuce
 2 Jalapeno Pepper
 4 cups Kale Leaves
 6 Red Bell Pepper
 3 cups Red Onion
 1 Sweet Onion
 3 Yellow Onion

Boxed & Canned

5 cups Black Beans
 1 cup Brown Rice
 3 cups Diced Tomatoes
 1 cup Jasmine Rice
 1/4 cup Salsa
 1/3 cup Tomato Paste
 9 cups Vegetable Broth

Baking

3/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

6 cups Textured Vegetable Protein
 4 Whole Wheat Tortilla

Condiments & Oils

1 1/2 cups Soy Sauce, Low Sodium

Other

4 cups Water



Veggie Burrito

4 servings

15 minutes

Ingredients

1 Yellow Onion (diced)
 2 cups Textured Vegetable Protein
 1/4 cup Nutritional Yeast
 2 tbsps Chili Powder
 1 tbsp Smoked Paprika
 2 tsps Cumin
 1 tsp Garlic Powder
 3 cups Vegetable Broth
 1/2 cup Soy Sauce, Low Sodium
 2 tbsps Tomato Paste
 1 cup Black Beans
 2 Red Bell Pepper (sliced)
 1 cup Red Onion (sliced)
 4 Whole Wheat Tortilla

Directions

- 1 Heat a large nonstick skillet over medium-high heat and cook the onion for 1-2 minutes. Add 1-2 Tbsp. of water or veggie broth to prevent sticking.
- 2 Stir in the TVP, nutritional yeast, chili powder, smoked paprika, cumin, and garlic powder. Cook for 30-45 seconds until the spices become fragrant.
- 3 Add the vegetable broth, soy sauce, tomato paste and black beans. Stir until everything is well combined.
- 4 Reduce the heat to low, cover, and let simmer for 3-5 minutes. All of the liquid should be absorbed, and the mixture should resemble ground beef.
- 5 Prepare the peppers and onion. Add these onto a baking sheet and roast for 25-30 minutes at 400 F.
- 6 Freeze the TVP 'meat', peppers, onions and rice separately in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl. Add to a tortilla and enjoy!

Nutrition

Amount per serving	
Calories	427
Fat	6g
Carbs	62g
Fiber	21g
Sugar	16g
Protein	36g
Cholesterol	0mg
Sodium	2051mg
Vitamin A	4422IU
Vitamin C	81mg
Calcium	267mg
Iron	10mg



Burrito Salad

4 servings

15 minutes

Ingredients

1 Yellow Onion (diced)
 2 cups Textured Vegetable Protein
 1/4 cup Nutritional Yeast
 2 tbsps Chili Powder
 1 tbsp Smoked Paprika
 2 tsps Cumin
 1 tsp Garlic Powder
 3 cups Vegetable Broth
 1/2 cup Soy Sauce, Low Sodium
 2 tbsps Tomato Paste
 1 cup Black Beans
 2 Red Bell Pepper (sliced)
 1 cup Red Onion (sliced)
 1 head Cauliflower (florets removed)
 1 head Iceberg Lettuce (chopped)

Directions

- 1 Heat a large nonstick skillet over medium-high heat and cook the onion for 1-2 minutes. Add 1-2 Tbsp. of water or veggie broth to prevent sticking.
- 2 Stir in the TVP, nutritional yeast, chili powder, smoked paprika, cumin, and garlic powder. Cook for 30-45 seconds until the spices become fragrant.
- 3 Add the vegetable broth, soy sauce, tomato paste and black beans. Stir until everything is well combined.
- 4 Reduce the heat to low, cover, and let simmer for 3-5 minutes. All of the liquid should be absorbed, and the mixture should resemble ground beef.
- 5 Prepare the peppers, onion and cauliflower. Add these onto a baking sheet and roast for 25-30 minutes at 400 F.
- 6 Freeze the TVP 'meat', peppers, onions and cauliflower separately in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl. Add lettuce and topping choices. Enjoy!

Nutrition

Amount per serving	
Calories	356
Fat	3g
Carbs	55g
Fiber	22g
Sugar	20g
Protein	36g
Cholesterol	0mg
Sodium	1855mg
Vitamin A	5096IU
Vitamin C	156mg
Calcium	224mg
Iron	10mg



Veggie Burrito Bowl

4 servings

15 minutes

Ingredients

1 cup Jasmine Rice
 1 Yellow Onion (diced)
 2 cups Textured Vegetable Protein
 1/4 cup Nutritional Yeast
 2 tbsps Chili Powder
 1 tbsp Smoked Paprika
 2 tsps Cumin
 1 tsp Garlic Powder
 3 cups Vegetable Broth
 1/2 cup Soy Sauce, Low Sodium
 2 tbsps Tomato Paste
 1 cup Black Beans
 2 Red Bell Pepper (sliced)
 1 cup Red Onion (sliced)

Directions

- 1 Heat a large nonstick skillet over medium-high heat and cook the onion for 1-2 minutes. Add 1-2 Tbsp. of water or veggie broth to prevent sticking.
- 2 Stir in the TVP, nutritional yeast, chili powder, smoked paprika, cumin, and garlic powder. Cook for 30-45 seconds until the spices become fragrant.
- 3 Add the vegetable broth, soy sauce, tomato paste and black beans. Stir until everything is well combined.
- 4 Reduce the heat to low, cover, and let simmer for 3-5 minutes. All of the liquid should be absorbed, and the mixture should resemble ground beef.
- 5 Prepare the peppers and onion. Add these onto a baking sheet and roast for 25-30 minutes at 400 F.
- 6 Cook the rice according to package directions. Set aside.
- 7 Freeze the TVP 'meat', peppers, onions and rice separately in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl. Enjoy!

Nutrition

Amount per serving	
Calories	460
Fat	2g
Carbs	82g
Fiber	18g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	1798mg
Vitamin A	4419IU
Vitamin C	81mg
Calcium	167mg
Iron	9mg



Slow Cooker Burrito Soup

6 servings

4 hours

Ingredients

2 cups Black Beans (cooked, drained and rinsed)
 3 cups Diced Tomatoes
 1 Sweet Onion (diced)
 1 cup Frozen Corn
 1/2 Green Bell Pepper (diced)
 2 Jalapeno Pepper (de-seeded and diced)
 2 tbsps Chili Powder
 2 tps Cumin
 1 tsp Oregano
 1/2 tsp Black Pepper
 2 tps Sea Salt
 1 cup Brown Rice (uncooked)
 4 cups Water
 4 cups Kale Leaves (chopped)
 1 Avocado (peeled and diced)
 1/4 cup Salsa

Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Freeze the soup in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl. Defrost with rice and TVP 'meat'.

Notes

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

Serving Size: One serving is roughly 2 cups.

Nutrition

Amount per serving	
Calories	330
Fat	7g
Carbs	57g
Fiber	13g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	982mg
Vitamin A	2222IU

Vitamin C	46mg
Calcium	130mg
Iron	4mg