

Mon

Breakfast



Strawberry Yogurt Parfait

Snack 1



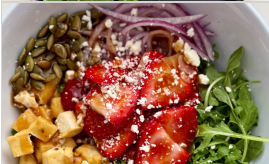
Strawberry Spinach Muffins

Lunch



Strawberry & Feta Avocado
Toast

Dinner



Spring Strawberry Tofu Bowl

Mon

Fat  39%

Carbs  40%

Protein  21%

Calories	1477
Fat	65g
Carbs	152g
Fiber	49g
Sugar	24g
Protein	81g
Cholesterol	26mg
Sodium	862mg
Vitamin A	1262IU
Vitamin C	125mg
Calcium	969mg
Iron	18mg

Fruits

- 1/2 Avocado
- 1 Banana
- 1/4 Lime
- 3 1/4 cups Strawberries

Breakfast

- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Pumpkin Seeds

Vegetables

- 4 cups Arugula
- 1 cup Baby Spinach
- 2/3 cup Red Onion

Boxed & Canned

- 1 1/2 cups Chickpeas
- 1/2 cup Lite Coconut Milk
- 1 cup Quinoa
- 1/2 cup White Navy Beans

Baking

- 2 tpsps Baking Powder
- 2/3 cup Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1/3 cup Feta Cheese
- 2 slices Protein Bread
- 14 ozs Tofu

Condiments & Oils

- 1/4 cup Balsamic Dressing
- 1/4 cup Tahini

Cold

- 1 1/2 cups Soy Yogurt

Other

- 1/4 cup Vanilla Protein Powder



Strawberry Yogurt Parfait

2 servings
10 minutes

Ingredients

- 1 1/2 cups Soy Yogurt
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1 cup Strawberries (from California, sliced)
- 2 tbsps Chia Seeds
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	343
Fat	21g
Carbs	23g
Fiber	8g
Sugar	4g
Protein	24g
Cholesterol	2mg
Sodium	23mg
Vitamin A	10IU
Vitamin C	42mg
Calcium	208mg
Iron	3mg

Directions

- 1 Add the yogurt and protein powder to a large bowl. Mix well.
- 2 Layer the yogurt, California strawberries, seeds and almond butter evenly between bowls. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

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

No Hand Mixer: Stir well using a spoon. The texture will vary.



Strawberry Spinach Muffins

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 cup Baby Spinach
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 cup Strawberries (from California, diced)
1 tsp Vanilla Extract
1 tsp Baking Powder
1/2 cup Lite Coconut Milk

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 Distribute batter in a greased muffin tin and bake on 350 degrees F for 20 minutes.

Nutrition

Amount per serving	
Calories	135
Fat	6g
Carbs	18g
Fiber	4g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	70mg
Vitamin A	335IU
Vitamin C	12mg
Calcium	82mg
Iron	2mg



Strawberry & Feta Avocado Toast

1 serving
10 minutes

Ingredients

- 1/2 Avocado (medium)
- 1/2 cup White Navy Beans
- 1/4 Lime (juiced)
- 2 slices Protein Bread (sliced, toasted)
- 1/4 cup Strawberries (sliced, from California)
- 1 1/2 tbsps Feta Cheese (crumbled)
- 2 tbsps Red Onion (sliced)

Nutrition

Amount per serving	
Calories	508
Fat	19g
Carbs	54g
Fiber	29g
Sugar	4g
Protein	24g
Cholesterol	13mg
Sodium	609mg
Vitamin A	216IU
Vitamin C	37mg
Calcium	156mg
Iron	6mg

Directions

- 1 Smash together the avocado with the white beans. Add in lime juice. Spread on top of the toast.
- 2 Add the California strawberries, onion and feta cheese on top and enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is equal to one slice of toast.

Additional Toppings: Top with arugula.

Dairy-Free: Omit the feta cheese or use plant-based cheese instead.

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



Spring Strawberry Tofu Bowl

3 servings
30 minutes

Ingredients

- 1 cup Quinoa
- 14 ozs Tofu (About one package)
- 1 cup Strawberries (from California, sliced)
- 4 cups Arugula
- 1/2 cup Red Onion (sliced)
- 1/4 cup Feta Cheese
- 1/4 cup Pumpkin Seeds
- 1/4 cup Balsamic Dressing

Nutrition

Amount per serving	
Calories	491
Fat	19g
Carbs	57g
Fiber	8g
Sugar	12g
Protein	28g
Cholesterol	11mg
Sodium	160mg
Vitamin A	701IU
Vitamin C	34mg
Calcium	523mg
Iron	7mg

Directions

- 1 Cook quinoa according to package directions. Place aside.
- 2 To prep tofu, drain liquid from the container and use paper towel or kitchen towel to remove excess water. Wrap tofu with fresh paper towel and place a heavy book on top for about 15 minutes (pressing process to remove moisture). Next, cube the tofu and bake in air fryer for 10 minutes at 400 F.
- 3 Assemble bowls by dividing the ingredients between bowls. Drizzle with balsamic dressing.