



Fruits

- ☐ 1 Lime
- ☐ 1 Peach

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 2 tsps Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 1 tsp Smoked Paprika

Vegetables

- ☐ 1 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 cups Coleslaw Mix
- ☐ 2 stalks Green Onion
- ☐ 2 Jalapeno Peppers
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Red Onion

Boxed & Canned

- ☐ 1 lb Chickpea Pasta
- ☐ 3 cups Corn
- ☐ 2 cups Green Lentils

Baking

- ☐ 1 tsp Baking Powder
- ☐ 1/3 cup Cocoa Powder
- ☐ 1/2 cup Coconut Sugar
- ☐ 1/3 cup Dark Chocolate Chips
- ☐ 1 oz Graham Crackers
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 cup Oat Flour
- ☐ 1/2 cup Oats
- ☐ 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 4 Protein Tortilla

Condiments & Oils

- ☐ 1 1/3 tbsps Apple Cider Vinegar
- ☐ 1 oz Avocado Oil Spray
- ☐ 1/4 cup Coconut Oil
- ☐ 1 oz Pickled Red Onions
- ☐ 2 tbsps Tamari
- ☐ 2 cups Tomato Sauce

Cold

- ☐ 1 cup Hummus
- ☐ 2 cups Soy Milk
- ☐ 3/4 cup Soy Yogurt

Other

- ☐ 1/3 cup Chocolate Protein Powder
- ☐ 1/4 cup Vanilla Protein Powder



Peach Cheesecake Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Soy Yogurt
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Maple Syrup
- 1/2 cup Oats
- 1 tbsp Chia Seeds
- 1 Peach (sliced - from Ontario)
- 1 tsp Cinnamon
- 1 oz Graham Crackers (crumbled)

Nutrition

Amount per serving	
Calories	672
Fat	14g
Carbs	103g
Fiber	15g
Sugar	41g
Protein	39g
Cholesterol	4mg
Sodium	338mg
Vitamin A	498IU
Vitamin C	10mg
Calcium	689mg
Iron	5mg

Directions

- 1 In a bowl, combine half of the yogurt, milk and maple syrup. Stir in the oats, protein powder and chia seeds.
- 2 To the bottom of a mason jar, add half of the crumbled graham cracker, followed by the overnight oat mixture, then rest of the yogurt. Top with the rest of the peach, crumbled graham cracker and the cinnamon. Keep in the fridge for at least 8 hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Chocolate Protein Muffins

6 servings
30 minutes

Ingredients

1 cup Soy Milk
1/4 cup Soy Yogurt
1 tsp Apple Cider Vinegar
2 tsps Vanilla Extract
1 cup Oat Flour
1/3 cup Chocolate Protein Powder
1/3 cup Cocoa Powder
1/2 cup Coconut Sugar
1 tsp Baking Powder
1/2 tsp Sea Salt
1/4 cup Coconut Oil (melted)
1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	337
Fat	16g
Carbs	38g
Fiber	4g
Sugar	20g
Protein	11g
Cholesterol	1mg
Sodium	307mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, combine the milk, yogurt, apple cider vinegar, and vanilla. Let sit for five minutes.
- 3 In a medium-sized bowl, whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt.
- 4 Add the melted coconut oil to the wet ingredients and stir.
- 5 Stir the dry ingredients into the wet and mix until well combined. Fold in the chocolate chips.
- 6 Divide the batter evenly between muffin cups. Bake for 20 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool them completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is two muffins.

Protein Powder: This recipe was developed and tested using both a plant-based protein powder and a whey protein powder. Either option will work.

No Soy Milk: Use any other type of milk or milk alternative.



Street Corn Protein Pasta Salad

6 servings

10 minutes

Ingredients

1 lb Chickpea Pasta
3 cups Corn (canned)
1 Red Onion (chopped)
2 Jalapeno Peppers (sliced)
1 cup Cherry Tomatoes (diced)
1 Red Bell Pepper (diced)
2 stalks Green Onion (diced)
1 Lime (juiced)
1 cup Hummus
2 tsps Paprika
2 tbsps Nutritional Yeast

Directions

- 1 First, cook your pasta according to packaging instructions. Drain pasta and allow to fully cool.
- 2 Meanwhile, combine the dressing ingredients (lime, hummus, paprika and nutritional yeast) in a small bowl or jar until smooth. Add pasta to a mixing bowl, along with the corn, red onion, jalapeño, pepper, tomato and green onion. Mix well.
- 3 Pour the dressing over the top, and toss. Store in the fridge for up to 3 days, or enjoy immediately.

Nutrition

Amount per serving	
Calories	455
Fat	13g
Carbs	71g
Fiber	17g
Sugar	13g
Protein	27g
Cholesterol	0mg
Sodium	267mg
Vitamin A	1625IU
Vitamin C	42mg
Calcium	89mg
Iron	9mg



Sloppy Joe Bowls

4 servings
30 minutes

Ingredients

4 Protein Tortilla
1 oz Avocado Oil Spray
1/2 cup Red Onion (diced)
1 Red Bell Pepper (diced)
1 Carrot (diced)
1 tsp Smoked Paprika
1 tsp Cumin
1 tbsp Chili Powder
2 cups Green Lentils (cooked)
2 cups Tomato Sauce
2 tbsps Tamari
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
2 cups Coleslaw Mix
1 oz Pickled Red Onions

Directions

- 1 Preheat oven to 400 F. Add protein tortilla in a round glass container in the shape of a 'bowl'. Spray with avocado oil. Cook in the oven for 7-10 minutes, until the tortilla is starting to brown. Remove from oven.
- 2 In a large non-stick stock pot or dutch oven warm your avocado oil over low-medium heat. Add your onion, carrots, and pepper and begin to saute until tender, about 5-7 minutes. Now add all of your spices and saute about 30 seconds. Now add in all the rest of your ingredients - tomato sauce, vinegar, tamari and maple syrup. Add in your cooked lentils and stir through. Bring your mixture to a boil, and then immediately lower to a simmer. Simmer for about 15-20 minutes, stirring occasionally until the mixture has thickened.
- 3 Add the coleslaw mix into the tortilla bowl. Add in the cooked lentil mix and top with pickled onions. Enjoy!

Nutrition

Amount per serving	
Calories	330
Fat	4g
Carbs	61g
Fiber	21g
Sugar	14g
Protein	23g
Cholesterol	0mg
Sodium	696mg
Vitamin A	6403IU
Vitamin C	69mg
Calcium	188mg
Iron	6mg