



## Super Simple Plant-Based Meal Prep

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### Fruits

- 2 Banana
- 3 tbsps Lime Juice

### Breakfast

- 2 tbsps Almond Butter

### Seeds, Nuts & Spices

- 1/3 cup Chia Seeds

### Vegetables

- 4 cups Coleslaw Mix
- 2 heads Green Lettuce
- 2 Tomato

### Boxed & Canned

- 1 2/3 cups Wild Rice

### Baking

- 2 tbsps Cocoa Powder
- 2 1/2 cups Oats
- 2 tpsps Vanilla Extract

### Bread, Fish, Meat & Cheese

- 6 Keto Wraps
- 2 2/3 lbs Tofu

### Condiments & Oils

- 3/4 cup Barbecue Sauce
- 1 tsp Extra Virgin Olive Oil
- 3 ozs Pickled Red Onions

### Cold

- 1/3 cup Guacamole
- 3 cups Soy Milk

### Other

- 1 1/3 cups Chocolate Protein Powder



## Meal Prep BBQ Tofu Taco Bowl

3 servings  
45 minutes

### Ingredients

1 cup Wild Rice (dry)  
14 ozs Tofu (skinless, boneless)  
1/4 cup Barbecue Sauce  
1 oz Pickled Red Onions  
1 head Green Lettuce (chopped)  
1 Tomato (chopped)  
3 tbsps Guacamole

### Nutrition

Amount per serving	
Calories	375
Fat	11g
Carbs	55g
Fiber	6g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	415mg
Vitamin A	1209IU
Vitamin C	8mg
Calcium	399mg
Iron	4mg

### Directions

- 1 Preheat oven to 375 F.
- 2 Cook the rice according to package directions. Set aside.
- 3 Meanwhile, shred the tofu using a cheese grater. Place on a parchment paper lined baking sheet and toss with BBQ sauce. Bake in the oven for 30-35 mins, tossing halfway.
- 4 Divide the cooked rice, tofu, pickled onions, lettuce, tomatoes and guacamole evenly between bowls or containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup of chicken, 1/2 cup of rice, and one cup of coleslaw.

**Additional Toppings:** Fresh herbs like parsley, cilantro, or dill.



## Meal Prep BBQ Tofu & Wild Rice

3 servings  
45 minutes

### Ingredients

2/3 cup Wild Rice (dry)  
14 ozs Tofu (skinless, boneless)  
1/4 cup Barbecue Sauce  
4 cups Coleslaw Mix  
1 tsp Extra Virgin Olive Oil  
1 oz Pickled Red Onions  
3 tbsps Lime Juice

### Nutrition

Amount per serving	
Calories	331
Fat	10g
Carbs	48g
Fiber	7g
Sugar	15g
Protein	20g
Cholesterol	0mg
Sodium	414mg
Vitamin A	4067IU
Vitamin C	53mg
Calcium	444mg
Iron	4mg

### Directions

- 1 Preheat oven to 375 F.
- 2 Cook the rice according to package directions. Set aside.
- 3 Meanwhile, shred the tofu using a cheese grater. Place on a parchment paper lined baking sheet and toss with BBQ sauce. Bake in the oven for 30-35 mins, tossing halfway.
- 4 In a bowl, add the coleslaw mix, oil and lime juice. Mix well to combine.
- 5 Divide the cooked rice, tofu, pickled onions and coleslaw evenly between bowls or containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup of chicken, 1/2 cup of rice, and one cup of coleslaw.

**Additional Toppings:** Fresh herbs like parsley, cilantro, or dill.



## Meal Prep BBQ Tofu Tacos

3 servings  
45 minutes

### Ingredients

- 6 Keto Wraps
- 14 ozs Tofu (skinless, boneless)
- 1/4 cup Barbecue Sauce
- 1 oz Pickled Red Onions
- 1 head Green Lettuce (chopped)
- 1 Tomato (chopped )
- 3 tbsps Guacamole

### Nutrition

Amount per serving	
Calories	324
Fat	11g
Carbs	43g
Fiber	5g
Sugar	10g
Protein	24g
Cholesterol	0mg
Sodium	411mg
Vitamin A	1199IU
Vitamin C	8mg
Calcium	587mg
Iron	4mg

### Directions

- 1 Preheat oven to 375 F.
- 2 Meanwhile, shred the tofu using a cheese grater. Place on a parchment paper lined baking sheet and toss with BBQ sauce. Bake in the oven for 30-35 mins, tossing halfway.
- 3 Divide ingredients between boxes. Assemble the tacos when you are ready to eat.

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup of chicken, 1/2 cup of rice, and one cup of coleslaw.

**Additional Toppings:** Fresh herbs like parsley, cilantro, or dill.



## Chocolate Protein Overnight Oats with Bananas

6 servings

8 hours

### Ingredients

2 1/2 cups Oats (rolled)  
3 cups Soy Milk  
1 1/3 cups Chocolate Protein Powder  
2 tbsps Cocoa Powder  
1/3 cup Chia Seeds  
2 tps Vanilla Extract  
2 Banana  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	389
Fat	11g
Carbs	46g
Fiber	11g
Sugar	10g
Protein	28g
Cholesterol	3mg
Sodium	96mg
Vitamin A	25IU
Vitamin C	3mg
Calcium	368mg
Iron	4mg

### Directions

- 1 Add all of the ingredients except the bananas to a resealable bowl or container. Stir well to combine. Seal and place in the fridge overnight or for at least eight hours.
- 2 Remove the oats from the fridge and divide evenly between containers. Top with bananas and drizzles with almond butter and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Fresh berries, nut butter, and/or chopped nuts.