



Fruits

- 1/2 Avocado
- 2 Banana
- 1/2 cup Blueberries
- 3 tbsps Lemon Juice
- 1 cup Strawberries

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 1/2 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3/4 cup Pumpkin Seeds

Vegetables

- 1 cup Baby Spinach
- 3 cups Basil Leaves
- 2 cups Cherry Tomatoes
- 2 Garlic
- 1 Tomato

Boxed & Canned

- 1 cup Chickpeas
- 1 lb Protein Pasta

Baking

- 2 tbsps Nutritional Yeast
- 1 cup Oats
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 slices Whole Grain Bread

Condiments & Oils

- 2 tbsps Tahini

Cold

- 1/3 cup Plain Greek Yogurt
- 1 3/4 cups Soy Yogurt

Other

- 1/4 cup Vanilla Protein Powder
- 2 tbsps Water



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.



Blueberry Yogurt Flaxseed Cookies

6 servings
30 minutes

Ingredients

2 Banana (ripe)
1 cup Oats
1/2 cup Ground Flax Seed
1 tbsp Almond Butter
1/2 tsp Vanilla Extract
1/2 tsp Cinnamon
1/2 cup Blueberries
1/3 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	168
Fat	6g
Carbs	24g
Fiber	5g
Sugar	7g
Protein	6g
Cholesterol	2mg
Sodium	9mg
Vitamin A	102IU
Vitamin C	5mg
Calcium	62mg
Iron	1mg

Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with blueberries and drizzle with yogurt. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



Avocado Toast with Chickpeas & Tomatoes

2 servings
10 minutes

Ingredients

1/2 Avocado (large, peeled, and diced)
1/4 cup Soy Yogurt
1 cup Chickpeas (drained, rinsed)
4 slices Whole Grain Bread
1 Tomato (sliced)
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	509
Fat	18g
Carbs	66g
Fiber	17g
Sugar	10g
Protein	24g
Cholesterol	0mg
Sodium	348mg
Vitamin A	927IU
Vitamin C	15mg
Calcium	140mg
Iron	6mg

Directions

- 1 Combine the avocado and yogurt in a bowl and mash with a fork until smooth.
- 2 Evenly spread the avocado and yogurt mash over the toast. Top with chickpeas, tomatoes and hemp seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to two slices of toast with toppings.

More Flavor: Add garlic powder to the avocado and yogurt mash.

Additional Toppings: Fresh parsley.

No Gluten-Free Bread: Use sourdough bread instead.



Pumpkin Seed Pesto Pasta

4 servings
40 minutes

Ingredients

- 3/4 cup Pumpkin Seeds
- 2 tbsps Tahini
- 2 tbsps Nutritional Yeast
- 2 Garlic (peeled)
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1 cup Baby Spinach
- 3 cups Basil Leaves
- 1 lb Protein Pasta
- 2 cups Cherry Tomatoes (sliced)

Nutrition

Amount per serving	
Calories	602
Fat	23g
Carbs	75g
Fiber	21g
Sugar	13g
Protein	41g
Cholesterol	0mg
Sodium	153mg
Vitamin A	3011IU
Vitamin C	23mg
Calcium	200mg
Iron	15mg

Directions

- 1 For the pesto: In a food processor, combine the pumpkin seeds, tahini, nutritional yeast, garlic, and lemon juice. Process briefly to break up. Add the basil and spinach and process again.
- 2 Cook the pasta according to package directions until al dente (almost fork-tender). Retain a small amount of the cooking water (1/4 cup or so) and drain the pasta, but don't rinse.
- 3 Return the pasta to the pot and toss with your desired amount of pesto, plus a tablespoon at a time of the reserved cooking water, until the pasta is as saucy as you like.
- 4 Season to taste w/ salt and black pepper. Serve garnished with sliced tomatoes and lemon wedges.