

### Fruits

- ☐ 1 Apple
- ☐ 1 Banana
- ☐ 2 cups Strawberries

### Breakfast

- ☐ 1 tsp Maple Syrup

### Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1 tsp Cinnamon
- ☐ 1/3 cup Pumpkin Seeds

### Frozen

- ☐ 2 1/2 cups Frozen Edamame

### Vegetables

- ☐ 4 cups Arugula
- ☐ 1 cup Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1 Orange Bell Pepper
- ☐ 1 Red Bell Pepper
- ☐ 1 cup Red Onion

### Boxed & Canned

- ☐ 1 1/2 cups Chickpeas
- ☐ 1/2 cup Lite Coconut Milk
- ☐ 1 cup Quinoa

### Baking

- ☐ 2 tsps Baking Powder
- ☐ 2/3 cup Oats
- ☐ 1 1/2 tsps Vanilla Extract
- ☐ 2 tsps White Chocolate Chips

### Bread, Fish, Meat & Cheese

- ☐ 1 oz Boursin Cheese
- ☐ 1/4 cup Feta Cheese
- ☐ 14 ozs Tofu

### Condiments & Oils

- ☐ 1/4 cup Balsamic Dressing
- ☐ 2 tsps Balsamic Glaze
- ☐ 1/4 cup Tahini

### Cold

- ☐ 12 ozs Potato Gnocchi
- ☐ 1/2 cup Soy Milk
- ☐ 1/3 cup Soy Yogurt

### Other

- ☐ 2 tsps Vanilla Protein Powder



## Apple Crunch Chia Pudding

**1 serving**  
**4 hours 10 minutes**

### Ingredients

1/4 cup Chia Seeds  
2 tbsps Vanilla Protein Powder  
1/2 cup Soy Milk  
1 tsp Maple Syrup  
1/2 tsp Vanilla Extract  
2 tbsps White Chocolate Chips  
1/3 cup Soy Yogurt  
1 Apple (diced)  
2 tbsps Pumpkin Seeds  
1 tsp Cinnamon

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 726   |
| Fat                | 35g   |
| Carbs              | 84g   |
| Fiber              | 23g   |
| Sugar              | 46g   |
| Protein            | 28g   |
| Cholesterol        | 2mg   |
| Sodium             | 87mg  |
| Vitamin A          | 109IU |
| Vitamin C          | 9mg   |
| Calcium            | 565mg |
| Iron               | 6mg   |

### Directions

- 1 Add chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sauté until the apples are slightly browned, 5-7 minutes.
- 3 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 4 Remove chia seeds from refrigerator and pour the yogurt mix overtop. Put back in fridge for 4 hours minimum, or overnight to set.
- 5 In the morning top with pumpkin seeds. Grab and go!



## 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

### 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.

### 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   |



## 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   |





## Sheet Pan Caprese Gnocchi

3 servings  
30 minutes

### Ingredients

1 Red Bell Pepper (sliced)  
1 Orange Bell Pepper (sliced)  
1/2 cup Red Onion (sliced)  
1 1/2 cups Cherry Tomatoes  
2 1/2 cups Frozen Edamame  
12 ozs Potato Gnocchi  
2 tbsps Balsamic Glaze  
1/2 cup Basil Leaves  
1 oz Boursin Cheese (vegan if desired)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 425    |
| Fat                | 10g    |
| Carbs              | 65g    |
| Fiber              | 11g    |
| Sugar              | 17g    |
| Protein            | 23g    |
| Cholesterol        | 13mg   |
| Sodium             | 650mg  |
| Vitamin A          | 2831IU |
| Vitamin C          | 203mg  |
| Calcium            | 159mg  |
| Iron               | 5mg    |

### Directions

- 1 Preheat your oven to 425°F. Line a baking sheet with parchment paper.
- 2 Add the veggies to a baking sheet and spray with avocado oil. Roast the prepared bell peppers, onions and tomatoes in the oven for 15 minutes. Meanwhile, boil the gnocchi and edamame according to package directions.
- 3 After 15 minutes, add the gnocchi and edamame to the roasted veggies. Roast for 10-15 more minutes.
- 4 Once cooked, top with basil leaves and cheese. Drizzle with balsamic glaze. Enjoy!