

Mon

Breakfast



Potato Carrot Savory Waffles

Lunch



Veggie Nuggets

Dinner



Beet Falafel Bowls

## Mon

Fat 21%

Carbs 62%

Protein 17%

Calories	990
Fat	23g
Carbs	156g
Fiber	26g
Sugar	21g
Protein	43g
Cholesterol	13mg
Sodium	975mg
Vitamin A	4305IU
Vitamin C	55mg
Calcium	854mg
Iron	13mg

### Fruits

- 1 tbsp Lemon Juice

### Seeds, Nuts & Spices

- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 tsp Italian Seasoning
- 1/2 tsp Paprika

### Vegetables

- 1 1/2 Beet
- 1/2 cup Carrot
- 2 Carrot
- 6 Garlic
- 2 cups Mini Potatoes
- 4 cups Mixed Greens
- 1/4 cup Parsley
- 1/4 cup Red Onion
- 1 1/2 Yellow Potato

### Boxed & Canned

- 1 cup Bread Crumbs
- 3 1/2 cups Chickpeas

### Baking

- 2 tbsps Baking Powder
- 1 cup Chickpea Flour
- 1/4 cup Cornstarch
- 1 1/16 cups Oat Flour
- 3/4 cup Unbleached All Purpose Flour

### Bread, Fish, Meat & Cheese

- 6 ozs Tofu

### Condiments & Oils

- 1 tbsp Avocado Oil
- 2 tps Ground Cumin
- 1 tbsp Tahini

### Cold

- 1 cup Soy Milk
- 1 cup Tzatziki

### Other

- 2 tbsps Water



## Potato Carrot Savory Waffles

6 servings  
15 minutes

### Ingredients

- 1 tbsp Ground Flax Seed
- 2 tbsps Water
- 1 cup Oat Flour
- 1 cup Chickpea Flour
- 1/4 cup Cornstarch
- 2 tbsps Baking Powder
- 1 tsp Cinnamon
- 1 tbsp Avocado Oil (for brushing the waffles iron)
- 1 1/2 Yellow Potato (From Gwillimdale Farms - mashed)
- 2 Carrot ((From Gwillimdale Farms) - shredded)
- 1 cup Soy Milk

### Nutrition

Amount per serving	
Calories	257
Fat	6g
Carbs	42g
Fiber	6g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	534mg
Vitamin A	3406IU
Vitamin C	12mg
Calcium	357mg
Iron	3mg

### Directions

- 1 Preheat your waffle iron.
- 2 In a small bowl. Whisk together the ground flax with the water. Allow it to sit for 5 minutes to thicken.
- 3 In a large mixing bowl, whisk together the oat flour, chickpea flour, cornstarch, baking powder and cinnamon.
- 4 In a medium bowl, fold together the mashed potato, shredded carrots and soy milk.
- 5 Add the wet ingredients to the bowl with the dry ingredients, and fold it together until just combined.
- 6 Brush the waffle iron with avocado oil, or spray with cooking spray.
- 7 Add the batter to the waffle iron until it is  $\frac{2}{3}$  of the way full. Cook until the steam subsides and is golden and crispy.
- 8 Serve avocado and greens. Enjoy!



## Veggie Nuggets

4 servings  
30 minutes

### Ingredients

1/2 cup Carrot (From Gwillimdale Farms - grated)  
2 cups Chickpeas (drained, reserve 1/2 cup aquafaba)  
6 ozs Tofu  
1/4 cup Red Onion (diced)  
2 Garlic  
1/2 tsp Paprika  
1 tsp Italian Seasoning  
3/4 cup Unbleached All Purpose Flour  
1 cup Bread Crumbs

### Nutrition

Amount per serving	
Calories	366
Fat	6g
Carbs	61g
Fiber	9g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	206mg
Vitamin A	164IU
Vitamin C	2mg
Calcium	215mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400F and line a baking sheet with parchment paper.
- 2 Add the grated carrots, chickpeas, tofu, onion, garlic and spices to the food processor and pulse until a thick dough is formed. Add in the flour and oil and pulse until combined. Do not overmix. You want the dough to be a moldable consistency.
- 3 Form the dough into nugget shapes, and then dip in the aquafaba, followed by the bread crumbs. The dough should lend around 12 to 15 nuggets. Transfer to a baking sheet, spray with a little oil, and bake for 30 minutes, flipping halfway through, until golden brown. Enjoy with your favourite dipping sauce and broccoli.



## Beet Falafel Bowls

3 servings  
50 minutes

### Ingredients

- 1 1/2 cups Chickpeas
- 1 1/2 Beet (From Gwillimdale Farms)
- 1/4 cup Parsley
- 4 Garlic
- 2 tsp Ground Cumin
- 1 tbsp Tahini
- 1 tbsp Oat Flour
- 1 tbsp Lemon Juice
- 2 cups Mini Potatoes (From Gwillimdale Farms)
- 1 cup Tzatziki
- 4 cups Mixed Greens

### Nutrition

Amount per serving	
Calories	367
Fat	11g
Carbs	53g
Fiber	11g
Sugar	10g
Protein	15g
Cholesterol	13mg
Sodium	235mg
Vitamin A	735IU
Vitamin C	41mg
Calcium	282mg
Iron	5mg

### Directions

- 1 Heat oven to 400 F. Line a baking sheet with parchment paper.
- 2 Shred beet using a box grater or grater attachment on the food processor, transfer to a bowl, and set aside.
- 3 To food processor add garlic and parsley and pulse to chop into small bits. Then add baked chickpeas, 1 1/2 cups shredded beets, cumin, tahini, and lemon juice, and pulse for about 15-30 seconds. Taste and adjust seasonings as desired.
- 4 Scoop out heaping 1 1/2-Tbsp portions of falafel dough (we like this scoop), and use your hands to form them into approximately 1/2-inch thick patties. Place on the parchment paper lined baking sheet. Bake the falafels for 20-25 minutes, flipping halfway.
- 5 Serve the falafels and potatoes with tzatziki sauce and greens. Add pickled onions if you'd like. Enjoy!