



Fruits

- ☐ 1 Avocado
- ☐ 1 tbsp Lemon Juice
- ☐ 1 Lime

Seeds, Nuts & Spices

- ☐ 1/2 tsp Oregano
- ☐ 2 tsps Paprika
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 1/2 cups Frozen Peas

Vegetables

- ☐ 2 cups Asparagus
- ☐ 1/2 Beet
- ☐ 1 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 1 tsp Ginger
- ☐ 4 stalks Green Onion
- ☐ 2 Jalapeno Peppers
- ☐ 4 cups Mixed Greens
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Red Onion
- ☐ 2 Sweet Potato

Boxed & Canned

- ☐ 1 1/2 cups Chickpeas
- ☐ 1 lb Lentil Macaroni
- ☐ 2/3 cup Lentils
- ☐ 1 1/2 cups Pearl Barley

Baking

- ☐ 1 1/2 tbsps Coconut Sugar
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 tbsp Tapioca Flour

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Seitan

Condiments & Oils

- ☐ 2 tbsps Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Rice Vinegar
- ☐ 1/4 cup Tamari

Cold

- ☐ 1 cup Hummus



Veggie Pasta Salad

6 servings

10 minutes

Ingredients

- 1 lb Lentil Macaroni
- 1 Red Onion (chopped)
- 2 Jalapeno Peppers (sliced)
- 1 cup Cherry Tomatoes (diced)
- 1 Red Bell Pepper (diced)
- 2 stalks Green Onion (diced)
- 1 1/2 cups Chickpeas
- 1 1/2 cups Frozen Peas (thawed)
- 1 Lime (juiced)
- 1 cup Hummus
- 2 tsps Paprika
- 2 tsps 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 rest of the ingredients. 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	491
Fat	9g
Carbs	78g
Fiber	16g
Sugar	8g
Protein	29g
Cholesterol	0mg
Sodium	260mg
Vitamin A	2280IU
Vitamin C	43mg
Calcium	91mg
Iron	8mg



Seitan Stir Fry with Barley

4 servings
20 minutes

Ingredients

1 1/2 cups Pearl Barley (dry, uncooked)
1/4 cup Tamari
1 1/2 tbsps Coconut Sugar
1 1/2 tsps Rice Vinegar
1 tbsp Tapioca Flour
1 tsp Ginger (minced or grated)
8 ozs Seitan (chopped)
2 cups Asparagus
2 stalks Green Onion (sliced, optional)
1 Avocado

Nutrition

Amount per serving	
Calories	469
Fat	10g
Carbs	78g
Fiber	17g
Sugar	8g
Protein	23g
Cholesterol	0mg
Sodium	1254mg
Vitamin A	836IU
Vitamin C	10mg
Calcium	78mg
Iron	5mg

Directions

- 1 Cook the barley according to package instructions and set aside.
- 2 In a pan over medium to medium-high heat, stir together the tamari, coconut sugar and vinegar until dissolved.
- 3 Meanwhile, mix the tapioca with a small amount of water to create a slurry. Add the tapioca slurry, ginger, seitan and asparagus to the pan. Cook for 10 minutes or until warmed through and thickened to your liking. (Add more tapioca if the sauce is too thin, or add more water if the sauce is too thick.)
- 4 Divide the barley and stir fry mix onto plates and garnish with green onions and avocado. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups of stir fry and one cup rice.

More Flavor: Add garlic and onions.

Additional Toppings: Top with sesame seeds or cilantro.

No Tamari: Use coconut aminos or soy sauce.



Mixed Greens Salad

2 servings

10 minutes

Ingredients

2 Sweet Potato (peeled and cubed)
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Lemon Juice
 1/2 tsp Oregano (dried)
 Sea Salt & Black Pepper (to taste)
 4 cups Mixed Greens
 1/2 Cucumber (small, sliced)
 1/2 cup Red Onion (sliced)
 1 Red Bell Pepper (sliced)
 1 Carrot (shredded)
 1/2 Beet (shredded)
 2/3 cup Lentils (roasted)

Nutrition

Amount per serving	
Calories	388
Fat	14g
Carbs	57g
Fiber	14g
Sugar	15g
Protein	12g
Cholesterol	0mg
Sodium	149mg
Vitamin A	25498IU
Vitamin C	98mg
Calcium	135mg
Iron	5mg

Directions

- 1 Preheat oven to 400 F. Line a baking sheet with parchment paper. Toss on sweet potatoes and drizzle with avocado oil. Bake for 30-40 mins, tossing halfway.
- 2 In a small bowl, whisk together the oil, lemon juice, oregano, salt, and pepper.
- 3 Add the mixed greens, cucumber, onion, carrots, beets and roasted lentils to a bowl. Pour the dressing all over and toss.
- 4 Divide into bowls or onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

Serving Size: One serving is approximately two cups.

Additional Toppings: Add goat cheese, feta cheese, or other nuts and seeds.