





Blended Raspberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Maple Syrup
1 cup Raspberries (divided)

Nutrition

Amount per serving	
Calories	490
Fat	15g
Carbs	62g
Fiber	21g
Sugar	31g
Protein	33g
Cholesterol	12mg
Sodium	205mg
Vitamin A	727IU
Vitamin C	36mg
Calcium	879mg
Iron	4mg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and half of the raspberries. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with remaining raspberries and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups, including raspberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Street Corn Tofu Taco Bowl

3 servings

15 minutes

Ingredients

14 ozs Tofu (cubed)
1 tbsp Mayonnaise (vegan)
1/4 cup Parsley (chopped)
1 Jalapeno Pepper (small, chopped)
1 tbsp Lemon Juice
1 tsp Chili Powder
1/8 Cups Vegan Feta
3 cups Corn
1 stalk Green Onion (chopped)
1 Red Bell Pepper (chopped)
2 heads Green Lettuce (chopped)
1 cup Red Cabbage (shredded)
3 tbsps Guacamole

Directions

- 1 Add cubed tofu in the air fryer at 400 F for 10 mins, tossing halfway.
- 2 Whisk together mayonnaise, chopped parsley, jalapeño, lemon juice, chili powder and vegan feta until combined. Add corn, peppers and green onion.
- 3 Assemble the street corn mixture into bowls with brown rice, lettuce, cabbage and air fried tofu. Serve with guacamole. Enjoy!

Nutrition

Amount per serving	
Calories	339
Fat	15g
Carbs	40g
Fiber	8g
Sugar	11g
Protein	20g
Cholesterol	2mg
Sodium	107mg
Vitamin A	3755IU
Vitamin C	87mg
Calcium	413mg
Iron	4mg



Baja Tempeh Taco Salad

2 servings

50 minutes

Ingredients

7 ozs Tempeh
1 tbsp Tamari
1 tbsp Balsamic Vinegar
1 tsp Maple Syrup
1 tsp Smoked Paprika
1 head Green Lettuce
1 Carrot (shredded)
1 cup Red Cabbage (shredded)
1 cup Brown Rice (cooked)
1 stalk Green Onion (chopped)
2 tsps Cilantro Lime Dressing

Directions

- 1 For the Tempeh: Preheat your oven to 375°F (190°C). Have ready a parchment lined half-sheet pan.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, maple syrup and paprika together. Add in the tempeh and let it marinate for 10 to 15 minutes. Transfer the tempeh onto reserved half-sheet pan, and make sure that the pieces are evenly spaced. Bake tempeh in the oven for 15 minutes or until golden brown, flipping over once during baking.
- 3 Start building your salad by arranging lettuce, carrot, cabbage, green onion and rice into 2 serving bowls. Add tempeh and dressing. Enjoy!

Nutrition

Amount per serving	
Calories	671
Fat	24g
Carbs	89g
Fiber	6g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	698mg
Vitamin A	6834IU
Vitamin C	20mg
Calcium	164mg
Iron	5mg