



Fruits

- ☐ 4 Apple
- ☐ 1 Banana
- ☐ 4 Kiwi
- ☐ 1 cup Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Paprika
- ☐ 1/4 tsp Sea Salt

Frozen

- ☐ 3 units Veggie Burger Patty

Vegetables

- ☐ 3 Beet
- ☐ 7 Carrot
- ☐ 1/2 stalk Celery
- ☐ 3 tbsps Fresh Dill
- ☐ 6 Parsnip
- ☐ 3 tbsps Pickle Juice
- ☐ 1/4 cup Red Onion
- ☐ 4 Red Potato

Boxed & Canned

- ☐ 1 cup Lentils

Baking

- ☐ 1/2 cup All Purpose Gluten-Free Flour

Bread, Fish, Meat & Cheese

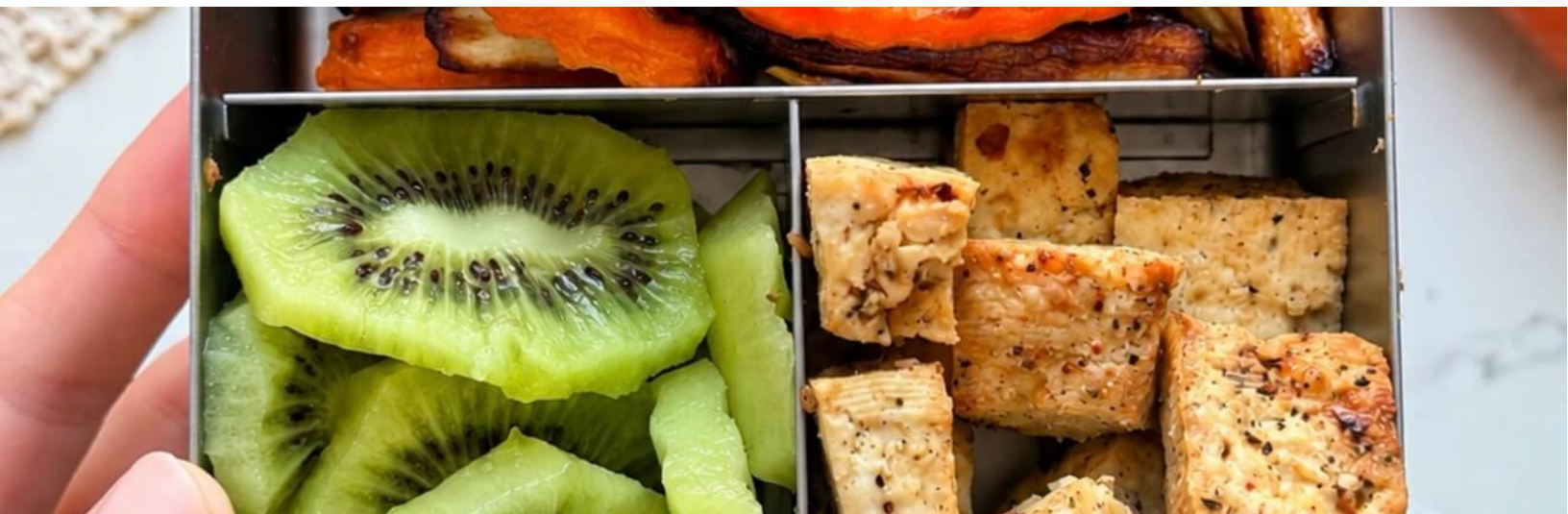
- ☐ 1 lb Tofu

Condiments & Oils

- ☐ 1 1/2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Coconut Oil
- ☐ 2 tbsps Extra Virgin Olive Oil
- ☐ 1/3 cup Vegan Mayonnaise

Cold

- ☐ 1 Egg



Carrot & Parsnip Fries Box

4 servings
30 minutes

Ingredients

4 Carrot (From Gwillimdale Farms, large, cut into 3-inch fries)
4 Parsnip (From Gwillimdale Farms, cut into 3 inch fries)
1 tbsp Coconut Oil (melted)
1/4 tsp Sea Salt
1 lb Tofu (Airfried)
4 Kiwi

Nutrition

Amount per serving	
Calories	305
Fat	10g
Carbs	45g
Fiber	11g
Sugar	18g
Protein	15g
Cholesterol	0mg
Sodium	212mg
Vitamin A	10251IU
Vitamin C	88mg
Calcium	423mg
Iron	4mg

Directions

- 1 Preheat the air fryer to 350°F (180°C).
- 2 Toss the carrots, parsnips and oil together in a bowl until well coated.
- 3 Transfer the fries to the air fryer and cook for 25 minutes, flipping halfway through.
- 4 Sprinkle with salt while still hot. Serve with cooked falafels and burger sauce in the lunch box. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

Serve it With: Pair with ketchup, mayonnaise, or aioli as a dip.



Beet, Parsnip & Carrot Slaw Box

4 servings
30 minutes

Ingredients

1 cup Lentils
1/2 cup All Purpose Gluten-Free Flour
1 Egg (or vegan egg replacer)
1 Apple (finely grated)
2 Carrot (From Gwillimdale Farms, finely grated)
1 Banana (mashed)
2 tbsps Maple Syrup
3 tbsps Almond Butter
1 tbsp Cinnamon
2 Beet (From Gwillimdale Farms, peeled and shredded)
2 Parsnip (From Gwillimdale Farms, peeled and shredded)
1 Apple (peeled and shredded)
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1 cup Strawberries (sliced)

Directions

- 1 Preheat the oven to 350 F.
- 2 To make the muffins, combine the lentils, flour, egg, apple, one carrot, banana, maple syrup, almond butter and cinnamon into a food processor and blend until well combined. Spoon mixture into muffin tins and bake for 30 minutes. You should get about 8-9 muffins.
- 3 To make the slaw, combine the shredded beets, parsnips, carrots and apples with the oil and apple cider vinegar. Let sit for 10 minutes before serving.
- 4 Combine muffins in a box with the slaw and strawberries. Enjoy!

Nutrition

Amount per serving	
Calories	459
Fat	15g
Carbs	73g
Fiber	17g
Sugar	26g
Protein	12g
Cholesterol	47mg
Sodium	84mg
Vitamin A	5234IU



Vitamin C	41mg
Calcium	144mg
Iron	4mg



Courful Potato Salad and Veggie Burger Box

3 servings

30 minutes

Ingredients

4 Red Potato (From Gwillimdale Farms, cut into 8)
1/3 cup Vegan Mayonnaise
3 tbsps Pickle Juice
1 tsp Paprika
1 Beet (From Gwillimdale Farms, peeled and shredded)
1/2 stalk Celery (chopped fine)
1 Carrot (From Gwillimdale farms, shredded)
1/4 cup Red Onion (From Gwillimdale Farms, chopped fine)
3 tbsps Fresh Dill
3 units Veggie Burger Patty
2 Apple (sliced)

Directions

- 1 In a large pot, cover the quartered potatoes with cold water, add 1 teaspoon of salt and bring to a boil over high heat. Turn down to a simmer and cook until tender, about 10 minutes. Do not overcook.
- 2 In a small bowl, combine the vegan mayo, pickle juice and paprika. Add the dressing to the potatoes while they're still warm. Mix with a fork, mashing slightly to thicken the dressing.
- 3 Cool the potatoes and dressing in your fridge or freezer until they are room temperature or cooler.
- 4 Gently mix in all the remaining ingredients: carrots, celery, dill, red onion and beets. Taste and adjust the seasoning.
- 5 Serve with a veggie burger and apple in the lunch box.

Nutrition

Amount per serving	
Calories	641
Fat	18g
Carbs	70g
Fiber	10g
Sugar	20g
Protein	14g
Cholesterol	0mg
Sodium	269mg
Vitamin A	3942IU
Vitamin C	34mg
Calcium	55mg
Iron	3mg