



Seeds, Nuts & Spices

- ☐ 2 tsps Garlic Powder
- ☐ 1 tsp Italian Seasoning
- ☐ 2 tsps Paprika

Frozen

- ☐ 2 cups Frozen Edamame
- ☐ 8 ozs Ground Round

Vegetables

- ☐ 3 cups Broccoli
- ☐ 1 head Green Lettuce
- ☐ 2 Orange Bell Pepper
- ☐ 3 Red Bell Pepper
- ☐ 2 1/4 cups Red Onion
- ☐ 2 Sweet Potato
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1 1/8 lbs Chickpea Pasta
- ☐ 2 cups Crushed Tomatoes
- ☐ 1 lb Soy Curls

Baking

- ☐ 2 tbsps Nutritional Yeast

Condiments & Oils

- ☐ 3 1/2 tbsps Avocado Oil
- ☐ 2 tbsps Italian Dressing



Italian Pasta Salad

4 servings
30 minutes

Ingredients

8 ozs Chickpea Pasta
8 ozs Soy Curls
1 tsp Paprika
1 tsp Garlic Powder
1 head Green Lettuce
1/2 cup Red Onion (sliced)
2 tbsps Italian Dressing

Nutrition

Amount per serving	
Calories	394
Fat	12g
Carbs	45g
Fiber	14g
Sugar	8g
Protein	33g
Cholesterol	0mg
Sodium	142mg
Vitamin A	733IU
Vitamin C	2mg
Calcium	88mg
Iron	11mg

Directions

- 1 Cook the pasta according to package directions. Place aside.
- 2 Soak the soy curls - fill a large bowl or large measuring cup with hot water. Let soak for 10 minutes. Dump the water after soaking. Panfry the soy curls in a frying pan and add paprika and garlic powder.
- 3 Combine the cooked pasta with the lettuce, soy curls and onions. Drizzle with Italian dressing. Enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Fajita Soy Curl Bowl

4 servings
30 minutes

Ingredients

2 Red Bell Pepper (sliced)
1 Orange Bell Pepper (sliced)
1/2 cup Red Onion (sliced)
1 tbsp Avocado Oil
1 cup Brown Rice
8 ozs Soy Curls
1 tsp Paprika
1 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	430
Fat	14g
Carbs	54g
Fiber	10g
Sugar	6g
Protein	24g
Cholesterol	0mg
Sodium	7mg
Vitamin A	2240IU
Vitamin C	163mg
Calcium	58mg
Iron	6mg

Directions

- 1 Preheat oven to 400 F. Add prepped veggies of choice to a parchment lined baking sheet. Drizzle with avocado oil. Cook for 30 minutes, tossing halfway.
- 2 Cook the rice according to package directions.
- 3 Soak the soy curls - fill a large bowl or large measuring cup with hot water. Let soak for 10 minutes. Dump the water after soaking. Panfry the soy curls in a frying pan and add paprika and garlic powder.
- 4 Combine the cooked veggies with rice and soy curls. Serve with salsa. Enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Ground Round, Broccoli & Sweet Potato

2 servings
25 minutes

Ingredients

- 2 Sweet Potato (cut into fries)
- 1 1/2 tsps Avocado Oil
- 3 cups Broccoli (cut into florets)
- 8 ozs Ground Round
- 1/4 cup Red Onion (finely chopped)
- 1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	360
Fat	10g
Carbs	39g
Fiber	10g
Sugar	9g
Protein	33g
Cholesterol	0mg
Sodium	735mg
Vitamin A	19294IU
Vitamin C	126mg
Calcium	149mg
Iron	7mg

Directions

- 1 Preheat the oven to 400 F. Add the prepared sweet potato to a parchment paper lined baking sheet. Drizzle with avocado oil and roast for 30 minutes, tossing halfway.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 3 While the broccoli cooks, heat a pan over medium-high heat. Add the ground round to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 4 To serve, divide the sweet potato, broccoli, and ground round between plates or meal prep containers. Enjoy!

Notes

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

More Flavor: Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

No Turkey: Use ground chicken, ground pork, or ground beef instead.

No Broccoli: Use another vegetable instead.



Veggie-Packed Pasta Sauce Bowl

4 servings

55 minutes

Ingredients

2 tbsps Avocado Oil
1 cup Red Onion (Sliced)
1 Orange Bell Pepper (sliced)
1 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
2 cups Crushed Tomatoes (from the can)
2 tbsps Nutritional Yeast
10 ozs Chickpea Pasta
2 cups Frozen Edamame (cooked)

Nutrition

Amount per serving	
Calories	484
Fat	16g
Carbs	65g
Fiber	19g
Sugar	16g
Protein	32g
Cholesterol	0mg
Sodium	320mg
Vitamin A	1516IU
Vitamin C	142mg
Calcium	158mg
Iron	11mg

Directions

- 1 Preheat oven to 400 F. Add the sliced peppers and onions to a parchment paper lined baking sheet. Drizzle with oil and roast for 30 minutes, tossing halfway.
- 2 Cook pasta according to directions on the box.
- 3 Add the crushed tomatoes, roasted veggies and nutritional yeast into a blender and blend. Serve with cooked pasta and edamame. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

Serving Size: One serving is approximately one cup.

More Flavor: Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

Additional Toppings: Top with dairy-free parmesan.