



Fruits

- ☐ 1 tbsp Lemon Juice

Seeds, Nuts & Spices

- ☐ 1 tbsp Dried Thyme
☐ 1 tbsp Oregano

Frozen

- ☐ 2 cups Frozen Edamame

Vegetables

- ☐ 4 Beet
☐ 5 Carrot
☐ 4 Parsnip
☐ 2 Red Bell Pepper
☐ 2 1/2 cups Red Onion
☐ 5 Red Potato

Boxed & Canned

- ☐ 8 ozs Chickpea Pasta
☐ 2 cups Wild Rice

Baking

- ☐ 2 tbsps Brown Sugar
☐ 2 tbsps Cornstarch
☐ 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1 tbsp Parmigian Cheese
☐ 8 ozs Tofu

Condiments & Oils

- ☐ 2 1/2 tbsps Avocado Oil
☐ 2 tbsps Rice Vinegar
☐ 2 tsps Sesame Oil
☐ 1/2 cup Soy Sauce

Cold

- ☐ 1/2 cup Soy Milk
☐ 1/2 cup Tzatziki



Roasted Carrot, Parsnip & Pepper Pasta

3 servings

1 hour 5 minutes

Ingredients

3 Carrot ((From Gwillimdale Farms)
medium, peeled, and chopped into
chunks)
2 Red Bell Pepper (large, quartered)
4 Parsnip ((from Gwillimdale Farms)
medium, peeled, and chopped into
chunks)
1/2 cup Red Onion (From Gwillimdale
Farms, sliced)
2 tbsps Avocado Oil (divided)
1 tbsp Lemon Juice
1/2 cup Soy Milk
2 tbsps Nutritional Yeast
8 ozs Chickpea Pasta (dry, uncooked)
1 tbsp Parmigian Cheese

Nutrition

Amount per serving	
Calories	583
Fat	16g
Carbs	96g
Fiber	24g
Sugar	26g
Protein	27g
Cholesterol	0mg
Sodium	183mg
Vitamin A	12675IU
Vitamin C	137mg
Calcium	217mg
Iron	10mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the carrots, pepper, red onions and parsnips onto the lined baking sheet and drizzle with half the avocado oil and season with salt and pepper. Transfer to the oven and bake for 45 to 55 minutes, until the the carrots are soft.
- 3 Transfer the roasted veggies to a blender along with the milk, nutritional yeast, lemon juice and the rest of the oil. Season with salt and pepper. Blend on high until very smooth.
- 4 Meanwhile, cook the pasta according to package directions, reserving some pasta sauce.
- 5 Toss the cooked pasta with the sauce, adding pasta water as needed to thin. Add the parmesan and season with salt and pepper if needed. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is about 1 1/2 cups of pasta.

Additional Toppings: Top with chopped basil.



Mediterranean Roasted Potato Tzatziki Bowl

3 servings

50 minutes

Ingredients

5 Red Potato (Gwillimdale Farms, sliced)
2 Beet (peeled and sliced, from Gwillimdale Farms)
1 cup Red Onion (From Gwillimdale Farms, sliced)
8 ozs Tofu (cubed)
1 1/2 tsps Avocado Oil
1 tbsp Dried Thyme
1 tbsp Oregano
1/2 cup Tzatziki

Directions

- 1 Prepare the roasted veggies: Preheat the oven to 400°F (200°C).
- 2 Spread the potatoes, beets, onion and tofu on a baking sheet lined with parchment paper. Drizzle with oils and top with spices. Bake in the preheated oven for 40 minutes, tossing halfway.
- 3 To serve, drizzle with the tzatziki. Enjoy!

Nutrition

Amount per serving	
Calories	422
Fat	10g
Carbs	70g
Fiber	10g
Sugar	12g
Protein	17g
Cholesterol	7mg
Sodium	192mg
Vitamin A	232IU
Vitamin C	39mg
Calcium	384mg
Iron	6mg



Colourful Sheet Pan Stir Fry

3 servings
40 minutes

Ingredients

1/2 cup Soy Sauce
2 tbsps Brown Sugar
2 tbsps Rice Vinegar
2 tbsps Cornstarch
2 tsps Sesame Oil
2 Carrot ((From Gwillimdale Farms) shredded)
2 Beet (peeled and shredded)
1 cup Red Onion (From Gwillimdale Farms, sliced)
2 cups Frozen Edamame
2 cups Wild Rice (cooked)

Directions

- 1 Preheat the oven to 425°F (220°C). Lightly grease a large baking sheet and set aside.
- 2 Prepare the sauce: In a small bowl or measuring glass, whisk together all sauce ingredients (soy sauce to sesame oil) until smooth. Set aside.
- 3 Assemble and bake: Spread the edamame, shredded beets, carrots and onions evenly over the prepared baking sheet. Drizzle with the sauce and toss everything to coat thoroughly. Place the sheet pan in the oven and bake for 15 minutes.
- 4 Serve with the cooked rice. Enjoy!

Nutrition

Amount per serving	
Calories	513
Fat	8g
Carbs	91g
Fiber	13g
Sugar	15g
Protein	26g
Cholesterol	0mg
Sodium	1817mg
Vitamin A	5835IU
Vitamin C	157mg
Calcium	125mg
Iron	5mg