



Fruits

- ☐ 1 Banana
- ☐ 1 Kiwi

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
- ☐ 2 tbsps Greek Seasoning
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Taco Seasoning

Frozen

- ☐ 2 cups Frozen Edamame
- ☐ 1 cup Frozen Strawberries

Vegetables

- ☐ 1 cup Broccoli
- ☐ 1/2 Cucumber
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 1 cup Rhubarb
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 4 ozs Chickpea Pasta
- ☐ 1 cup Wild Rice

Baking

- ☐ 3/4 tsp Baking Powder
- ☐ 1 tsp Nelsen-Massey Vanilla Bean Paste
- ☐ 1 tbsp Nutritional Yeast
- ☐ 3/4 cup Oat Flour
- ☐ 1 cup Oats
- ☐ 1 tbsp Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 1/8 lbs Tofu

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 2 tbsps Extra Virgin Olive Oil

Cold

- ☐ 10 ozs Potato Gnocchi
- ☐ 1 1/4 cups Soy Milk
- ☐ 1 1/4 cups Soy Yogurt

Other

- ☐ 1 Egg Replacer
- ☐ 1/2 cup Vanilla Protein Powder



Greek Sheet Pan Gnocchi

3 servings

35 minutes

Ingredients

- 2 tbsps Greek Seasoning
- 1 tbsp Avocado Oil
- 14 ozs Tofu (pressed and cubed)
- 1 cup Frozen Edamame
- 10 ozs Potato Gnocchi (boiled)
- 1 Red Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	382
Fat	15g
Carbs	41g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	6mg
Sodium	1764mg
Vitamin A	1396IU
Vitamin C	70mg
Calcium	435mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F.
- 2 On a large baking sheet, spread the tofu, edamame, bell pepper and red onion. Drizzle the Greek Seasoning mixture over top, along with the avocado oil and use your hands to toss the ingredients well until everything is well coated in the seasoning.
- 3 Bake for 35-40 minutes, stopping to stir halfway through, until everything is cooked and golden brown in some places. Remove from the oven. Serve hot alone or with vegan tzatziki, hummus, fresh oregano, or parsley, if desired.



Strawberry Rhubarb Overnight Oats

2 servings

5 minutes

Ingredients

1 cup Soy Milk
1 tsp Nelsen-Massey Vanilla Bean Paste
1 cup Frozen Strawberries (thawed)
1 cup Rhubarb (frozen, thawed)
1 cup Oats
1 tbsp Chia Seeds
1 cup Soy Yogurt
1/4 cup Vanilla Protein Powder

Directions

1

Mix all of the ingredients together in a bowl, except for the strawberries and rhubarb. Add half of the strawberries and rhubarb into the bottom of the two containers. Pour the oat mixture on top and top with the rest of the strawberry and rhubarb mixture.

Nutrition

Amount per serving	
Calories	379
Fat	9g
Carbs	55g
Fiber	10g
Sugar	11g
Protein	23g
Cholesterol	2mg
Sodium	84mg
Vitamin A	112IU
Vitamin C	50mg
Calcium	337mg
Iron	4mg



Edamame, Broccoli & Chickpea Pasta Salad

2 servings
25 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1 cup Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Italian Seasoning
1 tbsp Hemp Seeds
1 tbsp Nutritional Yeast
1 cup Frozen Edamame (thawed)
1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	475
Fat	24g
Carbs	46g
Fiber	15g
Sugar	9g
Protein	29g
Cholesterol	0mg
Sodium	94mg
Vitamin A	594IU
Vitamin C	47mg
Calcium	129mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
- 2 In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
- 3 Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add chopped toasted almonds.

Additional Toppings: Season with fresh herbs like basil and/or dill.



Kiwi Coconut Sheet Pan Pancakes

2 servings
20 minutes

Ingredients

1 Banana
1 Egg Replacer
1/4 cup Soy Yogurt
3/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Soy Milk
2 tbsps Maple Syrup
1/2 tsp Vanilla Extract
3/4 tsp Baking Powder
1 Kiwi (sliced)
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with sliced kiwi and coconut flakes.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.

Nutrition

Amount per serving	
Calories	393
Fat	6g
Carbs	70g
Fiber	8g
Sugar	24g
Protein	18g
Cholesterol	2mg
Sodium	221mg
Vitamin A	68IU
Vitamin C	37mg
Calcium	250mg
Iron	2mg



Sheet Pan Tofu Fajitas Bowls

4 servings
35 minutes

Ingredients

- 1 cup Wild Rice
- 1 1/4 lbs Tofu (extra firm, pressed. Cubed.)
- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 2 tbsps Taco Seasoning

Nutrition

Amount per serving	
Calories	335
Fat	12g
Carbs	42g
Fiber	6g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	394mg
Vitamin A	1032IU
Vitamin C	125mg
Calcium	435mg
Iron	5mg

Directions

- 1 Cook the rice according to package instructions.
- 2 Preheat the oven to 425°F degrees. Line a rimmed baking sheet with a silicone mat or parchment paper.
- 3 Add the pressed and cubed tofu, bell peppers, onion, taco seasoning, and oil. Stir until everything is evenly coated, then spread it all out in a single layer.
- 4 Bake for 25 minutes. Serve on top of the cooked rice and serve with salsa.