



Fruits

- ☐ 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
☐ 1 tbsp Dried Basil
☐ 1/2 tsp Garlic Powder
☐ 1/2 tsp Smoked Paprika

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 2 cups Baby Spinach
☐ 1 cup Cherry Tomatoes
☐ 1 Cucumber
☐ 3/4 cup Mixed Greens
☐ 1 cup Radishes
☐ 1 Tomato

Boxed & Canned

- ☐ 1 lb Chickpea Pasta
☐ 3 1/2 cups Vegetable Broth
☐ 1 1/2 cups Wild Rice

Baking

- ☐ 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Tempeh
☐ 1 3/4 lbs Tofu
☐ 4 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
☐ 1 1/2 tsps Balsamic Vinegar
☐ 2 tsps Dijon Mustard
☐ 1 tbsp Extra Virgin Olive Oil
☐ 2 tsps Hoisin Sauce
☐ 1 tsp Rice Vinegar
☐ 1 tbsp Soy Sauce
☐ 1/2 cup Sun Dried Tomato Pesto
☐ 1 tbsp Tamari

Cold

- ☐ 2 cups Unsweetened Almond Milk

Other

- ☐ 4 Nori Sheets



Single Serve Baked Feta Pasta

4 servings
40 minutes

Ingredients

14 ozs Tofu
1/2 cup Cashews (soaked in boiling water for 30 minutes)
2 tbsps Lemon Juice
1/4 cup Nutritional Yeast
1/2 tsp Garlic Powder
1 cup Cherry Tomatoes
1 tbsp Dried Basil
1 tbsp Avocado Oil
8 ozs Chickpea Pasta

Nutrition

Amount per serving	
Calories	460
Fat	20g
Carbs	47g
Fiber	13g
Sugar	10g
Protein	33g
Cholesterol	0mg
Sodium	97mg
Vitamin A	1556IU
Vitamin C	51mg
Calcium	354mg
Iron	10mg

Directions

- 1 Preheat the oven to 400 F.
- 2 Divide the cherry tomatoes between the casserole dishes.
- 3 In a food processor, combine the tofu, cashews, nutritional yeast, lemon juice, garlic powder, and 4 tbsp water. Blend until a smooth sauce is formed. Divide between the dishes that the veggies are in. Drizzle with avocado oil and sprinkle with dried basil. Bake in the oven for 25 minutes, until the tomatoes start to burst.
- 4 Meanwhile, cook the pasta according to package directions. Add to the dishes when they are done baking and mix everything together. Enjoy!



Tofu 'Salmon' and Rice Bowl

4 servings

35 minutes

Ingredients

14 ozs Tofu (Extra Firm & Pressed)
1 1/2 cups Wild Rice
1 cup Frozen Edamame (thawed)
1 1/2 cups Vegetable Broth
2 tbsps Hoisin Sauce
1 tsp Rice Vinegar
1 tbsp Extra Virgin Olive Oil
1 tbsp Soy Sauce
4 Nori Sheets
1 Cucumber (sliced)
1 cup Radishes (sliced)

Nutrition

Amount per serving	
Calories	418
Fat	12g
Carbs	59g
Fiber	9g
Sugar	8g
Protein	26g
Cholesterol	0mg
Sodium	620mg
Vitamin A	806IU
Vitamin C	12mg
Calcium	353mg
Iron	5mg

Directions

- 1 Preheat oven to 400 F.
- 2 Cook rice according to package directions.
- 3 Slice your block of tofu in half. Then slice each half vertically in half until you have four equal pieces. Using a sharp knife, carefully score the top of your slices of tofu in a diagonal pattern to create a "fish" like appearance.
- 4 In a bowl, combine the veggie broth, hoisin sauce, rice vinegar, oil and soy sauce. Place the tofu in a sealable container or ziplock bag along with the marinade. Let it soak for 20 minutes.
- 5 Once done marinating, add the marinate with the tofu salmon into a casserole dish and bake for 20 minutes, flipping halfway.
- 6 Assemble bowls with the rice, tofu salmon, sliced veggies and the nori. Drizzle with siracha sauce. Enjoy!



Tempeh, Lettuce & Tomato Sandwich

2 servings
40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Smoked Paprika
- 4 ozs Tempeh (cut into thin slices)
- 2 tsps Dijon Mustard
- 4 slices Whole Grain Bread (toasted)
- 3/4 cup Mixed Greens
- 1 Tomato (small, sliced)

Nutrition

Amount per serving	
Calories	355
Fat	10g
Carbs	44g
Fiber	7g
Sugar	6g
Protein	24g
Cholesterol	0mg
Sodium	908mg
Vitamin A	1113IU
Vitamin C	10mg
Calcium	162mg
Iron	4mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar and paprika. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread.

No Mustard: Use mayonnaise instead.



One Pot Vegan Sun Dried Tomato Alfredo

2 servings

15 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Vegetable Broth
8 ozs Chickpea Pasta (dry)
1/2 cup Sun Dried Tomato Pesto
2 cups Baby Spinach (finely chopped)
1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	601
Fat	16g
Carbs	77g
Fiber	22g
Sugar	16g
Protein	38g
Cholesterol	6mg
Sodium	1650mg
Vitamin A	3838IU
Vitamin C	9mg
Calcium	670mg
Iron	14mg

Directions

- 1 In a pot over medium-high heat, bring the milk and broth to a boil. Add the pasta and stir. Cook over medium heat for four to six minutes, stirring frequently, until the pasta is just cooked to al dente. The pasta will continue to cook in the next steps.
- 2 Stir in the sun dried tomato pesto, spinach, and nutritional yeast. Cook for one to two more minutes, allowing the spinach to wilt and the sauce to thicken.
- 3 Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Nut-Free: Use coconut milk, hemp seed milk or oat milk instead of almond milk.

Chickpea Pasta: Cooking time may vary depending on the pasta's shape. Check tenderness during cooking.