



Fruits

- ☐ 1 tbsp Lemon Juice

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
☐ 1 tbsp Italian Seasoning
☐ 1/3 cup Pumpkin Seeds
☐ 1/2 tsp Turmeric

Frozen

- ☐ 1 1/3 cups Frozen Edamame

Vegetables

- ☐ 1 Carrot
☐ 1 head Cauliflower
☐ 4 Garlic
☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1/3 cup Devious Foods Seasoning
☐ 3 1/2 cups Diced Tomatoes
☐ 1 1/2 cups Orecchiette Pasta
☐ 4 cups Popcorn
☐ 8 ozs Protein Pasta
☐ 2 cups Red Kidney Beans
☐ 1/4 cup Tomato Paste
☐ 4 cups Vegetable Broth

Baking

- ☐ 3 tbsps Nutritional Yeast

Condiments & Oils

- ☐ 1 tbsp Avocado Oil

Other

- ☐ 1/3 cup Water



Easy Minestrone Soup

4 servings

1 hour

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1/4 cup Tomato Paste
- 2 tbsps Devious Foods Seasoning (Italian Herb)
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 1/2 cups Orecchiette Pasta (dry)

Nutrition

Amount per serving	
Calories	366
Fat	5g
Carbs	62g
Fiber	13g
Sugar	13g
Protein	18g
Cholesterol	0mg
Sodium	716mg
Vitamin A	4203IU
Vitamin C	28mg
Calcium	128mg
Iron	7mg

Directions

- 1 Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Devious Foods Italian Seasoning and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
- 2 Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
- 3 Add the pasta. Bring to a gentle boil and continue to cook for 15 minutes or until the vegetables are tender. Season with additional salt if needed.
- 4 To serve, divide the soup between bowls. Top with extra Devious Foods Protein Seasoning. Enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups of soup.

Grain-Free: Omit the pasta or use chickpea pasta instead.

Additional Toppings: Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

More Flavor: Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Consistency: Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.



Dairy Free Cauliflower Mac and Cheese

4 servings

30 minutes

Ingredients

8 ozs Protein Pasta
1 cup Frozen Edamame (thawed)
1 head Cauliflower (chopped)
1/2 cup Cashews (soaked in hot water)
3 tbsps Nutritional Yeast
1 tbsp Lemon Juice
1/2 tsp Turmeric
2 tbsps Devious Foods Seasoning
(Cashew Parmezan)
1/3 cup Water (hot)

Nutrition

Amount per serving	
Calories	421
Fat	15g
Carbs	52g
Fiber	16g
Sugar	10g
Protein	30g
Cholesterol	0mg
Sodium	128mg
Vitamin A	116IU
Vitamin C	75mg
Calcium	111mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions. Place aside.
- 2 Soak cashews in boiling water for at least 30 minutes while you prepare the cauliflower.
- 3 Bring about 1/4 inch of water to a boil in a large, shallow pan. Turn heat down to medium high, cover and cook for about 6-8 minutes, stirring every 2 minutes so, until fork tender but not falling apart.
- 4 Add the cauliflower to a blender or food processor along with soaked and drained cashews, nutritional yeast, lemon juice, Devious Foods Cashew Parmezan, mustard, turmeric along with the first 1/3 cup of hot water. Blend on high until smooth, adding more hot water if needed. You want the final consistency to be pourable, but still thick. I only ended up adding about 1 additional tablespoon.
- 5 Pour sauce over the cooked pasta and the edamame. Enjoy!



Protein Popcorn

2 servings

5 minutes

Ingredients

4 cups Popcorn
1/3 cup Frozen Edamame (roasted)
1/3 cup Pumpkin Seeds
2 tbsps Devious Foods Seasoning (Pink Salt & Pepper)

Nutrition

Amount per serving	
Calories	306
Fat	20g
Carbs	19g
Fiber	7g
Sugar	1g
Protein	17g
Cholesterol	0mg
Sodium	198mg
Vitamin A	83IU
Vitamin C	2mg
Calcium	28mg
Iron	4mg

Directions

- 1 Combine popcorn, pumpkin seeds and edamame in a bowl or container if on-the-go. Top with Devious Foods Protein Seasoning. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Store in an airtight container for up to two days at room temperature.

Serving Size: One serving is approximately 2 1/4 cups.