



## Fruits

- ☐ 2 cups Apples
- ☐ 2 Banana
- ☐ 1 1/2 Lemon
- ☐ 1 Lime

## Breakfast

- ☐ 2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 tsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Oregano
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

- ☐ 4 cups Frozen Broccoli

## Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 4 Garlic
- ☐ 1 Jalapeno Pepper
- ☐ 8 ozs Roasted Red Peppers
- ☐ 4 leaves Romaine
- ☐ 1 Tomato

## Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 5 cups Cannellini Beans
- ☐ 14 ozs Chickpea Pasta
- ☐ 1/2 Cups Reserved Pasta Water
- ☐ 2 tbsps Tomato Paste

## Baking

- ☐ 1 tbsp Blackstrap Molasses
- ☐ 1/3 cup Nutritional Yeast
- ☐ 2 cups Oats
- ☐ 1 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 7 1/16 ozs Tempeh

## Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 2 tsps Extra Virgin Olive Oil
- ☐ 1/3 cup Tahini

## Cold

- ☐ 2 cups Soy Milk

## Other

- ☐ 3/4 cup Vanilla Protein Powder



## Apple Pie Oatmeal Bake

4 servings  
45 minutes

### Ingredients

2 cups Oats  
3/4 cup Vanilla Protein Powder  
2 cups Soy Milk (or any dairy-free milk)  
2 Banana (mashed)  
2 tbsps Maple Syrup  
1 tbsp Blackstrap Molasses  
1 tsp Vanilla Extract  
1 tsp Cinnamon  
2 cups Apples (chopped)  
1/2 cup Pumpkin Seeds

### Directions

- 1 Preheat oven to 375°F and line an oven-safe dish with parchment paper (I used a 9x9 baking dish).
- 2 In a large bowl, mix together all of the ingredients except apples and pumpkin seeds.
- 3 Stir in the chopped apples and carefully pour oatmeal mixture into the baking dish. Top with additional apples, pumpkin seeds and and more cinnamon.
- 4 Bake for 25-30 minutes. Once cooled slice into 4 slices. Enjoy!

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 497   |
| Fat                | 13g   |
| Carbs              | 71g   |
| Fiber              | 10g   |
| Sugar              | 26g   |
| Protein            | 29g   |
| Cholesterol        | 3mg   |
| Sodium             | 97mg  |
| Vitamin A          | 92IU  |
| Vitamin C          | 51mg  |
| Calcium            | 326mg |
| Iron               | 6mg   |



## Roasted Red Pepper & Tahini Beans with Broccoli

4 servings  
20 minutes

### Ingredients

4 cups Frozen Broccoli  
2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1/3 cup Tahini  
8 ozs Roasted Red Peppers  
2 tbsps Tomato Paste  
1 Lemon (medium, juiced, plus extra for garnish)  
2 Garlic (clove)  
5 cups Cannellini Beans (cooked)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 467    |
| Fat                | 15g    |
| Carbs              | 68g    |
| Fiber              | 20g    |
| Sugar              | 7g     |
| Protein            | 19g    |
| Cholesterol        | 0mg    |
| Sodium             | 1068mg |
| Vitamin A          | 1459IU |
| Vitamin C          | 105mg  |
| Calcium            | 185mg  |
| Iron               | 7mg    |

### Directions

- 1 Steam the broccoli according to package directions.
- 2 Meanwhile, add the tahini, roasted red pepper, tomato paste, lemon juice, garlic, salt, and pepper to a blender. Blend until smooth, adding a splash of water to thin if needed.
- 3 Transfer the mixture to a pot with the beans and bring to a simmer. Simmer for five minutes or until heated through, stirring occasionally.
- 4 Divide the beans and broccoli evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of asparagus and 1 1/2 cups of beans.

**More Flavor:** Add smoked paprika and onion powder to the bean sauce. Top with nutritional yeast.



## Tempeh Taco Bowl

**2 servings**  
**20 minutes**

### Ingredients

1/2 cup Basmati Rice  
1 tbsp Avocado Oil  
7 1/16 ozs Tempeh (crumbled)  
1 tsp Chili Powder  
1 tsp Cumin  
1/2 tsp Oregano  
1/4 tsp Sea Salt  
1 Jalapeno Pepper (small, seeds removed and finely chopped)  
1 Tomato (large, diced)  
1 Lime (juiced, divided)  
4 leaves Romaine (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 468    |
| Fat                | 19g    |
| Carbs              | 55g    |
| Fiber              | 4g     |
| Sugar              | 1g     |
| Protein            | 26g    |
| Cholesterol        | 0mg    |
| Sodium             | 373mg  |
| Vitamin A          | 6212IU |
| Vitamin C          | 26mg   |
| Calcium            | 155mg  |
| Iron               | 5mg    |

### Directions

- 1 Cook the rice according to package directions.
- 2 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 3 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 4 To serve, divide the lettuce, rice, and tempeh between bowls and drizzle with the remaining lime juice. Enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to the tempeh or use taco seasoning instead.

**Additional Toppings:** Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

**No Quinoa:** Use white or brown rice or cauliflower rice instead.



## Green Goddess Pasta

4 servings

15 minutes

### Ingredients

14 ozs Chickpea Pasta  
1/3 cup Nutritional Yeast  
1/3 cup Pumpkin Seeds  
3 cups Baby Spinach  
2 Garlic (cloves)  
1/2 Lemon (juiced)  
1/4 cup Basil Leaves  
1/2 Cups Reserved Pasta Water

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 445    |
| Fat                | 11g    |
| Carbs              | 63g    |
| Fiber              | 18g    |
| Sugar              | 9g     |
| Protein            | 35g    |
| Cholesterol        | 0mg    |
| Sodium             | 156mg  |
| Vitamin A          | 2252IU |
| Vitamin C          | 10mg   |
| Calcium            | 111mg  |
| Iron               | 12mg   |

### Directions

- 1 Put your pasta on to boil and cook according to package directions.
- 2 Remove your spinach from the water, then add to a blender with the rest of your ingredients to make the green goddess sauce.
- 3 Add reserved pasta water to get your desired consistency and add salt to taste.
- 4 Pour your sauce over your pasta, serve, and enjoy.