



Fruits

- ☐ 2 Banana

Breakfast

- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tsps Cinnamon
☐ 1/4 cup Hemp Seeds
☐ 2 tsps Italian Seasoning
☐ 1/2 tsp Nutmeg
☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 2 cups Frozen Broccoli
☐ 3 cups Frozen Edamame

Vegetables

- ☐ 3 Carrot
☐ 2 Carrots
☐ 1 Cucumber
☐ 2 Garlic
☐ 1 cup Radishes
☐ 1 Red Bell Pepper
☐ 1 Yellow Bell Pepper
☐ 1 Yellow Onion
☐ 4 Yellow Potato

Boxed & Canned

- ☐ 10 ozs Chickpea Pasta
☐ 2 cups Crushed Tomatoes
☐ 1 cup Lentils
☐ 1 Cups Sushi Rice
☐ 2 cups Vegetable Broth, Low Sodium

Baking

- ☐ 1 tsp Baking Powder
☐ 2 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 1 3/4 lbs Tofu

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
☐ 2 tsps Extra Virgin Olive Oil
☐ 1 tsp Sriracha
☐ 1/4 cup Vegan Mayonnaise

Cold

- ☐ 2 cups Soy Milk

Other

- ☐ 1/4 cup Protein Powder
☐ 1/4 cup Vanilla Protein Powder



Baked Carrot Cake Oats

4 servings
40 minutes

Ingredients

2 Banana
2 1/2 cups Oats
1/4 cup Protein Powder
2 tsps Cinnamon
1/2 tsp Nutmeg
1 tsp Baking Powder
1 Carrot (grated)
2 cups Soy Milk
1 tbsp Maple Syrup
1/4 cup Vanilla Protein Powder
1/4 cup Hemp Seeds

Directions

- 1 Heat your oven to 350°F.
- 2 With a fork, mash up the bananas. Once nice and mashed up, add the rolled oats, protein powder, cinnamon, nutmeg, baking powder, grated carrot, maple syrup, hemp hearts and milk.
- 3 With a wooden spoon or spatula, give it all a good mix so all ingredients are evenly distributed. Place in a 9x9 baking pan and bake for 40 min.
- 4 Remove your oats from the oven and allow them to fully cool. Once cooled, serve with yogurt. Enjoy!

Nutrition

Amount per serving	
Calories	398
Fat	10g
Carbs	61g
Fiber	9g
Sugar	16g
Protein	19g
Cholesterol	1mg
Sodium	204mg
Vitamin A	2591IU
Vitamin C	6mg
Calcium	306mg
Iron	4mg



Shredded Tofu Taco Bowl

4 servings

30 minutes

Ingredients

- 4 Yellow Potato (diced)
- 1 tbsp Avocado Oil
- 1 Red Bell Pepper (diced)
- 1 tbsp Taco Seasoning
- 1 Yellow Bell Pepper (diced)
- 1 1/4 lbs Tofu (shredded)

Nutrition

Amount per serving	
Calories	340
Fat	11g
Carbs	46g
Fiber	7g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	212mg
Vitamin A	1029IU
Vitamin C	165mg
Calcium	440mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F. Add the diced potatoes to a parchment paper lined baking sheet. Drizzle with half of oil and half the taco seasoning. Roast in the oven for 30 minutes, tossing halfway.
- 2 Shred tofu with a cheese grater. Add to another parchment paper lined baking sheet, along with the diced peppers. Drizzle with avocado oil and taco seasoning. Cook for 20 minutes, tossing halfway.
- 3 Combine the cooked veggies and potatoes, along with the cooked shredded tofu. Drizzle with salsa and shredded cheese if desired. Enjoy!



Vegan Sushi Meal Prep

4 servings
25 minutes

Ingredients

1 Cups Sushi Rice (uncooked)
3 cups Frozen Edamame
8 ozs Tofu (smoked tofu, cubed)
1 cup Radishes (sliced)
1 Cucumber (sliced)
2 Carrots (cut into matchsticks)
1/4 cup Vegan Mayonnaise (or regular mayo for non-vegan)
1 tsp Sriracha (or more if you like it spicy)

Nutrition

Amount per serving	
Calories	382
Fat	20g
Carbs	34g
Fiber	9g
Sugar	6g
Protein	22g
Cholesterol	0mg
Sodium	183mg
Vitamin A	5565IU
Vitamin C	16mg
Calcium	263mg
Iron	4mg

Directions

- 1 Prepare rice - cook rice according to package directions, then allow to cool.
- 2 Sriracha mayo - in a small bowl, stir together the mayo and sriracha. Portion out into condiment containers and add into meal prep containers.
- 3 Portion - portion out rice into four 2-cup capacity storage containers. Portion out edamame, tofu, radishes, carrots, and cucumber between the meal prep containers.



Lentil Pasta Sauce with Chickpea Pasta

4 servings
30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (small, finely chopped)
2 Garlic (cloves, minced)
2 Carrot (peeled, finely chopped)
2 cups Crushed Tomatoes (from the can)
2 cups Vegetable Broth, Low Sodium
1 cup Lentils (rinsed, drained)
2 tbsps Italian Seasoning
10 ozs Chickpea Pasta
2 cups Frozen Broccoli (steamed)

Nutrition

Amount per serving	
Calories	438
Fat	12g
Carbs	69g
Fiber	19g
Sugar	18g
Protein	26g
Cholesterol	0mg
Sodium	393mg
Vitamin A	5643IU
Vitamin C	56mg
Calcium	145mg
Iron	11mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions and sauté for two to three minutes or until they have softened. Add the garlic and sauté for 30 to 60 seconds.
- 2 Add the carrots. Sauté for five to six minutes or until the carrots have softened.
- 3 Add the crushed tomatoes, vegetable broth, lentils, and Italian seasoning. Bring to a boil then reduce the heat to a simmer. Simmer for 20-25 minutes or until the lentils are tender and the sauce has thickened. Stir occasionally.
- 4 While the bolognese is cooking, cook the chickpea pasta according to the package directions.
- 5 Divide the pasta, steamed broccoli and bolognese evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

Serving Size: One serving is approximately one cup.

More Flavor: Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

Additional Toppings: Top with dairy-free parmesan.