



High Protein Athlete Program - Plant-Based



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Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will help you create your very own delicious meal plan.

How to Use This Guide

This guide contains a blank plan and a list of the recipes I have selected for you.

- Look through the recipes and select meals that appeal to you.
- Add them to your plan by clicking the "Add" button.
- Set the number of servings you'd like the recipe to create.
- Continue to add meals to your plan until it is complete to your liking.

Grocery List

As you add meals to your plan, you'll notice that your grocery list is automatically generated. You can view it by clicking on the "List" tab from your plan. Your list is organized by category so that you know exactly what you need in each section of the grocery store. When your plan is done, get the list and do your shopping.


















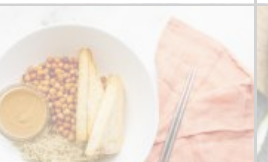





















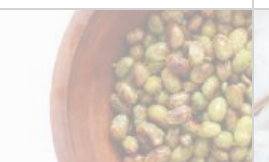


Meal Prep

Once you have done your shopping, you may want to do some meal prep. This is optional but can really help set you up for a successful week. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.






















Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal	 Tofu Scramble with Lentils & Spinach	 Tofu Scramble with Lentils & Spinach	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats
Snack 1	 Cashew Cream Cheese & Celery	 Raspberry Vanilla Protein Yogurt Parfait	 Banana Tofu Smoothie	 Cashew Cream Cheese & Celery	 Banana Spinach Smoothie	 Banana Spinach Smoothie	 Strawberry Vanilla Protein Yogurt Parfait
Lunch	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Tofu & Veggie Quinoa Stir Fry	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Tofu & Lentil Stir Fry with Veggies	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Lemony Lentil & Spinach Pasta
Snack 2	 Vanilla Berry Protein Smoothie	 Banana Tofu Smoothie	 Roasted Edamame	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes	 Strawberry Vanilla Protein Yogurt Parfait	 Banana Spinach Smoothie
Dinner	 Tofu & Veggie Quinoa Stir Fry	 Tempeh, Quinoa & Edamame Stuffed Peppers	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Tofu & Lentil Stir Fry with Veggies	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Lemony Lentil & Spinach Pasta	 Chickpea, Tofu & Sweet Potato Quinoa Salad
Snack 3	 Raspberry Vanilla Protein Yogurt Parfait	 Roasted Edamame	 Vanilla Berry Protein Smoothie	 Raspberry Vanilla Protein Yogurt Parfait	 Roasted Edamame	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  39%	Fat  37%	Fat  38%	Fat  33%	Fat  26%	Fat  26%	Fat  26%
Carbs  36%	Carbs  39%	Carbs  37%	Carbs  42%	Carbs  48%	Carbs  49%	Carbs  49%
Protein  25%	Protein  24%	Protein  25%	Protein  25%	Protein  26%	Protein  25%	Protein  25%
Calories 2945	Calories 2835	Calories 2964	Calories 2997	Calories 2815	Calories 2865	Calories 2865
Fat 134g	Fat 122g	Fat 133g	Fat 115g	Fat 84g	Fat 85g	Fat 85g
Carbs 280g	Carbs 291g	Carbs 287g	Carbs 327g	Carbs 352g	Carbs 366g	Carbs 366g
Fiber 60g	Fiber 59g	Fiber 68g	Fiber 96g	Fiber 79g	Fiber 71g	Fiber 71g
Sugar 68g	Sugar 78g	Sugar 83g	Sugar 68g	Sugar 97g	Sugar 90g	Sugar 90g
Protein 190g	Protein 184g	Protein 199g	Protein 190g	Protein 186g	Protein 183g	Protein 183g
Cholesterol 12mg	Cholesterol 8mg	Cholesterol 4mg	Cholesterol 9mg	Cholesterol 13mg	Cholesterol 17mg	Cholesterol 17mg
Sodium 1301mg	Sodium 1238mg	Sodium 1030mg	Sodium 1635mg	Sodium 1787mg	Sodium 1302mg	Sodium 1302mg
Vitamin A 2564IU	Vitamin A 2509IU	Vitamin A 5103IU	Vitamin A 20038IU	Vitamin A 25678IU	Vitamin A 17621IU	Vitamin A 17621IU
Vitamin C 639mg	Vitamin C 632mg	Vitamin C 413mg	Vitamin C 72mg	Vitamin C 65mg	Vitamin C 166mg	Vitamin C 166mg
Calcium 2895mg	Calcium 3035mg	Calcium 2809mg	Calcium 3124mg	Calcium 2682mg	Calcium 3160mg	Calcium 3160mg
Iron 33mg	Iron 34mg	Iron 46mg	Iron 44mg	Iron 35mg	Iron 31mg	Iron 31mg
Vitamin B6 3.1mg	Vitamin B6 3.5mg	Vitamin B6 7.2mg	Vitamin B6 6.4mg	Vitamin B6 3.0mg	Vitamin B6 14.2mg	Vitamin B6 14.2mg
Vitamin B12 11.1µg	Vitamin B12 9.5µg	Vitamin B12 22.8µg	Vitamin B12 23.6µg	Vitamin B12 8.1µg	Vitamin B12 63.4µg	Vitamin B12 63.4µg
Magnesium 1199mg	Magnesium 1265mg	Magnesium 1326mg	Magnesium 839mg	Magnesium 938mg	Magnesium 867mg	Magnesium 867mg
Zinc 23mg	Zinc 25mg	Zinc 27mg	Zinc 22mg	Zinc 22mg	Zinc 19mg	Zinc 19mg
Selenium 81µg	Selenium 91µg	Selenium 103µg	Selenium 100µg	Selenium 97µg	Selenium 85µg	Selenium 85µg





Fruits

- 9 Banana
- 1 3/4 cups Blueberries
- 1/4 cup Lemon Juice
- 4 3/4 cups Raspberries
- 2 cups Strawberries

Breakfast

- 1/2 cup Almond Butter
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Chinese Five Spice
- 2 1/4 tps Cinnamon
- 1/2 tsp Cumin
- 2 tps Garlic Powder
- 2 tps Ground Flax Seed
- 1 1/16 cups Hemp Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 tsp Turmeric

Frozen

- 4 3/4 cups Frozen Edamame
- 4 cups Frozen Vegetable Mix
- 12 Ice Cubes

Vegetables

- 11 cups Baby Spinach
- 1 cup Broccoli
- 6 stalks Celery
- 5 Garlic
- 4 stalks Green Onion
- 2 cups Mixed Greens
- 3 Orange Bell Pepper
- 1/3 cup Parsley
- 1 Sweet Potato
- 1 Yellow Bell Pepper

Boxed & Canned

- 4 1/8 cups Chickpeas
- 4 1/2 cups Lentils
- 2 1/2 cups Quinoa
- 1 1/2 cups Whole Wheat Penne

Baking

- 2 tps Baking Powder
- 1/4 cup Nutritional Yeast
- 2 cups Oat Flour
- 2 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 12 ozs Tempeh
- 4 1/8 lbs Tofu

Condiments & Oils

- 3 2/3 tps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tps Italian Dressing
- 1 1/3 tps Peanut Sauce
- 3 2/3 tps Rice Vinegar
- 1 1/3 tps Sesame Oil
- 1 tbsp Soy Sauce

Cold

- 11 ozs Cashew Cream Cheese
- 14 cups Soy Milk
- 9 1/3 cups Unsweetened Coconut Yogurt

Other

- 5 1/16 cups Vanilla Protein Powder



Cinnamon & Banana Protein Oatmeal

2 servings

15 minutes

Ingredients

- 2 cups Soy Milk
- 1 cup Oats (rolled)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 2 Banana (sliced)

Nutrition

Amount per serving	
Calories	505
Fat	12g
Carbs	69g
Fiber	9g
Sugar	24g
Protein	35g
Cholesterol	4mg
Sodium	157mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	451mg
Iron	4mg
Vitamin B6	0.8mg
Vitamin B12	2.7µg
Magnesium	242mg
Zinc	5mg
Selenium	25µg

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

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

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

No Soy Milk: Use other milk alternative.



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove, minced)
- 14 ozs Tofu (crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 2 cups Lentils (cooked)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	462
Fat	15g
Carbs	48g
Fiber	20g
Sugar	6g
Protein	42g
Cholesterol	0mg
Sodium	52mg
Vitamin A	3316IU
Vitamin C	14mg
Calcium	649mg
Iron	13mg
Vitamin B6	4.4mg
Vitamin B12	16.9µg
Magnesium	172mg
Zinc	5mg
Selenium	32µg

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

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

Serving Size: One serving equals approximately to two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Mixed Berry Protein Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (rolled)
- 3/4 cup Vanilla Protein Powder
- 1 1/2 cups Soy Milk
- 1/3 cup Unsweetened Coconut Yogurt
- 3 tbsps Maple Syrup
- 3/4 cup Blueberries
- 3/4 cup Raspberries
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	449
Fat	11g
Carbs	60g
Fiber	9g
Sugar	22g
Protein	31g
Cholesterol	4mg
Sodium	107mg
Vitamin A	31IU
Vitamin C	12mg
Calcium	385mg
Iron	4mg
Vitamin B6	0.3mg
Vitamin B12	2.0µg
Magnesium	205mg
Zinc	5mg
Selenium	21µg

Directions

- 1 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 2 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Soy Milk: Use any type of milk.

Additional Toppings: Cinnamon, coconut flakes, nut butter, nuts, and seeds.



Cashew Cream Cheese & Celery

1 serving

5 minutes

Ingredients

- 4 ozs Cashew Cream Cheese
- 3 stalks Celery (leaves removed, cut into sticks)
- 2 tsps Hemp Seeds

Nutrition

Amount per serving	
Calories	378
Fat	28g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	279mg
Vitamin A	540IU
Vitamin C	4mg
Calcium	53mg
Iron	5mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	60mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Spread the cream cheese evenly over top each celery stick. Sprinkle with hemp seeds. Enjoy!

Notes

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

Serving Size: One serving is three celery stalks.

Additional Toppings: Top with Everything Bagel Seasoning for more flavor.



Raspberry Vanilla Protein Yogurt Parfait

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 cup Raspberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	411
Fat	20g
Carbs	37g
Fiber	15g
Sugar	8g
Protein	25g
Cholesterol	4mg
Sodium	114mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	948mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	4.6µg
Magnesium	118mg
Zinc	3mg
Selenium	7µg

Directions

- 1 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
- 2 In a jar, add half of the yogurt mixture, then half of the raspberries. Repeat with the remaining yogurt mixture and raspberries. Top with almond butter. Enjoy!

Notes

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

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

More Flavor: Add maple syrup or honey.

No Almond Butter: Use other nut butter of choice.



Banana Tofu Smoothie

1 serving
5 minutes

Ingredients

- 1 Banana
- 4 2/3 ozs Tofu (medium)
- 3 tbsps Hemp Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 cup Soy Milk

Nutrition

Amount per serving	
Calories	544
Fat	26g
Carbs	59g
Fiber	7g
Sugar	37g
Protein	30g
Cholesterol	0mg
Sodium	125mg
Vitamin A	86IU
Vitamin C	11mg
Calcium	747mg
Iron	7mg
Vitamin B6	0.8mg
Vitamin B12	2.1µg
Magnesium	331mg
Zinc	6mg
Selenium	24µg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Enjoy!

Notes

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

More Flavor: Add vanilla extract, cacao powder, or peanut butter.



Banana Spinach Smoothie

1 serving

5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	357
Fat	8g
Carbs	48g
Fiber	6g
Sugar	24g
Protein	28g
Cholesterol	4mg
Sodium	202mg
Vitamin A	2889IU
Vitamin C	19mg
Calcium	699mg
Iron	3mg
Vitamin B6	0.7mg
Vitamin B12	4.0µg
Magnesium	139mg
Zinc	2mg
Selenium	14µg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Soy Milk: Use other milk alternative.



Strawberry Vanilla Protein Yogurt Parfait

1 serving
10 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 cup Strawberries (chopped, divided)
- 1 tbsp Almond Butter (divided)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	34g
Fiber	10g
Sugar	9g
Protein	25g
Cholesterol	4mg
Sodium	115mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	940mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	4.6µg
Magnesium	110mg
Zinc	2mg
Selenium	7µg

Directions

- 1 Mix the protein powder into the coconut yogurt.
- 2 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add berries of your choice.

Additional Toppings: Add chia seeds, cinnamon, or chopped fresh mint.

Nut-Free: Use pumpkin or sunflower seed butter instead of almond butter.



Tempeh, Quinoa & Edamame Stuffed Peppers

3 servings

45 minutes

Ingredients

- 3/4 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 12 ozs Tempeh (smoked, finely crumbled)
- 3/4 cup Frozen Edamame (shelled, thawed)
- 3 ozs Cashew Cream Cheese
- 1 1/2 tsps Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Parsley (chopped)
- 3 Orange Bell Pepper (large, tops and seeds removed)

Nutrition

Amount per serving	
Calories	600
Fat	28g
Carbs	57g
Fiber	8g
Sugar	2g
Protein	39g
Cholesterol	0mg
Sodium	69mg
Vitamin A	1134IU
Vitamin C	354mg
Calcium	202mg
Iron	8mg
Vitamin B6	0.8mg
Vitamin B12	0.1µg
Magnesium	228mg
Zinc	4mg
Selenium	5µg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the quinoa according to package directions.
- 3 Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
- 4 In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
- 5 Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed pepper.

More Flavor: Use garlic or onion cashew cream cheese.

No Cashew Cream Cheese: Use vegan cheese shreds or nutritional yeast instead.



Vanilla Berry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbspd Almond Butter

Nutrition

Amount per serving	
Calories	523
Fat	25g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	39g
Cholesterol	4mg
Sodium	213mg
Vitamin A	63IU
Vitamin C	23mg
Calcium	652mg
Iron	5mg
Vitamin B6	0.5mg
Vitamin B12	3.7µg
Magnesium	304mg
Zinc	5mg
Selenium	15µg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

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

Soy-Free: Use coconut milk or oat milk instead.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Consistency: If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



Banana Oat Protein Pancakes

4 servings

15 minutes

Ingredients

- 2 cups Oat Flour
- 1 1/3 cups Vanilla Protein Powder
- 2 tsps Baking Powder
- 2 tsps Ground Flax Seed
- 1/4 tsp Sea Salt
- 2 Banana (medium, mashed)
- 2 1/2 cups Soy Milk
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg
Vitamin B6	0.5mg
Vitamin B12	2.1µg
Magnesium	105mg
Zinc	3mg
Selenium	13µg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Tofu & Veggie Quinoa Stir Fry

2 servings

20 minutes

Ingredients

- 2/3 cup Quinoa (dry)
- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Bell Pepper
- 1 cup Broccoli (cut into florets)
- 1 cup Frozen Edamame
- 12 ozs Tofu (cubed)
- 1 tsp Chinese Five Spice
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Rice Vinegar

Nutrition

Amount per serving	
Calories	528
Fat	21g
Carbs	55g
Fiber	12g
Sugar	4g
Protein	37g
Cholesterol	0mg
Sodium	469mg
Vitamin A	708IU
Vitamin C	216mg
Calcium	589mg
Iron	9mg
Vitamin B6	0.7mg
Vitamin B12	0µg
Magnesium	247mg
Zinc	5mg
Selenium	29µg

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
- 3 Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
- 4 Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

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

Serving Size: One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor: Add minced shallots, garlic, and green onions.

Additional Toppings: Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce: Use tamari or coconut aminos instead.



Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 2/3 cups Chickpeas (cooked)
- 9 1/3 ozs Tofu (cut into triangles)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 tsps Peanut Sauce

Nutrition

Amount per serving	
Calories	588
Fat	24g
Carbs	67g
Fiber	15g
Sugar	11g
Protein	31g
Cholesterol	0mg
Sodium	267mg
Vitamin A	42IU
Vitamin C	2mg
Calcium	461mg
Iron	9mg
Vitamin B6	0.5mg
Vitamin B12	0µg
Magnesium	192mg
Zinc	5mg
Selenium	26µg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 3 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 4 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately.

Serving Size: One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

More Flavor: Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

No Coconut Aminos: Use tamari or soy sauce instead.



Tofu & Lentil Stir Fry with Veggies

2 servings

25 minutes

Ingredients

- 1 tbsp Sesame Oil
- 8 ozs Tofu (firm, drained, cubed)
- 4 cups Frozen Vegetable Mix
- 1 1/2 cups Lentils (rinsed and drained)
- 2 tbsps Coconut Aminos
- 1 tbsp Rice Vinegar
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (chopped)
- 1 tbsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg
Vitamin B6	0.7mg
Vitamin B12	0µg
Magnesium	192mg
Zinc	5mg
Selenium	22µg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

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

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.



Chickpea, Tofu & Sweet Potato Quinoa Salad

3 servings

30 minutes

Ingredients

- 2/3 cup Quinoa (dry)
- 14 ozs Tofu (cut into triangles)
- 2 1/2 cups Chickpeas (cooked)
- 1 Sweet Potato (cubed)
- 1 tbsp Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 2 cups Mixed Greens
- 2 tbsps Italian Dressing

Nutrition

Amount per serving	
Calories	604
Fat	22g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Cholesterol	0mg
Sodium	251mg
Vitamin A	6197IU
Vitamin C	5mg
Calcium	487mg
Iron	9mg
Vitamin B6	0.6mg
Vitamin B12	0µg
Magnesium	198mg
Zinc	5mg
Selenium	26µg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Lemony Lentil & Spinach Pasta

2 servings

20 minutes

Ingredients

- 1 1/2 cups Whole Wheat Penne
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 6 cups Baby Spinach
- 1 cup Lentils (cooked)
- 1/4 cup Lemon Juice
- 3 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	513
Fat	12g
Carbs	78g
Fiber	20g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	112mg
Vitamin A	8449IU
Vitamin C	40mg
Calcium	126mg
Iron	9mg
Vitamin B6	11.9mg
Vitamin B12	50.7µg
Magnesium	110mg
Zinc	2mg
Selenium	4µg

Directions

- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
- 3 Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cup.

More Flavor: Add smoked paprika.



Roasted Edamame

3 servings

45 minutes

Ingredients

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	304mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Iron	4mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	99mg
Zinc	2mg
Selenium	1µg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.