



7 Day High Protein & Specific Carbohydrate Meal Plan (Plant-Based)

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This program was created with the following key considerations:

Fibre:

As the diet is extremely specific about the types of carbohydrates allowed, it is important to choose higher fibre foods. Adequate dietary fibre intake is associated with several health benefits including better digestive health and reduced inflammation. This program is grain-free, gluten-free, and uses low glycemic foods. The plan provides up to 55 grams of fibre daily from fruits, vegetables, lentils, peas, and nuts.

Antioxidants:

Vitamin A and vitamin C support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. They are also commonly deficient in the Specific Carbohydrate Diet. This meal plan is packed with vitamin A sources like red peppers, pistachios, and squash, and incorporates vitamin C through fruits, and tomatoes.

Iron:

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body and is a common nutrient deficiency in plant-based diets. This program incorporates iron-rich foods like lentils and spinach, and these iron sources are paired with foods that have vitamin C to enhance iron absorption.

B Vitamins:

Research shows a decrease in B vitamins, such as folate, thiamine, and vitamin B6 in the Specific Carbohydrate Diet. These vitamins help enzymes release energy from carbohydrates and fat, break down amino acids, and transport oxygen and energy containing nutrients around the body. This meal plan provides B vitamins from green leafy vegetables, lentils, and nuts.

7 Day High Protein & Specific Carbohydrate Meal Plan (Plant-Based)

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Vanilla Berry Protein Smoothie	Kiwi Green Smoothie	Berry Avocado Smoothie	Strawberry Vanilla Pineapple Smoothie	Strawberry Vanilla Pineapple Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie
		Matcha Energy Balls	Matcha Energy Balls			Matcha Energy Balls	Matcha Energy Balls
Snack 1	2 Romaine with Tofu Caesar Dressing	2 Romaine with Tofu Caesar Dressing	2 Lentil Goulash	2 Lentil Goulash	Pistachios	Garlicky Kale	Garlicky Kale
Lunch	Lemony Chickpea & Herb Salad	Creamy Tofu Jerk Pasta	One Pan Tempeh & Veggies	Shirataki Noodle Tofu Stir Fry	Spicy Edamame Fried Cauliflower Rice	2 Baked Tofu & Cabbage with Peanut Ginger Sauce	Mushroom & Edamame Stir Fry
					Butternut Squash Fries		Herb & Garlic Tempeh
Snack 2	Oil-Free Crispy Air Fryer Tofu	Oil-Free Crispy Air Fryer Tofu	Oil-Free Crispy Air Fryer Tofu	Herb & Garlic Tempeh	Herb & Garlic Tempeh	Herb & Garlic Tempeh	Herb & Garlic Tempeh
Dinner	Creamy Tofu Jerk Pasta	One Pan Tempeh & Veggies	Shirataki Noodle Tofu Stir Fry	Spicy Edamame Fried Cauliflower Rice	2 Baked Tofu & Cabbage with Peanut Ginger Sauce	Mushroom & Edamame Stir Fry	3 Tofu & Veggie Hot Pot
				Olive & Tahini Plate			
Snack 3	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Chocolate Kale Smoothie	Edamame Broccoli Soup	Edamame Broccoli Soup	Pistachios	Macadamia Nuts & Pear
	Coconut Chive Flatbread	Coconut Chive Flatbread		Butternut Squash Fries			

7 Day High Protein & Specific Carbohydrate Meal Plan (Plant-Based)

96 items

Fruits

- ☐ 3/4 Avocado
- ☐ 1/2 Banana
- ☐ 1/2 cup Blueberries
- ☐ 1 Kiwi
- ☐ 3 tbsps Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 1 Pear
- ☐ 1/2 cup Raspberries
- ☐ 3 1/2 cups Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1 tbsp Almond Butter
- ☐ 2 tbsps Cashew Butter
- ☐ 1 1/4 tsps Green Tea Powder

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1/4 tsp Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 3 tbsps Dried Chives
- ☐ 1 tsp Garlic Powder
- ☐ 3 1/2 tbsps Hazelnuts
- ☐ 3 tbsps Hemp Seeds
- ☐ 1 2/3 tsps Italian Seasoning
- ☐ 1/4 cup Macadamia Nuts
- ☐ 1 tsp Oregano
- ☐ 1 3/4 tsps Paprika
- ☐ 1 cup Pistachios, In Shell
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika

Frozen

- ☐ 6 cups Cauliflower Rice

Vegetables

- ☐ 3 1/4 cups Baby Spinach
- ☐ 2 tbsps Basil Leaves
- ☐ 6 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 1/4 head Cauliflower
- ☐ 1 tbsp Chives
- ☐ 10 Cremini Mushrooms
- ☐ 1/4 Cucumber
- ☐ 23 1/3 Garlic
- ☐ 2 2/3 tbsps Ginger
- ☐ 5 1/2 cups Kale Leaves
- ☐ 1 1/2 cups Mushrooms
- ☐ 1 1/2 cups Napa Cabbage
- ☐ 3 tbsps Parsley
- ☐ 8 cups Purple Cabbage
- ☐ 1 1/2 Red Bell Pepper
- ☐ 12 leaves Romaine
- ☐ 1 cup Snap Peas
- ☐ 1/2 Tomato
- ☐ 1/2 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 3 Yellow Onion
- ☐ 1 1/2 Yellow Potato
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 113 grams Chickpea Pasta
- ☐ 1 cup Chickpeas
- ☐ 1 cup Diced Tomatoes
- ☐ 1 cup Lentils
- ☐ 524 grams Shirataki Noodles
- ☐ 6 2/3 cups Vegetable Broth
- ☐ 3/4 cup Vegetable Broth, Low Sodium

Baking

- ☐ 1/8 tsp Baking Soda
- ☐ 1 tsp Cocoa Powder

Bread, Fish, Meat & Cheese

- ☐ 680 grams Tempeh
- ☐ 2.3 kilograms Tofu

Condiments & Oils

- ☐ 2 1/2 tbsps Apple Cider Vinegar
- ☐ 2/3 cup Balsamic Vinegar
- ☐ 1/3 cup Black Olives
- ☐ 1 1/4 tsps Coconut Oil
- ☐ 3 tbsps Dijon Mustard
- ☐ 3 3/4 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Jerk Marinade
- ☐ 1 3/4 tbsps Rice Vinegar
- ☐ 2 1/2 tbsps Sesame Oil
- ☐ 1 tbsp Sriracha
- ☐ 3 tbsps Tahini
- ☐ 3/4 cup Tamari

Cold

- ☐ 1 cup Plain Coconut Milk
- ☐ 1 1/2 cups Soy Milk
- ☐ 5 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 1/2 cups Calabash Squash
- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 1 cup Sugar Free Ketchup
- ☐ 2 1/8 cups Vanilla Protein Powder
- ☐ 2 2/3 cups Water

- ☐ **1/2 cup** Frozen Berries
- ☐ **1/2 cup** Frozen Blueberries
- ☐ **1/4 cup** Frozen Cauliflower
- ☐ **8 1/2 cups** Frozen Edamame
- ☐ **2 cups** Frozen Pineapple
- ☐ **18** Ice Cubes

- ☐ **1/3 cup** Coconut Flour
- ☐ **1/4 cup** Nutritional Yeast
- ☐ **1/4 cup** Pitted Dates
- ☐ **1 1/2 tbsps** Psyllium Husk Powder
- ☐ **1 1/8 tbsps** Unsweetened Coconut Flakes

Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



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.

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 tbsp Almond Butter

Nutrition

Amount per serving

Calories	523	Vitamin D	0IU
Fat	25g	Vitamin E	5mg
Saturated	3g	Vitamin K	30µg
Carbs	42g	Thiamine	0.6mg
Fiber	10g	Riboflavin	1.4mg
Sugar	24g	Niacin	5mg
Protein	39g	Vitamin B6	0.5mg
Cholesterol	4mg	Folate	89µg
Sodium	213mg	Vitamin B12	3.7µg
Potassium	1074mg	Phosphorous	914mg
Vitamin A	63IU	Magnesium	304mg
Vitamin C	23mg	Zinc	5mg
Calcium	652mg	Selenium	15µg
Iron	5mg		

Kiwi Green Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

Nutrition

Amount per serving

Calories	245	Vitamin D	0IU
Fat	5g	Vitamin E	2mg
Saturated	1g	Vitamin K	209µg
Carbs	31g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.6mg
Sugar	14g	Niacin	1mg
Protein	23g	Vitamin B6	0.5mg
Cholesterol	4mg	Folate	110µg
Sodium	77mg	Vitamin B12	0.6µg
Potassium	807mg	Phosphorous	375mg
Vitamin A	3614IU	Magnesium	109mg
Vitamin C	80mg	Zinc	2mg
Calcium	278mg	Selenium	8µg
Iron	3mg		

Matcha Energy Balls

7 ingredients · 15 minutes · 4 servings



Directions

1. Add the almonds, hazelnuts, green tea powder, coconut oil, dates, coconut flakes and sea salt to a food processor and blend until well mixed and sticky.
2. Transfer to a medium-size mixing bowl. Form into even balls with your hands, roughly 1-inch in diameter. Dust with more green tea powder if desired. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or in the freezer for three months.

Serving Size

One serving is equal to one energy ball.

No Hazelnuts

Replace with more almonds instead.

Ingredients

1/4 cup Almonds

3 1/2 tbsps Hazelnuts

1 1/4 tpsps Green Tea Powder (matcha)

1 1/4 tpsps Coconut Oil

1/4 cup Pitted Dates

1 1/8 tbsps Unsweetened Coconut Flakes

1/16 tsp Sea Salt

Nutrition

Amount per serving

Calories	157	Vitamin D	0IU
Fat	12g	Vitamin E	4mg
Saturated	3g	Vitamin K	1µg
Carbs	12g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	8g	Niacin	1mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	15µg
Sodium	43mg	Vitamin B12	0µg
Potassium	209mg	Phosphorous	77mg
Vitamin A	3IU	Magnesium	44mg
Vitamin C	0mg	Zinc	1mg
Calcium	43mg	Selenium	1µg
Iron	1mg		

Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box)

1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	367	Vitamin D	101IU
Fat	17g	Vitamin E	1mg
Saturated	6g	Vitamin K	20µg
Carbs	33g	Thiamine	0.2mg
Fiber	13g	Riboflavin	0.7mg
Sugar	18g	Niacin	2mg
Protein	25g	Vitamin B6	0.5mg
Cholesterol	4mg	Folate	91µg
Sodium	95mg	Vitamin B12	3.6µg
Potassium	887mg	Phosphorous	394mg
Vitamin A	773IU	Magnesium	84mg
Vitamin C	57mg	Zinc	2mg
Calcium	684mg	Selenium	7µg

Iron

3mg

Strawberry Vanilla Pineapple Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Nut-Free

Use coconut milk, cow's milk, or other nut-free milk.

Additional Toppings

Add chia seeds or hemp seeds before blending.

Ingredients

2 cups Unsweetened Almond Milk

3 cups Strawberries (chopped)

2 cups Frozen Pineapple

2/3 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	294	Vitamin D	101IU
Fat	4g	Vitamin E	1mg
Saturated	0g	Vitamin K	6µg
Carbs	41g	Thiamine	0.4mg
Fiber	9g	Riboflavin	0.8mg
Sugar	27g	Niacin	2mg
Protein	29g	Vitamin B6	0.5mg
Cholesterol	5mg	Folate	92µg
Sodium	215mg	Vitamin B12	0.8µg
Potassium	708mg	Phosphorous	492mg
Vitamin A	621IU	Magnesium	128mg
Vitamin C	206mg	Zinc	3mg
Calcium	659mg	Selenium	10µg
Iron	2mg		

Strawberry Blueberry Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries

Use frozen instead.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

1/2 cup Frozen Blueberries (wild)

1/2 cup Strawberries (stems removed)

1 1/4 cups Unsweetened Almond Milk

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	241	Vitamin D	126IU
Fat	8g	Vitamin E	1mg
Saturated	1g	Vitamin K	14µg
Carbs	23g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.6mg
Sugar	10g	Niacin	1mg
Protein	23g	Vitamin B6	0.2mg
Cholesterol	4mg	Folate	31µg
Sodium	242mg	Vitamin B12	0.6µg
Potassium	368mg	Phosphorous	346mg
Vitamin A	668IU	Magnesium	82mg
Vitamin C	44mg	Zinc	2mg
Calcium	772mg	Selenium	7µg
Iron	2mg		

Romaine with Tofu Caesar Dressing

9 ingredients · 10 minutes · 4 servings



Directions

1. Add all of the ingredients, except for the romaine, to a food processor and blend until smooth. Taste and adjust flavors if needed. If the dressing is too thick, add water, one tablespoon at a time until desired consistency is reached.
2. In a large bowl, toss the chopped romaine with the dressing until well coated. Enjoy!

Notes

Leftovers

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

Serving Size

One serving equals approximately two cups.

Additional Toppings

Add croutons, crushed tortillas, parmesan, and/or sliced red onion.

Ingredients

198 grams Tofu (soft, crumbled)
1 tbsp Nutritional Yeast
1 tbsp Dijon Mustard
1 tbsp Apple Cider Vinegar
1 tbsp Water
1 1/2 tsps Tamari
2 Garlic (cloves, minced)
1/8 tsp Sea Salt (to taste)
12 leaves Romaine (large, chopped)

Nutrition

Amount per serving

Calories	72	Vitamin D	0IU
Fat	3g	Vitamin E	0mg
Saturated	0g	Vitamin K	88µg
Carbs	5g	Thiamine	1.8mg
Fiber	3g	Riboflavin	1.9mg
Sugar	1g	Niacin	10mg
Protein	8g	Vitamin B6	2.0mg
Cholesterol	0mg	Folate	119µg
Sodium	256mg	Vitamin B12	8.4µg
Potassium	333mg	Phosphorous	86mg
Vitamin A	7317IU	Magnesium	31mg
Vitamin C	4mg	Zinc	1mg

Calcium	173mg	Selenium	7µg
Iron	2mg		

Lentil Goulash

10 ingredients · 30 minutes · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the onion and garlic and cook until the onion softens, about five minutes.
2. Add the peppers, potatoes, lentils, paprika, vegetable broth, and diced tomatoes. Bring to a boil and simmer for 25 to 30 minutes, or until the potatoes are fork tender. Season with salt, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Use Hungarian paprika or smoked paprika instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 1 Red Bell Pepper (diced)
- 1 1/2 Yellow Potato (medium, peeled, diced)
- 1 **cup** Lentils (cooked)
- 1 3/4 **tsps** Paprika
- 3/4 **cup** Vegetable Broth, Low Sodium
- 1 **cup** Diced Tomatoes (from the can, with juices)
- 1/2 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	168	Vitamin D	0IU
Fat	2g	Vitamin E	1mg
Saturated	0g	Vitamin K	6µg
Carbs	31g	Thiamine	0.2mg
Fiber	7g	Riboflavin	0.1mg
Sugar	6g	Niacin	2mg
Protein	7g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	116µg
Sodium	335mg	Vitamin B12	0µg
Potassium	637mg	Phosphorous	149mg
Vitamin A	1683IU	Magnesium	42mg

Vitamin C	62mg	Zinc	1mg
Calcium	43mg	Selenium	2µg
Iron	4mg		

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

- 1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios, In Shell

Nutrition		Amount per serving	
Calories	318	Vitamin D	0IU
Fat	26g	Vitamin E	0mg
Saturated	4g	Vitamin K	0µg
Carbs	16g	Thiamine	0mg
Fiber	6g	Riboflavin	0mg
Sugar	4g	Niacin	0mg
Protein	12g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	216mg	Vitamin B12	0µg
Potassium	0mg	Phosphorous	0mg
Vitamin A	0IU	Magnesium	0mg
Vitamin C	0mg	Zinc	0mg
Calcium	40mg	Selenium	0µg
Iron	2mg		

Garlicky Kale

6 ingredients · 15 minutes · 2 servings



Directions

1. Tear kale into bite-size pieces and place in a large bowl.
2. Puree all the remaining ingredients in a food processor until smooth.
3. Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

No Tahini

Use a nut butter or sunflower seed butter instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

4 cups Kale Leaves (stems removed)

1 tbsp Tahini

1 1/2 tbsps Apple Cider Vinegar

1 1/2 tsps Tamari

2 tbsps Nutritional Yeast

1 1/2 Garlic (cloves, minced)

Nutrition

Amount per serving

Calories	102	Vitamin D	0IU
Fat	5g	Vitamin E	0mg
Saturated	1g	Vitamin K	164µg
Carbs	8g	Thiamine	7.2mg
Fiber	5g	Riboflavin	7.6mg
Sugar	1g	Niacin	41mg
Protein	8g	Vitamin B6	7.7mg
Cholesterol	0mg	Folate	34µg
Sodium	308mg	Vitamin B12	33.8µg
Potassium	393mg	Phosphorous	88mg
Vitamin A	2026IU	Magnesium	24mg
Vitamin C	40mg	Zinc	1mg
Calcium	149mg	Selenium	3µg
Iron	3mg		

Lemony Chickpea & Herb Salad

10 ingredients · 10 minutes · 1 serving



Directions

1. In a mixing bowl, combine the chickpeas, parsley, chives, lemon juice, oil, garlic, nutritional yeast, and salt. Mix well. Season with additional lemon juice or salt if needed.
2. Divide the baby spinach between plates or bowls and top with the chickpea salad mixture and any excess dressing. Add the hemp seeds on top (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Assemble the salad just before serving.

More Flavor

Add other fresh herbs, red pepper flakes, or parmesan cheese.

No Chickpeas

Use whites beans or lentils instead.

No Baby Spinach

Use romaine lettuce, mixed greens, or arugula instead.

Ingredients

- 1 cup Chickpeas
- 1 tbsp Parsley
- 1 tbsp Chives
- 2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Garlic (clove, small, minced)
- 1 tsp Nutritional Yeast
- 1/16 tsp Sea Salt
- 2 cups Baby Spinach
- 1 tbsp Hemp Seeds (optional)

Nutrition

Amount per serving

Calories	480	Vitamin D	0IU
Fat	23g	Vitamin E	4mg
Saturated	3g	Vitamin K	373µg
Carbs	52g	Thiamine	2.7mg
Fiber	15g	Riboflavin	2.7mg
Sugar	9g	Niacin	15mg
Protein	21g	Vitamin B6	3.0mg
Cholesterol	0mg	Folate	425µg
Sodium	218mg	Vitamin B12	11.3µg
Potassium	1063mg	Phosphorous	479mg
Vitamin A	6124IU	Magnesium	201mg

Vitamin C	38mg	Zinc	4mg
Calcium	161mg	Selenium	7µg
Iron	8mg		

Herb & Garlic Tempeh

6 ingredients · 55 minutes · 4 servings



Directions

1. In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
3. Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Italian Seasoning

Use any combination of dried herbs.

Serve it With

Rice, quinoa and roasted or steamed vegetables.

Ingredients

- 1/3 cup Vegetable Broth
- 1/3 cup Balsamic Vinegar
- 1 1/3 tsps Italian Seasoning
- 2/3 tsp Sea Salt
- 2 2/3 Garlic (clove, minced)
- 340 grams Tempeh (cut into thin pieces)

Nutrition

Amount per serving

Calories	186	Vitamin D	0IU
Fat	9g	Vitamin E	0mg
Saturated	2g	Vitamin K	0µg
Carbs	11g	Thiamine	0.1mg
Fiber	0g	Riboflavin	0.3mg
Sugar	3g	Niacin	2mg
Protein	18g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	20µg
Sodium	461mg	Vitamin B12	0.1µg
Potassium	386mg	Phosphorous	234mg
Vitamin A	44IU	Magnesium	72mg
Vitamin C	1mg	Zinc	1mg
Calcium	104mg	Selenium	0µg
Iron	2mg		

Oil-Free Crispy Air Fryer Tofu

6 ingredients · 25 minutes · 3 servings



Directions

1. Toss the tofu with the paprika, garlic powder, salt and black pepper in a bowl.
2. Place in an air fryer basket, leaving space between pieces. Cook at 400°F (205°C) for 10 to 12 minutes, shaking halfway.
3. Serve with ketchup and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the air fryer.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Serve with your favorite dipping sauce, on top of a salad or in a wrap.

Air Fryer

Depending on the size of the air fryer, work in batches to avoid the tofu overlapping.

Ingredients

340 grams Tofu (extra-firm, pressed, cubed)

1/2 tsp Smoked Paprika

1 tsp Garlic Powder

1/2 tsp Sea Salt

1/4 tsp Black Pepper

1 cup Sugar Free Ketchup

Nutrition

Amount per serving

Calories	153	Vitamin D	0IU
Fat	6g	Vitamin E	0mg
Saturated	1g	Vitamin K	4µg
Carbs	18g	Thiamine	0.1mg
Fiber	1g	Riboflavin	0.1mg
Sugar	1g	Niacin	0mg
Protein	12g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	11µg
Sodium	959mg	Vitamin B12	0µg
Potassium	172mg	Phosphorous	132mg
Vitamin A	190IU	Magnesium	42mg
Vitamin C	0mg	Zinc	1mg
Calcium	323mg	Selenium	15µg
Iron	2mg		

Creamy Tofu Jerk Pasta

9 ingredients · 15 minutes · 2 servings



Directions

1. Cook the pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat the oil in a pan over medium-high heat. Add the tofu, nutritional yeast, and salt. Break up the tofu into small pieces and cook for about five minutes.
3. Gently fold in the jerk marinade, cashew butter, and water until incorporated. Cook for two minutes, or until warmed through and your desired consistency is reached.
4. Divide the pasta and jerk tofu sauce into bowls. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup of pasta and 3/4 cup of sauce.

Nut-Free

Use vegan cream cheese instead of cashew butter.

Additional Toppings

Add mushrooms, bell peppers, or peas.

Ingredients

113 grams Chickpea Pasta (dry)

1 tbsp Extra Virgin Olive Oil

340 grams Tofu (firm, patted dry)

1 tbsp Nutritional Yeast

1/4 tsp Sea Salt (to taste)

1/4 cup Jerk Marinade

2 tbsps Cashew Butter

1/2 cup Water

2 tbsps Parsley (chopped, optional)

Nutrition

Amount per serving

Calories	537	Vitamin D	0IU
Fat	28g	Vitamin E	1mg
Saturated	4g	Vitamin K	71µg
Carbs	45g	Thiamine	3.6mg
Fiber	12g	Riboflavin	3.8mg
Sugar	9g	Niacin	20mg
Protein	37g	Vitamin B6	4.0mg
Cholesterol	3mg	Folate	32µg
Sodium	1300mg	Vitamin B12	16.9µg
Potassium	424mg	Phosphorous	264mg
Vitamin A	620IU	Magnesium	104mg
Vitamin C	9mg	Zinc	3mg

Calcium	540mg	Selenium	24µg
Iron	11mg		

One Pan Tempeh & Veggies

11 ingredients · 50 minutes · 2 servings



Directions

1. Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
2. Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
3. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
4. Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
5. Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Fresh herbs or green onion.

Serve It With

Brown rice, quinoa or cauliflower rice.

Vegetables

Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

No Vegetable Broth

Use water instead.

Ingredients

- 1/4 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 2 tbsps Vegetable Broth
- 2 Garlic (clove, minced)
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 255 grams Tempeh (cut into thin strips)
- 2 cups Broccoli (cut into florets)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 head Cauliflower (cut into florets)
- 1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving

Calories	398	Vitamin D	0IU
Fat	16g	Vitamin E	2mg
Saturated	4g	Vitamin K	119µg
Carbs	32g	Thiamine	0.3mg
Fiber	7g	Riboflavin	0.7mg
Sugar	10g	Niacin	5mg
Protein	35g	Vitamin B6	0.7mg
Cholesterol	0mg	Folate	265µg
Sodium	1166mg	Vitamin B12	0.1µg
Potassium	1321mg	Phosphorous	517mg

Vitamin A	1656IU	Magnesium	168mg
Vitamin C	158mg	Zinc	3mg
Calcium	249mg	Selenium	4µg
Iron	6mg		

Shirataki Noodle Tofu Stir Fry

10 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a large skillet over medium heat. Add the tofu to the pan and brown the tofu on all sides. Remove from the pan and set aside.
2. In the same pan, add the onion and garlic and sauté for two minutes. Then, add the broccoli, snap peas, rice vinegar, and sesame oil. Sauté for three to four minutes or until tender-crisp.
3. Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

More Flavor

Add sea salt, soy sauce, coconut aminos, and/or hot sauce.

Additional Toppings

Chopped cashews, chopped cilantro, and/or sesame seeds.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 340 **grams** Tofu (extra firm, pressed, cubed)
- 1 Yellow Onion (chopped)
- 2 Garlic (cloves, large, sliced)
- 2 **cups** Broccoli (cut into florets)
- 1 **cup** Snap Peas (trimmed)
- 1 **tbsp** Rice Vinegar
- 1 **tbsp** Sesame Oil
- 227 **grams** Shirataki Noodles
- 1/2 **tsp** Chili Flakes

Nutrition

Amount per serving

Calories	304	Vitamin D	0IU
Fat	20g	Vitamin E	2mg
Saturated	3g	Vitamin K	122µg
Carbs	19g	Thiamine	0.2mg
Fiber	7g	Riboflavin	0.2mg
Sugar	9g	Niacin	1mg
Protein	21g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	89µg
Sodium	43mg	Vitamin B12	0µg
Potassium	707mg	Phosphorous	272mg
Vitamin A	912IU	Magnesium	92mg

Vitamin C	88mg	Zinc	2mg
Calcium	567mg	Selenium	25µg
Iron	9mg		

Spicy Edamame Fried Cauliflower Rice

10 ingredients · 15 minutes · 4 servings



Directions

1. Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
2. Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
3. Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
4. Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables

Add carrots, peas, or baby spinach.

No Yellow Bell Pepper

Use any color bell pepper or mushrooms instead.

No Sesame Oil

Use coconut oil or avocado oil instead.

Ingredients

- 1 **tbsp** Sesame Oil
- 1 Yellow Onion (finely chopped)
- 2 Yellow Bell Pepper (chopped)
- 3 **cups** Frozen Edamame
- 350 **grams** Tofu (extra firm, crumbled)
- 1/3 **cup** Tamari
- 4 Garlic (clove, minced)
- 1 **tbsp** Ginger (fresh, grated)
- 1 **tbsp** Sriracha
- 2 **cups** Cauliflower Rice

Nutrition

Amount per serving

Calories	321	Vitamin D	0IU
Fat	14g	Vitamin E	1mg
Saturated	2g	Vitamin K	35µg
Carbs	26g	Thiamine	0.3mg
Fiber	10g	Riboflavin	0.3mg
Sugar	8g	Niacin	3mg
Protein	28g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	400µg
Sodium	1639mg	Vitamin B12	0µg
Potassium	1044mg	Phosphorous	358mg
Vitamin A	658IU	Magnesium	129mg

Vitamin C	201mg	Zinc	3mg
Calcium	362mg	Selenium	13µg
Iron	7mg		

Olive & Tahini Plate

6 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, whisk together the tahini, water and sea salt.
2. Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings

Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.

Ingredients

- 2 **tbsps** Tahini
- 2 **tbsps** Water
- 1/8 **tsp** Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 **cup** Black Olives

Nutrition

Amount per serving

Calories	251	Vitamin D	0IU
Fat	21g	Vitamin E	1mg
Saturated	3g	Vitamin K	13µg
Carbs	14g	Thiamine	0.4mg
Fiber	4g	Riboflavin	0.2mg
Sugar	1g	Niacin	2mg
Protein	7g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	51µg
Sodium	684mg	Vitamin B12	0µg
Potassium	356mg	Phosphorous	255mg
Vitamin A	1077IU	Magnesium	45mg
Vitamin C	11mg	Zinc	2mg
Calcium	185mg	Selenium	11µg
Iron	6mg		

Baked Tofu & Cabbage with Peanut Ginger Sauce

9 ingredients · 40 minutes · 4 servings



Directions

1. Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
4. Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
5. To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari

Use coconut aminos instead.

More Carbs

Serve with rice or quinoa instead of cauliflower rice.

Ingredients

350 grams Tofu (extra firm, cubed)
2 cups Frozen Edamame
1/4 cup Tamari (divided)
8 cups Purple Cabbage (cut into 1-inch strips)
2 tbsps All Natural Peanut Butter
2 tsps Ginger (fresh, grated)
1 tbsp Lime Juice
3 tbsps Water
2 cups Cauliflower Rice

Nutrition

Amount per serving

Calories	297	Vitamin D	0IU
Fat	13g	Vitamin E	1mg
Saturated	2g	Vitamin K	91µg
Carbs	26g	Thiamine	0.3mg
Fiber	10g	Riboflavin	0.3mg
Sugar	11g	Niacin	3mg
Protein	25g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	292µg
Sodium	1076mg	Vitamin B12	0µg
Potassium	1071mg	Phosphorous	333mg
Vitamin A	2219IU	Magnesium	130mg
Vitamin C	128mg	Zinc	3mg

Calcium	395mg	Selenium	14µg
Iron	6mg		

Mushroom & Edamame Stir Fry

10 ingredients · 20 minutes · 2 servings



Directions

1. Heat the sesame oil in a large pan or skillet over medium-high heat.
2. Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
3. Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
4. Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
5. Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
6. To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings

Asian-style hot sauce or sesame seeds.

No Cauliflower Rice

Use white rice, brown rice or quinoa instead.

No Kale

Use spinach or Swiss chard instead.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 **cup** Kale Leaves (finely chopped)
- 2 **cups** Frozen Edamame (thawed)
- 2 **tbsps** Vegetable Broth
- 2 **tbsps** Tamari
- 1 **tbsp** Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 **cups** Cauliflower Rice

Nutrition

Amount per serving

Calories	301	Vitamin D	6IU
Fat	12g	Vitamin E	1mg
Saturated	2g	Vitamin K	83µg
Carbs	27g	Thiamine	0.4mg
Fiber	12g	Riboflavin	0.7mg
Sugar	10g	Niacin	6mg
Protein	26g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	508µg
Sodium	1093mg	Vitamin B12	0.1µg
Potassium	1294mg	Phosphorous	375mg
Vitamin A	1000IU	Magnesium	120mg

Vitamin C	64mg	Zinc	3mg
Calcium	167mg	Selenium	10µg
Iron	6mg		

Tofu & Veggie Hot Pot

9 ingredients · 30 minutes · 3 servings



Directions

1. In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
2. Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shirataki noodles.
3. If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

Notes

Leftovers

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

Serving Size

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

More Flavor

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

Additional Toppings

Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

No Calabash Squash

Use zucchini or celery instead.

No Shirataki Noodles

Use ramen or rice noodles instead.

Ingredients

- 4 1/2 cups Vegetable Broth
- 2 1/4 tsps Tamari
- 2 1/4 tsps Rice Vinegar
- 1/3 tsp Sea Salt
- 1 1/2 cups Mushrooms (halved)
- 1 1/2 cups Calabash Squash (chopped)
- 1 1/2 cups Napa Cabbage (thinly sliced)
- 340 grams Tofu (extra firm, broiled, cubed)
- 297 grams Shirataki Noodles (rinsed, drained)

Nutrition

Amount per serving

Calories	143	Vitamin D	3IU
Fat	6g	Vitamin E	0mg
Saturated	1g	Vitamin K	39µg
Carbs	12g	Thiamine	0.2mg
Fiber	3g	Riboflavin	0.4mg
Sugar	5g	Niacin	3mg
Protein	15g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	42µg
Sodium	1544mg	Vitamin B12	0µg
Potassium	535mg	Phosphorous	202mg
Vitamin A	842IU	Magnesium	61mg
Vitamin C	24mg	Zinc	2mg

Calcium	365mg	Selenium	19µg
Iron	5mg		

Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder

Use chocolate or another flavor instead.

Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

Ice

Six ice cubes is approximately one cup of ice.

Protein Powder

A plant-based protein powder was used to create and test this recipe.

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Nutrition

Amount per serving

Calories	105	Vitamin D	67IU
Fat	2g	Vitamin E	0mg
Saturated	0g	Vitamin K	0µg
Carbs	2g	Thiamine	0.1mg
Fiber	1g	Riboflavin	0.5mg
Sugar	0g	Niacin	0mg
Protein	20g	Vitamin B6	0.1mg
Cholesterol	4mg	Folate	8µg
Sodium	145mg	Vitamin B12	0.6µg
Potassium	145mg	Phosphorous	320mg
Vitamin A	333IU	Magnesium	58mg
Vitamin C	0mg	Zinc	2mg
Calcium	414mg	Selenium	6µg
Iron	1mg		

Coconut Chive Flatbread

7 ingredients · 15 minutes · 3 servings



Directions

1. In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
2. Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
3. Cut the dough into the according number of recipe servings. Roll into balls.
4. Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
5. Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

Notes

Leftovers

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

Serving Size

One serving is equal to one 8-inch flatbread.

More Flavor

Add your choice of herbs or spices to the flour before mixing.

Ingredients

- 1/3 cup** Coconut Flour
- 1 1/2 tbsps** Psyllium Husk Powder
- 3 tbsps** Dried Chives
- 1/8 tsp** Baking Soda
- 1/3 tsp** Sea Salt
- 2 1/4 tpsps** Extra Virgin Olive Oil (plus extra for greasing)
- 3/4 cup** Water (warm)

Nutrition

Amount per serving

Calories	91	Vitamin D	0IU
Fat	5g	Vitamin E	0mg
Saturated	2g	Vitamin K	2µg
Carbs	8g	Thiamine	0mg
Fiber	5g	Riboflavin	0mg
Sugar	1g	Niacin	0mg
Protein	2g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	405mg	Vitamin B12	0µg
Potassium	6mg	Phosphorous	1mg
Vitamin A	137IU	Magnesium	2mg
Vitamin C	1mg	Zinc	0mg
Calcium	8mg	Selenium	0µg

Iron

2mg

Chocolate Kale Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Use your preferred choice of milk.

Ingredients

1/2 cup Kale Leaves (finely chopped)

1 cup Unsweetened Almond Milk

1/2 Avocado (medium, pitted)

1/4 cup Chocolate Protein Powder

1 tsp Cocoa Powder

4 Ice Cubes (optional)

Nutrition

Amount per serving

Calories	283	Vitamin D	101IU
Fat	18g	Vitamin E	2mg
Saturated	2g	Vitamin K	62µg
Carbs	13g	Thiamine	0.2mg
Fiber	10g	Riboflavin	0.7mg
Sugar	1g	Niacin	2mg
Protein	23g	Vitamin B6	0.4mg
Cholesterol	4mg	Folate	96µg
Sodium	212mg	Vitamin B12	0.6µg
Potassium	708mg	Phosphorous	391mg
Vitamin A	1151IU	Magnesium	106mg
Vitamin C	20mg	Zinc	2mg
Calcium	606mg	Selenium	7µg
Iron	2mg		

Edamame Broccoli Soup

8 ingredients · 30 minutes · 2 servings



Directions

1. In a small pot, add broccoli, edamame, onion, garlic, and broth. Bring to a boil. Turn down the heat to simmer, cover the pot with a lid, and let simmer for about 25 minutes or until everything is cooked.
2. Remove the pot from the heat and add basil and lemon juice. Season with salt and pepper.
3. Use an immersion blender and blend the soup until it is smooth. Divide between serving plates 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

Add parmesan or pecorino.

Make it Spicy

Add chili flakes.

Ingredients

- 2 cups** Broccoli (cut into florets)
- 1 cup** Frozen Edamame (thawed)
- 1/2** White Onion (chopped)
- 3** Garlic (clove)
- 1 1/2 cups** Vegetable Broth
- 2 tbsps** Basil Leaves
- 1 tbsp** Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	153	Vitamin D	0IU
Fat	5g	Vitamin E	1mg
Saturated	1g	Vitamin K	125µg
Carbs	19g	Thiamine	0.3mg
Fiber	7g	Riboflavin	0.3mg
Sugar	6g	Niacin	2mg
Protein	13g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	307µg
Sodium	527mg	Vitamin B12	0µg
Potassium	731mg	Phosphorous	213mg
Vitamin A	1334IU	Magnesium	76mg
Vitamin C	93mg	Zinc	2mg
Calcium	116mg	Selenium	4µg

Iron

3mg

Butternut Squash Fries

2 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash fries on the baking sheet and season with salt. Toss to coat the fries with the salt then arrange into a single, even layer (do not overcrowd the pan).
3. Bake for 35 to 40 minutes, flipping halfway through, or until the fries are cooked through and have browned on both sides. Season with additional salt, if needed, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add dried spices like chili powder or cinnamon.

Additional Toppings

Serve with your favorite dipping sauce.

Ingredients

2 cups Butternut Squash (peeled, cut into thick fries)

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	63	Vitamin D	0IU
Fat	0g	Vitamin E	2mg
Saturated	0g	Vitamin K	2µg
Carbs	16g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0mg
Sugar	3g	Niacin	2mg
Protein	1g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	38µg
Sodium	153mg	Vitamin B12	0µg
Potassium	493mg	Phosphorous	46mg
Vitamin A	14882IU	Magnesium	48mg
Vitamin C	29mg	Zinc	0mg
Calcium	67mg	Selenium	1µg
Iron	1mg		

Macadamia Nuts & Pear

2 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients on a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seeds instead of macadamia nuts.

Ingredients

1/4 cup Macadamia Nuts

1 Pear

Nutrition

Amount per serving

Calories	342	Vitamin D	0IU
Fat	26g	Vitamin E	0mg
Saturated	4g	Vitamin K	8µg
Carbs	32g	Thiamine	0.4mg
Fiber	8g	Riboflavin	0.1mg
Sugar	19g	Niacin	1mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	16µg
Sodium	3mg	Vitamin B12	0µg
Potassium	330mg	Phosphorous	84mg
Vitamin A	45IU	Magnesium	56mg
Vitamin C	8mg	Zinc	1mg
Calcium	44mg	Selenium	1µg
Iron	2mg		