

SEVEN DAY HEALTHY EATING VEGETARIAN MEAL PLAN

THE EVERY DAY PERSON'S
GUIDE TO EATING WELL



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Medical Disclaimer

The information contained within this meal plan reflects the views and opinions of Dr. Natasha Gasparin, ND and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your medical or naturopathic doctor to ensure it's appropriate for you, especially if you are an adolescent, pregnant, breastfeeding or have/develop a medical condition. Although this meal plan can help most individuals develop a healthy eating plan, it has not been specifically designed for you and individual results will vary. Calorie and macronutrient information is provided, however, it is calculated using common databases and exact values may vary from your finished product.

HELLO!

This meal plan is designed to be healthy, easy to prepare, and use common ingredients that you would normally find at your local grocery store. Before you go off shopping, let me give you a little background information and insight on how to use this meal plan.

One question I am asked frequently by patients is how to maintain a diet long term and my answer is simple:

You don't. Diets don't work, that's why there are so many of them.

Now, when I say 'diet', I mean the typical 'low calorie, low sugar, low fat, low everything' kind of diet that most of us stick to when trying to lose or maintain our weight. The problem with this approach is that it isn't sustainable for most of us. This isn't necessarily because the calories or nutrients aren't there but because the food itself isn't enjoyable.

Eating food that tastes good and having sweet treats is a part of life that most of us are unwilling to give up or find difficult to escape from. This is why a middle ground needs to be established.

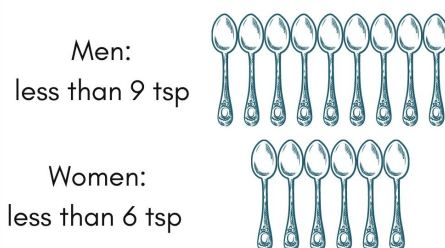
Why not try to eat healthy meals and incorporate those sweet treats on a regular basis so that we don't feel like we are depriving ourselves of something we truly enjoy?

You will find sweet foods are included through fruit-based snacks, smoothies or chocolate-based desserts. Feel free to change things up – just be mindful of how many calories are from sugar, especially if it's consumed as an evening snack.

Speaking of sugar, you may notice that some days seem to have a high sugar content. Rest assured, I've done the math for you and here's why...

The WHO does not include the sugars found in fruits and vegetables as added sugars since most fruits and vegetables contain fibre that help to reduce blood sugar spikes. What they are counting is the **added sugars** – honey,

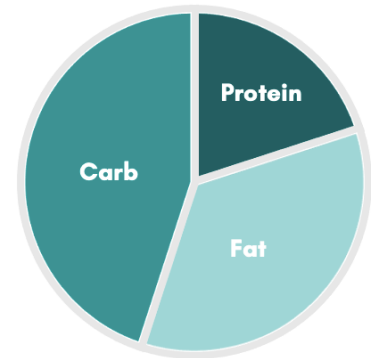
World Health Organization Recommended Sugar Intake



maple syrup, table sugar, boxed snacks like cookies and cakes, etc. When adding up the individual days and how much added sugar they provide, this meal plan follows the WHO guidelines. I've kept in mind that most of us tend to eat more or snack on the weekend which is why there is a higher sugar content on the weekend. There you have it – you get to have your sugar, and eat it too.

For all of my number crunchers and macro trackers, this meal plan has the following macronutrient profile:

- 💡 20–25% protein
- 💡 30–40% fat
- 💡 40–50% carbohydrates



One thing you'll notice in most vegetarian eating patterns is that the percentage of carbohydrates in the diet is higher than in omnivorous diets. I wouldn't stress about the higher carbohydrate content as the majority of them are coming through as extra fibre which helps to increase that feeling of fullness and balance blood sugar levels.

Notice that days that are higher in carbohydrates will be lower in fat and vice versa without compromising protein content. Adequate protein is needed for good blood sugar management to keep you feeling fuller, longer. Full disclosure, this meal plan contains more protein and/or fibre than most are used to consuming on a daily basis. When first consuming large amounts of protein or fibre, you may notice you feel very full after eating, or develop gas and bloating after meals. This is normal but should not last longer than a couple weeks.

Now, foods you may not have heard of that are included in this meal plan are:

- 💡 Coconut Aminos:
 - 💡 This is a coconut-based product that tastes like soy sauce and tends to be free from MSG. However, both products are high in sodium so please be mindful of how much you use. Feel free to opt for the low sodium version.
- 💡 Arrowroot and tapioca flour:
 - 💡 These are gluten free thickeners that are similar to corn starch. They can be used interchangeably so you can purchase one and stick to that. Tapioca flour can usually be found in most grocery stores.
- 💡 Almond, cashew, rice milk, etc.:
 - 💡 You will notice there are multiple types of non-dairy milk used throughout this meal plan. Feel free to use one type of milk and stick to it for the week. I have kept them all in so you know which kinds are out there and which go best with each recipe.

💡 Rice – basmati, brown, long grain, etc.:

💡 Same goes with rice; feel free to use one type and stick to it for the week.

💡 Protein powders:

💡 Protein powders provide an easy and convenient way of adding protein to meals that would not normally have a lot of protein in them. This would include meals such as oatmeal, pancakes, muffins or fruit-based smoothies. Feel free to try different ones – whether milk (ie, whey), vegetable or algal (ie, spirulina or chlorella) based.

If you are new to cooking and preparing your own meals, this may feel like a daunting task. Don't worry, in time this will become easier. Most of the meals included are easy to prepare so that eating well is sustainable long term. My suggestion to you is to slowly change your eating habits one meal at a time. For example, start eating a healthy breakfast every morning and only worry about breakfast for a couple weeks before tackling lunch, or dinner.

Feel free to reach out if you have questions.

In health,

Dr. Natasha Gasparin, ND

Healthy Eating Vegetarian Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Zucchini Bread Smoothie	Veggie Scramble with Strawberries	Carrot Cake Overnight Oats	Chocolate Zucchini Bread Smoothie	Veggie Scramble with Strawberries	Carrot Cake Overnight Oats	Vanilla Protein Pancakes
Snack 1	English Muffin Breakfast Pizzas	Pesto Tofu Spinach Rolls	Banana Cinnamon Smoothie	English Muffin Breakfast Pizzas	Pesto Tofu Spinach Rolls	Banana Cinnamon Smoothie	Cream Cheese Crackers with Strawberries & Snap Peas
Lunch	Hummus Pasta	Orange Sesame Tofu with Greens & Rice	Lentil Meatballs & Pasta	One Pot Cauliflower & Lentil Green Curry	Tempeh Taco Bowl	Mexican Black Bean Wrap	Hummus Pasta
	0.5 Vegan Minestrone Soup						0.5 Vegan Minestrone Soup
Snack 2	Yogurt with Pear	Chocolate Strawberry Chia Pudding	Roasted Edamame	Yogurt with Pear	Chocolate Strawberry Chia Pudding	Roasted Edamame	Greek Yogurt with Blueberries
Dinner	Orange Sesame Tofu with Greens & Rice	Lentil Meatballs & Pasta	One Pot Cauliflower & Lentil Green Curry	Tempeh Taco Bowl	Mexican Black Bean Wrap	Halloumi & Quinoa Fattoush Salad	One Pan Tempeh & Veggies
Snack 3	Melon with Cinnamon Yogurt Dip	Peanut Butter Banana Muffin Brownie Bites	Blackberry Chia Pudding	Melon with Cinnamon Yogurt Dip	Peanut Butter Banana Muffin Brownie Bites	Blackberry Chia Pudding	Raspberry Avocado Ice Cream



Healthy Eating Vegetarian Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 2033	Calories 1998	Calories 2083	Calories 1999	Calories 2022	Calories 2006	Calories 2040
Fat 66g	Fat 93g	Fat 84g	Fat 78g	Fat 88g	Fat 76g	Fat 89g
Saturated 16g	Saturated 22g	Saturated 26g	Saturated 33g	Saturated 22g	Saturated 15g	Saturated 34g
Polyunsaturated 14g	Polyunsaturated 20g	Polyunsaturated 14g	Polyunsaturated 10g	Polyunsaturated 20g	Polyunsaturated 16g	Polyunsaturated 17g
Monounsaturated 16g	Monounsaturated 33g	Monounsaturated 18g	Monounsaturated 16g	Monounsaturated 32g	Monounsaturated 23g	Monounsaturated 28g
Carbs 252g	Carbs 207g	Carbs 243g	Carbs 211g	Carbs 217g	Carbs 247g	Carbs 213g
Fiber 44g	Fiber 42g	Fiber 61g	Fiber 38g	Fiber 49g	Fiber 60g	Fiber 50g
Sugar 76g	Sugar 56g	Sugar 70g	Sugar 68g	Sugar 43g	Sugar 54g	Sugar 73g
Protein 131g	Protein 107g	Protein 113g	Protein 131g	Protein 113g	Protein 104g	Protein 124g
Cholesterol 74mg	Cholesterol 746mg	Cholesterol 21mg	Cholesterol 74mg	Cholesterol 746mg	Cholesterol 46mg	Cholesterol 453mg
Sodium 1614mg	Sodium 1168mg	Sodium 1204mg	Sodium 1415mg	Sodium 1224mg	Sodium 1510mg	Sodium 1262mg
Potassium 3805mg	Potassium 3689mg	Potassium 4013mg	Potassium 4531mg	Potassium 4166mg	Potassium 3492mg	Potassium 4044mg
Vitamin A 16012IU	Vitamin A 18010IU	Vitamin A 5523IU	Vitamin A 13458IU	Vitamin A 22590IU	Vitamin A 10965IU	Vitamin A 6499IU
Vitamin C 225mg	Vitamin C 421mg	Vitamin C 133mg	Vitamin C 207mg	Vitamin C 352mg	Vitamin C 74mg	Vitamin C 289mg
Calcium 2262mg	Calcium 1608mg	Calcium 1480mg	Calcium 1902mg	Calcium 1442mg	Calcium 1798mg	Calcium 1082mg
Iron 23mg	Iron 25mg	Iron 28mg	Iron 23mg	Iron 26mg	Iron 21mg	Iron 23mg



Healthy Eating Vegetarian Meal Plan

104 items

Fruits

- ☐ 1 Avocado
- ☐ 7 Banana
- ☐ 2 cups Blackberries
- ☐ 2 tbsps Blueberries
- ☐ 1 Honeydew Melon
- ☐ 1 1/2 tbsps Lemon Juice
- ☐ 1 Lime
- ☐ 2 1/2 tbsps Lime Juice
- ☐ 2 Pear
- ☐ 1 cup Raspberries
- ☐ 5 cups Strawberries

Breakfast

- ☐ 3 1/2 tbsps All Natural Peanut Butter
- ☐ 1/4 cup Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 3 1/4 tbsps Almonds
- ☐ 1 1/3 cups Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 1/2 tps Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1 tsp Everything Bagel Seasoning
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1/2 tsp Ground Ginger
- ☐ 1 1/2 tps Italian Seasoning
- ☐ 1 1/2 tps Oregano
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 tsp Taco Seasoning
- ☐ 1/4 cup Walnuts

Frozen

- ☐ 5 cups Frozen Edamame
- ☐ 1/2 cup Frozen Green Beans

Vegetables

- ☐ 1 1/4 cups Arugula
- ☐ 7 cups Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 2 cups Broccoli
- ☐ 1 1/2 Carrot
- ☐ 3/4 head Cauliflower
- ☐ 1 2/3 cups Cherry Tomatoes
- ☐ 1/3 cup Cilantro
- ☐ 1 1/2 Cucumber
- ☐ 4 Garlic
- ☐ 1 tbsp Ginger
- ☐ 3 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 1/4 cup Mint Leaves
- ☐ 3 1/4 tbsps Parsley
- ☐ 2 1/2 Red Bell Pepper
- ☐ 6 leaves Romaine
- ☐ 2 1/8 tbsps Shallot
- ☐ 2 cups Snap Peas
- ☐ 3 Tomato
- ☐ 1 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2/3 cup Brown Rice
- ☐ 3/4 cup Brown Rice Pasta Shells
- ☐ 1 1/8 cups Canned Coconut Milk
- ☐ 226 grams Chickpea Pasta
- ☐ 1 3/4 cups Diced Tomatoes
- ☐ 3 1/4 tbsps Dry Green Lentils
- ☐ 1/2 cup Dry Red Lentils
- ☐ 4 slices Light Rye Crisp Bread
- ☐ 3/4 cup Quinoa
- ☐ 1 cup Red Kidney Beans
- ☐ 2 tbsps Tomato Paste
- ☐ 1/3 cup Vegetable Broth

Bread, Fish, Meat & Cheese

- ☐ 114 grams English Muffin
- ☐ 1/3 cup Hummus
- ☐ 56 grams Mozzarella Cheese
- ☐ 455 grams Tempeh
- ☐ 600 grams Tofu
- ☐ 1 1/2 Whole Wheat Pita

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 1/4 cup Balsamic Vinegar
- ☐ 2 1/2 tbsps Coconut Aminos
- ☐ 1 tbsp Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Curry Paste
- ☐ 1/2 cup Pesto
- ☐ 8 Rice Paper Wraps
- ☐ 1 tbsp Sesame Oil
- ☐ 1 cup Tomato Sauce

Cold

- ☐ 1/2 cup Cream Cheese, Regular
- ☐ 10 Egg
- ☐ 1 cup Egg Whites
- ☐ 1/2 cup Orange Juice
- ☐ 2 cups Plain Coconut Milk
- ☐ 8 cups Plain Greek Yogurt
- ☐ 6 1/16 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 57 grams Halloumi
- ☐ 8 Ice Cubes
- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 4 1/2 cups Water



- ☐ **5 1/2 cups** Vegetable Broth- Low Sodium

Baking

- ☐ **1/4 tsp** Baking Powder
- ☐ **2 tbsps** Cacao Powder
- ☐ **3 1/2 tbsps** Cocoa Powder
- ☐ **1 3/4 tbsps** Dark Chocolate Chips
- ☐ **1 2/3 tbsps** Nutritional Yeast
- ☐ **2 cups** Oats
- ☐ **1/2 tsp** Tapioca Flour
- ☐ **1 tsp** Vanilla Extract



Chocolate Zucchini Bread Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
2. Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder

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

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder

Nutrition

Amount per serving

Calories	377	Protein	28g
Fat	18g	Cholesterol	4mg
Saturated	1g	Sodium	209mg
Polyunsaturated	3g	Potassium	971mg
Monounsaturated	7g	Vitamin A	733IU
Carbs	30g	Vitamin C	23mg
Fiber	11g	Calcium	716mg
Sugar	10g	Iron	4mg



Veggie Scramble with Strawberries

6 ingredients · 15 minutes · 1 serving



Directions

1. Whisk the eggs in a bowl. Set aside.
2. Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add dried herbs and spices like garlic powder or parsley.

No Red Pepper

Use any colour of bell pepper.

Like it Spicy

Add red pepper flakes or jalapeno pepper.

No Strawberries

Serve with a different fruit instead.

Ingredients

4 Egg

1 **tsp** Extra Virgin Olive Oil

1 Red Bell Pepper (finely chopped)

1 Tomato (medium, diced)

1 **stalk** Green Onion (chopped)

1 **cup** Strawberries (chopped)

Nutrition

Amount per serving

Calories	424	Protein	29g
Fat	25g	Cholesterol	744mg
Saturated	7g	Sodium	339mg
Polyunsaturated	5g	Potassium	1002mg
Monounsaturated	11g	Vitamin A	6964IU
Carbs	24g	Vitamin C	256mg
Fiber	7g	Calcium	155mg
Sugar	13g	Iron	5mg



Carrot Cake Overnight Oats

9 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

Notes

No Coconut Yogurt

Omit, or use another type of yogurt instead.

Nut-Free

Omit, or use pumpkin seeds.

Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

No Almond Milk

Use any other type of milk instead.

Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 cup Oats (rolled)
- 1/2 Carrot (medium, grated)
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1 cup Plain Greek Yogurt
- 2 tbsps Walnuts (roughly chopped)

Nutrition

Amount per serving

Calories	428	Protein	20g
Fat	15g	Cholesterol	17mg
Saturated	2g	Sodium	166mg
Polyunsaturated	5g	Potassium	382mg
Monounsaturated	2g	Vitamin A	3424IU
Carbs	56g	Vitamin C	8mg
Fiber	9g	Calcium	603mg
Sugar	16g	Iron	4mg



Vanilla Protein Pancakes

4 ingredients · 15 minutes · 1 serving



Directions

1. In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
2. Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Transfer to a plate and top with additional banana slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is approximately two pancakes.

Additional Toppings

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Ingredients

- 1 Banana (plus extra for topping)
- 2 Egg
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	394	Protein	33g
Fat	17g	Cholesterol	376mg
Saturated	9g	Sodium	181mg
Polyunsaturated	2g	Potassium	682mg
Monounsaturated	4g	Vitamin A	616IU
Carbs	29g	Vitamin C	10mg
Fiber	4g	Calcium	176mg
Sugar	15g	Iron	2mg



English Muffin Breakfast Pizzas

6 ingredients · 15 minutes · 1 serving



Directions

1. Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
2. Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
3. Top the English muffin slices with spinach, scrambled egg whites, tomato sauce, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.

Gluten-Free

Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

Additional Toppings

Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

Make it Vegan

Use scrambled tofu and vegan cheese instead.

English Muffin

One English muffin is roughly two ounces or 57 grams.

Ingredients

1/2 cup Egg Whites

1 tbsp Water

1 1/2 cups Baby Spinach

57 grams English Muffin (sliced in half)

2 tbsps Tomato Sauce

28 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving

Calories	271	Protein	26g
Fat	7g	Cholesterol	25mg
Saturated	4g	Sodium	491mg
Polyunsaturated	0g	Potassium	615mg
Monounsaturated	0g	Vitamin A	4553IU
Carbs	27g	Vitamin C	15mg
Fiber	4g	Calcium	239mg
Sugar	4g	Iron	3mg



Pesto Tofu Spinach Rolls

5 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, combine the tofu and pesto together.
2. Soften a sheet of rice paper under warm water by submerging it for 5 to 10 seconds. Transfer to a plate. Add the spinach, cucumber and pesto tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth to prevent sticking.

Serving Size

One serving equals approximately two rolls.

More Flavor

Season the pesto tofu with salt and red pepper flakes.

Additional Toppings

Carrots, red bell peppers, red cabbage, avocado.

No Tofu

Use edamame, eggs, tempeh or shrimp instead.

Extra Firm Tofu

To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

Ingredients

200 grams Tofu (extra-firm, pressed and crumbled)

1/4 cup Pesto

4 Rice Paper Wraps

2 cups Baby Spinach

1/2 Cucumber (julienned)

Nutrition

Amount per serving

Calories	301	Protein	14g
Fat	17g	Cholesterol	0mg
Saturated	3g	Sodium	249mg
Polyunsaturated	5g	Potassium	584mg
Monounsaturated	8g	Vitamin A	3378IU
Carbs	25g	Vitamin C	11mg
Fiber	3g	Calcium	420mg
Sugar	4g	Iron	3mg



Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

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

Notes

No Protein Powder

Use hemp seeds with vanilla extract instead.

Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green

Add spinach.

Ingredients

1/2 cup Vanilla Protein Powder

2 tbsps Ground Flax Seed

1 tbsps Almond Butter

2 Banana (frozen)

4 Ice Cubes

2 cups Water

1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	276	Protein	23g
Fat	7g	Cholesterol	4mg
Saturated	1g	Sodium	44mg
Polyunsaturated	3g	Potassium	606mg
Monounsaturated	3g	Vitamin A	78IU
Carbs	32g	Vitamin C	10mg
Fiber	6g	Calcium	188mg
Sugar	15g	Iron	1mg



Cream Cheese Crackers with Strawberries & Snap Peas

4 ingredients · 10 minutes · 2 servings



Directions

1. Spread the cream cheese evenly over top of each crisp bread. Serve with snap peas and strawberries. Enjoy!

Notes

Leftovers

Best enjoyed immediately as the crispbread will soften over time.

Dairy-Free

Use vegan cream cheese instead.

Additional Toppings

Smoked salmon, capers, red onion, or cucumber.

No Crispbread

Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

Ingredients

1/2 cup Cream Cheese, Regular (plain, Regular)

4 slices Light Rye Crisp Bread

2 cups Snap Peas (trimmed)

1 cup Strawberries

Nutrition

Amount per serving

Calories	271	Protein	9g
Fat	18g	Cholesterol	54mg
Saturated	11g	Sodium	338mg
Polyunsaturated	1g	Potassium	475mg
Monounsaturated	5g	Vitamin A	699IU
Carbs	26g	Vitamin C	55mg
Fiber	8g	Calcium	100mg
Sugar	9g	Iron	3mg



Hummus Pasta

9 ingredients · 15 minutes · 2 servings



Directions

1. Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
2. In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of pasta.

Additional Toppings

Top with chopped parsley and a drizzle of olive oil.

Ingredients

113 grams Chickpea Pasta (dry)
1/3 cup Frozen Edamame
1/2 tsp Extra Virgin Olive Oil
1/3 cup Cherry Tomatoes (halved)
1 1/4 cups Arugula
1 1/2 tsps Lemon Juice
1/3 cup Hummus
1 tsp Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	340	Protein	21g
Fat	14g	Cholesterol	0mg
Saturated	1g	Sodium	341mg
Polyunsaturated	4g	Potassium	371mg
Monounsaturated	3g	Vitamin A	626IU
Carbs	42g	Vitamin C	9mg
Fiber	12g	Calcium	100mg
Sugar	7g	Iron	7mg



Vegan Minestrone Soup

11 ingredients · 1 hour · 2 servings



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, Italian seasoning, and salt 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 green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
4. Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
5. To serve, divide the soup between bowls and stir in the cooked pasta. 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.

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1/2 Carrot (peeled, chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Italian Seasoning
- 2 tbsps Tomato Paste
- 1 3/4 cups Diced Tomatoes (from the can)
- 2 cups Vegetable Broth- Low Sodium
- 1 cup Red Kidney Beans (cooked, rinsed)
- 1/2 cup Frozen Green Beans (chopped)
- 3/4 cup Brown Rice Pasta Shells (dry)

Nutrition

Amount per serving

Calories	401	Protein	15g
Fat	3g	Cholesterol	0mg
Saturated	1g	Sodium	76mg
Polyunsaturated	1g	Potassium	801mg
Monounsaturated	2g	Vitamin A	3811IU
Carbs	78g	Vitamin C	30mg
Fiber	14g	Calcium	145mg
Sugar	16g	Iron	6mg



Yogurt with Pear

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free

Use coconut or almond yogurt instead of Greek yogurt.

No Pear

Use any type of fresh fruit instead.

Likes it Sweet

Drizzle with honey or maple syrup.

Ingredients

1 Pear (halved and cored)

2 cups Plain Greek Yogurt

Nutrition

Amount per serving

Calories	232	Protein	22g
Fat	5g	Cholesterol	34mg
Saturated	3g	Sodium	141mg
Polyunsaturated	0g	Potassium	103mg
Monounsaturated	0g	Vitamin A	1272IU
Carbs	26g	Vitamin C	19mg
Fiber	3g	Calcium	507mg
Sugar	15g	Iron	1mg



Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

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

Ingredients

1/4 cup Chia Seeds

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

1/4 cup Chocolate Protein Powder

1 cup Strawberries (halved)

Nutrition

Amount per serving

Calories	225	Protein	14g
Fat	11g	Cholesterol	2mg
Saturated	2g	Sodium	38mg
Polyunsaturated	0g	Potassium	365mg
Monounsaturated	0g	Vitamin A	258IU
Carbs	20g	Vitamin C	42mg
Fiber	8g	Calcium	428mg
Sugar	7g	Iron	3mg



Roasted Edamame

3 ingredients · 45 minutes · 2 servings



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.

Ingredients

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	247	Protein	18g
Fat	15g	Cholesterol	0mg
Saturated	2g	Sodium	304mg
Polyunsaturated	4g	Potassium	676mg
Monounsaturated	7g	Vitamin A	462IU
Carbs	14g	Vitamin C	9mg
Fiber	8g	Calcium	98mg
Sugar	3g	Iron	4mg



Greek Yogurt with Blueberries

2 ingredients · 5 minutes · 1 serving



Directions

1. Add blueberries to yogurt and enjoy :)

Ingredients

2/3 cup Plain Greek Yogurt

2 tbsps Blueberries

Nutrition

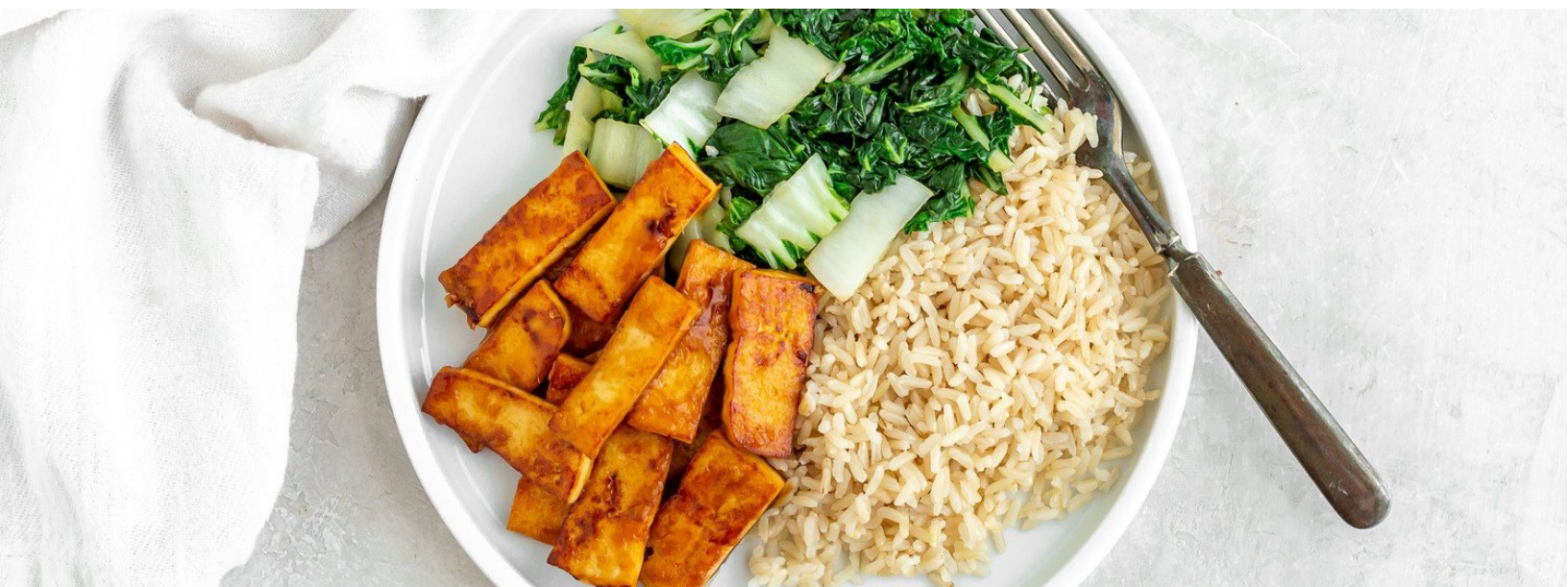
Amount per serving

Calories	131	Protein	15g
Fat	3g	Cholesterol	23mg
Saturated	2g	Sodium	94mg
Polyunsaturated	0g	Potassium	14mg
Monounsaturated	0g	Vitamin A	843IU
Carbs	11g	Vitamin C	12mg
Fiber	0g	Calcium	334mg
Sugar	6g	Iron	1mg



Orange Sesame Tofu with Greens & Rice

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
3. Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
4. Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
5. Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings

Sesame seeds, green onion, or sriracha.

No Bok Choy

Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice

Use white rice, quinoa, or cauliflower rice instead.

Ingredients

- 2/3 cup Brown Rice
- 1/2 cup Orange Juice
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (fresh, grated or minced)
- 200 grams Tofu (extra-firm, cut into thin strips)
- 1 1/2 tsps Coconut Oil
- 4 cups Bok Choy (chopped)
- 1/2 tsp Tapioca Flour

Nutrition

Amount per serving

Calories	461	Protein	17g
Fat	18g	Cholesterol	0mg
Saturated	5g	Sodium	302mg
Polyunsaturated	6g	Potassium	773mg
Monounsaturated	5g	Vitamin A	6379IU
Carbs	61g	Vitamin C	94mg
Fiber	5g	Calcium	442mg
Sugar	10g	Iron	4mg



No Coconut Oil

Use extra virgin olive oil or avocado oil instead.



Lentil Meatballs & Pasta

11 ingredients · 35 minutes · 2 servings



Directions

1. Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
3. In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
4. In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, and half of the parsley. Pulse until combined and the dough starts to hold together.
5. Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
6. While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.

Ingredients

- 3 1/4 tbsps Dry Green Lentils
- 1/3 cup Vegetable Broth
- 1/4 tsp Extra Virgin Olive Oil
- 2 1/8 tbsps Shallot (chopped)
- 1 1/4 tbsps Ground Flax Seed
- 1 1/4 tbsps Water
- 1 2/3 tbsps Nutritional Yeast
- 3 1/4 tbsps Almonds (chopped)
- 3 1/4 tbsps Parsley (divided, chopped)
- 113 grams Chickpea Pasta (shells)
- 3/4 cup Tomato Sauce

Nutrition

Amount per serving

Calories	415	Protein	28g
Fat	12g	Cholesterol	0mg
Saturated	1g	Sodium	206mg
Polyunsaturated	2g	Potassium	746mg
Monounsaturated	5g	Vitamin A	1016IU
Carbs	58g	Vitamin C	17mg
Fiber	16g	Calcium	119mg
Sugar	10g	Iron	9mg



One Pot Cauliflower & Lentil Green Curry

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
2. Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
3. Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
4. Divide between bowls and garnish with the cilantro (if using). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add fresh garlic or ginger.

Make it Vegan

Ensure the curry paste does not contain fish sauce or shrimp paste.

No Cauliflower

Use broccoli instead.

Curry Paste

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency

For a thinner curry add more vegetable broth.

Serve it With

Rice, quinoa or cauliflower rice.

Ingredients

1/4 cup Water

1 Yellow Onion (medium, chopped)

1/4 cup Green Curry Paste

1 1/2 cups Vegetable Broth- Low Sodium

1 cup Canned Coconut Milk

1/2 cup Dry Red Lentils (rinsed)

1/2 head Cauliflower (small, cut into florets)

1 tbsp Coconut Aminos

1 tbsp Lime Juice

1/4 cup Cilantro (chopped, optional for serving)

Nutrition

Amount per serving

Calories	523	Protein	18g
Fat	25g	Cholesterol	0mg
Saturated	20g	Sodium	402mg
Polyunsaturated	0g	Potassium	1272mg
Monounsaturated	0g	Vitamin A	139IU
Carbs	59g	Vitamin C	74mg
Fiber	12g	Calcium	81mg
Sugar	16g	Iron	7mg



Tempeh Taco Bowl

10 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa 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, 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.
4. To serve, divide the lettuce, quinoa, 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.

Ingredients

1/2 cup Quinoa

1 tbsp Avocado Oil

200 grams Tempeh (crumbled)

1 tsp Chili Powder

1 tsp Cumin

1/2 tsp Oregano

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	445	Protein	28g
Fat	21g	Cholesterol	0mg
Saturated	4g	Sodium	80mg
Polyunsaturated	7g	Potassium	999mg
Monounsaturated	9g	Vitamin A	6218IU
Carbs	42g	Vitamin C	26mg
Fiber	6g	Calcium	174mg
Sugar	1g	Iron	7mg



Mexican Black Bean Wrap

9 ingredients · 10 minutes · 1 serving



Directions

1. In a mixing bowl combine the coconut yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
2. Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

Notes

Leftovers

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

Serving Size

One wrap is one serving.

Gluten-Free

Use a gluten-free pita, tortillas, gluten-free bread, or lettuce wraps instead.

More Flavor

Add fresh garlic, red pepper flakes, or hot sauce.

Additional Toppings

Salsa, avocado, cheese, or jalapenos.

No Coconut Yogurt

Use plain yogurt or Greek yogurt instead.

Ingredients

- 1/4 cup** Unsweetened Coconut Yogurt
- 3/4 tsp** Taco Seasoning
- 1 1/2 tbsps** Lime Juice
- 1 tbsp** Cilantro
- 1 cup** Black Beans (cooked and rinsed)
- 1 stalk** Green Onion (chopped)
- 1/4 cup** Cherry Tomatoes (chopped)
- 2 leaves** Romaine
- 1** Whole Wheat Pita

Nutrition

Amount per serving

Calories	455	Protein	23g
Fat	4g	Cholesterol	0mg
Saturated	2g	Sodium	484mg
Polyunsaturated	1g	Potassium	997mg
Monounsaturated	0g	Vitamin A	5757IU
Carbs	87g	Vitamin C	16mg
Fiber	22g	Calcium	221mg
Sugar	6g	Iron	7mg



Halloumi & Quinoa Fattoush Salad

9 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Heat 1/3 of the oil in a pan over medium to high heat. Add the halloumi slices to the pan and cook until browned, about one to two minutes per side. Set aside.
3. In the same pan, add the pita and cook until slightly toasted and then set aside.
4. In a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper to taste.
5. In a large bowl, add the cooked quinoa, cherry tomatoes, and cucumber. Add the dressing and toss to combine. Top with the pita, halloumi, and mint. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use a gluten-free pita or omit.

Make it Vegan

Omit the halloumi cheese or replace it with vegan cheese or tofu.

Ingredients

- 1/3 cup Quinoa (dry)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 57 grams Halloumi (cut into large pieces)
- 1/2 Whole Wheat Pita (roughly torn)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 1/4 cup Mint Leaves (roughly torn)

Nutrition

Amount per serving

Calories	406	Protein	14g
Fat	25g	Cholesterol	25mg
Saturated	8g	Sodium	430mg
Polyunsaturated	3g	Potassium	500mg
Monounsaturated	10g	Vitamin A	840IU
Carbs	34g	Vitamin C	16mg
Fiber	5g	Calcium	297mg
Sugar	4g	Iron	2mg



One Pan Tempeh & Veggies

10 ingredients · 50 minutes · 2 servings



Directions

1. Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, and oregano 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 cups Vegetable Broth- Low Sodium
2 Garlic (clove, minced)
1 tsp Oregano
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	418	Protein	35g
Fat	16g	Cholesterol	0mg
Saturated	4g	Sodium	255mg
Polyunsaturated	7g	Potassium	1360mg
Monounsaturated	5g	Vitamin A	1623IU
Carbs	36g	Vitamin C	159mg
Fiber	7g	Calcium	259mg
Sugar	15g	Iron	6mg



Melon with Cinnamon Yogurt Dip

3 ingredients · 5 minutes · 2 servings



Directions

1. In a small bowl combine the yogurt and cinnamon. Dip the melon and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store melon and yogurt dip separately.

Serving Size

One serving is approximately 1 1/2 cups of melon and 1/4 cup of yogurt.

More Flavor

Add maple syrup or honey to the yogurt dip for extra sweetness.

No Coconut Yogurt

Use Greek yogurt instead.

Ingredients

2/3 cup Plain Greek Yogurt

1/4 tsp Cinnamon

1/2 Honeydew Melon (small, peeled, seeds removed and chopped)

Nutrition

Amount per serving

Calories	151	Protein	9g
Fat	2g	Cholesterol	11mg
Saturated	1g	Sodium	92mg
Polyunsaturated	0g	Potassium	571mg
Monounsaturated	0g	Vitamin A	543IU
Carbs	27g	Vitamin C	50mg
Fiber	2g	Calcium	185mg
Sugar	22g	Iron	1mg



Peanut Butter Banana Muffin Brownie Bites

7 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
2. In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
3. Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
4. Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to five days.

Serving Size

One serving is one brownie.

More Flavor

Add vanilla extract or a pinch of salt.

Additional Toppings

Top with more chocolate chips before baking.

Banana

A ripe, just speckled banana works best for this recipe.

Ingredients

- 1/2 Banana (medium, mashed)
- 1 3/4 tbsps Maple Syrup
- 3 1/2 tbsps All Natural Peanut Butter
- 2 2/3 tsps Unsweetened Almond Milk
- 3 1/2 tbsps Cocoa Powder
- 1/4 tsp Baking Powder
- 1 3/4 tbsps Dark Chocolate Chips

Nutrition

Amount per serving

Calories	172	Protein	5g
Fat	10g	Cholesterol	0mg
Saturated	4g	Sodium	34mg
Polyunsaturated	2g	Potassium	219mg
Monounsaturated	4g	Vitamin A	15IU
Carbs	19g	Vitamin C	1mg
Fiber	3g	Calcium	44mg
Sugar	12g	Iron	1mg



Blackberry Chia Pudding

5 ingredients · 25 minutes · 2 servings



Directions

1. Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
2. Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
3. Top with additional blackberries if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Granola, nuts, seeds, yogurt.

Nut-Free

Use oat milk or coconut milk instead of almond milk.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Blackberries

1 tbsp Maple Syrup

1/2 tsp Vanilla Extract

1/4 cup Chia Seeds

Nutrition

Amount per serving

Calories	194	Protein	6g
Fat	10g	Cholesterol	0mg
Saturated	0g	Sodium	82mg
Polyunsaturated	0g	Potassium	331mg
Monounsaturated	1g	Vitamin A	404IU
Carbs	24g	Vitamin C	15mg
Fiber	10g	Calcium	391mg
Sugar	10g	Iron	3mg



Raspberry Avocado Ice Cream

5 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a food processor and blend until smooth and creamy.
2. Serve immediately and enjoy!

Notes

Leftovers

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size

One serving is equal to approximately 3/4 cup.

More Flavor

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries

Use strawberries instead.

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving

Calories	285	Protein	3g
Fat	19g	Cholesterol	0mg
Saturated	6g	Sodium	15mg
Polyunsaturated	2g	Potassium	741mg
Monounsaturated	10g	Vitamin A	186IU
Carbs	30g	Vitamin C	29mg
Fiber	12g	Calcium	40mg
Sugar	13g	Iron	1mg

