

Vegan 3000 Calories Week 1



Vegan 3000 Calories Week 1

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 3072	Calories 3000	Calories 2935	Calories 2952	Calories 3022	Calories 3029	Calories 2918
Fat 126g	Fat 158g	Fat 133g	Fat 126g	Fat 169g	Fat 151g	Fat 149g
Carbs 355g	Carbs 318g	Carbs 354g	Carbs 326g	Carbs 298g	Carbs 321g	Carbs 327g
Fiber 84g	Fiber 75g	Fiber 72g	Fiber 84g	Fiber 77g	Fiber 75g	Fiber 76g
Protein 167g	Protein 103g	Protein 119g	Protein 167g	Protein 107g	Protein 131g	Protein 105g
Cholesterol 8mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 8mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 7mg
Sodium 3112mg	Sodium 2910mg	Sodium 2352mg	Sodium 3052mg	Sodium 2544mg	Sodium 2349mg	Sodium 3611mg
Calcium 2811mg	Calcium 1567mg	Calcium 1504mg	Calcium 2811mg	Calcium 1483mg	Calcium 1704mg	Calcium 1896mg
Iron 31mg	Iron 21mg	Iron 23mg	Iron 31mg	Iron 22mg	Iron 27mg	Iron 17mg
Vitamin B12 10.0µg	Vitamin B12 4.9µg	Vitamin B12 3.6µg	Vitamin B12 10.0µg	Vitamin B12 4.9µg	Vitamin B12 3.6µg	Vitamin B12 6.5µg
Zinc 19mg	Zinc 7mg	Zinc 14mg	Zinc 19mg	Zinc 10mg	Zinc 18mg	Zinc 7mg

Vegan 3000 Calories Week 1

82 items

Fruits

- ☐ 7 1/2 Avocado
- ☐ 6 1/2 Banana
- ☐ 1 cup Blackberries
- ☐ 1/4 cup Lemon Juice
- ☐ 2 1/4 tsps Lime Juice
- ☐ 1 Mango
- ☐ 6 cups Strawberries

Breakfast

- ☐ 1 cup Almond Butter
- ☐ 1 1/8 tbsps Maple Syrup
- ☐ 12 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 3 1/2 tbsps Chia Seeds
- ☐ 2 tsps Chili Powder
- ☐ 2/3 tsp Cinnamon
- ☐ 1 1/8 tsps Cumin
- ☐ 3/4 tsp Garlic Powder
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 2/3 tsp Italian Seasoning
- ☐ 3/4 tsp Oregano
- ☐ 2 2/3 tbsps Pumpkin Seeds
- ☐ 2 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Walnuts

Frozen

- ☐ 1 cup Frozen Berries
- ☐ 1/2 cup Frozen Broccoli
- ☐ 1 cup Frozen Cauliflower
- ☐ 1 cup Frozen Edamame
- ☐ 1 cup Frozen Mango

Vegetables

- ☐ 3 cups Arugula
- ☐ 1 cup Baby Spinach
- ☐ 1 1/3 cups Broccoli
- ☐ 1 Carrot
- ☐ 1 1/4 Cucumber
- ☐ 1/4 head Green Lettuce
- ☐ 1/2 bunch Rapini
- ☐ 2 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 4 leaves Romaine
- ☐ 1/3 head Romaine Hearts
- ☐ 2 Russet Potato
- ☐ 1 1/3 Sweet Potato
- ☐ 3 1/2 Tomato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 3/4 cup Black Beans
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 1 1/8 cups Chickpeas
- ☐ 2 Chocolate Chip Cookie
- ☐ 2 tbsps Crushed Tomatoes
- ☐ 1/2 cup Dry Lentils
- ☐ 1 cup Green Lentils
- ☐ 1 1/16 cups Quinoa
- ☐ 3/4 cup Salsa
- ☐ 9 servings San Nutrition Rawfusion Plant Protein Powder, Vanilla Bean
- ☐ 1 cup Vegetable Broth

Baking

- ☐ 2 1/2 cups All Purpose Gluten Free Flour
- ☐ 1 tsp Baking Powder
- ☐ 1/2 tsp Instant Yeast
- ☐ 3/4 tsp Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 1 1/2 tsps Psyllium Husk Powder

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bread
- ☐ 2 cups Hummus
- ☐ 170 grams Tofu
- ☐ 10 slices Whole Grain Bread
- ☐ 2 Whole Wheat Tortilla

Condiments & Oils

- ☐ 3 tbsps Coconut Butter
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Mayonnaise
- ☐ 1/2 cup Pesto
- ☐ 6 grams Relish
- ☐ 2 3/4 tbsps Tahini
- ☐ 2 1/8 tbsps Yellow Mustard

Cold

- ☐ 480 milliliters 100% Orange Juice
- ☐ 3 1/4 cups Plain Coconut Milk
- ☐ 7 cups Soy Milk
- ☐ 6 1/4 cups Unsweetened Almond Milk
- ☐ 3/4 tsp Unsweetened Coconut Yogurt

Other

- ☐ 1 3/4 cups Vanilla Protein Powder
- ☐ 3 1/8 cups Water

☐ **2 tbsps** Unsweetened Coconut Flakes

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

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

No Almond Milk

Use coconut milk or cashew milk instead.

Smoothie Consistency

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

More Fiber

Add in some chopped leafy greens like spinach or kale.

Protein Powder

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

Ingredients

1 1/2 cups Strawberries (frozen)

1 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 1/2 tbsps Almond Butter

1 tbsp Ground Flax Seed

1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	474	Sodium	244mg
Fat	20g	Calcium	809mg
Carbs	53g	Iron	3mg
Fiber	13g	Vitamin B12	0.6µg
Protein	29g	Zinc	3mg
Cholesterol	4mg		

Tropical Coconut Oatmeal

6 ingredients · 15 minutes · 2 servings



Directions

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

More Flavor

Add a pinch of cinnamon.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition		Amount per serving	
Calories	435	Sodium	31mg
Fat	18g	Calcium	372mg
Carbs	64g	Iron	3mg
Fiber	11g	Vitamin B12	1.9µg
Protein	9g	Zinc	2mg
Cholesterol	0mg		

Future Kind+ Organic Vegan Protein Powder - Vanilla

1 ingredient · 3 minutes · 1 serving



Directions

- 1. Mix into smoothie Or mix with water / milk

Ingredients

1 serving
Protein Powder, Vanilla Bean (1 Scoop (31 g))

Nutrition		Amount per serving	
Calories	116	Sodium	188mg
Fat	1g	Calcium	0mg
Carbs	5g	Iron	2mg
Fiber	1g	Vitamin B12	0µg
Protein	21g	Zinc	0mg
Cholesterol	0mg		

Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

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

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

1/4 cup Frozen Cauliflower

1/4 cup Frozen Broccoli

1/2 cup Frozen Mango

1 cup Unsweetened Almond Milk

1/4 cup Canned Coconut Milk (full fat)

1/4 cup Vanilla Protein Powder

1 tbsp Coconut Butter

Nutrition

Amount per serving

Calories	391	Sodium	235mg
Fat	24g	Calcium	595mg
Carbs	24g	Iron	2mg
Fiber	7g	Vitamin B12	0.6µg
Protein	24g	Zinc	2mg
Cholesterol	4mg		

Toast with Nut Butter, Banana & Hemp Seeds

5 ingredients · 5 minutes · 2 servings



Directions

1. Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

Notes

No Hemp Seeds

Omit or use sunflower seeds or pumpkin seeds instead.

Gluten-Free

Use a certified gluten-free bread.

Nut-Free

Use sunflower seed butter instead.

Ingredients

4 slices Whole Grain Bread (toasted)

1/4 cup Almond Butter

1 Banana (sliced)

2 tbsps Hemp Seeds

1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	519	Sodium	318mg
Fat	26g	Calcium	206mg
Carbs	56g	Iron	4mg
Fiber	11g	Vitamin B12	0µg
Protein	21g	Zinc	4mg
Cholesterol	0mg		

No pulp orange juice

1 ingredient · 1 minute · 1 serving



Directions

- 1. Add ice or serve cold

Ingredients

240 milliliters 100% Orange Juice (No pulp)

Nutrition		Amount per serving	
Calories	120	Sodium	60mg
Fat	0g	Calcium	0mg
Carbs	29g	Iron	0mg
Fiber	0g	Vitamin B12	0µg
Protein	0g	Zinc	0mg
Cholesterol	0mg		

Toasted Veggie Sandwich

9 ingredients · 15 minutes · 1 serving



Directions

1. Toast your bread and put mustard on the inside of each slice.
2. Layer on veggies. Sprinkle with sea salt, pepper and cayenne.
3. Slice diagonally and enjoy!

Ingredients

- 2 slices Bread (toasted)
- 1 tbsp Yellow Mustard
- 1/2 Tomato (sliced)
- 1/2 Avocado (diced)
- 1/4 Cucumber (sliced)
- 2 tbsps Red Onion (chopped)
- 1/2 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/8 tsp Cayenne Pepper

Nutrition		Amount per serving	
Calories	348	Sodium	450mg
Fat	20g	Calcium	77mg
Carbs	40g	Iron	2mg
Fiber	11g	Vitamin B12	0µg
Protein	7g	Zinc	1mg
Cholesterol	0mg		

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 2 servings



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes
Use crackers or tortillas instead.

Ingredients

- 4 Plain Rice Cake
- 1/2 cup Hummus
- 1 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition		Amount per serving	
Calories	376	Sodium	274mg
Fat	26g	Calcium	43mg
Carbs	32g	Iron	2mg
Fiber	11g	Vitamin B12	0µg
Protein	8g	Zinc	2mg
Cholesterol	0mg		

Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 3 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

- 1/3 cup Quinoa (uncooked)
- 170 grams Tofu (extra firm, crumbled)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tsps Chili Powder
- 1 1/8 tsps Cumin
- 3/4 tsp Oregano
- 3/4 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 3/4 cup Salsa (divided)
- 2 1/4 tsps Lime Juice
- 3/4 tsp Nutritional Yeast
- 1 1/2 Red Bell Pepper (sliced)
- 1/3 head Romaine Hearts (chopped)
- 3/4 cup Black Beans (cooked)
- 1 1/2 Avocado (diced)

Nutrition		Amount per serving	
Calories	452	Sodium	823mg
Fat	27g	Calcium	237mg
Carbs	44g	Iron	5mg
Fiber	16g	Vitamin B12	2.8µg
Protein	17g	Zinc	3mg
Cholesterol	0mg		

Hummus & Veggie Wrap

6 ingredients · 5 minutes · 2 servings



Directions

1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

Notes

Gluten-Free

Use a brown rice tortilla instead.

Oil-Free

Use an oil-free hummus.

More Flavor

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

Nutrition		Amount per serving	
Calories	382	Sodium	526mg
Fat	23g	Calcium	168mg
Carbs	39g	Iron	4mg
Fiber	13g	Vitamin B12	0µg
Protein	11g	Zinc	2mg
Cholesterol	0mg		

Summer Buddha Bowl

11 ingredients · 20 minutes · 2 servings



Directions

1. Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
2. Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

Notes

Leftovers

Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

No Arugula

Use another green such as baby spinach or kale.

More Fiber

Add brown rice or quinoa to increase the fiber.

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsps Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Nutrition		Amount per serving	
Calories	393	Sodium	201mg
Fat	29g	Calcium	149mg
Carbs	31g	Iron	3mg
Fiber	13g	Vitamin B12	0µg
Protein	9g	Zinc	2mg
Cholesterol	0mg		

Quinoa

2 ingredients · 15 minutes · 1 serving



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/3 cup Water

Nutrition		Amount per serving	
Calories	156	Sodium	4mg
Fat	3g	Calcium	29mg
Carbs	27g	Iron	2mg
Fiber	3g	Vitamin B12	0µg
Protein	6g	Zinc	1mg
Cholesterol	0mg		

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	370	Sodium	93mg
Fat	17g	Calcium	674mg
Carbs	33g	Iron	3mg
Fiber	12g	Vitamin B12	3.6µg
Protein	25g	Zinc	2mg
Cholesterol	4mg		

Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries

Use peaches, mango, pineapple or banana instead.

No Almond Milk

Use another non-dairy milk instead.

Ingredients

1/2 cup Strawberries (chopped)

1/2 cup Blackberries (cut in half)

2 tbsps Walnuts (chopped)

2 tbsps Almonds (chopped)

1 tbsp Pumpkin Seeds

1 tbsp Hemp Seeds

1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	356	Sodium	44mg
Fat	28g	Calcium	220mg
Carbs	21g	Iron	4mg
Fiber	10g	Vitamin B12	0µg
Protein	13g	Zinc	2mg
Cholesterol	0mg		

Banana

1 ingredient · 1 minute · 1 serving



Directions

1. Peel and enjoy!

Notes

More protein
Dip in almond butter.

Ingredients

1 Banana

Nutrition		Amount per serving	
Calories	105	Sodium	1mg
Fat	0g	Calcium	6mg
Carbs	27g	Iron	0mg
Fiber	3g	Vitamin B12	0µg
Protein	1g	Zinc	0mg
Cholesterol	0mg		

Complete Vegan Cookie - Chocolate Chip

1 ingredient · 1 minute · 1 serving



Directions

- 1. Open and enjoy

Ingredients

1 Chocolate Chip Cookie

Nutrition		Amount per serving	
Calories	200	Sodium	260mg
Fat	8g	Calcium	0mg
Carbs	33g	Iron	0mg
Fiber	5g	Vitamin B12	0µg
Protein	8g	Zinc	0mg
Cholesterol	0mg		

Lentils, Rapini & Mashed Potatoes

4 ingredients · 25 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
2. Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
3. Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
4. Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy

Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini

Use broccoli, broccolini or green beans instead.

Less Bitter Rapini

Saute the rapini in your choice of oil and seasoning after boiling.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Serving Size

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

Ingredients

3/4 tsp Sea Salt (divided)

2 Russet Potato (medium, peeled and chopped)

1/2 bunch Rapini (chopped, divided)

1 cup Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving

Calories	307	Sodium	972mg
Fat	1g	Calcium	179mg
Carbs	60g	Iron	7mg
Fiber	15g	Vitamin B12	0µg
Protein	18g	Zinc	2mg
Cholesterol	0mg		

Edamame

1 ingredient · 5 minutes · 2 servings



Directions

- 1. Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage

Refrigerate in an airtight container up to 4 days.

Ingredients

1 cup Frozen Edamame (shelled, thawed)

Nutrition		Amount per serving	
Calories	94	Sodium	5mg
Fat	4g	Calcium	49mg
Carbs	7g	Iron	2mg
Fiber	4g	Vitamin B12	0µg
Protein	9g	Zinc	1mg
Cholesterol	0mg		

Vegan Pesto Pizza

10 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. In a mixing bowl, combine the flour, flax, psyllium husk, baking powder, salt and yeast.
2. Add the warm water and oil. Mix with a fork then knead with your hands and form a ball. The dough should be a bit sticky but able to hold shape. If the dough is too wet, add more psyllium husk. If it is too dry, add water. Cover with a damp towel and let sit at room temperature for 60 minutes.
3. Adjust the oven racks to the top and preheat to 500°F (260°C). Place a pizza stone or baking sheet in the oven.
4. Grease your fingers with a bit of oil. Transfer the dough to a sheet of aluminum foil, and gently press into a thin round layer, roughly 1/4 inch thick. Transfer onto the preheated stone or baking sheet and bake for 8 to 10 minutes.
5. Spread the pesto evenly over the pizza and top with tomato slices. Bake for an additional 7 to 9 minutes. Let cool slightly and enjoy!

Notes

Pizza Size

For a pizza that makes eight servings spread the dough about 15 inches in diameter, 1/4 to 1/2-inch thick.

Leftovers

Refrigerate in an airtight container or storage bag for up to seven days. Freeze up to three months. Reheat in the oven.

Serving Size

One serving equals one slice of pizza.

Additional Toppings

Customize your pizza with your favourite toppings like pepperoni, onions, mushrooms and/or green peppers.

Personal Pizzas

Divide the dough into your desired number of pizzas and customize your toppings. Reduce the cooking time accordingly until the crust has browned slightly.

Ingredients

- 2 1/2 cups All Purpose Gluten-Free Flour
- 1/4 cup Ground Flax Seed
- 1 1/2 tps Psyllium Husk Powder
- 1 tsp Baking Powder
- 1 tsp Sea Salt
- 1/2 tsp Instant Yeast
- 1 1/2 cups Water (warm)
- 1/2 cup Extra Virgin Olive Oil (plus extra for greasing)
- 1/2 cup Pesto
- 2 Tomato (small, sliced)

Nutrition

Amount per serving

Calories	382	Sodium	464mg
Fat	21g	Calcium	93mg
Carbs	44g	Iron	1mg
Fiber	9g	Vitamin B12	0µg
Protein	5g	Zinc	0mg
Cholesterol	0mg		

Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

No Aluminium Foil

Reduce the heat to 425°F and cook the pizza on parchment paper instead. Increase the cooking time accordingly until the crust has browned slightly.

Roasted Veggie & Quinoa Bowl

12 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers

Store in the fridge for up to four days.

No Quinoa

Use rice or cauliflower rice instead.

No Broth

Use water instead.

Cooked Chickpeas

Use cooked chickpeas from the can to save time.

More Flavor

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.

Ingredients

- 1 1/3 cups Broccoli (chopped into florets)
- 1 1/3 Sweet Potato (medium, cut into 1/2-inch cubes)
- 2/3 cup Chickpeas (cooked)
- 2 2/3 tbsps Lemon Juice (divided)
- 2/3 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1/2 cup Quinoa (uncooked)
- 1 cup Vegetable Broth
- 1 1/3 tbsps Tahini
- 1 1/3 tbsps Water (warm)
- 1 tbsp Maple Syrup
- 2 tsps Pumpkin Seeds (optional)

Nutrition

Amount per serving

Calories	432	Sodium	611mg
Fat	11g	Calcium	159mg
Carbs	72g	Iron	6mg
Fiber	12g	Vitamin B12	0µg
Protein	16g	Zinc	3mg
Cholesterol	0mg		

Lentils

3 ingredients · 30 minutes · 2 servings



Directions

1. Add lentils and water to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 30 minutes or until tender. Add more water if needed to ensure the lentils remain just barely covered.
2. When cooked, drain the excess liquid and season with salt to your preference. Enjoy!

Notes

Serve It With

Another side dish or add to any soup or salad for extra protein.

Simple Lentil Salad

Stir in olive oil, lemon juice, vinegar and/or fresh herbs.

Save Time

Use canned lentils instead, which are already cooked.

Storage

Refrigerate in an airtight container up to four days. Freeze for longer.

Serving Size

One serving is equal to approximately 1/2 cup of cooked lentils.

Ingredients

1/2 cup Dry Lentils (green or brown, rinsed)

1 cup Water

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	169	Sodium	153mg
Fat	1g	Calcium	29mg
Carbs	30g	Iron	3mg
Fiber	5g	Vitamin B12	0µg
Protein	12g	Zinc	2mg
Cholesterol	0mg		

Thousand Island Garden Salad

9 ingredients · 10 minutes · 1 serving



Directions

1. Add the mayonnaise, yogurt, almond milk, crushed tomatoes, relish and mustard in a jar and shake until well combined.
2. Divide the lettuce, tomatoes and cucumbers into bowls or containers if on-the-go. Drizzle with your desired amount of dressing just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately.

Nut-Free

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

More Flavor

Add hot sauce, Worcestershire sauce or minced chipotle chile pepper to the dressing.

Make it Vegan

Use vegan mayonnaise.

No Coconut Yogurt

Use sour cream or Greek yogurt instead.

Ingredients

- 1 1/2 **tsps** Mayonnaise
- 3/4 **tsp** Unsweetened Coconut Yogurt
- 3/4 **tsp** Unsweetened Almond Milk
- 2 **tsps** Crushed Tomatoes
- 6 **grams** Relish
- 1/3 **tsp** Yellow Mustard
- 1/4 **head** Green Lettuce (roughly chopped)
- 1/2 **Tomato** (chopped)
- 1/4 **Cucumber** (sliced)

Nutrition		Amount per serving	
Calories	81	Sodium	163mg
Fat	6g	Calcium	43mg
Carbs	8g	Iron	1mg
Fiber	2g	Vitamin B12	0.1µg
Protein	2g	Zinc	0mg
Cholesterol	3mg		

Soy milk

1 ingredient · 2 minutes · 1 serving



Directions

1. To be used in coffee

Ingredients

1 cup Soy Milk

Nutrition		Amount per serving	
Calories	101	Sodium	91mg
Fat	4g	Calcium	451mg
Carbs	12g	Iron	1mg
Fiber	1g	Vitamin B12	3.0µg
Protein	6g	Zinc	0mg
Cholesterol	0mg		