

Vegan 3000 Calories Week 4



Vegan 3000 Calories Week 4

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	2932	Calories	2999	Calories	2911	Calories	2919	Calories	3044	Calories	3113	Calories	2994
Fat	154g	Fat	144g	Fat	132g	Fat	105g	Fat	140g	Fat	133g	Fat	132g
Carbs	270g	Carbs	317g	Carbs	356g	Carbs	363g	Carbs	361g	Carbs	373g	Carbs	338g
Fiber	63g	Fiber	66g	Fiber	51g	Fiber	62g	Fiber	58g	Fiber	70g	Fiber	64g
Protein	156g	Protein	133g	Protein	124g	Protein	150g	Protein	126g	Protein	127g	Protein	145g
Cholesterol	0mg	Cholesterol	4mg	Cholesterol	0mg	Cholesterol	4mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg
Sodium	4185mg	Sodium	4280mg	Sodium	3252mg	Sodium	2788mg	Sodium	4516mg	Sodium	3488mg	Sodium	3365mg
Calcium	1794mg	Calcium	1622mg	Calcium	1272mg	Calcium	1493mg	Calcium	1550mg	Calcium	1328mg	Calcium	2168mg
Iron	30mg	Iron	30mg	Iron	24mg	Iron	29mg	Iron	28mg	Iron	29mg	Iron	29mg
Vitamin B12	3.1µg	Vitamin B12	3.6µg	Vitamin B12	3.2µg	Vitamin B12	14.9µg	Vitamin B12	3.1µg	Vitamin B12	14.3µg	Vitamin B12	17.1µg
Zinc	17mg	Zinc	13mg	Zinc	12mg	Zinc	12mg	Zinc	14mg	Zinc	12mg	Zinc	11mg

Vegan 3000 Calories Week 4

85 items

Fruits

- ☐ 3 1/2 Avocado
- ☐ 6 1/2 Banana
- ☐ 1 1/2 cups Blackberries
- ☐ 2 cups Fresh Blueberries
- ☐ 1 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 1 1/2 Pear
- ☐ 1/4 cup Raspberries
- ☐ 1/4 Seedless Watermelon
- ☐ 1 1/2 cups Strawberries

Breakfast

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

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 2 tbsps Chia Seeds
- ☐ 2 1/4 tsps Cinnamon
- ☐ 1 1/8 tsps Garlic Powder
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/3 cup Hemp Seeds
- ☐ 3/4 tsp Oregano
- ☐ 1/2 cup Pecans
- ☐ 3 tbsps Pumpkin Seeds
- ☐ 1/8 tsp Red Pepper Flakes
- ☐ 2 pinches Salt
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tbsps Sesame Seeds
- ☐ 1/4 cup Sunflower Seeds
- ☐ 1/3 cup Walnuts

Vegetables

- ☐ 5 cups Broccoli
- ☐ 5 Carrot
- ☐ 2 stalks Celery
- ☐ 1/2 Cucumber
- ☐ 2 Garlic
- ☐ 1/4 head Green Lettuce
- ☐ 2 1/4 cups Kale Leaves
- ☐ 4 cups Purple Cabbage
- ☐ 1 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 2 Russet Potato
- ☐ 2 1/4 tsps Thyme
- ☐ 1 Tomato
- ☐ 1/4 Yellow Onion
- ☐ 2 1/4 Yellow Potato

Boxed & Canned

- ☐ 3/4 cup Brown Rice
- ☐ 2 1/2 cups Brown Rice Penne
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 2 cups Chickpeas
- ☐ 2 tbsps Creamy Peanut Butter
- ☐ 4 pieces Dark Chocolate Chips/Pieces
- ☐ 1/2 cup Dry Red Lentils
- ☐ 1 1/2 cups Green Lentils
- ☐ 1 cup Quick Oats
- ☐ 10 servings San Nutrition Rawfusion Plant Protein Powder, Vanilla Bean
- ☐ 1 tbsp Tomato Paste
- ☐ 1 1/2 cups Vegetable Broth

Baking

- ☐ 2 tbsps Arrowroot Powder
- ☐ 2 tbsps Coconut Shreds
- ☐ 1 tbsp Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 1 1/8 cups Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 cups Hummus
- ☐ 4 slices Rye Bread
- ☐ 198 grams Sourdough Bread
- ☐ 482 grams Tempeh
- ☐ 711 grams Tofu
- ☐ 6 slices Whole Grain Bread

Condiments & Oils

- ☐ 1/4 cup Agave Nectar)
- ☐ 2 1/8 tbsps Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 2 1/8 tbsps Extra Virgin Olive Oil
- ☐ 1/3 cup Pesto
- ☐ 1 tbsp Red Wine Vinegar
- ☐ 3 2/3 tbsps Sesame Oil
- ☐ 3/4 cup Tamari
- ☐ 1/2 cup Tomato Sauce

Cold

- ☐ 720 milliliters 100% Orange Juice
- ☐ 7 cups Soy Milk
- ☐ 1 1/4 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 4 Ice Cubes
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 8 1/4 cups Water

☐ **1 tsp** Vanilla Extract

Cinnamon Pear Oatmeal

6 ingredients · 15 minutes · 1 serving



Directions

1. Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
2. Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
3. Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

Nut-Free

Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

More Flavor

Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

Additional Toppings

Sweeten with a drizzle of maple syrup.

Ingredients

- 1/2 Pear (sliced)
- 1/8 tsp Cinnamon
- 1/2 cup Oats (rolled)
- 1 cup Water
- 2 tbsps Pecans (roughly chopped, optional)
- 1 tbsp Almond Butter (optional)

Nutrition		Amount per serving	
Calories	386	Sodium	9mg
Fat	20g	Calcium	119mg
Carbs	46g	Iron	3mg
Fiber	10g	Vitamin B12	0µg
Protein	10g	Zinc	3mg
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

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		

Almond Butter & Banana Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the almond butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

Gluten-Free

Use gluten free bread.

Nut-Free

Use sunflower seed butter instead of almond butter.

More Flavor

Add a dash of cinnamon.

Likes it Sweet

Add honey.

Ingredients

- 2 **tbps** Almond Butter
- 99 **grams** Sourdough Bread
- 1/2 Banana (sliced into rounds)

Nutrition		Amount per serving	
Calories	492	Sodium	480mg
Fat	18g	Calcium	111mg
Carbs	67g	Iron	4mg
Fiber	7g	Vitamin B12	0µg
Protein	17g	Zinc	1mg
Cholesterol	0mg		

Healthy Peanut Butter Oatmeal Bowl

11 ingredients · 7 minutes · 1 serving



Directions

1. Cook the oatmeal according to the package directions with salt, vanilla, and cinnamon.
2. Top cooked oatmeal with peanut butter, coconut shreds, chocolate pieces/chips, agave, and fresh fruit. Sprinkle with extra cinnamon and enjoy!

Ingredients

- 1/2 cup** Quick Oats
- 1 cup** Water
- 1 pinch** Salt
- 1/2 tsp** Vanilla Extract
- 1/4 tsp** Cinnamon (extra for topping)
- 1 tbsp** Creamy Peanut Butter
- 1 tbsp** Coconut Shreds
- 2 pieces** Dark Chocolate Chips/Pieces
- 2 tbsps** Agave Nectar) (I used Madhava Raw Blue Agave)
- 1** Banana (sliced)
- 1 cup** Fresh Blueberries

Nutrition

Amount per serving

Calories	616	Sodium	245mg
Fat	14g	Calcium	78mg
Carbs	119g	Iron	3mg
Fiber	13g	Vitamin B12	0µg
Protein	11g	Zinc	2mg
Cholesterol	0mg		

Toast with Nut Butter, Banana & Hemp Seeds

5 ingredients · 5 minutes · 1 serving



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

2 slices Whole Grain Bread (toasted)

2 tbsps Almond Butter

1/2 Banana (sliced)

1 tbsp Hemp Seeds

1/8 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		

Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 1 serving



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

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 tbsp Chia Seeds

1 Banana (frozen)

2 Ice Cubes

1 cup Water

1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	287	Sodium	44mg
Fat	7g	Calcium	227mg
Carbs	36g	Iron	2mg
Fiber	9g	Vitamin B12	0.6µg
Protein	24g	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

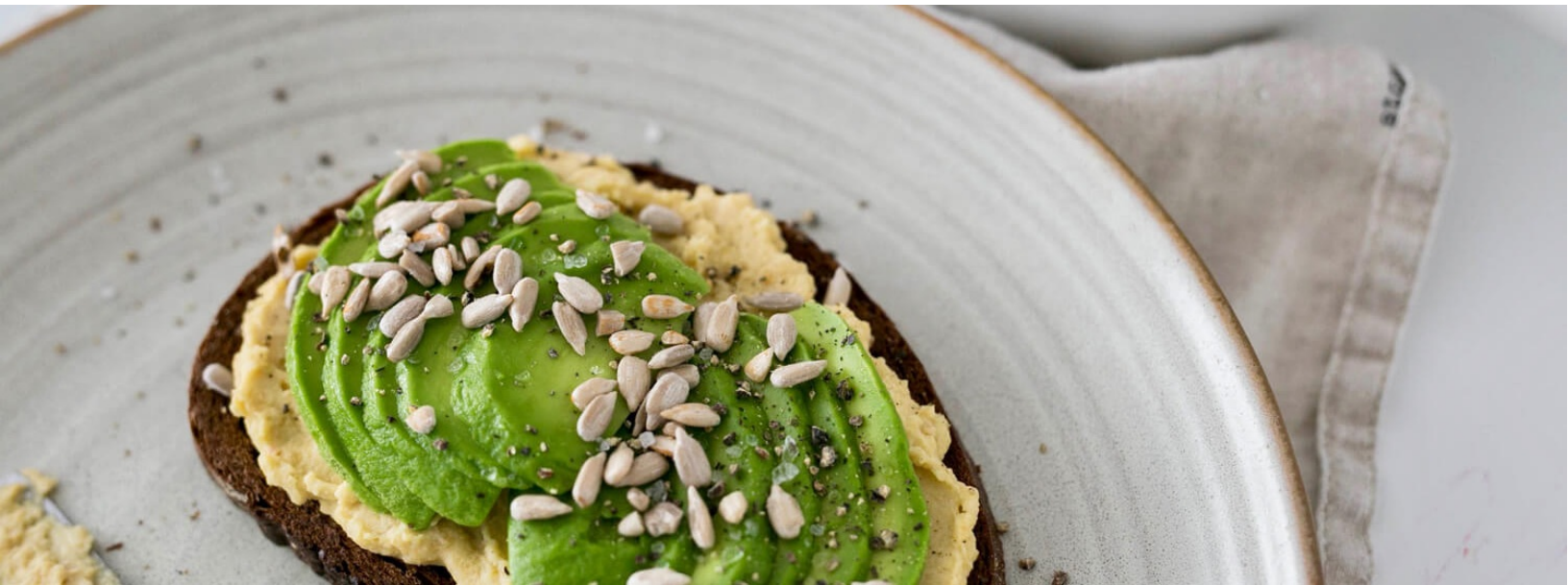
Nutrition

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		

Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Ingredients

2 slices Rye Bread (toasted)

1/2 cup Hummus

1/2 Avocado (sliced or mashed)

2 tbsps Sunflower Seeds

Sea Salt & Black Pepper (to taste)

Nutrition		Amount per serving	
Calories	675	Sodium	833mg
Fat	46g	Calcium	118mg
Carbs	55g	Iron	6mg
Fiber	18g	Vitamin B12	0µg
Protein	19g	Zinc	4mg
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		

Flaxseed Pudding Parfait

7 ingredients · 35 minutes · 1 serving



Directions

1. In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
2. To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
3. Top the parfaits with raspberries and pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor

Add vanilla extract or a variety of berries.

Ingredients

1/4 cup Ground Flax Seed

1/2 tsp Cinnamon

1/2 cup Unsweetened Almond Milk

1 1/2 tsps Maple Syrup

1 cup Unsweetened Coconut Yogurt

1/4 cup Raspberries

2 tsps Pecans (crushed)

Nutrition

Amount per serving

Calories	395	Sodium	132mg
Fat	26g	Calcium	805mg
Carbs	34g	Iron	3mg
Fiber	13g	Vitamin B12	2.7µg
Protein	9g	Zinc	1mg
Cholesterol	0mg		

Rainbow Tempeh Bowls

12 ingredients · 40 minutes · 3 servings



Directions

1. Cook the brown rice according to the directions on the package.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
3. In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
4. In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
5. Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

Additional Toppings

Roasted peanuts, crushed cashews and/or sesame seeds.

Ingredients

3/4 cup Brown Rice (dry, uncooked)

3 cups Broccoli (chopped into florets)

1/2 tsp Avocado Oil

255 grams Tempeh (cubed)

2 tsps Sesame Oil (divided)

1/4 cup Tamari (divided)

2 tsps Lime Juice (divided)

1 tbsp Maple Syrup

1/4 cup All Natural Peanut Butter

3 Carrot (peeled, shredded)

1 Red Bell Pepper (sliced)

1 tsp Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving

Calories	601	Sodium	1429mg
Fat	27g	Calcium	197mg
Carbs	68g	Iron	5mg
Fiber	8g	Vitamin B12	0.1µg
Protein	32g	Zinc	3mg
Cholesterol	0mg		

Avocado

1 ingredient · 5 minutes · 1 serving



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

Ingredients

1/2 Avocado

Nutrition

Amount per serving

Calories	161	Sodium	7mg
Fat	15g	Calcium	12mg
Carbs	9g	Iron	1mg
Fiber	7g	Vitamin B12	0µg
Protein	2g	Zinc	1mg
Cholesterol	0mg		

House Salad

5 ingredients · 10 minutes · 1 serving



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

- 1 **tb**sp Extra Virgin Olive Oil
- 1 **1/2 t**sp Red Wine Vinegar
- 1/8 **head** Green Lettuce (roughly chopped)
- 1/2 **Tomato** (medium, sliced)
- 1/4 **Cucumber** (sliced)

Nutrition		Amount per serving	
Calories	141	Sodium	27mg
Fat	14g	Calcium	16mg
Carbs	5g	Iron	1mg
Fiber	1g	Vitamin B12	0µg
Protein	1g	Zinc	0mg
Cholesterol	0mg		

No pulp orange juice

1 ingredient · 1 minute · 1 serving



Directions

- 1. Add ice or serve cold

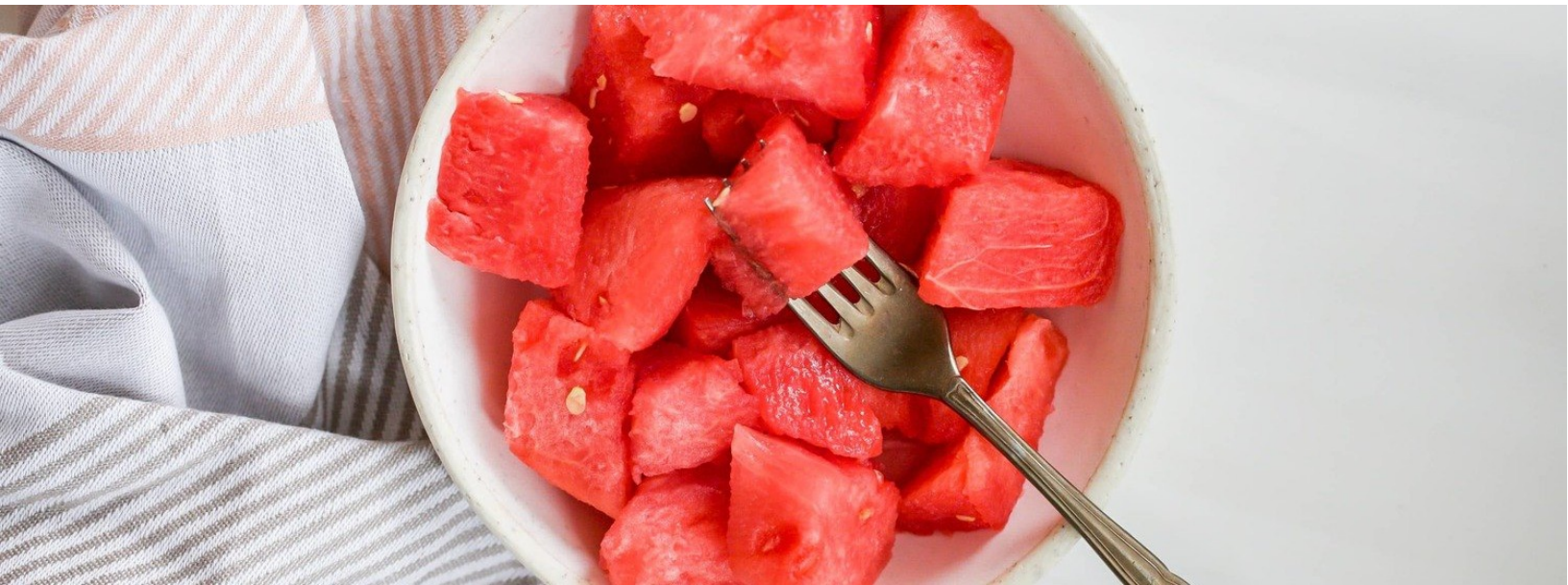
Ingredients

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		

Watermelon

1 ingredient · 10 minutes · 1 serving



Directions

1. Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!

Notes

Speed it Up

Slice into rounds and then into quarters. Leave the rind on for a more finger-friendly snack.

Ingredients

1/8 Seedless Watermelon

Nutrition		Amount per serving	
Calories	169	Sodium	6mg
Fat	1g	Calcium	40mg
Carbs	43g	Iron	1mg
Fiber	2g	Vitamin B12	0µg
Protein	3g	Zinc	1mg
Cholesterol	0mg		

Chickpea Stir Fry

9 ingredients · 25 minutes · 3 servings



Directions

1. In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
2. Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
3. Divide between plates, sprinkle sesame seeds on top, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.

Ingredients

- 2 **tbps** Avocado Oil
- 2 **cups** Chickpeas (cooked and rinsed)
- 2 Carrot (peeled, chopped)
- 1/2 **cup** Red Onion (chopped)
- 2 **stalks** Celery (chopped)
- 2 **cups** Broccoli (florets, chopped)
- 1 **cup** Water
- 1/4 **cup** Tamari
- 1 **tbsp** Sesame Seeds

Nutrition

Amount per serving

Calories	345	Sodium	1421mg
Fat	14g	Calcium	154mg
Carbs	43g	Iron	5mg
Fiber	12g	Vitamin B12	0µg
Protein	15g	Zinc	2mg
Cholesterol	0mg		

Pesto Tofu Bites

3 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup cubed tofu.

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

361 grams Tofu (extra-firm, pressed and cubed)

1/3 cup Pesto

1/3 tsp Sea Salt

Nutrition

Amount per serving

Calories	231	Sodium	490mg
Fat	18g	Calcium	435mg
Carbs	5g	Iron	3mg
Fiber	2g	Vitamin B12	0µg
Protein	15g	Zinc	2mg
Cholesterol	0mg		

Creamy Potato, Lentil & Kale Casserole

8 ingredients · 1 hour · 3 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

A 10 x 13-inch dish was used for 8 servings.

Ingredients

- 2 1/4 Yellow Potato (thinly sliced)
- 1 1/2 cups Green Lentils (cooked, drained)
- 2 1/4 cups Kale Leaves (stems removed, leaves torn)
- 1 1/2 cups Canned Coconut Milk (full fat)
- 1 1/8 cups Pureed Pumpkin
- 1 1/8 tsps Garlic Powder
- 2 1/4 tsps Thyme (stems removed)
- 3/4 tsp Sea Salt

Nutrition		Amount per serving	
Calories	491	Sodium	646mg
Fat	22g	Calcium	110mg
Carbs	60g	Iron	6mg
Fiber	15g	Vitamin B12	0µg
Protein	15g	Zinc	2mg
Cholesterol	0mg		

Peanut Tempeh with Purple Cabbage Slaw

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
3. Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
4. While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
5. Divide slaw between bowls and top with the tempeh. Enjoy!

Notes

Leftovers

Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

Save Time

Use bagged coleslaw mix instead of purple cabbage.

No Tempeh

Use chicken or shrimp.

No Peanut Butter

Use almond butter, tahini or sunflower seed butter instead.

Ingredients

- 3 tbsps Sesame Oil (divided)
- 2 tbsps Tamari
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Maple Syrup
- 2 tbsps Water
- 227 grams Tempeh (diced into cubes)
- 4 cups Purple Cabbage (thinly sliced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition		Amount per serving	
Calories	617	Sodium	1070mg
Fat	41g	Calcium	243mg
Carbs	42g	Iron	5mg
Fiber	5g	Vitamin B12	0.1µg
Protein	31g	Zinc	2mg
Cholesterol	0mg		

Baked Potato

3 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C). Scrub each potato and pierce multiple times with a sharp knife or fork.
2. Lightly coat each potato in oil and season with salt (optional). Place potatoes on a pan and bake for 45 to 50 minutes or until cooked through and very tender.
3. To serve, use a sharp knife to cut down the center of the potato then carefully squeeze the ends together to open. Top with your favourite baked potato toppings and enjoy!

Notes

Optional Toppings

Butter, ghee, sea salt, black pepper, fresh herbs, green onion, sour cream, shredded cheese, red chili flakes and/or crumbled bacon bits.

Oil-Free

Bake the potato without oil.

Low Sodium

Omit the sea salt.

No Russet Potatoes

Use baking potatoes or sweet potatoes instead.

Leftovers

Store extra baked potatoes in an airtight container in the fridge for 4 to 5 days.

Ingredients

- 2 Russet Potato (large)
- 1/2 tsp Extra Virgin Olive Oil (optional)
- 1/8 tsp Sea Salt (optional)

Nutrition		Amount per serving	
Calories	174	Sodium	172mg
Fat	1g	Calcium	31mg
Carbs	37g	Iron	2mg
Fiber	4g	Vitamin B12	0µg
Protein	5g	Zinc	1mg
Cholesterol	0mg		

Penne with Red Lentil Bolognese Sauce

13 ingredients · 40 minutes · 3 servings



Directions

1. To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
3. Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
4. To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings

Top with extra red pepper flakes or fresh oregano.

No Penne

Use your favorite noodles or spiralized vegetables instead.

Ingredients

1/4 Yellow Onion (finely chopped)

2 Garlic (clove, minced)

2 tbsps Water

3/4 tsp Oregano

1/4 tsp Sea Salt

1/8 tsp Red Pepper Flakes

1/2 cup Dry Red Lentils (rinsed)

1 tbsp Tomato Paste

1 1/2 cups Vegetable Broth

1/2 cup Tomato Sauce

1 tbsp Balsamic Vinegar (divided)

2 1/2 cups Brown Rice Penne

1 tbsp Nutritional Yeast (optional)

Nutrition

Amount per serving

Calories	520	Sodium	542mg
Fat	4g	Calcium	33mg
Carbs	102g	Iron	5mg
Fiber	12g	Vitamin B12	11.3µg
Protein	18g	Zinc	0mg
Cholesterol	0mg		

Crispy Baked Tofu

3 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
3. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

More Flavor

Season with salt before serving.

Serve it With

Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

No Tamari

Use soy sauce or coconut aminos instead.

No Arrowroot Powder

Use corn starch instead.

Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Ingredients

350 grams Tofu (extra-firm, pressed and cubed)

2 tbsps Tamari

2 tbsps Arrowroot Powder

Nutrition

Amount per serving

Calories	122	Sodium	675mg
Fat	6g	Calcium	331mg
Carbs	7g	Iron	3mg
Fiber	1g	Vitamin B12	0µg
Protein	13g	Zinc	1mg
Cholesterol	0mg		

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		