

Vegan 3000 Calories Week 3



Vegan 3000 Calories Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Almond Butter Smoothie Bowl	Overnight Vanilla Protein Oats	Protein-Packed Avocado Toast	Chocolate Almond Butter Smoothie Bowl	Overnight Vanilla Protein Oats	Protein-Packed Avocado Toast	Chocolate Almond Butter Smoothie Bowl
Snack 1	Toast with Peanut Butter	2 Tomato & Pesto Rice Cakes	Toast with Peanut Butter	2 Tomato & Pesto Rice Cakes	Toast with Peanut Butter	2 Tomato & Pesto Rice Cakes	Toast with Peanut Butter
	Almonds		Almonds		Almonds		
Lunch	Mediterranean Buddha Bowl	Hummus Toast with Avocado	Mediterranean Buddha Bowl	Lentil, Sweet Potato & Arugula Salad	Hummus Toast with Avocado	Mediterranean Buddha Bowl	Hummus Toast with Avocado
	Herb & Garlic Tempeh	No pulp orange juice	Herb & Garlic Tempeh	Quinoa	No pulp orange juice	Herb & Garlic Tempeh	No pulp orange juice
Snack 2	Peanut Butter & Banana Shake	Sunflower Banana Boat	2 Lenny & Larry's Complete Vegan Cookie - Chocolate...	Sunflower Banana Boat	2 Lenny & Larry's Complete Vegan Cookie - Chocolate...	Sunflower Banana Boat	Peanut Butter & Banana Shake
		Almonds	Hot Chocolate	Almonds	Hot Chocolate	Almonds	
Dinner	Slow Cooker Lentil Chili	Swiss Chard, Lentil & Rice Bowl	Lentil, Sweet Potato & Arugula Salad	Quinoa Tofu Tacos	Slow Cooker Lentil Chili	Swiss Chard, Lentil & Rice Bowl	Lentil, Sweet Potato & Arugula Salad
	Brown Rice	Apple, Beet & Carrot Slaw	Quinoa	Simple Avocado Salad	Brown Rice	Apple, Beet & Carrot Slaw	Quinoa
Snack 3	SAN Nutrition RawFusion Plant Protein Powder,...	Vanilla Protein Yogurt Parfait	SAN Nutrition RawFusion Plant Protein Powder,...	Vanilla Protein Yogurt Parfait	SAN Nutrition RawFusion Plant Protein Powder,...	Vanilla Protein Yogurt Parfait	SAN Nutrition RawFusion Plant Protein Powder,...
	Soy milk		Soy milk		Soy milk		Soy milk

Vegan 3000 Calories Week 3

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	3021	Calories	2903	Calories	3109	Calories	2919	Calories	3036	Calories	3004	Calories	2929
Fat	132g	Fat	150g	Fat	150g	Fat	154g	Fat	137g	Fat	157g	Fat	132g
Carbs	333g	Carbs	332g	Carbs	344g	Carbs	316g	Carbs	361g	Carbs	332g	Carbs	330g
Fiber	76g	Fiber	66g	Fiber	74g	Fiber	73g	Fiber	74g	Fiber	69g	Fiber	77g
Protein	154g	Protein	93g	Protein	142g	Protein	105g	Protein	129g	Protein	106g	Protein	134g
Cholesterol	4mg	Cholesterol	4mg	Cholesterol	1mg	Cholesterol	6mg	Cholesterol	3mg	Cholesterol	2mg	Cholesterol	4mg
Sodium	2208mg	Sodium	1866mg	Sodium	2709mg	Sodium	1706mg	Sodium	2606mg	Sodium	2207mg	Sodium	2064mg
Calcium	2476mg	Calcium	1599mg	Calcium	1618mg	Calcium	2035mg	Calcium	1790mg	Calcium	1370mg	Calcium	2360mg
Iron	33mg	Iron	22mg	Iron	31mg	Iron	24mg	Iron	28mg	Iron	26mg	Iron	29mg
Vitamin B12	3.7µg	Vitamin B12	3.3µg	Vitamin B12	3.2µg	Vitamin B12	4.5µg	Vitamin B12	3.4µg	Vitamin B12	3.1µg	Vitamin B12	3.6µg
Zinc	14mg	Zinc	16mg	Zinc	15mg	Zinc	16mg	Zinc	13mg	Zinc	17mg	Zinc	14mg

Vegan 3000 Calories Week 3

91 items

Fruits

- ☐ 1/3 Apple
- ☐ 3 1/2 Avocado
- ☐ 8 Banana
- ☐ 1/4 cup Blueberries
- ☐ 1/3 Lemon
- ☐ 1 tsp Lemon Juice
- ☐ 1/4 tsp Lime Juice
- ☐ 1 cup Raspberries

Breakfast

- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 1/4 cup Almond Butter
- ☐ 12 Brown Rice Cake
- ☐ 3 tbsps Cashew Butter
- ☐ 1 1/8 cups Granola
- ☐ 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 cups Almonds
- ☐ 1/4 cup Chia Seeds
- ☐ 1 1/4 tps Chili Powder
- ☐ 1 tsp Cumin
- ☐ 1/16 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 1/3 tps Italian Seasoning
- ☐ 1/16 tsp Oregano
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/16 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 tsp Smoked Paprika
- ☐ 1/3 cup Sunflower Seeds

Frozen

- ☐ 2 3/4 cups Frozen Cauliflower

Vegetables

- ☐ 3 cups Arugula
- ☐ 2/3 Beet
- ☐ 1 Carrot
- ☐ 1 1/3 tbsps Cilantro
- ☐ 3/4 Cucumber
- ☐ 3 1/2 Garlic
- ☐ 1/8 stalk Green Onion
- ☐ 2/3 cup Kale Leaves
- ☐ 1 1/3 tbsps Parsley
- ☐ 1 1/16 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 3/4 head Romaine Hearts
- ☐ 1 1/2 Sweet Potato
- ☐ 4 cups Swiss Chard
- ☐ 3 Tomato
- ☐ 1/3 Yellow Onion
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 3/4 cup Brown Rice
- ☐ 1 1/4 cups Chickpeas
- ☐ 4 Chocolate Chip Cookie
- ☐ 1 1/8 cups Diced Tomatoes
- ☐ 1/3 cup Dry Red Lentils
- ☐ 2 1/2 cups Lentils
- ☐ 1 1/2 cups Quinoa
- ☐ 1/2 cup Red Kidney Beans
- ☐ 2 tbsps Salsa
- ☐ 4 servings San Nutrition Rawfusion Plant Protein Powder, Vanilla Bean
- ☐ 2 tps Tomato Paste
- ☐ 1 cup Vegetable Broth
- ☐ 1 cup White Navy Beans

Baking

- ☐ 1/3 cup Cacao Powder
- ☐ 2 tbsps Cocoa Powder

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bread
- ☐ 2 cups Hummus
- ☐ 6 slices Rye Bread
- ☐ 255 grams Tempeh
- ☐ 19 grams Tofu
- ☐ 8 slices Whole Grain Bread
- ☐ 1 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 3/4 tbsps Apple Cider Vinegar
- ☐ 1/4 cup Balsamic Vinegar
- ☐ 1 1/2 tps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 3/4 cup Pesto
- ☐ 1/3 cup Pitted Kalamata Olives
- ☐ 3 tbsps Sunflower Seed Butter
- ☐ 3 tbsps Tahini

Cold

- ☐ 720 milliliters 100% Orange Juice
- ☐ 1 tbsp Orange Juice
- ☐ 4 cups Soy Milk
- ☐ 9 1/4 cups Unsweetened Almond Milk
- ☐ 3 cups Unsweetened Coconut Yogurt

Other

- ☐ 3/4 cup Chocolate Protein Powder
- ☐ 8 Ice Cubes
- ☐ 2/3 cup Vanilla Protein Powder
- ☐ 3 cups Water

☐ **1 1/2 cups** Frozen Strawberries

☐ **50 grams** Dark Chocolate

☐ **1/16 tsp** Nutritional Yeast

☐ **1 cup** Oats

☐ **3 tbsps** Unsweetened Shredded
Coconut

Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free

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

More Flavor

Add cinnamon to your smoothie base.

Protein Powder

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

No Smoothie Bowl

Drink as a regular smoothie instead.

Smoothie Consistency

For a creamier texture, use a frozen banana.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Chocolate Protein Powder

1/4 cup Frozen Cauliflower

1/2 Zucchini (chopped, frozen)

1 Banana (divided)

1 tbsp Almond Butter

2 tbsps Cacao Powder

1 tbsp Chia Seeds

1/4 cup Raspberries

2 tbsps Granola (for topping, optional)

Nutrition

Amount per serving

Calories	561	Sodium	223mg
Fat	24g	Calcium	755mg
Carbs	59g	Iron	6mg
Fiber	19g	Vitamin B12	0.6µg
Protein	33g	Zinc	3mg
Cholesterol	4mg		

Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 1 serving



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers

Keep well in the fridge for 3 to 4 days.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1/2 cup** Oats (quick or traditional)
- 1 1/2 tsps** Chia Seeds
- 2/3 cup** Unsweetened Almond Milk
- 2 tsps** Vanilla Protein Powder
- 2 tsps** Raspberries
- 2 tsps** Blueberries
- 1 1/2 tsps** Almond Butter

Nutrition

Amount per serving

Calories	311	Sodium	123mg
Fat	11g	Calcium	425mg
Carbs	37g	Iron	3mg
Fiber	9g	Vitamin B12	0.3µg
Protein	18g	Zinc	3mg
Cholesterol	2mg		

Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 1 serving



Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans
Use chickpeas instead.

Likes it Spicy
Add hot sauce or chili flakes into the avocado bean mixture.

Ingredients

- 1/2 Avocado
- 1/2 cup White Navy Beans (cooked)
- 1/8 Lemon (juiced)
- 1/8 tsp Sea Salt
- 2 slices Bread
- 2 tbsps Hemp Seeds

Nutrition		Amount per serving	
Calories	555	Sodium	558mg
Fat	30g	Calcium	119mg
Carbs	59g	Iron	5mg
Fiber	20g	Vitamin B12	0µg
Protein	19g	Zinc	4mg
Cholesterol	0mg		

Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

Nutrition

Amount per serving

Calories	412	Sodium	320mg
Fat	20g	Calcium	100mg
Carbs	43g	Iron	3mg
Fiber	8g	Vitamin B12	0µg
Protein	18g	Zinc	2mg
Cholesterol	0mg		

Almonds

1 ingredient · 2 minutes · 1 serving



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

1/4 cup Almonds (raw)

Nutrition		Amount per serving	
Calories	207	Sodium	0mg
Fat	18g	Calcium	96mg
Carbs	8g	Iron	1mg
Fiber	4g	Vitamin B12	0µg
Protein	8g	Zinc	1mg
Cholesterol	0mg		

Tomato & Pesto Rice Cakes

3 ingredients · 5 minutes · 2 servings



Directions

1. Spread pesto evenly onto the rice cakes. Top with tomato slices and enjoy!

Notes

No Rice Cake

Use toast, pita or crackers instead.

Storage

Best served immediately as the rice cake may soften, but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 1/4 cup Pesto
- 4 Brown Rice Cake
- 1 Tomato (sliced)

Nutrition		Amount per serving	
Calories	261	Sodium	213mg
Fat	13g	Calcium	99mg
Carbs	33g	Iron	1mg
Fiber	3g	Vitamin B12	0µg
Protein	6g	Zinc	1mg
Cholesterol	0mg		

Mediterranean Buddha Bowl

12 ingredients · 10 minutes · 3 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus

Use tzatziki instead.

More Protein

Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper.

Ingredients

- 3/4 cup** Quinoa (dry, uncooked)
- 3/4 head** Romaine Hearts (chopped)
- 3/4 cup** Chickpeas (cooked, from the can)
- 3/4** Cucumber (chopped)
- 3/4** Red Bell Pepper (chopped)
- 1/3 cup** Red Onion (finely chopped)
- 1/3 cup** Hummus
- 1/3 cup** Pitted Kalamata Olives
- 3 tbsps** Extra Virgin Olive Oil
- 2 1/4 tbsps** Apple Cider Vinegar
- 1/3 tsp** Italian Seasoning
- 1/16 tsp** Sea Salt

Nutrition

Amount per serving

Calories	466	Sodium	338mg
Fat	25g	Calcium	91mg
Carbs	51g	Iron	6mg
Fiber	10g	Vitamin B12	0µg
Protein	13g	Zinc	3mg
Cholesterol	0mg		

Herb & Garlic Tempeh

6 ingredients · 55 minutes · 3 servings



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Italian Seasoning

Use any combination of dried herbs.

Serve it With

Rice, quinoa and roasted or steamed vegetables.

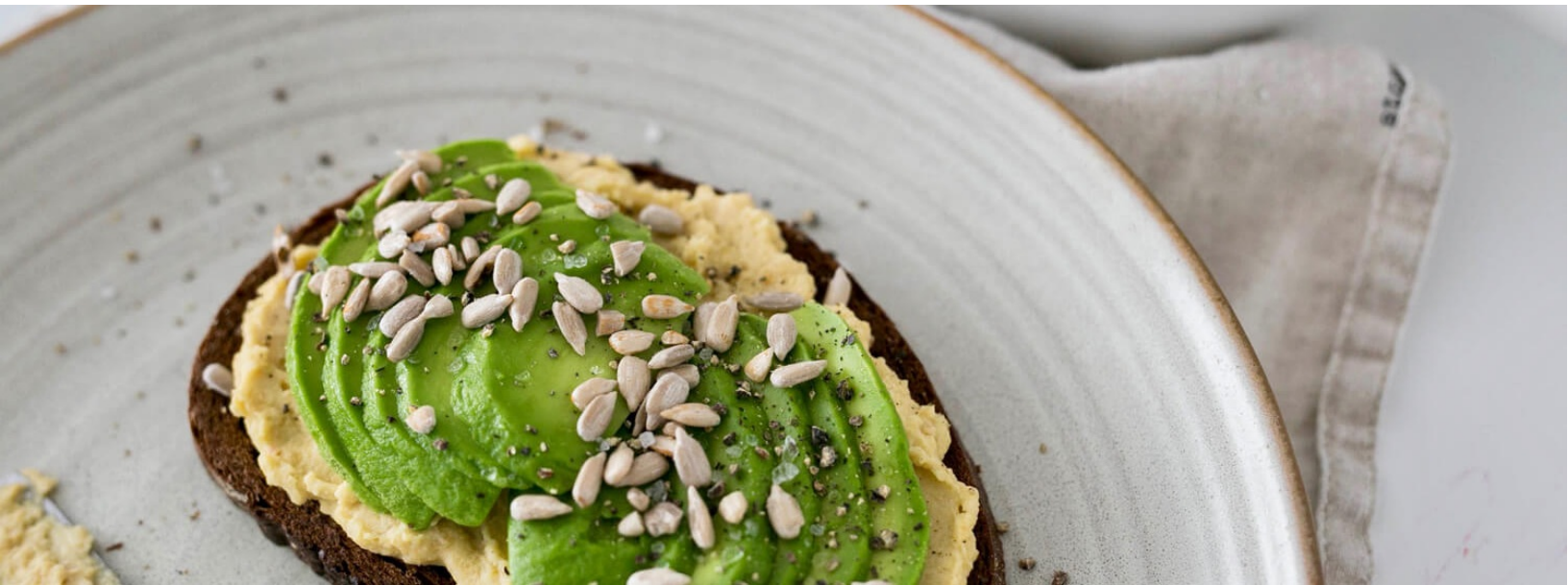
Ingredients

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 255 grams Tempeh (cut into thin pieces)

Nutrition		Amount per serving	
Calories	186	Sodium	461mg
Fat	9g	Calcium	104mg
Carbs	11g	Iron	2mg
Fiber	0g	Vitamin B12	0.1µg
Protein	18g	Zinc	1mg
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		

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		

Peanut Butter & Banana Shake

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

More Flavor

Add a pinch of cinnamon or sea salt.

Make it Green

Add spinach or kale.

No Almond Milk

Use oat milk instead.

Consistency

Adjust consistency to your liking by adding more or less liquid to the blender.

Ingredients

1 1/2 cups Unsweetened Almond Milk

1 cup Frozen Cauliflower

1 Banana

4 Ice Cubes

1/4 cup Chickpeas (cooked, rinsed)

2 tbsps All Natural Peanut Butter

1 tbsp Ground Flax Seed

1 tsp Maple Syrup (optional)

Nutrition

Amount per serving

Calories	495	Sodium	284mg
Fat	24g	Calcium	766mg
Carbs	60g	Iron	4mg
Fiber	16g	Vitamin B12	0µg
Protein	18g	Zinc	2mg
Cholesterol	0mg		

Sunflower Banana Boat

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
2. Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut ontop. Enjoy!

Notes

Leftovers

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

Additional Toppings

Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.

Ingredients

1 tbsp Sunflower Seed Butter

1 1/2 tbsps Water (warm)

1 Banana (peeled)

1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	237	Sodium	4mg
Fat	13g	Calcium	18mg
Carbs	32g	Iron	1mg
Fiber	5g	Vitamin B12	0µg
Protein	4g	Zinc	1mg
Cholesterol	0mg		

Complete Vegan Cookie - Chocolate Chip

1 ingredient · 1 minute · 2 servings



Directions

- 1. Open and enjoy

Ingredients

2 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		

Hot Chocolate

4 ingredients · 10 minutes · 1 serving



Directions

1. Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
2. Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

Notes

Mint Hot Chocolate
Add peppermint extract.

Cafe Mocha
Add coffee and blend until a froth starts to form.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 tbsp Cocoa Powder
- 1 1/2 tps Maple Syrup
- 25 grams Dark Chocolate (at least 70% cacao)

Nutrition		Amount per serving	
Calories	217	Sodium	168mg
Fat	14g	Calcium	487mg
Carbs	22g	Iron	4mg
Fiber	6g	Vitamin B12	0.1µg
Protein	4g	Zinc	1mg
Cholesterol	1mg		

Slow Cooker Lentil Chili

15 ingredients · 5 hours · 2 servings



Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy

Add one chopped jalapeno pepper.

More Flavor

Add the juice of one lime to the slow cooker just before serving.

No Beans

Use lentils only.

Leftovers

Store leftovers in the fridge for up to five days, or freeze for longer.

Ingredients

- 1/3 cup** Dry Red Lentils (rinsed, uncooked)
- 1/3** Yellow Onion (medium, diced)
- 1/3** Red Bell Pepper (chopped)
- 1/3** Carrot (chopped)
- 1** Garlic (cloves, minced)
- 1 tsp** Chili Powder
- 1/3 tsp** Cumin
- 1/3 tsp** Smoked Paprika
- 1 1/8 cups** Diced Tomatoes (from the can with juices)
- 2 tsps** Tomato Paste
- 2/3 cup** Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Red Kidney Beans (from the can, drained and rinsed)
- 1/3** Avocado (optional, sliced)
- 1 1/3 tbsps** Cilantro (optional, chopped)

Nutrition

Amount per serving

Calories	307	Sodium	298mg
Fat	6g	Calcium	97mg
Carbs	49g	Iron	7mg
Fiber	15g	Vitamin B12	0µg

Protein	16g	Zinc	1mg
Cholesterol	0mg		

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

- 1. Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1 cup Water

Nutrition		Amount per serving	
Calories	170	Sodium	5mg
Fat	1g	Calcium	16mg
Carbs	35g	Iron	1mg
Fiber	2g	Vitamin B12	0µg
Protein	3g	Zinc	1mg
Cholesterol	0mg		

Swiss Chard, Lentil & Rice Bowl

11 ingredients · 1 hour · 2 servings



Directions

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

No Swiss Chard

Use kale, spinach or collard greens instead.

Ingredients

1/4 cup Brown Rice (uncooked)

1/3 cup Water

1 1/2 tps Coconut Oil

4 cups Swiss Chard (washed, stems removed and chopped)

1/2 tsp Cumin

1/2 tsp Paprika

1 tbsp Extra Virgin Olive Oil

1/2 Garlic (clove, minced)

1 1/2 tps Apple Cider Vinegar

1 cup Lentils (cooked, drained and rinsed)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	309	Sodium	159mg
Fat	12g	Calcium	70mg
Carbs	41g	Iron	5mg
Fiber	10g	Vitamin B12	0µg
Protein	12g	Zinc	2mg
Cholesterol	0mg		

Apple, Beet & Carrot Slaw

8 ingredients · 10 minutes · 1 serving



Directions

1. In a large bowl add the beets, carrots, kale and apple.
2. In a small bowl, whisk together the orange juice, lemon juice and sea salt.
3. Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 3/4 cup salad.

More Flavor

Add some dijon or honey mustard to the dressing.

Additional Toppings

Top with pumpkin seeds.

Ingredients

2/3 Beet (medium-size, peeled, julienned)

2/3 Carrot (julienned)

2/3 cup Kale Leaves (shredded)

1/3 Apple (julienned)

1 tbsp Orange Juice

1 tsp Lemon Juice

1/16 tsp Sea Salt

1 1/3 tsps Parsley (chopped)

Nutrition

Amount per serving

Calories	87	Sodium	180mg
Fat	1g	Calcium	70mg
Carbs	20g	Iron	1mg
Fiber	5g	Vitamin B12	0µg
Protein	2g	Zinc	0mg
Cholesterol	0mg		

Lentil, Sweet Potato & Arugula Salad

8 ingredients · 35 minutes · 3 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils

Use chickpeas or ground meat instead.

No Tahini

Use sunflower seed butter instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

Ingredients

- 1 1/2 Sweet Potato (medium, diced)
- 1 1/8 **tsps** Extra Virgin Olive Oil
- 3 **tbsps** Tahini
- 3 **tbsps** Water
- 2 1/4 **tsps** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 3 **cups** Arugula
- 1 1/2 **cups** Lentils (cooked)

Nutrition

Amount per serving

Calories	293	Sodium	61mg
Fat	10g	Calcium	141mg
Carbs	40g	Iron	5mg
Fiber	11g	Vitamin B12	0µg
Protein	13g	Zinc	2mg
Cholesterol	0mg		

Quinoa

2 ingredients · 15 minutes · 3 servings



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

- 3/4 cup** Quinoa (uncooked)
1 1/8 cups 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		

Quinoa Tofu Tacos

15 ingredients · 25 minutes · 1 serving



Directions

1. Cook the quinoa according to the directions on the package.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, for 8 to 10 minutes or until golden brown. Transfer the tofu to a dish and set aside.
3. Once your quinoa is cooked, add oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add a third of the salsa, the lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even layer in the pan and let it 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. Warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
6. To assemble the tacos, layer the mashed avocado, remaining salsa and quinoa tofu taco meat on top of a warm tortilla followed by the romaine lettuce and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Wait to mash the avocado and assemble tacos until just before serving.

Serving Size

One serving is approximately one taco.

Gluten-Free

Use corn tortillas, brown rice tortillas or lettuce wraps instead.

Additional Toppings

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

Ingredients

- 2 **tsps** Quinoa (uncooked)
- 19 **grams** Tofu (extra firm, crumbled)
- 1/2 **tsp** Extra Virgin Olive Oil
- 1/4 **tsp** Chili Powder
- 1/8 **tsp** Cumin
- 1/16 **tsp** Oregano
- 1/16 **tsp** Garlic Powder
- 1/16 **tsp** Sea Salt
- 2 **tbsps** Salsa (divided)
- 1/4 **tsp** Lime Juice
- 1/16 **tsp** Nutritional Yeast
- 1 Whole Wheat Tortilla (small)
- 1/4 Avocado (mashed)
- 1/16 **head** Romaine Hearts (chopped)
- 1/8 **stalk** Green Onion (chopped)

Nutrition

Amount per serving

Calories	284	Sodium	605mg
Fat	15g	Calcium	180mg
Carbs	31g	Iron	3mg
Fiber	9g	Vitamin B12	0.9µg
Protein	9g	Zinc	2mg
Cholesterol	0mg		

Simple Avocado Salad

5 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon

Use lime juice or apple cider vinegar instead.

Less Spicy

Omit the red pepper flakes.

Serve it With

Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

Ingredients

- 1/2 Avocado (cubed)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/16 Lemon (juiced)
- 1/2 **tsp** Red Pepper Flakes
- 1/8 **tsp** Sea Salt

Nutrition		Amount per serving	
Calories	224	Sodium	302mg
Fat	22g	Calcium	14mg
Carbs	9g	Iron	1mg
Fiber	7g	Vitamin B12	0µg
Protein	2g	Zinc	1mg
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		

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		

Vanilla Protein Yogurt Parfait

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the coconut yogurt and protein powder.
2. In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Omit the cashew butter or use tahini or sunflower seed butter instead.

Protein Powder

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

No Protein Powder

Use collagen powder instead or omit.

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Vanilla Protein Powder
- 1/2 cup Frozen Strawberries
- 1/4 cup Granola
- 1 tbsp Cashew Butter

Nutrition		Amount per serving	
Calories	435	Sodium	81mg
Fat	23g	Calcium	604mg
Carbs	44g	Iron	3mg
Fiber	9g	Vitamin B12	3.0µg
Protein	18g	Zinc	3mg
Cholesterol	2mg		