

Vegan 3000 Calories Week 2



Vegan 3000 Calories Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Mango Green Smoothie Bowl	Pumpkin Pie Overnight Oats	2 Roasted Tomato & Basil on Toast	Mango Green Smoothie Bowl	Pumpkin Pie Overnight Oats	2 Roasted Tomato & Basil on Toast	Mango Green Smoothie Bowl
		SAN Nutrition RawFusion Plant Protein Powder,...	No pulp orange juice		SAN Nutrition RawFusion Plant Protein Powder,...		
Snack 1	Toast with Almond Butter & Peaches	Protein-Packed Avocado Toast	Toast with Almond Butter & Peaches	2 Roasted Tomato & Basil on Toast	Protein-Packed Avocado Toast	Toast with Almond Butter & Peaches	Protein-Packed Avocado Toast
				No pulp orange juice		No pulp orange juice	
Lunch	Tempeh Buddha Bowl	Chickpea & Spinach Roti	Tempeh Buddha Bowl	Balsamic Roasted Tempeh Bowls	Chickpea & Spinach Roti	Tempeh Buddha Bowl	Chickpea & Spinach Roti
				Simple Avocado Salad			
Snack 2	Carrot Cake Chia Pudding	Grapes & Cashews	Lenny & Larry's Complete Vegan Cookie - Chocolate Chip	Carrot Cake Chia Pudding	Lenny & Larry's Complete Vegan Cookie - Chocolate Chip	Carrot Cake Chia Pudding	Grapes & Cashews
		Homemade Coconut Yogurt					Homemade Coconut Yogurt
Dinner	Mexican Quinoa Wraps	Miso Baked Tofu & Rice	Balsamic Roasted Tempeh Bowls	Mexican Quinoa Wraps	Miso Baked Tofu & Rice	Balsamic Roasted Tempeh Bowls	Mexican Quinoa Wraps
	Steamed Corn on the Cob	Southwestern Coconut Ranch Salad	Simple Avocado Salad	Steamed Corn on the Cob	Southwestern Coconut Ranch Salad	Simple Avocado Salad	Steamed Corn on the Cob
Snack 3	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,...	Vanilla Protein Yogurt Parfait
		Soy milk		Soy milk		Soy milk	

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div>Calories2937</div>	<div>Calories3039</div>	<div>Calories2938</div>	<div>Calories2904</div>	<div>Calories3094</div>	<div>Calories2935</div>	<div>Calories2983</div>
<div>Fat138g</div>	<div>Fat146g</div>	<div>Fat150g</div>	<div>Fat123g</div>	<div>Fat149g</div>	<div>Fat156g</div>	<div>Fat134g</div>
<div>Carbs341g</div>	<div>Carbs328g</div>	<div>Carbs320g</div>	<div>Carbs357g</div>	<div>Carbs350g</div>	<div>Carbs290g</div>	<div>Carbs371g</div>
<div>Fiber75g</div>	<div>Fiber72g</div>	<div>Fiber54g</div>	<div>Fiber72g</div>	<div>Fiber79g</div>	<div>Fiber58g</div>	<div>Fiber81g</div>
<div>Protein127g</div>	<div>Protein133g</div>	<div>Protein112g</div>	<div>Protein128g</div>	<div>Protein124g</div>	<div>Protein125g</div>	<div>Protein112g</div>
<div>Cholesterol6mg</div>	<div>Cholesterol0mg</div>	<div>Cholesterol2mg</div>	<div>Cholesterol4mg</div>	<div>Cholesterol2mg</div>	<div>Cholesterol0mg</div>	<div>Cholesterol6mg</div>
<div>Sodium2381mg</div>	<div>Sodium3392mg</div>	<div>Sodium3283mg</div>	<div>Sodium2887mg</div>	<div>Sodium3429mg</div>	<div>Sodium3405mg</div>	<div>Sodium1912mg</div>
<div>Calcium2492mg</div>	<div>Calcium1645mg</div>	<div>Calcium1297mg</div>	<div>Calcium2190mg</div>	<div>Calcium1767mg</div>	<div>Calcium1895mg</div>	<div>Calcium1608mg</div>
<div>Iron27mg</div>	<div>Iron32mg</div>	<div>Iron21mg</div>	<div>Iron25mg</div>	<div>Iron30mg</div>	<div>Iron26mg</div>	<div>Iron26mg</div>
<div>Vitamin B123.7µg</div>	<div>Vitamin B123.0µg</div>	<div>Vitamin B123.2µg</div>	<div>Vitamin B123.7µg</div>	<div>Vitamin B123.0µg</div>	<div>Vitamin B123.2µg</div>	<div>Vitamin B123.6µg</div>
<div>Zinc15mg</div>	<div>Zinc15mg</div>	<div>Zinc12mg</div>	<div>Zinc11mg</div>	<div>Zinc16mg</div>	<div>Zinc10mg</div>	<div>Zinc17mg</div>

Vegan 3000 Calories Week 2

88 items

Fruits

- ☐ 5 1/4 Avocado
- ☐ 3 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 2 cups Grapes
- ☐ 1 1/2 Kiwi
- ☐ 1/2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 3 Peach

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/4 cup Cashew Butter
- ☐ 1 cup Granola
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 3/4 cup Chia Seeds
- ☐ 1/3 tsp Chili Powder
- ☐ 1 1/8 tsps Cinnamon
- ☐ 1 1/4 tsps Cumin
- ☐ 1 1/2 tsps Curry Powder
- ☐ 3/4 tsp Dried Chives
- ☐ 1 tsp Garam Masala
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/3 tsp Ground Ginger
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/8 tsp Onion Powder
- ☐ 1/3 tsp Paprika
- ☐ 1/4 cup Pecans
- ☐ 1 1/2 tsps Red Pepper Flakes
- ☐ 2 2/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tsps Sunflower Seeds
- ☐ 1/3 cup Walnuts

Vegetables

- ☐ 6 cups Arugula
- ☐ 5 1/2 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 4 1/2 Carrot
- ☐ 4 cups Cauliflower Rice
- ☐ 2 2/3 tsps Cilantro
- ☐ 3 ears Corn On The Cob
- ☐ 3 1/2 Garlic
- ☐ 4 cups Mixed Greens
- ☐ 2 cups Mushrooms
- ☐ 1/2 cup Red Onion
- ☐ 7 Tomato
- ☐ 1 Yellow Onion
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2/3 cup Brown Rice
- ☐ 1 1/4 cups Canned Coconut Milk
- ☐ 2 cups Chickpeas
- ☐ 2 Chocolate Chip Cookie
- ☐ 3/4 cup Corn
- ☐ 1/3 cup Diced Tomatoes
- ☐ 1 cup Quinoa
- ☐ 5 servings San Nutrition Rawfusion Plant Protein Powder, Vanilla Bean
- ☐ 2 tsps Tomato Paste
- ☐ 1 1/2 cups White Navy Beans

Baking

- ☐ 1/8 tsp Ground Cloves
- ☐ 1 cup Oats
- ☐ 1 1/2 tsps Pumpkin Pie Spice
- ☐ 1 cup Pureed Pumpkin
- ☐ 1 1/2 tsps Stevia Powder
- ☐ 1/2 cup Tapioca Flour
- ☐ 3 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 6 slices Bread
- ☐ 12 slices Gluten Free Bread
- ☐ 297 grams Sourdough Bread
- ☐ 505 grams Tempeh
- ☐ 321 grams Tofu
- ☐ 1 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 2 tsps Avocado Oil
- ☐ 2 tsps Balsamic Vinegar
- ☐ 2 tsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/3 tsps Miso Paste
- ☐ 3 tsps Tahini
- ☐ 3 1/3 tsps Tamari

Cold

- ☐ 720 milliliters 100% Orange Juice
- ☐ 3 cups Soy Milk
- ☐ 6 1/4 cups Unsweetened Almond Milk
- ☐ 4 cups Unsweetened Coconut Yogurt

Other

- ☐ 454 grams Coconut Meat
- ☐ 2 Probiotic Capsules
- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 3 1/2 cups Water

Frozen

- ☐ 3 cups Frozen Mango
- ☐ 2 cups Frozen Strawberries

Mango Green Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Nutrition		Amount per serving	
Calories	436	Sodium	187mg
Fat	9g	Calcium	529mg
Carbs	72g	Iron	3mg
Fiber	11g	Vitamin B12	0.6µg
Protein	27g	Zinc	3mg
Cholesterol	4mg		

Pumpkin Pie Overnight Oats

7 ingredients · 8 hours · 1 serving



Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice

Use cinnamon instead.

No Pecans

Use any type of crushed nuts or hemp seeds instead.

Ingredients

- 1/2 cup Oats (quick or traditional)
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Pureed Pumpkin
- 1 1/2 tsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 tsp Pumpkin Pie Spice
- 2 tsps Pecans (toasted and chopped)

Nutrition		Amount per serving	
Calories	381	Sodium	92mg
Fat	15g	Calcium	350mg
Carbs	56g	Iron	5mg
Fiber	11g	Vitamin B12	0µg
Protein	9g	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

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		

Roasted Tomato & Basil on Toast

5 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
2. Place the tomatoes on the baking sheet. Gently toss with the oil, half the basil, and salt. Roast for 15 minutes.
3. Spread the roasted tomatoes and basil overtop each slice of toast and sprinkle with the remaining basil. Enjoy!

Notes

Leftovers

Refrigerate the roasted tomatoes in an airtight container for up to five days.

Serving Size

One serving equals approximately two slices.

Additional Toppings

Add garlic, balsamic vinegar or parmesan.

Ingredients

- 2 Tomato (large, cut into quarters)
- 2 tsps Extra Virgin Olive Oil
- 3 tbsps Basil Leaves (finely chopped, divided)
- 1/4 tsp Sea Salt
- 4 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving

Calories	213	Sodium	597mg
Fat	9g	Calcium	43mg
Carbs	28g	Iron	1mg
Fiber	4g	Vitamin B12	0µg
Protein	5g	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		

Toast with Almond Butter & Peaches

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Gluten-Free

Use gluten-free bread instead.

Nut-Free

Use sunflower seed butter instead of almond butter.

Likes it Sweet

Add honey.

Ingredients

- 2 1/2 **tbps** Almond Butter
- 99 **grams** Sourdough Bread (toasted)
- 1 Peach (sliced)
- 1/8 **tsp** Cinnamon

Nutrition		Amount per serving	
Calories	547	Sodium	479mg
Fat	22g	Calcium	148mg
Carbs	70g	Iron	5mg
Fiber	8g	Vitamin B12	0µg
Protein	19g	Zinc	2mg
Cholesterol	0mg		

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		

Tempeh Buddha Bowl

13 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
2. Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
3. In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
4. Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

Notes

Leftovers

Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

More Flavor

Add chili flakes to the cauliflower rice.

Additional Toppings

Add cooked sweet potato or other veggies if desired.

No Avocado Oil

Use extra virgin olive oil or coconut oil.

Ingredients

- 255 grams Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

Nutrition		Amount per serving	
Calories	512	Sodium	838mg
Fat	36g	Calcium	273mg
Carbs	30g	Iron	5mg
Fiber	10g	Vitamin B12	0.1µg
Protein	28g	Zinc	3mg
Cholesterol	0mg		

Chickpea & Spinach Roti

14 ingredients · 30 minutes · 3 servings



Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Saute your onion and garlic until soft. Stir in tomato paste, cumin, curry powder, garam masala and sea salt.
2. Stir in half the coconut milk, spinach and chickpeas. Cook until spinach has wilted then set aside.
3. Now make your roti. Whisk together the ground flax, tapioca flour, remaining coconut milk and water. Mix well.
4. Heat the remaining coconut oil in a large skillet over medium heat. Pour the roti batter (about 3/4 cup per roti) and spread evenly into a thin layer using the back of a spoon. Cook for about 2-3 minutes each side. (Note: the batter is sticky so be careful when flipping!)
5. Place each roti on a plate and scoop the chickpea and spinach mixture into the middle. Fold in the sides, then the top and bottom. Enjoy!

Notes

Likes it Spicy

Add chili powder to taste.

Skip the Roti

Serve the chickpea and spinach mix with naan, rice or cauliflower rice instead.

Ingredients

- 2 **tbsps** Coconut Oil (divided)
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 **tbsps** Tomato Paste
- 1 **tsp** Cumin
- 1 **1/2 tps** Curry Powder
- 1 **tsp** Garam Masala
- 1/2 **tsp** Sea Salt
- 1 **cup** Canned Coconut Milk (divided)
- 2 **cups** Baby Spinach
- 2 **cups** Chickpeas
- 1/2 **cup** Ground Flax Seed
- 1/2 **cup** Tapioca Flour
- 1/4 **cup** Water

Nutrition		Amount per serving	
Calories	602	Sodium	449mg
Fat	33g	Calcium	138mg
Carbs	63g	Iron	7mg
Fiber	15g	Vitamin B12	0µg
Protein	17g	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		

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 3 servings



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

- 1 1/2 Carrot (medium, grated)
- 3/4 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/3 tsp Ground Ginger
- 1 1/2 tsps Stevia Powder (to taste)
- 3 cups Unsweetened Almond Milk
- 3/4 cup Chia Seeds
- 1/3 cup Walnuts (chopped)
- 3 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	415	Sodium	184mg
Fat	32g	Calcium	751mg
Carbs	30g	Iron	5mg
Fiber	16g	Vitamin B12	0µg
Protein	12g	Zinc	1mg
Cholesterol	0mg		

Grapes & Cashews

2 ingredients · 2 minutes · 1 serving



Directions

- 1. Place grapes and cashews together in a bowl.
- 2. Happy munching!

Ingredients

- 1 cup Grapes
- 1/4 cup Cashews

Nutrition		Amount per serving	
Calories	259	Sodium	7mg
Fat	16g	Calcium	28mg
Carbs	27g	Iron	2mg
Fiber	2g	Vitamin B12	0µg
Protein	6g	Zinc	2mg
Cholesterol	0mg		

Homemade Coconut Yogurt

4 ingredients · 24 hours · 4 servings



Directions

1. In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
2. Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor

Use coconut water instead of water.

Ingredients

454 grams Coconut Meat (thawed)

1/2 cup Water

2 tbsps Lemon Juice

2 Probiotic Capsules

Nutrition

Amount per serving

Calories	104	Sodium	18mg
Fat	7g	Calcium	3mg
Carbs	11g	Iron	0mg
Fiber	3g	Vitamin B12	0µg
Protein	2g	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		

Mexican Quinoa Wraps

12 ingredients · 45 minutes · 1 serving



Directions

1. In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
2. Add quinoa and cook for 12 to 15 more minutes.
3. Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

Notes

More Toppings

Feta cheese, greek yogurt, diced chicken breast or cucumber slices.

Gluten-Free

Use corn or rice tortillas instead of whole wheat.

Slow Cooker Version

Add the water, black beans, diced tomatoes, corn, cumin, paprika, chili powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.

Ingredients

- 2 tbsps Water
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/3 cup Diced Tomatoes (fresh or canned)
- 1/4 cup Corn (fresh, canned or frozen)
- 1/4 tsp Cumin
- 1/8 tsp Paprika
- 1/3 tsp Chili Powder
- 1/8 tsp Sea Salt
- 3 tbsps Quinoa (dry/uncooked)
- 1 Whole Wheat Tortilla
- 1/2 cup Baby Spinach
- 1/4 Avocado (diced)

Nutrition		Amount per serving	
Calories	502	Sodium	612mg
Fat	15g	Calcium	187mg
Carbs	76g	Iron	6mg
Fiber	20g	Vitamin B12	0µg
Protein	20g	Zinc	3mg
Cholesterol	0mg		

Steamed Corn on the Cob

1 ingredient · 15 minutes · 3 servings



Directions

1. Fill a pot with a few inches of water and bring to a boil.
2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Cook it in the Microwave

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spreads

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

Ingredients

3 ears Corn on the Cob (husk removed and halved)

Nutrition		Amount per serving	
Calories	90	Sodium	0mg
Fat	1g	Calcium	0mg
Carbs	19g	Iron	0mg
Fiber	1g	Vitamin B12	0µg
Protein	3g	Zinc	0mg
Cholesterol	0mg		

Miso Baked Tofu & Rice

8 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
3. Meanwhile, 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 it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
4. While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
5. Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Miso Paste

This recipe was developed and tested using white miso.

No Brown Rice

Use jasmine rice, white rice or cauliflower rice instead.

More Flavor

Add a drizzle of sesame oil or chili flakes for some heat.

Additional Toppings

Add your favorite vegetables.

Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsps Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Cilantro (roughly chopped)

Nutrition		Amount per serving	
Calories	413	Sodium	1434mg
Fat	11g	Calcium	486mg
Carbs	59g	Iron	5mg
Fiber	5g	Vitamin B12	0µg
Protein	23g	Zinc	3mg
Cholesterol	0mg		

Southwestern Coconut Ranch Salad

11 ingredients · 10 minutes · 2 servings



Directions

1. Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
2. Divide the mixed greens, corn, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

More Flavor

Use fresh instead of dried herbs.

No Coconut Milk

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

Ingredients

1/4 cup Canned Coconut Milk (full fat, refrigerated overnight)

1 tbsp Avocado Oil

1 1/2 tps Apple Cider Vinegar

3/4 tsp Dried Chives

1/8 tsp Onion Powder

1/4 tsp Sea Salt

4 cups Mixed Greens

1/2 cup Corn (cooked)

1/2 cup Black Beans (cooked)

1 Tomato (chopped)

1 Avocado (pit removed, chopped)

Nutrition

Amount per serving

Calories	392	Sodium	367mg
Fat	28g	Calcium	70mg
Carbs	31g	Iron	3mg
Fiber	13g	Vitamin B12	0µg
Protein	9g	Zinc	1mg
Cholesterol	0mg		

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 3 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 2 **tbsps** Balsamic Vinegar
- 1 **1/2** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 **1/2 tps** Italian Seasoning
- 250 **grams** Tempeh
- 1/2 **cup** Red Onion (medium, sliced)
- 3 Carrot (medium, peeled and chopped)
- 2 **cups** Mushrooms (quartered)
- 1 **1/2** Zucchini (sliced)
- 3/4 **cup** Quinoa (dry)
- 1 **1/4 cups** Water

Nutrition		Amount per serving	
Calories	474	Sodium	69mg
Fat	21g	Calcium	172mg
Carbs	49g	Iron	5mg
Fiber	7g	Vitamin B12	0.1µg
Protein	27g	Zinc	3mg
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		

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		