



## Easy, Plant-Based Meal Plan

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Hello!

Welcome to your meal plan! On the next pages, you will find the customized easy, plant-based meal plan I have created for you, along with an itemized grocery list and delicious recipes.

## Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.





















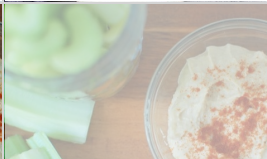

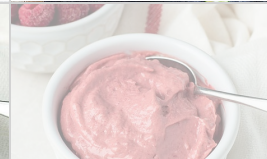



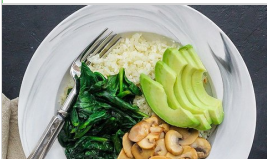

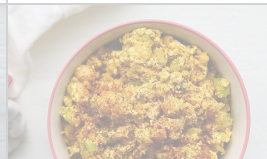
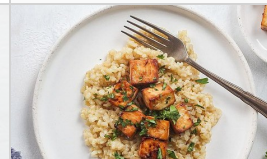
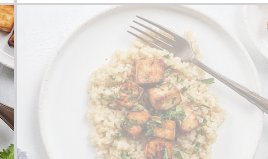





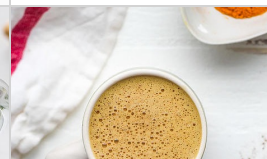



## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Enjoy!

Sending you good health vibes!

-Sue

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Vanilla Latte Overnight Oats	 Vanilla Latte Overnight Oats	 Vanilla Latte Overnight Oats	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Mushroom & Tofu Scramble
Snack 1	 Rice Cakes with Almond Butter & Banana	 Cinnamon Protein Energy Bites	 Cinnamon Protein Energy Bites	 Cinnamon Protein Energy Bites	 Breakfast Oatmeal Cookies	 Breakfast Oatmeal Cookies	 Breakfast Oatmeal Cookies
Lunch	 Chopped Veggie Salad	 Mushroom Miso Soup	 Mushroom Miso Soup	 Roasted Cauliflower Burrito Bowl	 Rainbow Lettuce Wraps with Spicy Mango Dressing	 Sauerkraut & Vegetable Soup	 Sauerkraut & Vegetable Soup
Snack 2	 Celery & Hummus	 Celery & Hummus	 Raspberry Avocado Ice Cream	 Raspberry Avocado Ice Cream	 Apple with Sunflower Seed Butter	 Macadamia Nuts & Walnuts	 Macadamia Nuts & Walnuts
Dinner	 Mushroom & Cauliflower Rice Bowl	 Eggless Egg Salad	 Eggless Egg Salad	 Miso Baked Tofu & Rice	 Miso Baked Tofu & Rice	 Creamy Sun Dried Tomato Pasta	 Creamy Sun Dried Tomato Pasta
Snack 3	 Turmeric Lemonade	 Homemade Chai Tea	 Ginger Mint Tea	 Golden Turmeric Hot Chocolate	 Fresh Mint Tea	 Tummy Soother Tea	 Coconut Matcha Latte

### Fruits

- 1 Apple
- 4 1/2 Avocado
- 4 Banana
- 1 Lemon
- 1 tbsp Lemon Juice
- 1 tsp Lime Juice
- 1 Mango
- 1 cup Raspberries
- 1 cup Strawberries

### Breakfast

- 1/2 cup All Natural Peanut Butter
- 2/3 cup Almond Butter
- 1 tsp Green Tea Powder
- 1 cup Maple Syrup
- 1/2 cup Organic Coffee
- 1 Plain Rice Cake

### Seeds, Nuts & Spices

- 1/4 cup Almonds
- 1 Bay Leaf
- 1 1/2 tsps Black Peppercorns
- 1/4 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 2 tsps Chili Powder
- 1 3/4 tsps Cinnamon
- 5 servings Cinnamon Stick
- 1/2 tsp Coriander Seed
- 1 tsp Cumin
- 1 tsp Dried Peppermint Leaves
- 1/2 tsp Fennel Seed
- 1/3 cup Ground Flax Seed
- 1/4 cup Macadamia Nuts
- 1 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 tsp Smoked Paprika
- 1 1/4 tsps Turmeric

### Vegetables

- 1 cup Asparagus
- 2 cups Baby Spinach
- 2 cups Broccoli
- 3 Carrot
- 1 head Cauliflower
- 1 1/2 cups Cauliflower Rice
- 10 stalks Celery
- 2 cups Celery Root
- 1 cup Cherry Tomatoes
- 3/4 cup Cilantro
- 1/2 Cucumber
- 7 Garlic
- 1/3 cup Ginger
- 4 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 3/4 cup Oyster Mushrooms
- 1 1/2 cups Parsley
- 1 1/2 cups Purple Cabbage
- 1 1/2 Red Bell Pepper
- 1 head Romaine Hearts
- 1 1/2 cups Shiitake Mushrooms
- 4 White Button Mushrooms
- 1 Yellow Onion

### Boxed & Canned

- 1 1/2 cups Black Beans
- 1 cup Brown Rice
- 8 ozs Chickpea Pasta
- 2 cups Chickpeas
- 2 1/2 cups Organic Coconut Milk
- 7 1/4 cups Organic Vegetable Broth
- 3/4 cup Quick Oats

### Baking

- 1 tbsp Arrowroot Powder
- 1 tsp Baking Powder
- 2 tsps Cacao Nibs
- 1 tbsp Cacao Powder
- 2 tsps Cardamom Seeds

### Bread, Fish, Meat & Cheese

- 1 cup Hummus
- 2 2/3 lbs Tofu

### Condiments & Oils

- 2 tsps Apple Cider Vinegar
- 1 1/8 tsps Avocado Oil
- 2 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 1/4 cup Extra Virgin Olive Oil
- 1/3 cup Miso Paste
- 3 cups Sauerkraut
- 1/2 cup Sun Dried Tomatoes
- 2 tsps Sunflower Seed Butter
- 3 tsps Tamari
- 1/4 cup Vegan Mayonnaise

### Cold

- 1 1/2 tsps Coconut Butter
- 2 3/4 cups Unsweetened Almond Milk

### Other

- 1/4 cup Vanilla Protein Powder
- 24 1/2 cups Water

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- 1/4 cup Walnuts
  - 1/2 tsp Honey
  - 2 tbsps Nutritional Yeast
  - 1/4 cup Oat Flour
  - 4 1/3 cups Oats
  - 1/4 cup Organic Dark Chocolate Chips
  - 1 tbsp Raw Honey
  - 1/2 cup Unsweetened Shredded Coconut
  - 1 3/4 tsps Vanilla Extract
  - 2 tbsps Whole Cloves



## Vanilla Latte Overnight Oats

2 servings

3 hours

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Organic Coffee (cold, strong brewed)  
2 tbsps Almond Butter (divided)  
1 tbsp Maple Syrup  
1/4 tsp Vanilla Extract  
3/4 cup Quick Oats  
2 tbsps Chia Seeds  
2 tsps Cacao Nibs

### Directions

- 1 In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
- 2 Cover and refrigerate for at least 3 hours or up to overnight.
- 3 To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**More Flavor,** Add cinnamon or pumpkin spice.

**Additional Toppings,** Top with shredded coconut, additional chia seeds or hemp seeds.

**More Protein,** Stir in your favorite protein powder or collagen powder.



## Strawberry Coconut Oatmeal Muffins

12 servings

40 minutes

### Ingredients

- 1 3/4 cups Organic Coconut Milk (full fat, from the can)
- 1/4 cup Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 2 tsps Ground Flax Seed
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

### Directions

- 1 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days or freeze for up to one month.

**Serving Size,** One serving is equal to one muffin.

**More Flavor,** Add cinnamon or a pinch of salt.

**No Strawberries,** Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

**No Maple Syrup,** Use honey or agave instead.

**No Rolled Oats,** Use quick oats instead.

**No Muffin Liners,** Use a non-stick muffin pan or grease pan with coconut oil.



## Mushroom & Tofu Scramble

3 servings

10 minutes

### Ingredients

- 3/4 cup Oyster Mushrooms (sliced)
- 1/4 cup Organic Vegetable Broth (divided)
- 12 ozs Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt

### Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** Each serving equals approximately 1.5 cups.

**More Flavor,** Add your choice of spices and/or herbs.

**Additional Toppings,** Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

**No Vegetable Broth,** Use water instead.





## Rice Cakes with Almond Butter & Banana

1 serving

5 minutes

### Ingredients

- 1 Plain Rice Cake
- 1 tbsp Almond Butter
- 1/2 Banana (medium, sliced)

### Directions

- 1 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

### Notes

**No Almond Butter,** Use peanut, cashew or sunflower seed butter instead.

**More Flavor,** Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

**More Fiber,** Add hemp seeds, chia seeds, ground flax seed or fresh berries.



## Cinnamon Protein Energy Bites

14 servings

35 minutes

### Ingredients

1/3 cup Oats (quick)  
 1/4 cup Oat Flour  
 1/4 cup Vanilla Protein Powder  
 1/4 cup Ground Flax Seed  
 2 tbsps Chia Seeds  
 1 1/2 tsps Cinnamon  
 1/2 cup Almond Butter  
 1/4 cup Maple Syrup  
 1 tbsp Unsweetened Almond Milk  
 (optional; if needed)

### Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

### Notes

**Storage,** Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

**Serving Size,** One serving is equal to one ball.

**Nut-Free,** Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.

**No Maple Syrup,** Use honey instead.

**Gluten-Free,** Use certified gluten-free quick oats.

**No Quick Oats,** For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

**No Protein Powder,** Use more oat flour instead.



## Breakfast Oatmeal Cookies

8 servings

20 minutes

### Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

### Notes

**No Peanut Butter,** Use almond, cashew, or sunflower seed butter instead.

**Gluten-Free,** Use certified gluten-free oats.

**Sugar-Free,** Use sugar-free chocolate chips or dried cranberries.

**Leftovers,** Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

**Serving Size,** One serving is equal to one cookie.



## Chopped Veggie Salad

4 servings

15 minutes

### Ingredients

2 cups Broccoli (chopped)  
1 cup Cherry Tomatoes (chopped)  
1/2 Red Bell Pepper (chopped)  
1/2 Cucumber (chopped)  
2 1/2 tbsps Extra Virgin Olive Oil  
2 1/2 tbsps Balsamic Vinegar  
1/2 cup Parsley (chopped)  
Sea Salt & Black Pepper

### Directions

1

Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

**More Flavor,** Use additional herbs like cilantro, chives, basil or dill.



## Mushroom Miso Soup

2 servings

25 minutes

### Ingredients

- 3 cups Water
- 1 cup Organic Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

### Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Serving Size,** One serving is approximately 2 cups.

**More Flavor,** Add sesame oil once finished cooking.

**Additional Toppings,** Add noodles, or some nori to the soup when finished cooking.

**No Vegetable Broth,** Use water instead and increase the amount of miso slightly for more flavor.

**Miso Paste,** This recipe was developed and tested using white miso.



## Roasted Cauliflower Burrito Bowl

4 servings

35 minutes

### Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

**More Flavor,** Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

**Additional Toppings,** Serve with corn tortilla chips.



## Rainbow Lettuce Wraps with Spicy Mango Dressing

4 servings

15 minutes

### Ingredients

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Cilantro

### Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

### Notes

**Leftovers,** Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

**Serving Size,** One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

**Additional Toppings,** For extra crunch add sliced almonds or pumpkin seeds.

**More Protein,** Add cooked chicken, shrimp or tofu.



## Sauerkraut & Vegetable Soup

6 servings

1 hour

### Ingredients

- 3 cups Sauerkraut
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 Carrot (peeled, chopped)
- 2 cups Celery Root (peeled, cubed)
- 3/4 cup Parsley (roughly chopped)
- 6 cups Organic Vegetable Broth
- 1 Bay Leaf

### Directions

- 1 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 2 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 3 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is approximately 1 1/2 cups of soup.

**Additional Toppings,** Serve with additional parsley on top.





## Celery & Hummus

4 servings

5 minutes

### Ingredients

- 8 stalks Celery (cut into sticks)
- 1 cup Hummus
- 1 tsp Paprika (optional)

### Directions

1

Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

### Notes

Make it Yourself, Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



## Raspberry Avocado Ice Cream

2 servings

5 minutes

### Ingredients

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

### Directions

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

### Notes

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

**Serving Size,** One serving is equal to approximately 3/4 cup.

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

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

**No Raspberries,** Use strawberries instead.



## Apple with Sunflower Seed Butter

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

### Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

### Notes

Leftovers, Refrigerate in an airtight container for up four days.



## Macadamia Nuts & Walnuts

2 servings

5 minutes

### Ingredients

1/4 cup Macadamia Nuts

1/4 cup Walnuts

### Directions

- 1 In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

### Notes

**Leftovers,** Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

**More Flavor,** Toast in the oven or on the stovetop.

**Additional Toppings,** Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..



## Mushroom & Cauliflower Rice Bowl

1 serving  
15 minutes

### Ingredients

- 1/2 tsp Avocado Oil
- 1 1/2 cups Cauliflower Rice
- 4 White Button Mushrooms (sliced)
- 2 cups Baby Spinach
- 1 1/2 tsps Coconut Aminos
- 1/2 Avocado (sliced)

### Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

### Notes

- Leftovers,** Refrigerate in an airtight container for up to three days.
- No Coconut Aminos,** Use tamari or soy sauce instead.
- No Avocado Oil,** Use olive oil or coconut oil instead.
- More Flavor,** Season with chili flakes and/or garlic.
- Additional Toppings,** Add sliced nori and/or sesame seeds on top.



## Eggless Egg Salad

4 servings

20 minutes

### Ingredients

- 2 cups Chickpeas (from the can, drained and rinsed)
- 1/4 cup Vegan Mayonnaise
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Sea Salt
- 2 stalks Celery (diced)
- 7 1/16 ozs Tofu (extra firm and drained)
- 1/4 cup Almonds (chopped)

### Directions

- 1 Add the chickpeas, mayonnaise, chili powder, cumin, turmeric and sea salt to a food processor and process until roughly chopped. Transfer to a bowl. Add the celery and stir to combine.
- 2 Place the tofu on a plate and pat dry with a paper towel. Press gently to remove excess liquid then break it into large pieces. Add it to the food processor and pulse until roughly chopped.
- 3 Transfer the tofu to the bowl with the chickpeas and add the chopped almonds. Mix well and enjoy!

### Notes

**No Almonds,** Use walnuts or sunflower seeds instead.

**Leftovers,** Store in the fridge up to 5 days.

**More Greens,** Serve over a bed of arugula, spinach or kale.



## Miso Baked Tofu & Rice

3 servings

40 minutes

### Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Tamari
- 1 1/2 tbsps Maple Syrup
- 1 1/16 lbs Tofu (extra firm, drained and cubed)
- 1 cup Brown Rice
- 1 3/4 cups Water
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (roughly chopped)

### 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.



## Creamy Sun Dried Tomato Pasta

4 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

### Directions

- 1 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 2 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 3 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 4 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

**Nut-Free,** Use coconut milk, hemp seed milk or oat milk instead of almond milk.

**More Flavor,** Use reserved water from cooking the pasta to thin the sauce instead.





## Turmeric Lemonade

3 servings

5 minutes

### Ingredients

1 Lemon (juiced)  
1/2 tsp Turmeric  
3 tbsps Maple Syrup  
3 cups Water

### Directions

- 1 Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

### Notes

No Maple Syrup, Use honey instead.

Serving Size, One serving is equal to approximately 1 cup.

Likes it Fizzy, Use sparkling water instead of regular water.



## Homemade Chai Tea

4 servings

20 minutes

### Ingredients

8 cups Water  
5 servings Cinnamon Stick  
2 tbsps Cardamom Seeds  
2 tbsps Whole Cloves  
1 1/2 tsps Black Peppercorns  
2 tbsps Ginger (peeled and thinly sliced)

### Directions

1

Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

### Notes

Serve it With, A slice of our Blueberry Banana Bread or Pumpkin Loaf.

Leftovers, Store sealed in a mason jar in the fridge up to 5 days. Re-warm or enjoy as iced tea.



## Ginger Mint Tea

2 servings

10 minutes

### Ingredients

- 2 1/2 cups Water
- 3 tbsps Ginger (peeled, sliced)
- 1/4 cup Mint Leaves (stems removed)

### Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 2 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size,** One serving equals approximately 2 cups.

**More Flavor,** Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

**Enjoy it Cold,** Add ice cubes.

**No Mint Leaves,** Use spearmint leaves instead.



## Golden Turmeric Hot Chocolate

1 serving

5 minutes

### Ingredients

1 tbsp Cacao Powder  
1/4 tsp Turmeric (dried, ground)  
1/4 tsp Cinnamon  
1 1/2 tps Coconut Butter  
1/2 tsp Honey  
1 cup Water (hot)  
1/2 cup Unsweetened Almond Milk

### Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

### Notes

**No Cacao Powder,** Use cocoa powder instead.

**No Honey,** Use maple syrup or stevia instead.

**Nut-Free,** Use oat milk or coconut milk instead.

**No Coconut Butter,** Use almond, cashew or sunflower seed butter instead.



## Fresh Mint Tea

2 servings

10 minutes

### Ingredients

- 2 1/2 cups Water
- 1/4 cup Mint Leaves (stems removed)

### Directions

- 1 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size,** One serving equals approximately 1 3/4 cup.

**More Flavor,** Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

**No Mint Leaves,** Use peppermint or spearmint leaves instead.

**Enjoy it Cold,** Add ice cubes.



## Tummy Soother Tea

1 serving

10 minutes

### Ingredients

- 1 tsp Dried Peppermint Leaves
- 1/2 tsp Coriander Seed
- 1/2 tsp Fennel Seed
- 1 cup Water (hot)

### Directions

- 1 Combine the dried peppermint leaves, coriander and fennel in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size,** One serving equals approximately one cup.

**More Flavor,** Sweeten with honey or your choice of sweetener.

**Enjoy It Cold,** Add ice cubes.

**Large Batch,** Increase the serving size of the dried mint leaves, coriander and fennel.

Combine and store in a jar. Scoop 2 teaspoons for every cup of hot water.



## Coconut Matcha Latte

1 serving  
10 minutes

### Ingredients

1 cup Water (hot)  
1/2 cup Organic Coconut Milk  
1 tsp Green Tea Powder  
1 tbsp Coconut Butter  
1 tbsp Raw Honey (optional)

### Directions

1

In your blender, combine the hot water, coconut milk, matcha, coconut butter, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

### Notes

**Coconut Butter**, Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

**More Protein**, Add a scoop of collagen or gelatin protein.

**Make it Vegan**, Use maple syrup instead of honey.