

BREAKFASTS

Strawberry Cream Smoothie x 2
Frozen Bliss Bowl x 2
Breakfast Bars

LUNCHES

Deconstructed Nacho Salad
Grilled Vegetable Soup
Bean Salad
Avocado Hummus
Tofu Salad

DINNERS

Cauliflower "Rice" Bowls
BBQ Tofu
Primavera Rice
Vegan Bolognese
Falafel Cakes

SNACKS

1 banana + 2 Tablespoon cashews
1 cup pumpkin seeds + dried apricots
2 Tablespoons almond butter
2 breakfast muffins
¼ avocado + 1 cup fruit
1 banana blended with one cup cold oat milk

PREP GUIDE:

- Freeze 4 cups strawberries
- Peel, slice and freeze 8 bananas
- Grill vegetables
- Cauliflower Rice
- Prepare breakfast bars

PREP DIRECTIONS

GRILLED VEGETABLES

2 medium zucchini, sliced lengthwise
½ cup whole grape tomatoes
½ red onion
1 ear fresh corn
½ Tablespoon olive oil

1. Pre-heat grill (optional: rub ½ an onion on the hot grill to clean and flavor the grates).
2. Use tongs to place zucchini, onions (and corn if using) on grill (next to tofu).
3. Grill (flipping once to grill both sides) about 10 minutes (corn 15).
4. For tomatoes, place in grill safe container or make one with aluminum foil. Set on grill for 10 minutes.

BBQ TOFU STEAKS

½ (14 oz) container firm tofu, drained, cut into 3 thick slices
¼ teaspoon Dijon mustard
2 teaspoons olive oil
¾ teaspoon cumin
¼ teaspoon red chili pepper flakes
½ Tablespoon Italian seasoning
¼ teaspoon kosher salt
¼ teaspoon black pepper

1. Put tofu steaks in a large zip bag and coat with olive oil and mustard.
2. Combine all spices together in a small bowl.
3. Shake spices in bag so all the tofu is covered.
4. Use tongs to place tofu pieces on grill (next to vegetables).
5. Grill tofu on medium high heat (turning once) about 15 minutes until browned.

SEASONED GROUND TOFU

½ pound semi firm tofu, strained
½ teaspoon kosher salt
½ teaspoon black pepper
¼ teaspoon chili powder
¼ teaspoon paprika
½ Tablespoon dried oregano
½ clove garlic, pressed

1. Heat a skillet over medium heat, add tofu.
2. Using a wooden spatula, break down the tofu into small pieces.
3. Add garlic and all spices to combine.
4. Cook for about 8-10 minutes until tofu is browned.
5. Allow to cool before storing for meals. If desired, divide into recipe portions before storing.

CAULIFLOWER RICE

1 small head cauliflower, cut into florets

1. Place florets in a food processor (in batches) and pulse until rice sized. Makes about 2 cups, refrigerate until needed.
2. To cook simply sauté in a large skillet over medium heat in ¼ teaspoon coconut oil.
3. Cover with a lid so the cauliflower steams a little. Cook for a total of 5-8 minutes.
4. Cool and store in fridge.

BREAKFASTS

(1) Strawberry Cream Smoothie x 2

- ½ cup unsweetened oat or almond milk
- 2 Tablespoons raw unsalted cashews, soaked
- ¼ teaspoon natural vanilla extract
- Pinch of kosher or sea salt
- ½ cup frozen strawberries

Place all ingredients in a blender and puree on high for thirty to sixty seconds. Drink immediately.

Smoothie: 287kcal, 6.2g protein, 26.5g Carb, 302mg Sodium, 5.1g Fiber, 0mg Cholesterol, 19.4g Fat, 3.4g Saturated, 10.7g Sugar, 26% Calcium, 20% Iron

(2) Frozen Bliss Bowl

- 1 (peeled) frozen banana
- ¼ cup unsweetened oat or almond milk
- ¼ cup fresh strawberries, sliced
- 2 Tablespoons walnuts

Place frozen banana and milk into a high-speed blender. Puree until thick like ice cream. Transfer to a bowl with and top with fresh strawberry slices and walnut pieces.

Bowl: 342kcal, 10.1g protein, 38.8g Carb, 28mg Sodium, 6.4g Fiber, 0mg Cholesterol, 19.6g Fat, 1.2g Saturated, 21.3g Sugar, 9% Calcium, 9% Iron

(3) Breakfast Bars

- ¼ cup pitted dates, packed
- 2 Tablespoons almond butter
- 2 Tablespoons hot water
- ¼ cup almonds or cashews, roughly chopped
- 6 Tablespoons rolled oats

1. Puree dates in a food processor until a ball is formed, transfer to a bowl.
2. Mix oats, almonds and dates in a mixing bowl.
3. Add water and almond butter and stir until smooth.
4. Combine all ingredients together.
5. Press into a rectangle, cover and refrigerate. Can also roll into a ball.

Per Bar: 241kcal, 6.9g protein, 38g Carb, 2mg Sodium, 6.1g Fiber, 0mg Cholesterol, 8.4g Fat, .8g Saturated, 14.9g Sugar, 4% Calcium, 11% Iron

LUNCHES

(1) Deconstructed Nacho Salad

- ¼ head romaine lettuce, chopped (1 cup)
- ¼ avocado, mashed
- ⅛ teaspoon kosher salt
- ¾ teaspoon lemon juice
- ¼ can (14oz) pinto beans, drained and rinsed
- ½ tomato, chopped
- ½ medium grilled zucchini, chopped
- 1 green onion, chopped
- ¼ cup fresh Italian parsley
- 2 Tablespoons pumpkin seeds
- 1 Tablespoon pantry dressing

1. Toss lettuce in your choice of pantry dressing.
2. Layer lettuce on serving platter.
3. Toss avocado with lemon juice and salt.
4. Drop dollops of mashed avocado over lettuce.
5. Arrange the remaining ingredients on platter nacho style.

CLASSIC: 360kcal, 25.2g protein, 21.3g Carb, 1050mg Sodium, 8.1g Fiber, 81mg Cholesterol, 19.5g Fat, 5.2g Saturated, 7.3g Sugar, 8% Calcium, 34% Iron

(2) Grilled Vegetable Soup

- 1 Tablespoon olive or coconut oil
- 1 garlic clove
- 2 Tablespoons fresh Italian Parsley, chopped
- ½ cup grilled grape tomatoes
- ¼ grilled red onion, chopped
- ½ medium grilled zucchini, chopped
- ½ ear grilled fresh corn; kernels removed
- ¼ can (14oz) white beans
- 2 cups low sodium vegetable broth
- 1 lemon wedge

1. Heat oil in small stock pot.
2. Add garlic and parsley, sautéing for a minute or so.
3. Add in tomatoes, red onion, zucchini, and corn. Stir to combine.
4. Pour in broth and bring to simmer.
5. Season with a squeeze of fresh lemon juice and black pepper.

2 cups soup: 190kcal, 5.5g protein, 32.9g Carb, 873mg Sodium, 8.1g Fiber, 0mg Cholesterol, 3.8g Fat, .8g Saturated, 10.5g Sugar, 7% Calcium, 26% Iron

LUNCHES

(3) Bean Salad

- ½ can (14 oz) white beans
- ½ Tablespoon lemon juice
- ½ Tablespoon olive oil
- ¼ teaspoon Dijon mustard
- 1 green onion, chopped
- ⅛ teaspoon kosher salt
- ⅛ teaspoon paprika
- ⅛ teaspoon black pepper
- ½ Tablespoon pumpkin seeds

Serve with:

- ½ cucumber, sliced
- ½ tomato, sliced thick

Combine all ingredients in a medium bowl. Chill until ready to serve.

½ cup salad with cucumber slices and tomatoes:

234kcal, 23.3 protein, 10.8g Carb, 638mg Sodium, 2.4g Fiber, 36mg Cholesterol, 11.8g Fat, 7g Saturated, 4.7g Sugar, 4% Calcium, 13% Iron

(4) Avocado Hummus

- ½ medium grilled zucchini
- ½ avocado, peeled, pit removed
- ½ Tablespoon olive oil
- ¼ teaspoon lemon juice
- ⅛ teaspoon cumin
- ½ clove garlic, minced or pressed
- 1 Tablespoon tahini
- ¼ teaspoon kosher salt

1. Trim the ends off the zucchini.
2. Add all ingredients to the bowl of a food processor or high-speed blender.
3. Puree on high until smooth.
4. Refrigerate for a few hours before serving.
5. Serve with sliced vegetables of choice.

½ cup hummus: 483kcal, 10.2 protein, 16.3g Carb, 613mg Sodium, 11.9g Fiber, 0mg Cholesterol, 46.8g Fat, 8.2g Saturated, 2.3g Sugar, 2% Calcium, 16% Iron

LUNCHES

(5) No Mayo Tofu Salad

For salad

- ½ cup seasoned tofu (see prep)
- ½ cup grape tomatoes, cut in half
- 1 green onion, chopped (whites and green)
- ¼ head romaine lettuce, chopped (1 cup)
- ½ cucumber, cut into ½" rounds

For dressing

- ¼ teaspoon Dijon or yellow mustard
- 1 Tablespoon olive or flaxseed oil
- ⅓ teaspoon paprika
- 2 teaspoons white wine vinegar
- ¼ teaspoon kosher salt

1. Whisk dressing ingredients together until smooth.
2. With a fork, mash tofu in a medium bowl.
3. Mix tofu and green onions with ½ Tablespoon dressing.
4. Toss romaine in remaining dressing and divide into serving bowls.
5. Place a scoop of salad, tomatoes, and cucumber rounds over romaine.
6. Save ¼ cup of salad for tomorrow's afternoon snack.

240 kcal, 11g Protein, 29g Carb, 180mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron

DINNERS

(1) Cauliflower “Rice” Bowls

- ¼ head romaine lettuce, shredded (1 cup)
- 2 Tablespoons finely chopped red onion
- 1 green onion, chopped
- ¼ teaspoon chili powder
- ¼ teaspoon ground cumin
- ⅓ teaspoon dried oregano
- ⅓ teaspoon kosher salt
- ½ cup cauliflower rice (see prep)
- ¼ can (14 oz) black beans, rinsed and drained
- 2 Tablespoons sundried tomatoes in oil, chopped

1. In a small bowl, toss together cauliflower rice, chili, cumin, oregano and salt. If desired heat, otherwise serve room temp.
2. Toss lettuce gently with dressing.
3. Layer bowl with lettuce, tomatoes, onions, beans, and seasoned cauliflower rice.

For dressing

- 2 teaspoons lemon or lime juice
- ¾ teaspoon olive or coconut oil
- 1 Tablespoon chopped Italian parsley
- ⅓ teaspoon cumin
- ⅓ teaspoon chili powder
- Pinch of organic sea salt
- Pinch of black pepper

Whisk together all ingredients.

241 kcal, 31.8g Protein, 4.2g Carb, 424mg Sodium, 1.2g Fiber, 116mg Cholesterol, 12.8g Fat, 2.1g Saturated, 1.4g Sugar, 4% Calcium, 24% Iron

(2) BBQ Tofu

(see prep guide)

Serve with..

- ½ bunch Swiss chard, stems removed, chopped and sautéed in 1 Tablespoon olive oil. Dash of salt.
- 4 ounces pinto beans, rinsed, drained, seasoned with salt and pepper and heated

This is how easy a meal can be!

1 thick slice Tofu: 174 kcal, 19.2g Protein, 7.1g Carb, 1098mg Sodium, 3.7g Fiber, 0mg Cholesterol, 9.9g Fat, 2.1g Saturated, 1.6g Sugar, 39% Calcium, 29% Iron

Toppings: 196 kcal, 11.2g Protein, 15.4g Carb, 324mg Sodium, 4g Fiber, 0mg Cholesterol, 17.7g Fat, 3.6g Saturated, 04g Sugar, 1% Calcium, 16% Iron

DINNERS

(3) Primavera Rice

- ¼ teaspoon dried oregano
- 1 garlic clove
- ¼ grilled onion, finely chopped
- ½ medium grilled zucchini, sliced
- ½ ear grilled fresh corn, kernels removed
- 1 cup cauliflower rice (see prep guide)
- 1 tomato, chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

Combine all ingredients in a large bowl until well blended. Serve cold.

91 kcal, 4.7g Protein, 19.8g Carb, 331mg Sodium, 5.3g Fiber, 0mg Cholesterol, .9g Fat, .2g Saturated, 7.4g Sugar, 4% Calcium, 11% Iron

(4) Vegan Bolognese

- ¾ teaspoon olive oil
- ¼ red onion, chopped
- ½ clove garlic, minced
- 1½ ounces tomato paste
- ¼ pound seasoned tofu, mashed
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tomato, chopped
- ¾ teaspoon dried oregano
- ½ cup vegetable broth
- 2 teaspoons lemon juice
- ½ cup cauliflower rice

1. Heat olive oil in skillet. Sauté onions and garlic for two minutes.
2. Stir in tomato paste and cook until color of paste darkens slightly.
3. Add seasoned tofu, salt and pepper. Heat through.
4. Add fresh tomatoes and oregano.
5. Pour in broth and lemon juice.
6. Simmer for five minutes.
7. Serve over cauliflower rice or leftover grilled zucchini.

Sauce: 302 kcal, 33.4g Protein, 12.2g Carb, 746mg Sodium, 2.8g Fiber, 116mg Cholesterol, 16.2g Fat, 2.6g Saturated, 6.7g Sugar, 4% Calcium, 21% Iron

DINNERS

(5) Falafel Cakes

¼ bunch swiss chard, (1 cup chopped)
¼ can (14 oz) chickpeas, rinsed and drained
1 clove garlic, minced
¼ teaspoon tahini
¾ teaspoon lemon juice
Pinch of cumin
Pinch of kosher salt
Pinch of black pepper
2-3 teaspoons almond flour

½ Tablespoon coconut oil for sautéing

For salad

¼ head of romaine, chopped (1 cup)
½ Tablespoon pantry dressing

1. Process chard until pulp.
2. Add chickpeas and pulse until chunky.
3. Transfer to bowl.
4. Add remaining ingredients to combine. It's best to use clean hands to mix.
5. Divide into 3 balls and flatten into patties.
6. Heat coconut oil in skillet on medium-high.
7. Place patties in pan and brown about 3-4 minutes on each side.
8. Serve with simple romaine salad.

Falafel cakes: 236 kcal, 21.4 Protein, 3g Carb, 403mg Sodium, 1.2g Fiber, 63mg Cholesterol, 15.5g Fat, 7.5g Saturated, .8g Sugar, 2% Calcium, 7% Iron

Balsamic Dressing: 56 kcal, 2g Protein, 6.6g Carb, 166mg Sodium, 0g Fiber, 0mg Cholesterol, 3.4g Fat, .3g Saturated, 2.9g Sugar, 0% Calcium, 0% Iron

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
zucchini	9 medium	5 medium	2 medium	\$9.00	
grape tomatoes	2 pints	1 pint	1/2 pint	\$6.00	
red onion	4 medium	2 medium	1 medium	\$4.00	
corn	4 ears	2 ears	1 ear	\$2.00	
cauliflower	2 heads	1 head	1 small head	\$3.00	<i>need 8 cups cauliflower rice</i>
strawberries	1-1/2 pounds	3/4 pound	1/2 pound	\$6.00	<i>need 6 cups</i>
bananas	8	4	2	\$4.00	<i>plus some for snacks</i>
green onions	8	6	4	\$2.00	
tomato	10 medium	5 medium	3 medium	\$5.00	
romaine	4 heads	2 heads	1 head	\$8.00	
avocado	4.00	2	1	\$6.00	<i>plus some for snacks</i>
lemon	5	3	2	\$2.50	<i>plus some for water</i>
fresh parsley	2 bunches	1 bunch	1 small bunch	\$3.00	
cucumbers	4 medium	2 medium	1 medium	\$4.00	
swiss chard	2 bunch	1 small bunch	1 small bunch	\$3.00	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
red chili flakes	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	
tahini	1/3 cup	3 Tablespoons	2 Tablespoons	\$3.00	
oat or almond milk	6 cups (48 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)	\$7.00	<i>unsweetened</i>
unsalted cashews	2 cups	1 cup	1/2 cup	\$14.00	
natural vanilla extract	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
walnuts	1 cup	1/2 cup	1/4 cup	\$7.00	<i>plus some for snacks</i>
pinto beans	1 (14 oz) can	1 (14 oz) can	1 (14 oz) can	\$1.50	
white beans	3 (14 oz) cans	2 (14 oz) cans	1 (14 oz) can	\$4.50	
black beans	1 (14 oz) can	1 (14 oz) can	1 (14 oz) can	\$1.50	
chickpeas (garbanzos)	1 (14 oz) can	1 (14 oz) can	1 (14 oz) can	\$2.00	
firm tofu	2 (14 oz) blocks	1 (14 oz) block	1/2 (14 oz) block	\$6.00	
semi firm tofu	2 pounds	1 pound	1/2 pound	\$6.00	
pitted dates	1 cup	1/2 cup	1/4 cup	\$2.00	
almond butter	1/2 cup	1/4 cup	2 Tablespoons	\$3.00	
rolled oats	1-1/2 cups	3/4 cup	6 Tablespoons	\$1.00	
sundried tomatoes	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	<i>in oil</i>
pumpkin seeds	2/3 cup	1/3 cup	3 Tablespoons	\$3.00	

PANTRY INGREDIENTS				
olive oil	1-1/4 cups	2/3 cup	1/3 cup	
coconut oil	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	
balsamic vinegar				
white wine vinegar	3 Tablespoons	1.5 Tablespoons	1 Tablespoon	
vegetable broth	10 cups (80 fl oz)	5 cups (40 fl oz)	2.5 cups (20 fl oz)	
garlic cloves	13 cloves	7 cloves	4 cloves	
organic sea salt	9 teaspoons	4.5 teaspoons	2.5 teaspoons	
black pepper	5 teaspoons	2.5 teaspoons	1.5 teaspoons	
chili powder	2-1/2 teaspoons	1-1/4 teaspoons	3/4 teaspoon	
paprika	2 teaspoons	1 teaspoon	1/2 teaspoon	
dried oregano	10 teaspoons	5 teaspoons	2.5 teaspoons	
Italian seasoning	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	
ground cumin	5 teaspoons	2.5 teaspoons	1.5 teaspoons	
organic tomato paste	6 ounces	3 ounces	1-1/2 ounces	
Dijon mustard	3 teaspoons	2 teaspoon	1 teaspoon	
almond flour	3 Tablespoons	1.5 Tablespoons	1 Tablespoon	