

BREAKFASTS

Overnight Oats x 2
Coconut Macadamia Nut Smoothie x 2
Blueberry Bowl

LUNCHES

Asparagus Soup
Summer Salad
Fruit Salsa
Lettuce Wraps x2

DINNERS

Sundried Tomato Tofu
Curry Lentils x2
Vegetable Bean Skillet
Tofu Scramble

SNACK SUGGESTIONS

½ cup sugar snap peas + black bean dip
Macadamia nuts + blueberries

PREP GUIDE:

- Toast Oats
- Prepare overnight oats
- Soak Macadamias

PREP DIRECTIONS

TOASTED OATS

¼ cup oats

1. Heat a dry fry pan on high.
2. Add oats and pan roast until lightly brown.
3. Cool and store.

SOAK 2 Tablespoons MACADAMIA NUTS in ¼ CUP OAT or ALMOND MILK OVERNIGHT

BREAKFASTS

(1) Overnight Oats x 2

- ½ cup oats
- ½ cup almond or oat milk
- Pinch of cinnamon or nutmeg
- ⅛ teaspoon vanilla extract
- Pinch of kosher salt
- ¼ cup blueberries
- ½ nectarine, pitted and sliced

In a large glass container or 32 ounce mason jar, combine oats, milk, cinnamon, vanilla and salt. Add fruit on top and seal. Store in fridge overnight. Mix soaked oats with fruit and serve cold.

1 cup prepared oats with ½ cup fruit:

239kcal, 6.9g protein, 44.6g Carb, 112mg Sodium, 6.3g Fiber, 0mg Cholesterol, 4.3g Fat, .5g Saturated, 12.7g Sugar, 2% Calcium, 14% Iron

(2) Coconut Macadamia Smoothie X 2

- 2 Tablespoons unsalted, roasted macadamia nuts (soaked in nut milk)
- ¼ cup unsweetened oat or almond milk
- 2½ Tablespoons canned coconut milk
- ½ nectarine
- ¼ teaspoon vanilla extract
- ½ cup ice

Soak macadamias in nut milk overnight. Blend ingredients on high for 30-60 seconds until smooth and frothy. Serve immediately

392kcal, 5.6 protein, 18.8 Carb, 84mg Sodium, 4.5g Fiber, 0mg Cholesterol, 35.7g Fat, 21g Saturated, 12.4g Sugar, 2% Calcium, 12% Iron

(3) Blueberry Bowl

- ½ cup fresh blueberries
- ¼ lemon, juiced
- Pinch of ground cinnamon
- ¼ cup roasted, unsalted macadamia nuts (or cashews), crushed or chopped
- ¼ cup unsweetened shredded coconut
- 2 Tablespoons toasted oats (see prep)

Toss blueberries with lemon juice and cinnamon. Layer or mix in nuts, coconut and oats.

340kcal, 5g protein, 25g Carb, 10mg Sodium, 7.6g Fiber, 0mg Cholesterol, 25g Fat, 12g Saturated, 9.9g Sugar, 2% Calcium, 14% Iron

LUNCHES

(1) Asparagus Soup

½ cup (6 spears) asparagus, chopped into 1" pieces
½ medium zucchini, cut into pieces
1¼ cups low sodium vegetable stock
2 teaspoons coconut or olive oil
1 clove garlic, minced
¼ medium yellow onion, sliced
2 teaspoons lemon juice
1 Tablespoon finely chopped parsley
Kosher salt and black pepper to taste
1 nectarine, sliced
2 Tablespoons shredded coconut

1. Add zucchini and asparagus to a pot filled with the broth. Bring to a simmer and cook for 7 minutes.
2. Heat olive oil in a small pan. Sauté onion and garlic.
3. Add to vegetables, garlic and onion with stock to blender. Don't overfill blender with hot liquid, it will explode. Fill to no more than ¾ at a time.
4. Puree until smooth.
5. Season with lemon juice, salt and black pepper to taste.
6. Serve garnished with parsley.
7. Serve with nectarine sprinkled with coconut.

308kcal, 12g protein, 28.6g Carb, 931mg Sodium, 7.7g Fiber, 28.6mg Cholesterol, 17.6g Fat, 8.7g Saturated, 17.5g Sugar, 5% Calcium, 19% Iron

(2) Summer Salad

¼ head Bibb butter lettuce
½ cup sugar snap peas
½ (15 oz) can white beans, rinsed and drained
½ red bell pepper, sliced
¼ cup cherry tomatoes, sliced
1 Tablespoon minced red onion
1 Tablespoon fresh Italian Parsley, chopped

Lemon Basil Dressing

1 Tablespoon olive or coconut oil
½ Tablespoon white wine vinegar
½ green onion, finely chopped
½ Tablespoon chopped basil
1 teaspoon lemon juice
salt and pepper to taste

1. Dress lettuce, peas and beans. Divide between bowls.
2. Arrange bell peppers, tomatoes, and onions over lettuce.
3. Sprinkle with parsley. Serve cold.

Salad w/ 2 Tablespoons dressing: 244kcal, 8g protein, 24.5g Carb, 304mg Sodium, 7.5g Fiber, 0mg Cholesterol, 13.7g Fat, 2g Saturated, 7.2g Sugar, 7% Calcium, 16% Iron

(3) Fruit Salsa

½ Tablespoon extra virgin olive oil
½ Tablespoon white wine vinegar
1 nectarine, pitted and finely chopped
¼ cup blueberries
½ green onion, finely chopped
2 Tablespoons fresh cilantro or parsley, finely chopped
2 Tablespoons chopped macadamia nuts
¾ red bell pepper, seeds removed & chopped
½ cup edamame, shelled
¾ teaspoon nutritional yeast
Pinch of cumin
Pinch of salt
Pinch of black pepper

Serve with 1 cup baby spinach

Combine all ingredients in a medium bowl. Chill until ready to serve with 1 cup spinach greens mixed in.

363kcal, 13.2g protein, 34g Carb, 72mg Sodium, 9.7g Fiber, 0mg Cholesterol, 23.3g Fat, 3.3g Saturated, 18g Sugar, 9% Calcium, 21% Iron

(4) Lettuce Wraps x 2

2 Tablespoons sundried tomatoes in oil, chopped
4 Tablespoons cashews, soaked and chopped
2 stalks asparagus, chopped
Few thin slices red onion
2 Bibb lettuce leaves, whole
½ Tablespoon extra virgin olive oil
¼ teaspoon lemon juice
1 Tablespoon fresh basil
Pinch of salt
Pinch of black pepper
optional: Pinch of paprika

Serve with

½ cup fresh blueberries
½ cup sugar snap peas

1. Toss cashews, tomatoes, asparagus and onion with olive oil and lemon juice.
2. Use the Bibb lettuce leaves as wrappers.
3. Fill with cashew, sundried tomatoes and asparagus/onion mix.
4. Top with fresh basil.

Lettuce Wrap: 366kcal, 10.7 protein, 37.8g Carb, 200mg Sodium, 7.6g Fiber, 0mg Cholesterol, 21.5g Fat, 3.4g Saturated, 13g Sugar, 6% Calcium, 30% Iron

½ cup blueberries: 42kcal, .6 protein, 10.5g Carb, 0mg Sodium, 1.8g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 7.2g Sugar, 0% Calcium, 6% Iron

DINNERS

(1) Sun Dried Tomato Tofu

½ (14 oz) block firm organic tofu, cut into cubes

¼ teaspoon kosher salt

¼ teaspoon black pepper

2 teaspoons extra virgin olive oil

½ Tablespoon Herbes de Provence or dried oregano

½ garlic clove, minced

¼ cup sundried tomatoes packed in oil, chopped

2½ Tablespoons canned coconut milk

½ cup low sodium vegetable broth

¼ lemon to yield ½ Tablespoon

2 Tablespoons finely chopped red onion

¼ teaspoon paprika

2 Tablespoons chopped fresh basil

1 medium zucchini, cut into discs

1. Season tofu with salt and pepper.
2. Heat 1 teaspoon oil in a skillet over a medium high heat on the stove. Add the tofu cubes and cook each side for 5 minutes or until slightly browned on each side. Remove the tofu from a skillet and set aside on a plate.
3. Add the remaining 1 teaspoon oil to the pan. On a low heat, sauté the garlic for a minute until fragrant.
4. Add the sun dried tomatoes, coconut milk, stock, lemon juice and spices to the pan. Let simmer for about 3-4 minutes to let reduce down.
5. Add the tofu back to the skillet with zucchini. Cover and let cook for another 5-10 minutes or until the tofu is cooked all the way through. In the last couple of minutes of cooking add the basil and spinach.

344 kcal, 10.9g Protein, 23.3g Carb, 789mg Sodium, 8.4g Fiber, 0mg Cholesterol, 24.2g Fat, 6.6g Saturated, 12.3 g Sugar, 12% Calcium, 34% Iron

(2) Curry Lentils x2

- ½ Tablespoon coconut oil
- ¼ red onion, finely chopped
- 1 clove garlic, minced or pressed
- ½ teaspoon curry spice blend
- ¼ teaspoon red pepper flakes
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons canned coconut milk
- ¼ teaspoon lemon or lime juice
- ½ Tablespoon almond butter
- ½ (15 oz) can lentils, rinsed and drained or ¾ cup steamed
- 1 Tablespoon chopped parsley

1. Heat oil in small skillet add onions and sauté until soft about 1-2 minutes.
2. Add the garlic, curry, pepper flakes, salt, and black pepper cooking until fragrant.
3. Pour in coconut milk lemon or lime juice. Bring to a simmer.
4. Add lentils to the pan and cook for 3-4 minutes.
5. Sprinkle with parsley.

350 kcal, 16.5g Protein, 37.9g Carb, 709mg Sodium, 13.9g Fiber, 0mg Cholesterol, 16.4g Fat, 10.2g Saturated, 5.4g Sugar, 5% Calcium, 41% Iron

DINNERS

(3) Vegetable Bean Skillet

2 teaspoons coconut oil
¼ yellow onion, sliced
1 garlic clove, minced or pressed
½ (15 oz) can white beans
½ medium zucchini, sliced into half moons
½ cup sugar snap peas
½ bell pepper, sliced (your choice of color)
¼ teaspoon kosher salt
½ teaspoon spice of choice
1½ cups baby spinach
optional: hot sauce to taste

1. Heat oil in large skillet on high heat. Add onions and garlic.
2. Toss in beans, zucchini, snap peas, and bell pepper.
3. Season with salt and ½ teaspoon spice of your choice.
4. Just before serving, toss in spinach.

284 kcal, 12.3g Protein, 35.3g Carb, 901mg Sodium, 11g Fiber, 0mg Cholesterol, 11.9g Fat, 8.9g Saturated, 8.4g Sugar, 12% Calcium, 26% Iron

(4) TBG Tofu Scramble

¼ (14 oz) block firm tofu
1 teaspoon nutritional yeast
½ garlic clove, minced
¼ teaspoon ground turmeric
Pinch of cayenne pepper, plus more to taste (optional)
½ Tablespoons extra-virgin olive oil
¼ medium yellow onion, diced
¼ medium red bell pepper, seeded and diced
¼ medium green bell pepper, seeded and diced
Pinch of Celtic sea salt, plus more to taste
½ Tablespoons finely chopped flat-leaf parsley
1 green onion, finely chopped

1. Drain the tofu, pat dry, and wrap in sheets of paper towel to remove any excess moisture. Set aside wrapped up.
2. In a small bowl, mix together the nutritional yeast, turmeric, and cayenne pepper. Set side.
3. In a large skillet over medium-high heat, heat the oil, and sauté the onion, garlic and bell peppers with a pinch of salt for about 5 minutes, until the onions are soft and translucent, and the peppers are al dente.
4. Unwrap the tofu, remove excess moisture, and crumble with your hands or a fork. Add the crumbled tofu, yeast and spice mixture, and sauté for about 2 minutes, until heated through and fragrant. Season with salt to taste.
5. Stir through the parsley and green onions, and serve with your choice side of fruit.

346 kcal, 27g Protein, 11.6g Carb, 78mg Sodium, 2.2g Fiber, 0mg Cholesterol, 21g Fat, 1g Saturated, 3.5g Sugar, 28% Calcium, 25% Iron

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
blueberries	5	3	2	\$10.00	9 cups
nectarines	15	8	4	\$7.50	
lemon	3 large	2 large	1 large	\$1.50	
asparagus	40 spears	20 spears	10 spears	\$4.00	
zucchini	8 medium	4 medium	2 medium	\$8.00	
yellow onion	3	2	1	\$3.00	
red onion	3	2	1	\$3.00	
fresh parsley	1 lg bunch	1 sm bunch	1 sm bunch	\$1.50	
Bibb lettuce	2 heads	1 head	1 small head	\$4.00	
snap peas	2 pounds	1 pound	1/2 pound	\$5.00	8 cups
red bell pepper	8	4	2	\$8.00	
green bell pepper	1	1	1	\$1.00	can sub additional red pepper
cherry tomato	1 cup	1/2 cup	1/4 cup	\$2.00	
green onion	5	3	2	\$1.00	
fresh basil	1 lg bunch	1 sm bunch	1 sm bunch	\$1.50	
cilantro	1 small bunch	1 small bunch	1 small bunch	\$1.50	optional, sub parsley
edamame	2 cups	1 cup	1/2 cup	\$2.00	
baby spinach	1 pound	1/2 pound	1/4 pound	\$6.00	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
old fashioned oats	4-1/2 cups	2-1/4 cups	1-1/4 cups	\$4.00	
almond or oat milk	6 cups (48 fl oz)	3 cups (24 fl oz)	1.5 cups (12 fl oz)	\$6.00	
vanilla	3 teaspoons	1.5 teaspoons	3/4 teaspoon	\$1.00	
coconut milk	5 (14 oz) cans	3 (14 oz) cans	1 (14 oz) can	\$10.00	
macadamia nuts	2-1/2 cups	1-1/4 cups	2/3 cup	\$15.00	
shredded coconut	1-1/2 cups	3/4 cup	1/2 cup	\$2.00	unsweetened
white beans	5 (15 oz) cans	3 (15 oz) cans	1 (15 oz) can	\$7.50	
nutritional yeast	2.5 Tablespoons	4 teaspoons	2 teaspoons	\$1.00	
sundried tomatoes	2 cups	1 cup	1/2 cup	\$4.00	in oil
cashews	1-1/2 cups	3/4 cup	1/2 cup	\$7.50	
firm organic tofu	3 (14 oz) blocks	2 (14 oz) blocks	1 (14 oz) block	\$6.00	
curry spice blend	4 teaspoons	2 teaspoons	1 teaspoon	\$1.00	
almond butter	4 Tablespoons	2 Tablespoons	1 Tablespoon	\$3.00	
lentils	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$6.00	
hot sauce	to taste	to taste	to taste	\$1.00	
turmeric	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon	\$1.00	
cayenne pepper	pinch	pinch	pinch	\$1.00	optional

PANTRY INGREDIENTS

olive oil	1 cup	1/2 cup	1/4 cup		
coconut oil	2/3 cup	1/3 cup	1.5 Tablespoons		
balsamic vinegar					
white wine vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
vegetable broth	7 cups (56 fl oz)	3.5 cups (28 fl oz)	1.75 cups (14 fl oz)		
garlic cloves	15 cloves	8 cloves	4 cloves		
organic sea salt	4 teaspoons	2 teaspoons	1 teaspoon		
black pepper	4 teaspoons	2 teaspoons	1 teaspoon		
chili powder					
paprika	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
dried oregano					
herbes de provence	2 Tablespoons	1 Tablespoon	1/2 Tablespoon		
ground cumin	1/8 teaspoon	pinch	pinch		
red chili flakes	2 teaspoons	1 teaspoons	1/2 teaspoon		
baking soda					
cinnamon	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon		
nutmeg (optional)					