

BREAKFASTS

Strawberry Almond Muffins x2
Tomato Basil Scramble
Chocolate Banana Smoothie x2

LUNCHES

Guacamole Tostadas x2
Summer Salad
Strawberry Gazpacho
Stuffed Avocado

DINNERS

Sweet Potato Hash
Pineapple Tofu Bowls
Ginger Wraps
Vegan Burgers w/ Sweet Potato Nuggets
Mushroom Bean Soup

SNACK SUGGESTIONS

Watermelon & Cucumber Salad
3 Ribs Celery & 2 Tablespoons Nut Butter
1 Strawberry Muffin w/ hot tea or coffee
1 cup warm broth with veggies

PREP GUIDE:

- Slice and freeze 1 banana
- Prepare Muffins
- Prepare watermelon/cucumber salad
- Bake lentil mix
- Boil Sweet Potatoes

PREP DIRECTIONS

STRAWBERRY MUFFINS

6 Tablespoons almond or oat milk

2 pitted dates soaked in water

¼ cup unsweetened applesauce

1 Tablespoon coconut oil

1 Tablespoon water

1 cup almond flour

1½ teaspoons baking powder

½ teaspoon kosher salt

½ cup fresh strawberries (frozen okay)

1. Preheat oven to 400°F
2. In a blender, puree almond or oat milk with dates.
3. Add applesauce, coconut oil, and water. Pulse until well mixed.
4. Combine dry ingredients and mix into batter a little at a time.
5. Carefully, fold in strawberries.
6. Divide into 6 paper lined muffin cups.
7. Bake for 20 minutes.

WATERMELON CUCUMBER SALAD

2 cups watermelon, cubed

½ cucumber, cubed (1 cup)

1 Tablespoon fresh herbs of choice (cilantro, basil and parsley will all work well)

¾ teaspoon lime juice

1 teaspoon maple syrup, optional

pinch of organic sea salt

1. In a large serving bowl, combine watermelon, cucumber and herbs.
2. Whisk lime juice with maple syrup (optional) and salt and drizzle over watermelon salad. Serve chilled.

LENTIL MIX

½ cup dry brown rice

½ cup dry green lentils

½ Tablespoon Italian seasoning

¼ teaspoon kosher salt

Pinch of chili powder

Pinch of ground cumin

1 Tablespoon olive oil

¼ cup rolled oats

1 ounce button mushrooms, chopped

1 small new potato, peeled and grated

1. Boil rice, lentils and spices until slightly soft (*you can also cook them in a rice cooker on brown rice setting*).
2. Drain.
3. Stir in remaining ingredients.
4. Spread into a baking dish (8x8) and bake at 300 degrees Fahrenheit for 45-minutes to 1 hour, stirring occasionally to evenly dehydrate mixture.
5. Store in ½ cup portions in the fridge for three recipes.

½ Cup: 311kcal, 12g protein, 51g Carb, 200mg Sodium, 11.9g Fiber, 2mg Cholesterol, 6.6g Fat, 1g Saturated, 1.3g Sugar, 3% Calcium, 20% Iron

BREAKFASTS

(1) Strawberry Almond Muffins x2

2 strawberry muffins

1 cup warm oat or almond milk

2 Muffins: 215kcal, 4g protein, 25.5g Carb, 179mg Sodium, 4.8g Fiber, 0mg Cholesterol, 11g Fat, 3.2g Saturated, 18.7g Sugar, 14% Calcium, 1% Iron

1 cup oat milk: 130kcal, 4g protein, 24g Carb, 115mg Sodium, 2g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 9g Sugar, 27% Calcium, 10% Iron

(2) Tomato Basil Tofu Scramble

1 (15 oz) pkg firm or semi firm tofu

½ Tablespoon extra virgin olive oil

2 Tablespoons diced red onion

½ clove garlic, minced

¼ teaspoon kosher salt

Pinch of black pepper

½ small tomato, chopped

1 teaspoon chopped fresh basil

½ cup pineapple, cut into cubes

1. Drain tofu. Cut into four pieces and set on paper towels to dry.
2. Heat the olive oil in a sauté pan over medium-high heat. Once hot, add onion, garlic, salt, and pepper. Cook about 1 minute, or until vegetables have softened. Add tomatoes.
3. Lower heat to medium-low and add tofu. Break apart and smash with fork.
4. Cook until tofu is heated through.
5. Fold in basil just before serving with a side of pineapple

267kcal, 19 protein, 20.6 Carb, 385mg Sodium, 2g Fiber, 0mg Cholesterol, 14.6g Fat, 1g Saturated, 9.9g Sugar, 6% Calcium, 14% Iron

(3) Chocolate Banana Almond Butter Smoothie x2

¾ cup oat or almond milk

½ frozen banana (ripe)

1½ Tablespoons almond butter

1½ Tablespoons cacao powder

¼ cup ice

Add all ingredients to blender and blend to desired consistency (30 to 60 seconds).

339kcal, 10.4g protein, 39.7g Carb, 88mg Sodium, 7.2g Fiber, 0mg Cholesterol, 18.6g Fat, 1.4g Saturated, 22g Sugar, 22% Calcium, 22% Iron

LUNCHES

(1) Guacamole Tostadas x2

½ avocado, mashed
½ garlic clove, minced or pressed
½ Tablespoon lime juice
¼ teaspoon kosher salt
¼ teaspoon black pepper
Pinch of chili powder (optional)
Pinch of ground cumin

1 vegan corn tortilla or paleo tortilla (made with plantains)
2 Tablespoons roasted pumpkin seeds
½-1 cup shredded romaine lettuce

1. Mash first seven ingredients together in a bowl until smooth, but still a little chunky.
2. Squeeze a little additional lime juice on top to prevent discoloring.
3. Heat tortilla in a dry skillet until slightly browning and crisp.
4. Remove from heat and transfer to plate.
5. Spread guacamole over tortilla.
6. Cover with a layer of lettuce.
7. Sprinkle with pumpkin seeds.

365kcal, 8g protein, 26g Carb, 315mg Sodium, 9.8g Fiber, 0mg Cholesterol, 28.4g Fat, 5.7g Saturated, 1.6g Sugar, 4% Calcium, 27% Iron

(2) Summer Salad

½ (15 oz) can pinto beans, rinsed and drained
2 Tablespoons pantry dressing (balsamic)
¼ head romaine lettuce, washed and chopped
2 Tablespoons fresh basil, chopped
2 Tablespoons diced red onion
½ tomato, diced
¼ cucumber, sliced
½ bell pepper, diced (any color)
1 teaspoon olive oil
1 lemon wedge

1. Toss beans with dressing. Transfer to a salad bowl.
2. Toss lettuce, basil, onion, tomatoes, cucumbers and bell peppers and add to bowl.
3. Drizzle with olive oil and a squeeze of lemon.

Salad w/ 2 Tablespoons dressing: 347kcal, 9.2g protein, 35.5g Carb, 333mg Sodium, 7.5g Fiber, 0mg Cholesterol, 19.7g Fat, 3.4g Saturated, 9.2g Sugar, 8% Calcium, 26% Iron

LUNCHES

(3) Strawberry Gazpacho

¾ pound ripe tomatoes, cored
¼ medium cucumber, peeled
½ medium red bell pepper, cored and seeded
¼ medium red onion
½ garlic clove
¼ bunch fresh flat-leaf parsley, long stems removed
½ cup fresh strawberries, hulled
1 teaspoon lemon juice
1 teaspoon white wine vinegar, or to taste
¼ teaspoon kosher salt, or to taste
Up to 2 Tablespoons water, if desired
½ Tablespoon olive oil
2 Tablespoons pumpkin seeds

1. Combine the tomatoes, cucumber, bell pepper, red onion, garlic, parsley, and strawberries in a blender or food processor and puree until relatively smooth; for a chunky version, pulse instead of puree.
2. Add half of the lemon juice, vinegar, and salt and blend. Taste and adjust the seasoning as necessary by adding lemon juice, vinegar, and/or salt. If the gazpacho is too thick, add some or all of the water. Refrigerate for at least 10 minutes.
3. Transfer the gazpacho to a large bowl. Drizzle with the olive oil. Garnish with pumpkin seeds.

287kcal, 9.6 protein, 33.5g Carb, 184mg Sodium, 8.9g Fiber, 0mg Cholesterol, 16.2g Fat, 2.7g Saturated, 17.9g Sugar, 8% Calcium, 30% Iron

LUNCHES

(4) Stuffed Avocado

1 Tablespoon olive oil

¼ teaspoon Dijon mustard

¼ teaspoon balsamic vinegar

½ Tablespoon lemon juice

½ cup lentil mix (see prep)

1 rib/stalk celery, finely chopped

Pinch each salt and pepper

1 avocado, halved & pitted

1. In a small bowl, whisk together the olive oil, mustard, balsamic vinegar, and lemon juice. Combine with baked lentil mix. (Can be hot or cold)
2. Add the celery. Salt and pepper to taste.
3. Serve lentils in avocado half.

½ Cup: 562kcal, 14.1g protein, 59g Carb, 274mg Sodium, 18.7g Fiber, 2mg Cholesterol, 32.7g Fat, 4.7g Saturated, 2.2g Sugar, 5% Calcium, 24% Iron

DINNERS

(1) Sweet Potato Hash

$\frac{3}{4}$ teaspoon olive oil

$\frac{1}{4}$ yellow onion, sliced

$\frac{1}{2}$ medium sweet potato, boiled and cut into cubes

$\frac{1}{2}$ cup lentil mix (see prep)

Pinch of salt and pepper

1. Heat oil in skillet over medium heat. Add onions and a dash of salt and pepper. Cook until onions are translucent and soft about 2-3 minutes.
2. Add sweet potato cubes and lentil mix. Stir to combine.
3. Cook until bottom starts to brown slightly. Serve warm.

1 cup hash: 406kcal, 13g protein, 61g Carb, 223mg Sodium, 13.9g Fiber, 2mg Cholesterol, 10.1g Fat, 1.5g Saturated, 4.8g Sugar, 4% Calcium, 21% Iron

DINNERS

(2) Pineapple Tofu Bowl

¾ cup cubed pineapple
½ red bell pepper, cut in half and seeded
¼ red onion, sliced in thick rings
¾ teaspoon coconut or olive oil
½ teaspoon kosher salt
Pinch of black pepper
½ teaspoon paprika

¼ (15 oz) package firm or extra firm tofu
¾ teaspoon olive oil
½ teaspoon lemon zest
Pinch of organic sea salt
Pinch of black pepper
2 Tablespoons chopped basil

1 medium cucumber, diced (2 cups)
1 Tablespoon white wine vinegar
½ teaspoon black pepper
Pinch of paprika
Pinch of salt

1. Heat outdoor grill to medium-high.
2. On a baking sheet, arrange pineapple, bell peppers, and onion. Toss with oil and season with salt, pepper, and paprika.
3. Place on grill and char on all sides, about 4-5 minutes. Remove from grill and cool slightly - leave grill on.
4. Combine tofu with olive oil, zest, salt, and pepper.
5. Carefully place tofu on grill for 3-5 minutes until brown on all sides.
6. Toss all ingredients together in a small bowl.
7. Fold in fresh basil.
8. Toss cucumbers with vinegar, pepper, salt and paprika. Chill until ready to serve.

Shrimp Bowls: 262 kcal, 26.1g Protein, 23.9g Carb, 669mg Sodium, 3.4g Fiber, 223mg Cholesterol, 8.8g Fat, 1g Saturated, 16.5g Sugar, 5% Calcium, 25% Iron

DINNERS

(3) Vegan Burgers

½ pound ground lentil mix (from prep)
¼ teaspoon oregano
¼ teaspoon paprika
¼ teaspoon organic sea salt
¼ teaspoon black pepper
½ Tablespoon almond flour
¾ teaspoon olive oil
1 clove garlic, minced
¼ red onion, finely chopped
½ bell pepper, finely chopped
¾ teaspoon chopped basil

1. Place lentil mix and seasonings in a mixing bowl and combine until well mixed.
2. Add almond flour and form into a patty.
3. Heat a skillet over medium heat. Add oil, garlic, onion, and bell pepper and sauté for about 2 minutes. Arrange patty carefully and cook about 4-5 minutes each side.
4. Serve patty, onions, and bell peppers over a mound of sweet potato nuggets and garnish with basil.

½ medium sweet potato, peeled and cut into large dice (nuggets)
¾ teaspoon olive oil
¼ teaspoon kosher salt

1. Preheat oven to 450 degrees and adjust oven rack to the top third.
2. Toss cut potatoes with olive oil and kosher salt and place on a foil-lined baking sheet. Roast for 20-25 minutes or until the potatoes are tender and slightly browned.

1 patty: 377kcal, 13.3g protein, 58g Carb, 771mg Sodium, 13.5g Fiber, 2mg Cholesterol, 11gFat, 1.6g Saturated, 4.1g Sugar, 2% Calcium, 24% Iron

½ sweet potato 95 kcal, 1g Protein, 16.5g Carb, 23mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, .5g Saturated, 3.5g Sugar, 1% Calcium, 1% Iron

DINNERS

(4) Mushroom Bean Soup

½ Tablespoon olive oil
¼ yellow onion, diced
½ clove garlic, minced or pressed
1 carrot, finely chopped
2 ounces button mushrooms, cut in half
¼ teaspoon kosher salt
Pinch of black pepper
1½ cups low-sodium vegetable broth
¼ (15 oz) can white beans, rinsed and drained
½ Tablespoon nutritional yeast

1. Heat a pot over medium heat and add oil. When oil is hot add onions. Cook 2-3 minutes.
2. Add garlic and cook for 1 minute. Add carrots, mushrooms, salt, and pepper.
3. Add broth, beans, and yeast and bring to a simmer.

1 cup broccoli florets
½ medium tomato, chopped
½ Tablespoon olive oil
½ garlic clove
¼ teaspoon salt

1. Preheat oven to 375°F.
2. Toss broccoli with olive oil, garlic and salt.
3. Roast for 12-15 minutes on a baking sheet.
4. Mix with fresh tomatoes.
5. Can be served roomed temperature or cold.

2 cups soup: 184 kcal, 6.8g Protein, 21.8g Carb, 694mg Sodium, 5.5g Fiber, 0mg Cholesterol, 7.6g Fat, 1g Saturated, 7g Sugar, 4% Calcium, 16% Iron

½ cup broccoli salad: 104 kcal, 3.2g Protein, 8.9g Carb, 181mg Sodium, 3.2g Fiber, 0mg Cholesterol, 7.4g Fat, 1g Saturated, 3.2g Sugar, 4% Calcium, 5% Iron

DINNERS

(5) Ginger Lentil Wraps

¾ teaspoon olive oil

½ cup lentil mix (from prep)

¾ teaspoon grated ginger

⅛ teaspoon kosher salt

Pinch of black pepper

¼ head whole romaine lettuce leaves

½ medium tomato, chopped

1. Heat a skillet over medium heat and add oil.
2. Add lentil mix and ginger and cook for about 2-3 minutes.
3. Season with salt and pepper.
4. Remove from heat and scoop ¼ cup into each romaine leaf.
5. Top with tomatoes. Eat with your hands!
6. Serve with any leftover fruit.

257 kcal, 22.8g Protein, 11.5g Carb, 636mg Sodium, 3g Fiber, 70mg Cholesterol, 13.8g Fat, 3.6g Saturated, 6.7g Sugar, 5% Calcium, 18% Iron

| Fruits & Vegetables | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|---------------------|---------------|---------------|---------------|-----------------------|---------------------------|
| | Qty | | | | |
| strawberries | 2 pints | 1 pint | 1 cup | \$6.00 | |
| lemon | 3 | 2 | 1 | \$1.50 | |
| lime | 3 | 2 | 1 | \$1.50 | |
| watermelon | 1 medium | 1 small | 1 mini | \$3.00 | |
| cucumber | 7 medium | 4 medium | 2 medium | \$3.50 | |
| red onion | 4 medium | 2 medium | 1 medium | \$4.00 | |
| yellow onion | 2 medium | 1 medium | 1 small | \$2.00 | |
| tomatoes | 20 | 10 | 6 | \$10.00 | <i>about 5 pounds</i> |
| basil | 1 large bunch | 1 small bunch | 1 small bunch | \$1.50 | |
| pineapple | 2 medium | 1 medium | 1 small | \$6.00 | |
| banana | 4 ripe | 2 ripe | 1 ripe | \$2.00 | |
| avocado | 6 | 3 | 2 | \$10.50 | |
| romaine lettuce | 3 heads | 2 heads | 1 small head | \$6.00 | |
| bell pepper | 6 | 3 | 2 | \$12.00 | <i>3 red, 3 any color</i> |
| fresh parsley | 1 large bunch | 1 small bunch | 1 small bunch | \$1.50 | |
| celery | 2 stalks | 1 stalk | 1 stalk | \$1.00 | |
| sweet potatoes | 4 medium | 2 medium | 1 medium | \$2.00 | |
| carrots | 4 medium | 2 medium | 1 medium | \$2.00 | |
| broccoli | 1 head | 1 small head | 1 cup florets | \$2.00 | |
| fresh ginger | 1" | 1/2" | 1/4" | \$1.00 | |
| button mushrooms | 3/4 pound | 6 ounces | 3 ounces | \$6.00 | |
| new potato | 1 medium | 1 small | 1 small | \$1.00 | |

| Misc. | 4 Servings | 2 Servings | 1 Serving | Price (4 servings) | Notes (4 servings) |
|------------------------|---------------------|-------------------|------------------|-----------------------|--------------------|
| | Qty | | | | |
| almond or oat milk | 16 cups (128 fl oz) | 8 cups (64 fl oz) | 4 cups (32 floz) | \$12.00 | |
| dates | 6 | 3 | 2 | \$1.00 | |
| applesauce | 1 cup | 1/2 cup | 1/4 cup | \$1.00 | <i>unsweetened</i> |
| almond flour | 4-1/4 cups | 2-1/4 cups | 1-1/4 cups | \$3.00 | |
| baking soda | 6 teaspoons | 3 teaspoons | 1-1/2 teaspoons | \$1.00 | |
| brown rice | 2 cups | 1 cup | 1/2 cup | \$2.00 | |
| green lentils | 2 cups | 1 cup | 1/2 cup | \$2.00 | |
| Italian seasonings | 2 Tablespoons | 1 Tablespoon | 1/2 Tablespoon | \$1.00 | |
| rolled oats | 1 cup | 1/2 cup | 1/4 cup | \$1.00 | |
| firm or semi firm tofu | 2 (15 oz) pkgs | 1 (15 oz) pkg | 1 (15 oz) pkg | \$6.00 | |
| almond butter | 2/3 cup | 1/3 cup | 3 Tablespoons | \$4.00 | |
| cacao powder | 2/3 cup | 1/3 cup | 3 Tablespoons | \$2.00 | |
| vegan corn tortillas | 8 | 4 | 2 | \$3.00 | |
| pumpkin seeds | 1-1/2 cups | 3/4 cup | 1/2 cup | \$5.00 | |
| white beans | 1 (15 oz) can | 1 (15 oz) can | 1 (15 oz) can | \$1.50 | |
| pinto beans | 2 (15 oz) cans | 1 (15 oz) can | 1 (15 oz) can | \$3.00 | |
| nutritional yeast | 2 Tablespoons | 1 Tablespoon | 1/2 Tablespoon | \$1.00 | |

PANTRY INGREDIENTS

| | | | | | |
|--------------------|-------------------|-------------------|---------------------|--|--|
| olive oil | 1-1/2 cups | 3/4 cup | 1/2 cup | | |
| coconut oil | 5 Tablespoons | 2.5 Tablespoons | 1.5 Tablespoons | | |
| balsamic vinegar | 1 Tablespoon | 1/2 Tablespoon | 1 teaspoon | | |
| white wine vinegar | 5 Tablespoons | 2.5 Tablespoons | 1.5 Tablespoons | | |
| vegetable broth | 6 cups (48 fl oz) | 3 cups (24 fl oz) | 1.5 cups (12 fl oz) | | |
| garlic cloves | 16 cloves | 8 cloves | 4 cloves | | |
| organic sea salt | 8.5 teaspoons | 4.25 teaspoons | 2.25 teaspoons | | |
| black pepper | 4 teaspoons | 2 teaspoons | 1 teaspoon | | |
| chili powder | 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon | | |
| paprika | 1-1/2 teaspoons | 3/4 teaspoon | 1/2 teaspoon | | |
| dried oregano | 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon | | |
| herbes de provence | | | | | |
| ground cumin | 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon | | |
| red chili flakes | | | | | |
| dijon mustard | 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon | | |
| cinnamon | | | | | |
| vanilla | | | | | |