

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

PREP GUIDE:

- Slice and freeze 4 bananas (divided into two Ziploc bags of 2 bananas each)
- Prepare Muffins
- Prepare watermelon/cucumber salad
- Bake lentil mix
- Boil Sweet Potatoes

**PREP DIRECTIONS**

**STRAWBERRY MUFFINS (make a double batch)**

¾ cup almond or oat milk  
3 pitted dates soaked in water  
½ cup unsweetened applesauce  
2 Tablespoons coconut oil  
2 Tablespoons water  
2 cups almond flour  
3 teaspoons baking powder  
½ teaspoon kosher salt  
1 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 12 paper lined muffin cups.
7. Bake for 20 minutes.

**WATERMELON CUCUMBER SALAD**

8 cups watermelon, cubed  
1 cucumber, cubed (2 cups)  
¼ cup fresh herbs of choice (cilantro, basil and parsley will all work well)  
1 Tablespoon lime juice  
pinch of organic sea salt

1. In a large serving bowl, combine watermelon, cucumber, lime juice and herbs.
2. Sprinkle with salt. Serve chilled.

**LENTIL MIX**

2 cups dry brown rice  
2 cups dry green lentils  
2 Tablespoons Italian seasoning  
1 teaspoon kosher salt  
¼ teaspoon chili powder  
½ teaspoon ground cumin  
¼ cup olive oil  
1 cup rolled oats  
4 ounces button mushrooms, chopped  
1 medium 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 large pan (13 x 9) and bake at 300 degrees Fahrenheit for 1 hour, stirring occasionally to evenly dehydrate mixture.
5. Store in 2 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**

- 8 strawberry muffins
- 4 cups warm oat or almond milk
- (2 muffins & 1 cup almond milk per serving)

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 box (15 ounces) semi firm tofu
- 2 Tablespoons extra virgin olive oil
- ½ medium onion, thinly sliced
- 2 cloves garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 small tomatoes, chopped
- 1 Tablespoon chopped fresh basil
- 2 cups 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 3 minutes, 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**

- 3 cups oat or almond milk
- 2 frozen bananas (ripe)
- ½ cup almond butter
- ½ cup cacao powder
- 1 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

2 avocados, mashed  
2 garlic cloves, minced or pressed  
1 lime, to yield 2 Tablespoons juice  
½ teaspoon kosher salt  
½ teaspoon black pepper  
¼ teaspoon chili powder (optional)  
¼ teaspoon ground cumin

4 vegan corn tortillas or paleo tortillas (made with plantains)  
½ cup roasted pumpkin seeds  
½ head 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 tortillas in a dry skillet until slightly browning and crisp.
4. Remove from heat and transfer to plate.
5. Spread ¼ cup 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

2 (15 oz) cans pinto beans, rinsed and drained  
½ cup pantry dressing (balsamic)  
1 head romaine lettuce, washed and chopped  
½ cup fresh basil, chopped  
½ medium red onion, diced  
2 tomatoes, diced  
1 cucumber, sliced  
2 bell peppers, diced (any color)  
1 Tablespoon olive oil  
1 lemon, cut into wedges

1. Toss beans with dressing. Divide between bowls.
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**

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

1. In batches, 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**

¼ cup olive oil  
1 teaspoon Dijon mustard  
1 Tablespoons balsamic vinegar  
1 lemon, juiced  
2 cups lentil mix (see prep)  
2 ribs/stalks celery, finely chopped  
½ teaspoon each salt and pepper  
2 avocado

1. In a small bowl, whisk together the olive oil, mustard, balsamic vinegar, and lemon juice. Combine with 2 cups baked lentil mix. (Can be hot or cold)
2. Add the celery. Salt and pepper to taste.
3. Halve the avocados. Add a large scoop of lentils to middle of each 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**

1 Tablespoon olive oil  
1 yellow onion, sliced  
2 medium sweet potatoes, boiled and cut into cubes  
2 cups lentil mix (see prep)  
dash of salt and pepper

1. Heat oil in large skillet over medium heat. Add onions and a dash of salt and pepper. Cook until onions are translucent and soft about 5 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

1 medium pineapple, cubed to yield 3 cups  
2 red bell peppers, cut in half and seeded  
1 red onion, sliced in thick rings  
1 Tablespoon coconut or olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ teaspoon paprika

1 box (15 ounces) firm tofu  
1 Tablespoon olive oil  
2 teaspoons lemon zest  
¼ teaspoon organic sea salt  
¼ teaspoon black pepper  
½ cup basil, chopped

4 medium cucumbers, diced (8 cups)  
¼ cup white wine vinegar  
½ teaspoon black pepper  
dash of paprika  
dash of salt

1. Heat outdoor grill to medium-high.
2. On a large 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 the grill for 3-5 minutes until brown on all sides.
6. Toss all ingredients together in a large 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**

2 pounds ground lentil mix (from prep)  
1 teaspoon oregano  
½ teaspoon paprika  
1 teaspoon organic sea salt  
1 teaspoon black pepper  
2 Tablespoons almond flour  
1 Tablespoon olive oil  
4 cloves garlic, minced  
1 red onion, finely chopped  
1 bell pepper, finely chopped  
1 Tablespoon chopped basil

1. Place lentil mix and seasonings in a large mixing bowl and combine until well mixed.
2. Add almond flour and form into four burger patties.
3. Heat a large skillet over medium heat. Add oil, garlic, onion, and bell pepper and sauté for about 2 minutes. Arrange patties 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.

2 medium sweet potatoes, peeled and cut into large dice (nuggets)  
1 Tablespoon olive oil  
½ 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**

2 Tablespoons olive oil  
1 yellow onion, diced  
2 cloves garlic, minced or pressed  
4 carrots, finely chopped  
8 ounces button mushrooms, cut in half  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
6 cups low-sodium vegetable broth  
1 (15 oz) can white beans, rinsed and drained  
2 Tablespoons nutritional yeast

1. Heat a pot over medium heat and add oil. When oil is hot add onions. Cook 3-4 minutes.
2. Add garlic and cook for 2-3 minutes. Add carrots, mushrooms, salt, and pepper.
3. Add broth, beans & yeast and bring to a simmer.

1 head broccoli, florets (4 cups)  
2 medium tomatoes, chopped  
2 Tablespoons olive oil  
2 garlic cloves  
¼ teaspoon salt

1. Preheat oven to 375°F.
2. Toss broccoli with olive oil, garlic and salt.
3. Roast for 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**

- 1 Tablespoon olive oil
- 2 cups lentil mix (from prep)
- 1 Tablespoon grated ginger
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 head whole romaine lettuce leaves
- 2 medium tomatoes, chopped

1. Heat a large skillet over medium heat and add oil.
2. Add lentil mix and ginger and cook for about 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					