



Plant-Based Liver Support Diet

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LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. 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

If meals on the plan appear to be grey or 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!

MON



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Bell Peppers with Hummus, Green Tea



LUNCH
Edamame & Barley Spinach Salad



SNACK 2
Raspberry Vanilla Protein Yogurt Parfait



DINNER
Spiced Cauliflower Rice & Beans,
Sautéed Spinach with Toasted Pecans

TUE



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Kiwi Yogurt Parfait



LUNCH
Spiced Cauliflower Rice & Beans,
Sautéed Spinach with Toasted Pecans



SNACK 2
Hummus & Veggies Snack Box



DINNER
Edamame & Barley Spinach Salad

WED



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Edamame & Barley Spinach Salad



SNACK 2
Raspberry Vanilla Protein Yogurt Parfait



DINNER
Baked Tofu & Cabbage with Peanut
Ginger Sauce

THU



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Kiwi & Pecans



LUNCH
Baked Tofu & Cabbage with Peanut
Ginger Sauce



SNACK 2
Edamame Hummus & Veggies



DINNER
Citrus, Edamame & Kale Salad

FRI



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Edamame Hummus & Veggies



LUNCH
Citrus, Edamame & Kale Salad



SNACK 2
Grapefruit, Green Tea



DINNER
Pesto Barley & Tofu Bowl

SAT



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Edamame Hummus & Veggies



LUNCH
Pesto Barley & Tofu Bowl



SNACK 2
Pecans & Blueberries



DINNER
Slow Cooker Kidney Bean & Barley Chili

SUN



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Bell Peppers with Hummus, Green Tea



LUNCH
Slow Cooker Kidney Bean & Barley Chili



SNACK 2
Kiwi Yogurt Parfait



DINNER
Pesto Barley & Tofu Bowl

MON**FAT 44%** **CARBS 39%** **PROTEIN 17%**

Calories 1780 Calcium 1947mg
Fat 91g Iron 21mg
Saturated 21g Vitamin D 25IU
Trans 0g Vitamin E 20mg
Polyunsaturated 27g Vitamin K 502µg
Monounsaturated 38g Thiamine 15.0mg
Carbs 180g Riboflavin 16.5mg
Fiber 69g Niacin 88mg
Sugar 30g Vitamin B6 16.8mg
Protein 80g Folate 546µg
Cholesterol 4mg Vitamin B12 73.6µg
Sodium 1215mg Phosphorous 1135mg
Potassium 3468mg Magnesium 471mg
Vitamin A 12898IU Zinc 9mg
Vitamin C 376mg Selenium 34µg

TUE**FAT 43%** **CARBS 43%** **PROTEIN 14%**

Calories 1787 Calcium 1350mg
Fat 90g Iron 22mg
Saturated 16g Vitamin D 25IU
Trans 0g Vitamin E 22mg
Polyunsaturated 29g Vitamin K 553µg
Monounsaturated 40g Thiamine 15.2mg
Carbs 198g Riboflavin 15.9mg
Fiber 64g Niacin 88mg
Sugar 45g Vitamin B6 16.9mg
Protein 64g Folate 577µg
Cholesterol 0mg Vitamin B12 70.4µg
Sodium 1204mg Phosphorous 996mg
Potassium 3688mg Magnesium 470mg
Vitamin A 11452IU Zinc 9mg
Vitamin C 340mg Selenium 43µg

WED**FAT 36%** **CARBS 40%** **PROTEIN 24%**

Calories 1714 Calcium 2142mg
Fat 72g Iron 26mg
Saturated 18g Vitamin D 0IU
Trans 0g Vitamin E 12mg
Polyunsaturated 22g Vitamin K 552µg
Monounsaturated 25g Thiamine 4.9mg
Carbs 182g Riboflavin 5.4mg
Fiber 64g Niacin 33mg
Sugar 38g Vitamin B6 6.0mg
Protein 109g Folate 1079µg
Cholesterol 4mg Vitamin B12 21.5µg
Sodium 1607mg Phosphorous 1737mg
Potassium 3998mg Magnesium 582mg
Vitamin A 12032IU Zinc 14mg
Vitamin C 320mg Selenium 76µg

THU**FAT 47%** **CARBS 30%** **PROTEIN 23%**

Calories 1752 Calcium 1465mg
Fat 97g Iron 29mg
Saturated 12g Vitamin D 0IU
Trans 0g Vitamin E 8mg
Polyunsaturated 34g Vitamin K 596µg
Monounsaturated 43g Thiamine 5.4mg
Carbs 142g Riboflavin 5.2mg
Fiber 58g Niacin 32mg
Sugar 43g Vitamin B6 5.8mg
Protein 110g Folate 1672µg
Cholesterol 0mg Vitamin B12 16.9µg
Sodium 1402mg Phosphorous 1703mg
Potassium 4779mg Magnesium 617mg
Vitamin A 14993IU Zinc 15mg
Vitamin C 359mg Selenium 55µg

FRI**FAT 48%** **CARBS 36%** **PROTEIN 16%**

Calories 1785 Calcium 1461mg
Fat 101g Iron 18mg
Saturated 12g Vitamin D 76IU
Trans 0g Vitamin E 13mg
Polyunsaturated 36g Vitamin K 454µg
Monounsaturated 47g Thiamine 1.4mg
Carbs 171g Riboflavin 1.7mg
Fiber 62g Niacin 11mg
Sugar 46g Vitamin B6 1.4mg
Protein 76g Folate 1055µg
Cholesterol 0mg Vitamin B12 0µg
Sodium 631mg Phosphorous 1215mg
Potassium 3645mg Magnesium 496mg
Vitamin A 13225IU Zinc 10mg
Vitamin C 338mg Selenium 52µg

SAT**FAT 42%** **CARBS 44%** **PROTEIN 14%**

Calories 1786 Calcium 1347mg
Fat 87g Iron 19mg
Saturated 10g Vitamin D 76IU
Trans 0g Vitamin E 11mg
Polyunsaturated 32g Vitamin K 297µg
Monounsaturated 40g Thiamine 1.1mg
Carbs 204g Riboflavin 1.2mg
Fiber 68g Niacin 10mg
Sugar 38g Vitamin B6 1.3mg
Protein 68g Folate 598µg
Cholesterol 0mg Vitamin B12 0µg
Sodium 738mg Phosphorous 1131mg
Potassium 2877mg Magnesium 436mg
Vitamin A 3619IU Zinc 9mg
Vitamin C 201mg Selenium 65µg

SUN**FAT 39%** **CARBS 47%** **PROTEIN 14%**

Calories 1814 Calcium 1546mg
Fat 81g Iron 19mg
Saturated 13g Vitamin D 76IU
Trans 0g Vitamin E 19mg
Polyunsaturated 30g Vitamin K 232µg
Monounsaturated 33g Thiamine 1.2mg
Carbs 223g Riboflavin 1.3mg
Fiber 67g Niacin 11mg
Sugar 42g Vitamin B6 1.6mg
Protein 65g Folate 351µg



Cholesterol 0mg	Vitamin B12 1.4µg
Sodium 830mg	Phosphorous 1176mg
Potassium 2807mg	Magnesium 457mg
Vitamin A 6732IU	Zinc 10mg
Vitamin C 348mg	Selenium 78µg



FRUITS

- 1 2/3 cups Blueberries
- 2 Grapefruit
- 3 Kiwi
- 1/3 cup Lemon Juice
- 1 1/2 tsps Lime Juice
- 3 1/2 cups Raspberries

BREAKFAST

- 1 tbsp All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 cup Granola
- 3 cups Green Tea

SEEDS, NUTS & SPICES

- 1 Bay Leaf
- 1/2 tsp Black Pepper
- 1 cup Chia Seeds
- 1/4 tsp Chili Powder
- 1 1/2 tsps Cumin
- 2 1/4 tsps Garlic Powder
- 1/2 tsp Oregano
- 1 1/2 cups Pecans
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/4 tsps Turmeric

FROZEN

- 3 cups Cauliflower Rice
- 5 3/4 cups Frozen Edamame
- 1 cup Frozen Strawberries

VEGETABLES

- 8 cups Baby Spinach
- 4 1/2 cups Broccoli
- 1 Carrot
- 5 stalks Celery
- 2 Garlic
- 1 tsp Ginger
- 2 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 3 tsps Parsley
- 5 cups Purple Cabbage
- 1 1/2 cups Radishes
- 3 3/4 Red Bell Pepper
- 2/3 cup Red Onion
- 1/4 cup Shallot

BOXED & CANNED

- 2 cups Diced Tomatoes
- 2 cups Lentils
- 2 1/4 cups Pearl Barley
- 2 cups Red Kidney Beans
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1/3 cup Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 1 3/4 lbs Tofu

CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 2 tsps Tamari

COLD

- 1 1/2 cups Hummus
- 2 3/4 cups Unsweetened Almond Milk
- 5 cups Unsweetened Coconut Yogurt

OTHER

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

Coconut Yogurt Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1/3 cup Chia Seeds
1/2 cup Unsweetened Almond Milk
1 cup Frozen Strawberries
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	415	Calcium	692mg
Fat	28g	Iron	5mg
Saturated	5g	Vitamin D	25IU
Trans	0g	Vitamin E	6mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	9g	Thiamine	0mg
Carbs	36g	Riboflavin	0.3mg
Fiber	18g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	12g	Folate	31µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	74mg	Phosphoro...	133mg
Potassium	498mg	Magnesium	82mg
Vitamin A	175IU	Zinc	1mg
Vitamin C	46mg	Selenium	1µg

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.

Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
14 ozs Tofu (crumbled)
1 tbsp Nutritional Yeast
1 tsp Turmeric
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	462	Calcium	649mg
Fat	15g	Iron	13mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	6g	Vitamin K	175µg
Monouns...	5g	Thiamine	4.0mg
Carbs	48g	Riboflavin	4.0mg
Fiber	20g	Niacin	23mg
Sugar	6g	Vitamin B6	4.4mg
Protein	42g	Folate	438µg
Cholesterol	0mg	Vitamin B12	16.9µg
Sodium	52mg	Phosphoro...	606mg
Potassium	1322mg	Magnesium	172mg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately to two cups.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Vitamin A	3316IU	Zinc	5mg
Vitamin C	14mg	Selenium	32µg



Raspberry Pecan Warm Chia Pudding

3 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Chia Seeds
2 1/4 cups Unsweetened Almond Milk
1 1/2 cups Raspberries
3 tbsps Pecans
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	362	Calcium	642mg
Fat	26g	Iron	4mg
Saturated	2g	Vitamin D	76IU
Trans	0g	Vitamin E	4mg
Polyunsat...	13g	Vitamin K	5µg
Monouns...	10g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.2mg
Fiber	19g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	11g	Folate	23µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	127mg	Phosphoro...	114mg
Potassium	412mg	Magnesium	77mg
Vitamin A	398IU	Zinc	1mg
Vitamin C	16mg	Selenium	1µg

DIRECTIONS

- 01 Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
- 02 Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

NO HEAT

Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

MORE FLAVOR

Add a dash of cinnamon.

Bell Peppers with Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Red Bell Pepper (medium, sliced)
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	177	Calcium	37mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	20µg
Monouns...	3g	Thiamine	0.2mg
Carbs	16g	Riboflavin	0.2mg
Fiber	6g	Niacin	2mg
Sugar	5g	Vitamin B6	0.4mg
Protein	6g	Folate	84µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	267mg	Phosphoro...	142mg
Potassium	443mg	Magnesium	60mg
Vitamin A	3740IU	Zinc	1mg
Vitamin C	152mg	Selenium	3µg

DIRECTIONS

01 Divide the red bell pepper slices and hummus onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Sprinkle paprika over the hummus.

NO RED BELL PEPPER

Use cucumber slices, celery, carrots, or rice cakes instead.

Green Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Green Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	2	Calcium	0mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	1g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	0mg
Potassium	20mg	Magnesium	2mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

LIKE IT SWEET

Add sweetener of choice to taste.

Kiwi Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Granola

1 Kiwi (peeled, diced)

NUTRITION

AMOUNT PER SERVING

Calories	396	Calcium	320mg
Fat	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	5g	Vitamin K	31µg
Monouns...	7g	Thiamine	0.4mg
Carbs	49g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	19g	Vitamin B6	0.3mg
Protein	10g	Folate	68µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	43mg	Phosphoro...	286mg
Potassium	544mg	Magnesium	114mg
Vitamin A	72IU	Zinc	3mg
Vitamin C	65mg	Selenium	16µg

DIRECTIONS

01 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Nuts, shredded coconut, hemp seeds, or chia seeds.

Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (sliced)
2 stalks Celery (cut into small stalks)
1/3 cup Blueberries
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	201	Calcium	68mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	6g	Vitamin K	50µg
Monouns...	3g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	9g	Vitamin B6	0.4mg
Protein	6g	Folate	89µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	329mg	Phosphoro...	152mg
Potassium	563mg	Magnesium	65mg
Vitamin A	2263IU	Zinc	1mg
Vitamin C	83mg	Selenium	3µg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO HUMMUS

Use guacamole or a ready-made dip instead.

Kiwi & Pecans

1 SERVING 2 MINUTES



INGREDIENTS

1 Kiwi (sliced or chopped)
1/4 cup Pecans (whole or chopped)

NUTRITION

AMOUNT PER SERVING

Calories	213	Calcium	41mg
Fat	18g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	6g	Vitamin K	29µg
Monouns...	10g	Thiamine	0.2mg
Carbs	14g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	3g	Folate	23µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	92mg
Potassium	317mg	Magnesium	42mg
Vitamin A	74IU	Zinc	1mg
Vitamin C	64mg	Selenium	1µg

DIRECTIONS

01 Place the kiwi and nuts on a plate and enjoy!

NOTES

NO PECANS

Use another nut or seed instead.

NO KIWI

Use another fruit instead.

Edamame & Barley Spinach Salad

3 SERVINGS 35 MINUTES



INGREDIENTS

3/4 cup Pearl Barley (uncooked, rinsed and drained)
1/3 cup Red Onion (finely chopped)
3 3/4 tbsps Lemon Juice (divided)
3/4 Red Bell Pepper (medium, diced)
3/4 cup Frozen Edamame (thawed)
2 1/4 tbsps Extra Virgin Olive Oil
3 tbsps Parsley (chopped)
3/4 tsp Garlic Powder
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	343	Calcium	82mg
Fat	13g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	226µg
Monouns...	8g	Thiamine	0.2mg
Carbs	49g	Riboflavin	0.2mg
Fiber	12g	Niacin	3mg
Sugar	4g	Vitamin B6	0.4mg
Protein	11g	Folate	218µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	36mg	Phosphoro...	211mg
Potassium	618mg	Magnesium	97mg

DIRECTIONS

- 01 Cook the barley according to the package directions.
- 02 In a large bowl, mix the onions in 2/3 of the lemon juice and set aside.
- 03 Once cooked, add the barley to the bowl of onions and set aside to cool to room temperature.
- 04 Once the barley has cooled, add the remaining ingredients and stir to coat. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Cook the barley in broth instead of water.

ADDITIONAL TOPPINGS

Basil, green onions, chives, seeds and/or other roasted nuts.

GLUTEN-FREE

Use brown rice or quinoa instead of barley.

Vitamin A	4193IU	Zinc	2mg
Vitamin C	63mg	Selenium	20µg



Raspberry Vanilla Protein Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 cup Raspberries
1 tbsp Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	411	Calcium	948mg
Fat	20g	Iron	2mg
Saturated	10g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	10µg
Monouns...	5g	Thiamine	0.2mg
Carbs	37g	Riboflavin	0.7mg
Fiber	15g	Niacin	2mg
Sugar	8g	Vitamin B6	0.2mg
Protein	25g	Folate	42µg
Cholesterol	4mg	Vitamin B12	4.6µg
Sodium	114mg	Phosphoro...	435mg
Potassium	424mg	Magnesium	118mg
Vitamin A	41IU	Zinc	3mg
Vitamin C	32mg	Selenium	7µg

DIRECTIONS

- 01 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
- 02 In a jar, add half of the yogurt mixture, then half of the raspberries. Repeat with the remaining yogurt mixture and raspberries. Top with almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add maple syrup or honey.

NO ALMOND BUTTER

Use other nut butter of choice.

Edamame Hummus & Veggies

3 SERVINGS 5 MINUTES



INGREDIENTS

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

NUTRITION

AMOUNT PER SERVING

Calories	292	Calcium	132mg
Fat	18g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	7g	Vitamin K	87µg
Monouns...	7g	Thiamine	0.3mg
Carbs	21g	Riboflavin	0.3mg
Fiber	10g	Niacin	2mg
Sugar	4g	Vitamin B6	0.3mg
Protein	17g	Folate	385µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	219mg	Phosphoro...	297mg
Potassium	862mg	Magnesium	116mg
Vitamin A	605IU	Zinc	2mg

DIRECTIONS

- 01 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 02 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

NOTES

LEFTOVERS

Refrigerate the edamame hummus in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

MORE FLAVOR

Add fresh herbs like mint or dill.

MAKE IT SPICY

Add chili flakes or cayenne powder.

Vitamin C 55mg Selenium 5µg



Grapefruit

1 SERVING 5 MINUTES



INGREDIENTS

1 Grapefruit

NUTRITION

AMOUNT PER SERVING

Calories	82	Calcium	31mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	18g	Vitamin B6	0.1mg
Protein	2g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	20mg
Potassium	356mg	Magnesium	20mg
Vitamin A	2373IU	Zinc	0mg
Vitamin C	88mg	Selenium	1µg

DIRECTIONS

- 01 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

NOTES

CUT THE FLAVOUR

Sprinkle with a pinch of sea salt.

Pecans & Blueberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blueberries

1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	255	Calcium	26mg
Fat	18g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	6g	Vitamin K	29µg
Monouns...	10g	Thiamine	0.2mg
Carbs	25g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	16g	Vitamin B6	0.1mg
Protein	3g	Folate	14µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	86mg
Potassium	215mg	Magnesium	39mg
Vitamin A	94IU	Zinc	1mg
Vitamin C	15mg	Selenium	1µg

DIRECTIONS

01 Serve the blueberries with pecans and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Sprinkle some cinnamon on top.

Spiced Cauliflower Rice & Beans

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (chopped)
1 cup Purple Cabbage (thinly sliced)
2 cups Cauliflower Rice
1 tsp Cumin
1/4 tsp Turmeric
1/2 tsp Garlic Powder
1/2 tsp Oregano
Sea Salt & Black Pepper (to taste)
1 cup Red Kidney Beans (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	236	Calcium	121mg
Fat	7g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	23µg
Monouns...	5g	Thiamine	0.2mg
Carbs	32g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	5g	Vitamin B6	0.3mg
Protein	12g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	46mg	Phosphoro...	157mg
Potassium	775mg	Magnesium	60mg

DIRECTIONS

- 01 Preheat the oil in a large pan over medium heat. Add the shallots and cabbage. Cook stirring regularly for three to five minutes or until the shallot has softened.
- 02 Add the cauliflower rice, cumin, turmeric, garlic powder, and oregano. Season with salt and pepper. Cook for three minutes then add the kidney beans and cook for three more minutes or until warmed through.
- 03 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Chopped cilantro and green onions.

Vitamin A	518IU	Zinc	1mg
Vitamin C	70mg	Selenium	2µg

Sautéed Spinach with Toasted Pecans

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
3 cups Baby Spinach
1/4 cup Nutritional Yeast
1/4 cup Pecans
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	196	Calcium	67mg
Fat	12g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	221µg
Monouns...	8g	Thiamine	14.2mg
Carbs	10g	Riboflavin	14.9mg
Fiber	6g	Niacin	79mg
Sugar	1g	Vitamin B6	15.4mg
Protein	13g	Folate	90µg
Cholesterol	0mg	Vitamin B12	67.6µg
Sodium	676mg	Phosphoro...	57mg
Potassium	690mg	Magnesium	52mg
Vitamin A	4231IU	Zinc	1mg
Vitamin C	13mg	Selenium	1µg

DIRECTIONS

- 01 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 02 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pecans.

MORE FLAVOR

Add minced garlic or garlic powder.

ADDITIONAL TOPPINGS

Top with hemp seeds or flaxseeds.

NO SPINACH

Use arugula, Swiss chard, or collard greens instead.

NO NUTRITIONAL YEAST

Use parmesan cheese or a dairy-free cheese.

Baked Tofu & Cabbage with Peanut Ginger Sauce

2 SERVINGS 40 MINUTES



INGREDIENTS

6 1/8 ozs Tofu (extra firm, cubed)
1 cup Frozen Edamame
2 tbsps Tamari (divided)
4 cups Purple Cabbage (cut into 1-inch strips)
1 tbsp All Natural Peanut Butter
1 tsp Ginger (fresh, grated)
1 1/2 tbsps Lime Juice
1 1/2 tbsps Water
1 cup Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	297	Calcium	395mg
Fat	13g	Iron	6mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	91µg
Monouns...	4g	Thiamine	0.3mg
Carbs	26g	Riboflavin	0.3mg
Fiber	10g	Niacin	3mg
Sugar	11g	Vitamin B6	0.6mg
Protein	25g	Folate	292µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1076mg	Phosphoro...	333mg
Potassium	1071mg	Magnesium	130mg

DIRECTIONS

- 01 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 04 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 05 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

MORE FLAVOR

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

NO TAMARI

Use coconut aminos instead.

MORE CARBS

Serve with rice or quinoa instead of cauliflower rice.

Vitamin A	2219IU	Zinc	3mg
Vitamin C	128mg	Selenium	14µg

Citrus, Edamame & Kale Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Frozen Edamame
4 cups Kale Leaves (finely chopped)
1 Carrot (large, grated)
1 Grapefruit (peeled, seeded, chopped)
1/2 cup Pecans
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	488	Calcium	248mg
Fat	33g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	10g	Vitamin K	214µg
Monouns...	17g	Thiamine	0.6mg
Carbs	33g	Riboflavin	0.5mg
Fiber	14g	Niacin	3mg
Sugar	15g	Vitamin B6	0.4mg
Protein	23g	Folate	534µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	53mg	Phosphoro...	375mg
Potassium	1207mg	Magnesium	157mg
Vitamin A	8779IU	Zinc	4mg
Vitamin C	98mg	Selenium	3µg

DIRECTIONS

- 01 Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
- 02 Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add fresh parsley or cilantro.

Pesto Barley & Tofu Bowl

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/8 cups Pearl Barley (dry, rinsed well)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
9 1/4 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)
Sea Salt & Black Pepper (to taste)
3 cups Broccoli (finely chopped)
1/3 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	559	Calcium	408mg
Fat	24g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	6g	Vitamin K	148µg
Monouns...	13g	Thiamine	0.3mg
Carbs	69g	Riboflavin	0.5mg
Fiber	16g	Niacin	4mg
Sugar	5g	Vitamin B6	0.5mg
Protein	22g	Folate	87µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	230mg	Phosphoro...	409mg
Potassium	788mg	Magnesium	124mg
Vitamin A	1070IU	Zinc	3mg
Vitamin C	81mg	Selenium	42µg

DIRECTIONS

- 01 Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
- 02 Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
- 03 Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
- 04 Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to 1 1/2 cups.

GLUTEN-FREE

Use brown rice instead of barley.

MORE FLAVOR

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

NO BROCCOLI

Use cauliflower, bell pepper, or zucchini instead.

NO TOFU

Use beans or lentils instead.

Slow Cooker Kidney Bean & Barley Chili

2 SERVINGS 4 HOURS 10 MINUTES



INGREDIENTS

1/3 cup Pearl Barley (uncooked, rinsed and drained)
1/4 cup Red Onion (medium, finely chopped)
1 stalk Celery (chopped)
1 tsp Garlic Powder
1/4 tsp Chili Powder
1 Bay Leaf
1 cup Red Kidney Beans (cooked)
1/2 cup Kale Leaves (stems removed and leaves chopped)
2 cups Diced Tomatoes (from the can, with the juices)
1 1/2 cups Vegetable Broth, Low Sodium

DIRECTIONS

- 01 Place all the ingredients in the slow cooker and stir the mixture. Cover and cook for four hours on high or six hours on low.
- 02 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add carrots, red onions, mixed beans.

ADDITIONAL TOPPINGS

Fresh parsley, chives, basil and/or cilantro.

NUTRITION

AMOUNT PER SERVING

Calories	318	Calcium	139mg
Fat	1g	Iron	5mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	28µg
Monouns...	0g	Thiamine	0.2mg
Carbs	62g	Riboflavin	0.1mg
Fiber	17g	Niacin	2mg
Sugar	9g	Vitamin B6	0.3mg

Protein	15g	Folate	89µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	161mg	Phosphoro...	225mg
Potassium	600mg	Magnesium	80mg
Vitamin A	1452IU	Zinc	2mg
Vitamin C	34mg	Selenium	16µg