



# Plant-Based GLP-1 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**  
Raspberry & Almond Oatmeal



**SNACK 1**  
Pear & Spinach Smoothie



**LUNCH**  
Chickpea & Edamame Quinoa Salad



**SNACK 2**  
Apple Slices with Cinnamon



**DINNER**  
Curry Tofu & Spinach Chickpea Pasta

## TUE



**BREAKFAST**  
Raspberry & Almond Oatmeal



**SNACK 1**  
Apple & Almond Milk



**LUNCH**  
Curry Tofu & Spinach Chickpea Pasta



**SNACK 2**  
Raspberry & Apple Flax Smoothie



**DINNER**  
Cucumber & Edamame Salad

## WED



**BREAKFAST**  
Raspberry & Almond Oatmeal



**SNACK 1**  
Pear & Spinach Smoothie



**LUNCH**  
Chickpea & Edamame Quinoa Salad



**SNACK 2**  
Apple Slices with Cinnamon



**DINNER**  
Edamame, Broccoli & Chickpea Pasta Salad

## THU



**BREAKFAST**  
Cinnamon Pear Overnight Oats



**SNACK 1**  
Raspberry & Apple Flax Smoothie



**LUNCH**  
Smashed Chickpea Salad



**SNACK 2**  
Raspberries



**DINNER**  
Edamame, Broccoli & Chickpea Pasta Salad

## FRI



**BREAKFAST**  
Cinnamon Pear Overnight Oats



**SNACK 1**  
Simple Vanilla Protein Shake



**LUNCH**  
Smashed Chickpea Salad



**SNACK 2**  
Edamame



**DINNER**  
Tofu Quinoa Bowl

## SAT



**BREAKFAST**  
Raspberry Chia Protein Pudding



**SNACK 1**  
Pear & Almonds



**LUNCH**  
Tofu Quinoa Bowl



**SNACK 2**  
Simple Vanilla Protein Shake



**DINNER**  
Chickpea, Quinoa & Artichoke Mason Jar Salad

## SUN



**BREAKFAST**  
Raspberry Chia Protein Pudding



**SNACK 1**  
Simple Vanilla Protein Shake



**LUNCH**  
Chickpea, Quinoa & Artichoke Mason Jar Salad



**SNACK 2**  
Pear & Almonds



**DINNER**  
Tofu Quinoa Bowl



**MON****FAT 36%**   **CARBS 42%**   **PROTEIN 22%**

**Calories** 1566      Calcium 2135mg  
**Fat** 66g      Iron 21mg  
 Saturated 11g      Vitamin D 244IU  
 Trans 0g      Vitamin E 8mg  
 Polyunsaturated 22g      Vitamin K 399µg  
 Monounsaturated 26g      Thiamine 1.0mg  
**Carbs** 175g      Riboflavin 1.6mg  
 Fiber 47g      Niacin 6mg  
 Sugar 50g      Vitamin B6 1.0mg  
**Protein** 93g      Folate 471µg  
 Cholesterol 6mg      Vitamin B12 0.9µg  
 Sodium 588mg      Phosphorous 1510mg  
 Potassium 2402mg      Magnesium 557mg  
 Vitamin A 8226IU      Zinc 10mg  
 Vitamin C 49mg      Selenium 51µg

**TUE****FAT 44%**   **CARBS 35%**   **PROTEIN 21%**

**Calories** 1460      Calcium 2408mg  
**Fat** 76g      Iron 19mg  
 Saturated 11g      Vitamin D 332IU  
 Trans 0g      Vitamin E 14mg  
 Polyunsaturated 21g      Vitamin K 185µg  
 Monounsaturated 36g      Thiamine 0.8mg  
**Carbs** 139g      Riboflavin 1.7mg  
 Fiber 43g      Niacin 5mg  
 Sugar 44g      Vitamin B6 0.7mg  
**Protein** 83g      Folate 381µg  
 Cholesterol 4mg      Vitamin B12 0.6µg  
 Sodium 669mg      Phosphorous 1239mg  
 Potassium 2039mg      Magnesium 499mg  
 Vitamin A 4495IU      Zinc 8mg  
 Vitamin C 46mg      Selenium 45µg

**WED****FAT 33%**   **CARBS 45%**   **PROTEIN 22%**

**Calories** 1521      Calcium 1614mg  
**Fat** 59g      Iron 20mg  
 Saturated 10g      Vitamin D 227IU  
 Trans 0g      Vitamin E 6mg  
 Polyunsaturated 20g      Vitamin K 355µg  
 Monounsaturated 22g      Thiamine 4.7mg  
**Carbs** 182g      Riboflavin 5.3mg  
 Fiber 50g      Niacin 26mg  
 Sugar 52g      Vitamin B6 4.8mg  
**Protein** 88g      Folate 685µg  
 Cholesterol 6mg      Vitamin B12 17.8µg  
 Sodium 568mg      Phosphorous 1518mg  
 Potassium 2691mg      Magnesium 552mg  
 Vitamin A 6447IU      Zinc 10mg  
 Vitamin C 89mg      Selenium 29µg

**THU****FAT 36%**   **CARBS 45%**   **PROTEIN 19%**

**Calories** 1582      Calcium 1162mg  
**Fat** 68g      Iron 20mg  
 Saturated 8g      Vitamin D 139IU  
 Trans 0g      Vitamin E 10mg  
 Polyunsaturated 23g      Vitamin K 134µg  
 Monounsaturated 29g      Thiamine 4.6mg  
**Carbs** 189g      Riboflavin 5.0mg  
 Fiber 58g      Niacin 27mg  
 Sugar 53g      Vitamin B6 4.9mg  
**Protein** 79g      Folate 617µg  
 Cholesterol 4mg      Vitamin B12 17.5µg  
 Sodium 376mg      Phosphorous 1444mg  
 Potassium 2625mg      Magnesium 524mg  
 Vitamin A 1981IU      Zinc 10mg  
 Vitamin C 202mg      Selenium 26µg

**FRI****FAT 36%**   **CARBS 41%**   **PROTEIN 23%**

**Calories** 1416      Calcium 1453mg  
**Fat** 59g      Iron 17mg  
 Saturated 7g      Vitamin D 143IU  
 Trans 0g      Vitamin E 8mg  
 Polyunsaturated 20g      Vitamin K 209µg  
 Monounsaturated 27g      Thiamine 4.7mg  
**Carbs** 153g      Riboflavin 5.1mg  
 Fiber 38g      Niacin 26mg  
 Sugar 30g      Vitamin B6 5.2mg  
**Protein** 84g      Folate 701µg  
 Cholesterol 6mg      Vitamin B12 17.8µg  
 Sodium 356mg      Phosphorous 1570mg  
 Potassium 2610mg      Magnesium 518mg  
 Vitamin A 4818IU      Zinc 11mg  
 Vitamin C 291mg      Selenium 46µg

**SAT****FAT 41%**   **CARBS 38%**   **PROTEIN 21%**

**Calories** 1517      Calcium 1477mg  
**Fat** 72g      Iron 18mg  
 Saturated 10g      Vitamin D 117IU  
 Trans 0g      Vitamin E 16mg  
 Polyunsaturated 26g      Vitamin K 456µg  
 Monounsaturated 29g      Thiamine 4.4mg  
**Carbs** 152g      Riboflavin 5.5mg  
 Fiber 44g      Niacin 26mg  
 Sugar 32g      Vitamin B6 5.1mg  
**Protein** 81g      Folate 477µg  
 Cholesterol 18mg      Vitamin B12 17.9µg  
 Sodium 773mg      Phosphorous 1419mg  
 Potassium 2496mg      Magnesium 510mg  
 Vitamin A 6047IU      Zinc 10mg  
 Vitamin C 236mg      Selenium 37µg

**SUN****FAT 41%**   **CARBS 38%**   **PROTEIN 21%**

**Calories** 1517      Calcium 1477mg  
**Fat** 72g      Iron 18mg  
 Saturated 10g      Vitamin D 117IU  
 Trans 0g      Vitamin E 16mg  
 Polyunsaturated 26g      Vitamin K 456µg  
 Monounsaturated 29g      Thiamine 4.4mg  
**Carbs** 152g      Riboflavin 5.5mg  
 Fiber 44g      Niacin 26mg  
 Sugar 32g      Vitamin B6 5.1mg  
**Protein** 81g      Folate 477µg





Cholesterol 18mg	Vitamin B12 17.9µg
Sodium 773mg	Phosphorous 1419mg
Potassium 2496mg	Magnesium 510mg
Vitamin A 6047IU	Zinc 10mg
Vitamin C 236mg	Selenium 37µg



## FRUITS

- 4 Apple
- 1/2 Lemon
- 6 Pear
- 3 1/4 cups Raspberries

## SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1/2 cup Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1 tsp Curry Powder
- 1 tbsp Garlic Powder
- 2 tps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/2 tsp Oregano
- 3/4 tsp Paprika
- 0 Sea Salt & Black Pepper

## FROZEN

- 2 1/2 cups Frozen Edamame
- 18 Ice Cubes

## VEGETABLES

- 7 1/2 cups Baby Spinach
- 1 cup Broccoli
- 1 1/2 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 1 1/4 Cucumber
- 2 Orange Bell Pepper
- 1/2 cup Parsley
- 1/4 cup Shallot

## BOXED & CANNED

- 8 ozs Chickpea Pasta
- 3 cups Chickpeas
- 1 1/2 cups Quinoa

## BAKING

- 2 1/2 tbsps Nutritional Yeast
- 2 1/2 cups Oats
- 1/3 cup Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Tofu

## CONDIMENTS & OILS

- 2 1/4 tbsps Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Goddess Salad Dressing

## COLD

- 13 1/16 cups Unsweetened Almond Milk

## OTHER

- 2 1/3 cups Vanilla Protein Powder

# Raspberry & Almond Oatmeal

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
1 1/2 cups Oats (rolled)  
1/3 cup Vanilla Protein Powder  
3/4 cup Raspberries  
3 tbsps Unsweetened Coconut Flakes  
1 tbsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Calcium	563mg
Fat	9g	Iron	3mg
Saturated	4g	Vitamin D	101IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	2g	Thiamine	0.3mg
Carbs	36g	Riboflavin	0.4mg
Fiber	9g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
Protein	17g	Folate	24µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	184mg	Phosphoro...	337mg
Potassium	301mg	Magnesium	105mg
Vitamin A	517IU	Zinc	2mg
Vitamin C	8mg	Selenium	15µg

## DIRECTIONS

- 01 Bring the almond milk to a boil in a small saucepan. Add the oats and protein powder. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl. Top with raspberries, coconut flakes, and cinnamon. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### ADDITIONAL TOPPINGS

Add almonds.



# Cinnamon Pear Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (rolled)  
1 1/2 cups Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
1/2 tsp Cinnamon  
2 Pear (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	377	Calcium	516mg
Fat	9g	Iron	3mg
Saturated	1g	Vitamin D	76IU
Trans	0g	Vitamin E	0mg
Polyunsat...	5g	Vitamin K	9µg
Monouns...	2g	Thiamine	0.3mg
Carbs	62g	Riboflavin	0.4mg
Fiber	15g	Niacin	1mg
Sugar	18g	Vitamin B6	0.2mg
Protein	18g	Folate	29µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	145mg	Phosphoro...	348mg
Potassium	494mg	Magnesium	105mg
Vitamin A	421IU	Zinc	2mg
Vitamin C	8mg	Selenium	15µg

## DIRECTIONS

- 01 Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
- 02 Divide the oats evenly between bowls or containers and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Drizzle with maple syrup and/or nut butter.

# Raspberry Chia Protein Pudding

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Chia Seeds  
1 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
3/4 cup Raspberries (divided)  
2 tbsps Unsweetened Coconut Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Calcium	447mg
Fat	12g	Iron	3mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	6g	Vitamin K	4µg
Monouns...	1g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.3mg
Fiber	13g	Niacin	0mg
Sugar	2g	Vitamin B6	0.1mg
Protein	15g	Folate	14µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	105mg	Phosphoro...	173mg
Potassium	248mg	Magnesium	42mg
Vitamin A	265IU	Zinc	1mg
Vitamin C	12mg	Selenium	3µg

## DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NUT-FREE

Use coconut milk instead of almond milk.

### LIKES IT SWEET

Add a drizzle of maple syrup or honey.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Pear & Spinach Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 Pear (cored and chopped)  
1 1/2 cups Baby Spinach  
1/4 cup Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 tbsp Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Calcium	822mg
Fat	12g	Iron	4mg
Saturated	1g	Vitamin D	126IU
Trans	0g	Vitamin E	1mg
Polyunsat...	8g	Vitamin K	225µg
Monouns...	3g	Thiamine	0.3mg
Carbs	37g	Riboflavin	0.7mg
Fiber	13g	Niacin	2mg
Sugar	18g	Vitamin B6	0.3mg
Protein	27g	Folate	119µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	278mg	Phosphoro...	529mg
Potassium	794mg	Magnesium	186mg
Vitamin A	4889IU	Zinc	3mg
Vitamin C	20mg	Selenium	7µg

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately 2 1/2 cups.



# Apple & Almond Milk

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
1 1/2 cups Unsweetened Almond Milk

## DIRECTIONS

01 Slice the apple if desired and serve with almond milk. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	138	Calcium	688mg
Fat	4g	Iron	1mg
Saturated	0g	Vitamin D	151IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	2g	Thiamine	0mg
Carbs	27g	Riboflavin	0.2mg
Fiber	6g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	2g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	243mg	Phosphoro...	20mg
Potassium	249mg	Magnesium	34mg
Vitamin A	847IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

## NOTES

### SERVING SIZE

One serving is equal to one apple and 1 1/2 cups of almond milk.

### MORE FLAVOR

Use vanilla or chocolate almond milk.

### ADDITIONAL TOPPINGS

Dip apple slices in nut butter.

# Raspberry & Apple Flax Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

2/3 cup Unsweetened Almond Milk  
1/2 Apple (small, sweet, chopped)  
1/3 cup Raspberries  
2 tbsps Vanilla Protein Powder  
1 tbsp Almonds  
1 tbsp Hemp Seeds  
1 tsp Ground Flax Seed  
1/4 tsp Cinnamon

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

## NUTRITION

### AMOUNT PER SERVING

Calories	252	Calcium	397mg
Fat	12g	Iron	2mg
Saturated	1g	Vitamin D	63IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	6µg
Monouns...	5g	Thiamine	0.2mg
Carbs	23g	Riboflavin	0.5mg
Fiber	9g	Niacin	2mg
Sugar	12g	Vitamin B6	0.2mg
Protein	16g	Folate	31µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	121mg	Phosphoro...	392mg
Potassium	438mg	Magnesium	143mg
Vitamin A	380IU	Zinc	2mg
Vitamin C	16mg	Selenium	4µg

# Simple Vanilla Protein Shake

1 SERVING 5 MINUTES



## INGREDIENTS

2/3 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
6 Ice Cubes (large)

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Calcium	414mg
Fat	2g	Iron	1mg
Saturated	0g	Vitamin D	67IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	1g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	0g	Vitamin B6	0.1mg
Protein	20g	Folate	8µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	145mg	Phosphoro...	320mg
Potassium	145mg	Magnesium	58mg
Vitamin A	333IU	Zinc	2mg
Vitamin C	0mg	Selenium	6µg

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### MORE FLAVOR

Use frozen fruit instead of ice cubes.

### NO VANILLA PROTEIN POWDER

Use chocolate or another flavor instead.

### NUT-FREE

Use oat milk, rice milk, or dairy instead of almond milk.

### ICE

Six ice cubes is approximately one cup of ice.

### PROTEIN POWDER

A plant-based protein powder was used to create and test this recipe.



# Pear & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Almonds  
1 Pear (sliced)

## DIRECTIONS

01 Add the almonds and sliced pear to a plate or bowl. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	308	Calcium	112mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	5g	Vitamin K	8µg
Monouns...	11g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.5mg
Fiber	10g	Niacin	2mg
Sugar	19g	Vitamin B6	0.1mg
Protein	8g	Folate	28µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	193mg
Potassium	469mg	Magnesium	109mg
Vitamin A	45IU	Zinc	1mg
Vitamin C	8mg	Selenium	2µg

# Chickpea & Edamame Quinoa Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/3 cup Quinoa (dry, rinsed)  
1/2 cup Chickpeas (cooked)  
1/2 cup Frozen Edamame (thawed)  
1/2 cup Cucumber (medium, chopped)  
1/4 cup Cilantro (chopped)  
1 tbsp Hemp Seeds  
1 tbsp Apple Cider Vinegar  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Calcium	76mg
Fat	14g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	35µg
Monouns...	6g	Thiamine	0.3mg
Carbs	37g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	4g	Vitamin B6	0.3mg
Protein	14g	Folate	256µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	10mg	Phosphoro...	369mg
Potassium	644mg	Magnesium	147mg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions. Set aside to cool for five minutes.
- 02 Meanwhile, mix the remaining ingredients together in a large salad bowl.
- 03 Add the quinoa and toss until well combined. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Feta cheese, green onions, toasted walnuts, and/or almonds.

Vitamin A	345IU	Zinc	3mg
Vitamin C	6mg	Selenium	5µg





# Smashed Chickpea Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Chickpeas (cooked)  
1/2 Orange Bell Pepper (medium, diced)  
1/2 cup Cherry Tomatoes (chopped)  
1/4 cup Shallot (finely chopped)  
3 tbsps Cilantro (finely chopped)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Hemp Seeds  
1/2 Lemon (medium, juiced)  
1/2 tsp Oregano  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Calcium	89mg
Fat	22g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	7g	Vitamin K	22µg
Monouns...	11g	Thiamine	0.3mg
Carbs	43g	Riboflavin	0.1mg
Fiber	11g	Niacin	2mg
Sugar	9g	Vitamin B6	0.4mg
Protein	15g	Folate	251µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	15mg	Phosphoro...	406mg
Potassium	755mg	Magnesium	145mg

## DIRECTIONS

- 01 Add the chickpeas to a large bowl and lightly mash with a fork.
- 02 Add the remaining ingredients and stir to combine. Taste and season if needed. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add garlic powder and/or onion powder.

Vitamin A	545IU	Zinc	3mg
Vitamin C	99mg	Selenium	5µg



# Apple Slices with Cinnamon

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
1/2 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Calcium	24mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	1g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	21mg
Potassium	200mg	Magnesium	10mg
Vitamin A	102IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

## DIRECTIONS

- 01 Slice apple and cut out the core.
- 02 Sprinkle with cinnamon.
- 03 Enjoy!

# Raspberries

1 SERVING 3 MINUTES



## INGREDIENTS

1 cup Raspberries

## DIRECTIONS

01 Wash berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	64	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	10µg
Monouns...	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	1g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	36mg
Potassium	186mg	Magnesium	27mg
Vitamin A	41IU	Zinc	1mg
Vitamin C	32mg	Selenium	0µg

## NOTES

### TIP

Do not wash until ready to eat, as washed berries spoil more quickly.



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Calcium	49mg
Fat	4g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	21µg
Monouns...	1g	Thiamine	0.2mg
Carbs	7g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
Protein	9g	Folate	241µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	131mg
Potassium	338mg	Magnesium	50mg
Vitamin A	231IU	Zinc	1mg
Vitamin C	5mg	Selenium	1µg

## NOTES

### STORAGE

Refrigerate in an airtight container up to 4 days.

# Curry Tofu & Spinach Chickpea Pasta

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 ozs Chickpea Pasta (dry)  
2 tbsps Extra Virgin Olive Oil (divided)  
12 ozs Tofu (extra-firm, pressed, crumbled)  
1 tsp Garlic Powder  
1 tsp Curry Powder  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Baby Spinach  
1/3 cup Unsweetened Almond Milk  
1/3 cup Cilantro (chopped, plus more for garnish)  
2 tbsps Almonds (toasted, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	520	Calcium	650mg
Fat	31g	Iron	10mg
Saturated	4g	Vitamin D	17IU
Trans	0g	Vitamin E	5mg
Polyunsat...	7g	Vitamin K	131µg
Monouns...	15g	Thiamine	0.1mg
Carbs	39g	Riboflavin	0.2mg
Fiber	12g	Niacin	1mg
Sugar	7g	Vitamin B6	0.2mg
Protein	34g	Folate	66µg
Cholesterol	0mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Cook the pasta to al dente according to package directions.
- 02 In a large pan, heat half of the oil over medium heat. Add the tofu and season with garlic powder, curry powder, salt, and pepper. Cook, stirring occasionally, until the tofu is golden and slightly crispy, about five to seven minutes. Add spinach and milk and simmer for two more minutes.
- 03 Add the cooked pasta and cilantro. Toss to coat with the sauce.
- 04 Divide evenly between bowls. Top with almonds and cilantro, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Try with coconut milk instead of almond milk. Add ginger and fresh garlic.

Sodium	114mg	Phosphoro...	254mg
Potassium	463mg	Magnesium	109mg
Vitamin A	2373IU	Zinc	2mg
Vitamin C	7mg	Selenium	24µg



# Cucumber & Edamame Salad

1 SERVING 10 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
3/4 tsp Apple Cider Vinegar  
1 tbsp Cilantro (chopped)  
Sea Salt & Black Pepper (to taste)  
1/4 Cucumber (large, sliced)  
1/2 cup Frozen Edamame (thawed)  
2 tsps Almonds (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	269	Calcium	110mg
Fat	20g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	6mg
Polyunsat...	5g	Vitamin K	40µg
Monouns...	12g	Thiamine	0.2mg
Carbs	14g	Riboflavin	0.4mg
Fiber	7g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	14g	Folate	255µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	236mg
Potassium	588mg	Magnesium	108mg
Vitamin A	378IU	Zinc	2mg
Vitamin C	7mg	Selenium	2µg

## DIRECTIONS

- 01 In a bowl, whisk together the oil, vinegar, cilantro, salt and pepper.
- 02 Add the cucumber, edamame, and chopped almonds. Stir well to combine. Divide evenly between bowls or plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup.

### MORE FLAVOR

Add sliced apple or pear.



# Edamame, Broccoli & Chickpea Pasta Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 ozs Chickpea Pasta (dry)  
1 cup Broccoli (cut into florets)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Apple Cider Vinegar  
1 tsp Italian Seasoning  
1 tbsp Hemp Seeds  
1 tbsp Nutritional Yeast  
1 cup Frozen Edamame (thawed)  
1/2 Cucumber (medium, sliced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	475	Calcium	129mg
Fat	24g	Iron	9mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	87µg
Monouns...	11g	Thiamine	3.8mg
Carbs	46g	Riboflavin	3.9mg
Fiber	15g	Niacin	21mg
Sugar	9g	Vitamin B6	4.0mg
Protein	29g	Folate	280µg
Cholesterol	0mg	Vitamin B12	16.9µg
Sodium	94mg	Phosphoro...	262mg
Potassium	752mg	Magnesium	104mg

## DIRECTIONS

- 01 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
- 02 In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
- 03 Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add chopped toasted almonds.

### ADDITIONAL TOPPINGS

Season with fresh herbs like basil and/or dill.

Vitamin A	594IU	Zinc	2mg
Vitamin C	47mg	Selenium	2µg



# Tofu Quinoa Bowl

3 SERVINGS 20 MINUTES



## INGREDIENTS

3/4 cup Quinoa (uncooked)  
12 ozs Tofu (extra-firm, pressed, cubed)  
3 tbsps Extra Virgin Olive Oil (divided)  
1 1/2 tbsps Nutritional Yeast  
1 1/2 tsps Garlic Powder  
3/4 tsp Paprika  
Sea Salt & Black Pepper (to taste)  
1 1/2 Orange Bell Pepper (large, sliced)  
3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	426	Calcium	385mg
Fat	22g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	6g	Vitamin K	157µg
Monouns...	12g	Thiamine	3.8mg
Carbs	39g	Riboflavin	4.0mg
Fiber	7g	Niacin	22mg
Sugar	1g	Vitamin B6	4.4mg
Protein	22g	Folate	172µg
Cholesterol	0mg	Vitamin B12	16.9µg
Sodium	46mg	Phosphoro...	365mg
Potassium	878mg	Magnesium	160mg
Vitamin A	3288IU	Zinc	3mg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions. Set aside.
- 02 Add the tofu cubes to a bowl and gently toss with half of the oil, nutritional yeast, garlic powder, paprika, salt, and pepper.
- 03 Heat the remaining oil in a pan over medium heat. Add the bell peppers and sauté for three to four minutes. Add the spinach and sauté for another one to two minutes or until slightly wilted.
- 04 Make room in the middle of the pan to add the marinated tofu and any remaining marinade from the bowl. Cook the tofu for two to three minutes or until browned on the top and bottom. Add a splash of water if needed.
- 05 Divide the quinoa, tofu, and sautéed veggies into bowls. Season with salt and pepper if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 3/4 cup quinoa and one cup of sautéed veggies with tofu.

### ADDITIONAL TOPPINGS

Top with fresh herbs like cilantro.

Vitamin C 179mg Selenium 19µg





# Chickpea, Quinoa & Artichoke Mason Jar Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, rinsed)  
1/4 cup Green Goddess Salad Dressing  
1 cup Chickpeas (cooked)  
1/2 cup Artichoke Hearts (from the jar, chopped)  
1 cup Cherry Tomatoes (halved)  
1/2 cup Parsley (roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	450	Calcium	119mg
Fat	18g	Iron	6mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	9g	Vitamin K	287µg
Monouns...	4g	Thiamine	0.3mg
Carbs	58g	Riboflavin	0.2mg
Fiber	13g	Niacin	2mg
Sugar	10g	Vitamin B6	0.4mg
Protein	16g	Folate	255µg
Cholesterol	12mg	Vitamin B12	0.1µg
Sodium	475mg	Phosphoro...	368mg
Potassium	756mg	Magnesium	141mg
Vitamin A	2116IU	Zinc	3mg
Vitamin C	37mg	Selenium	7µg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions. Let it cool for 10 to 15 minutes.
- 02 Divide the dressing into each mason jar then layer with chickpeas, quinoa, artichoke, tomatoes, and parsley.
- 03 Seal the jar and refrigerate until ready to serve. When ready to eat, shake the jar, and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

### ADDITIONAL TOPPINGS

Add feta cheese, goat cheese, cucumber and/or onions.

### NO GREEN GODDESS DRESSING

Use other dressing of choice.