



# Plant-Based High Fiber Program

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# Plant-Based High Fiber Program

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!



This guide contains a blank plan and a list of the recipes I have selected for you.

- Look through the recipes and select meals that appeal to you.
- Add them to your plan by clicking the "Add" button.
- Set the number of servings you'd like the recipe to create.
- Continue to add meals to your plan until it is complete to your liking.

## GROCERY LIST

As you add meals to your plan, you'll notice that your grocery list is automatically generated. You can view it by clicking on the "List" tab from your plan. Your list is organized by category so that you know exactly what you need in each section of the grocery store. When your plan is done, get the list and do your shopping.

## MEAL PREP

Once you have done your shopping, you may want to do some meal prep. This is optional but can really help set you up for a successful week. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

## MON



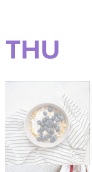
**BREAKFAST**  
Sunflower Seed Apple Porridge



**SNACK 1**  
Earl Grey Muesli



**LUNCH**  
Tofu Tikka Masala



**SNACK 2**  
Blackberries, Coconut Yogurt with Sunflower Seed Butter



**DINNER**  
Lentil, Sweet Potato & Arugula Salad

## TUE



**BREAKFAST**  
Sunflower Seed Apple Porridge



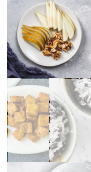
**SNACK 1**  
Blackberries, Coconut Yogurt with Sunflower Seed Butter



**LUNCH**  
Lentil, Sweet Potato & Arugula Salad



**SNACK 2**  
Earl Grey Muesli



**DINNER**  
Tofu Tikka Masala

## WED



**BREAKFAST**  
Muesli with Yogurt & Blueberries



**SNACK 1**  
Brown Rice Tortilla Chips, Bell Pepper & Taco Dip



**LUNCH**  
Tofu Tikka Masala



**SNACK 2**  
Creamy Sweet Potato Toast



**DINNER**  
Falafel Salad with Green Tahini Sauce

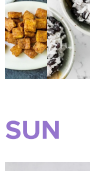
## THU



**BREAKFAST**  
Muesli with Yogurt & Blueberries



**SNACK 1**  
Apple & Creamy Sunflower Dip



**LUNCH**  
Falafel Salad with Green Tahini Sauce



**SNACK 2**  
Brown Rice Tortilla Chips, Bell Pepper & Taco Dip



**DINNER**  
Crispy Baked Tofu, Coconut Rice with Beans

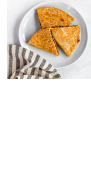
## FRI



**BREAKFAST**  
Muesli with Yogurt & Blueberries



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Crispy Baked Tofu, Coconut Rice with Beans



**SNACK 2**  
Creamy Sweet Potato Toast



**DINNER**  
Sweet Potato Quesadillas

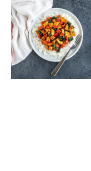
## SAT



**BREAKFAST**  
Blackberry & Pear Oat Smoothie



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Sweet Potato Quesadillas



**SNACK 2**  
Blueberries, Toasted Walnuts



**DINNER**  
Fajita Spiced Tofu & Rice

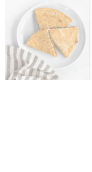
## SUN



**BREAKFAST**  
Blackberry & Pear Oat Smoothie



**SNACK 1**  
Blueberries, Toasted Walnuts



**LUNCH**  
Fajita Spiced Tofu & Rice



**SNACK 2**  
Apple Crisp Yogurt Bowls



**DINNER**  
Sweet Potato Quesadillas



**MON****FAT 33%**   **CARBS 55%**   **PROTEIN 12%**

<b>Calories</b> 1799	Calcium 1389mg
<b>Fat</b> 70g	Iron 16mg
Saturated 18g	Vitamin D 0IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 12g	Vitamin K 67µg
Monounsaturated 25g	Thiamine 1.0mg
<b>Carbs</b> 261g	Riboflavin 2.0mg
Fiber 45g	Niacin 10mg
Sugar 81g	Vitamin B6 1.2mg
<b>Protein</b> 54g	Folate 430µg
Cholesterol 0mg	Vitamin B12 3.3µg
Sodium 1248mg	Phosphorous 1575mg
Potassium 2904mg	Magnesium 432mg
Vitamin A 10465IU	Zinc 10mg
Vitamin C 60mg	Selenium 93µg

**TUE****FAT 33%**   **CARBS 55%**   **PROTEIN 12%**

<b>Calories</b> 1799	Calcium 1389mg
<b>Fat</b> 70g	Iron 16mg
Saturated 18g	Vitamin D 0IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 12g	Vitamin K 67µg
Monounsaturated 25g	Thiamine 1.0mg
<b>Carbs</b> 261g	Riboflavin 2.0mg
Fiber 45g	Niacin 10mg
Sugar 81g	Vitamin B6 1.2mg
<b>Protein</b> 54g	Folate 430µg
Cholesterol 0mg	Vitamin B12 3.3µg
Sodium 1248mg	Phosphorous 1575mg
Potassium 2904mg	Magnesium 432mg
Vitamin A 10465IU	Zinc 10mg
Vitamin C 60mg	Selenium 93µg

**WED****FAT 35%**   **CARBS 53%**   **PROTEIN 12%**

<b>Calories</b> 1727	Calcium 1152mg
<b>Fat</b> 70g	Iron 21mg
Saturated 19g	Vitamin D 0IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 12g	Vitamin K 894µg
Monounsaturated 25g	Thiamine 1.3mg
<b>Carbs</b> 240g	Riboflavin 1.0mg
Fiber 43g	Niacin 11mg
Sugar 47g	Vitamin B6 1.6mg
<b>Protein</b> 55g	Folate 590µg
Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 2012mg	Phosphorous 1224mg
Potassium 2626mg	Magnesium 408mg
Vitamin A 20513IU	Zinc 10mg
Vitamin C 249mg	Selenium 77µg

**THU****FAT 29%**   **CARBS 57%**   **PROTEIN 14%**

<b>Calories</b> 1683	Calcium 1230mg
<b>Fat</b> 57g	Iron 21mg
Saturated 17g	Vitamin D 0IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 12g	Vitamin K 897µg
Monounsaturated 20g	Thiamine 1.4mg
<b>Carbs</b> 255g	Riboflavin 1.0mg
Fiber 48g	Niacin 9mg
Sugar 60g	Vitamin B6 1.4mg
<b>Protein</b> 60g	Folate 651µg
Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 1668mg	Phosphorous 1226mg
Potassium 2530mg	Magnesium 401mg
Vitamin A 11067IU	Zinc 10mg
Vitamin C 249mg	Selenium 64µg

**FRI****FAT 30%**   **CARBS 57%**   **PROTEIN 13%**

<b>Calories</b> 1656	Calcium 824mg
<b>Fat</b> 59g	Iron 14mg
Saturated 13g	Vitamin D 0IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 21g	Vitamin K 111µg
Monounsaturated 18g	Thiamine 1.2mg
<b>Carbs</b> 247g	Riboflavin 0.8mg
Fiber 44g	Niacin 9mg
Sugar 59g	Vitamin B6 1.2mg
<b>Protein</b> 57g	Folate 435µg
Cholesterol 0mg	Vitamin B12 1.0µg
Sodium 1718mg	Phosphorous 1100mg
Potassium 2391mg	Magnesium 452mg
Vitamin A 17286IU	Zinc 9mg
Vitamin C 31mg	Selenium 68µg

**SAT****FAT 28%**   **CARBS 61%**   **PROTEIN 11%**

<b>Calories</b> 1791	Calcium 1399mg
<b>Fat</b> 59g	Iron 14mg
Saturated 12g	Vitamin D 0IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 24g	Vitamin K 292µg
Monounsaturated 14g	Thiamine 0.9mg
<b>Carbs</b> 283g	Riboflavin 1.4mg
Fiber 48g	Niacin 6mg
Sugar 78g	Vitamin B6 1.1mg
<b>Protein</b> 53g	Folate 360µg
Cholesterol 0mg	Vitamin B12 3.6µg
Sodium 1752mg	Phosphorous 994mg
Potassium 2491mg	Magnesium 358mg
Vitamin A 12967IU	Zinc 7mg
Vitamin C 132mg	Selenium 39µg

**SUN****FAT 28%**   **CARBS 61%**   **PROTEIN 11%**

<b>Calories</b> 1791	Calcium 1399mg
<b>Fat</b> 59g	Iron 14mg
Saturated 12g	Vitamin D 0IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 24g	Vitamin K 292µg
Monounsaturated 14g	Thiamine 0.9mg
<b>Carbs</b> 283g	Riboflavin 1.4mg
Fiber 48g	Niacin 6mg
Sugar 78g	Vitamin B6 1.1mg
<b>Protein</b> 53g	Folate 360µg



Cholesterol 0mg	Vitamin B12 3.6µg
Sodium 1752mg	Phosphorous 994mg
Potassium 2491mg	Magnesium 358mg
Vitamin A 12967IU	Zinc 7mg
Vitamin C 132mg	Selenium 39µg



## FRUITS

- 4 Apple
- 3 cups Blackberries
- 3 1/2 cups Blueberries
- 2/3 Lemon
- 3 Pear

## BREAKFAST

- 1 cup Earl Grey Tea
- 1/4 cup Maple Syrup
- 5 cups Muesli

## SEEDS, NUTS & SPICES

- 1 tsp Cinnamon
- 1 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/8 tbsps Taco Seasoning
- 3/4 cup Walnuts

## FROZEN

- 5 Brown Rice Tortilla

## VEGETABLES

- 2 cups Arugula
- 6 1/8 cups Baby Spinach
- 1 1/3 Garlic
- 1 1/3 cups Parsley
- 3 Red Bell Pepper
- 3 Sweet Potato

## BOXED & CANNED

- 2 1/3 cups Black Beans
- 3/4 cup Canned Coconut Milk
- 2 cups Jasmine Rice
- 2 1/3 cups Lentils
- 1 cup Salsa
- 3/4 cup Tomato Purée

## BAKING

- 1 1/3 tbsps Arrowroot Powder
- 2 2/3 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Tofu

## CONDIMENTS & OILS

- 3 1/16 tbsps Extra Virgin Olive Oil
- 2/3 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 1 3/4 tbsps Tamari
- 1/4 cup Tikka Masala Paste

## COLD

- 4 cups Oat Milk
- 5 1/2 cups Unsweetened Coconut Yogurt

## OTHER

- 3 1/4 cups Water

# Sunflower Seed Apple Porridge

2 SERVINGS 15 MINUTES



## INGREDIENTS

2/3 cup Oats (quick or rolled)  
2 cups Oat Milk (unsweetened, plain)  
2 Apple (small, diced, divided)  
2 tbsps Maple Syrup  
2 tbsps Sunflower Seed Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Calcium	406mg
Fat	16g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	5µg
Monouns...	7g	Thiamine	0.2mg
Carbs	77g	Riboflavin	1.0mg
Fiber	10g	Niacin	2mg
Sugar	40g	Vitamin B6	0.2mg
Protein	10g	Folate	52µg
Cholesterol	0mg	Vitamin B12	1.2µg
Sodium	107mg	Phosphoro...	506mg
Potassium	816mg	Magnesium	100mg
Vitamin A	107IU	Zinc	2mg
Vitamin C	9mg	Selenium	25µg

## DIRECTIONS

- 01 Add the oats, oat milk, and half the apple to a medium pot. Bring to a gentle boil over medium heat and cook for eight to 10 minutes, or until the porridge is thickened to your liking. Stir frequently.
- 02 Transfer to a bowl and top with maple syrup, sunflower seed butter, and the remaining apple. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat in the microwave or on the stovetop with a splash of oat milk.

### GLUTEN-FREE

Use gluten-free certified oats if needed.

### MORE FLAVOR

Add cinnamon, nutmeg, or vanilla extract.

### ADDITIONAL TOPPINGS

Add crushed nuts, pumpkin seeds, shredded coconut, or dark chocolate chips.

# Muesli with Yogurt & Blueberries

3 SERVINGS 10 MINUTES



## INGREDIENTS

2 1/4 cups Water (hot)  
3 cups Muesli  
3/4 cup Unsweetened Coconut Yogurt  
1 1/2 cups Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Calcium	268mg
Fat	5g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	16µg
Monouns...	1g	Thiamine	0.4mg
Carbs	76g	Riboflavin	0.4mg
Fiber	10g	Niacin	2mg
Sugar	24g	Vitamin B6	0.3mg
Protein	10g	Folate	29µg
Cholesterol	0mg	Vitamin B12	0.8µg
Sodium	39mg	Phosphoro...	313mg
Potassium	400mg	Magnesium	85mg
Vitamin A	40IU	Zinc	3mg
Vitamin C	14mg	Selenium	14µg

## DIRECTIONS

01 Add hot water to the muesli and let sit for five minutes, or until soft and mostly absorbed. Stir in the yogurt and top with blueberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add cinnamon.

### ADDITIONAL TOPPINGS

Nut butter, seed butter, shredded coconut, maple syrup, hemp seeds, chia seeds, or ground flax.



# Blackberry & Pear Oat Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear (cored and chopped)  
1/2 cup Blackberries (fresh or frozen)  
3/4 cup Oat Milk  
1/4 cup Oats (rolled)

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Calcium	310mg
Fat	6g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	22µg
Monouns...	1g	Thiamine	0.1mg
Carbs	60g	Riboflavin	0.6mg
Fiber	13g	Niacin	1mg
Sugar	26g	Vitamin B6	0.1mg
Protein	7g	Folate	37µg
Cholesterol	0mg	Vitamin B12	0.9µg
Sodium	79mg	Phosphoro...	322mg
Potassium	688mg	Magnesium	55mg
Vitamin A	199IU	Zinc	1mg
Vitamin C	23mg	Selenium	6µg

## 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 equal to two cups.

# Earl Grey Muesli

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Muesli  
1 cup Earl Grey Tea (brewed)  
1/2 cup Oat Milk (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	320	Calcium	208mg
Fat	4g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	2µg
Monouns...	1g	Thiamine	0.3mg
Carbs	67g	Riboflavin	0.5mg
Fiber	8g	Niacin	2mg
Sugar	18g	Vitamin B6	0.2mg
Protein	10g	Folate	31µg
Cholesterol	0mg	Vitamin B12	0.4µg
Sodium	51mg	Phosphoro...	373mg
Potassium	484mg	Magnesium	81mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	7mg	Selenium	14µg

## DIRECTIONS

- 01 In a bowl, combine the muesli and earl grey tea. Let sit for five minutes or until the muesli is soft.
- 02 Top with oat milk and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add vanilla extract and cinnamon.

### ADDITIONAL TOPPINGS

Add a scoop of nut or seed butter, chopped fruit or nuts.

# Brown Rice Tortilla Chips

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Brown Rice Tortilla (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Calcium	0mg
Fat	3g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monounsat...	0g	Thiamine	0mg
Carbs	27g	Riboflavin	0mg
Fiber	3g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	3g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	170mg	Phosphoro...	0mg
Potassium	0mg	Magnesium	0mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
- 02 Remove chips from oven. Let cool and enjoy!

## NOTES

### FLAVORED CHIPS

Brush with oil and top with your favorite seasonings before baking.

### STORAGE

Refrigerate in an air-tight container up to 5 days.

# Bell Pepper & Taco Dip

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
2 tsps Taco Seasoning (to taste)  
2 Red Bell Pepper (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	96	Calcium	268mg
Fat	4g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	6µg
Monouns...	0g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	6g	Vitamin B6	0.4mg
Protein	2g	Folate	55µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	285mg	Phosphoro...	31mg
Potassium	251mg	Magnesium	14mg
Vitamin A	3726IU	Zinc	0mg
Vitamin C	152mg	Selenium	0µg

## DIRECTIONS

01 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Add sea salt and black pepper to taste.

### NO COCONUT YOGURT

Use Greek yogurt instead.



# Apple & Creamy Sunflower Dip

1 SERVING 5 MINUTES



## INGREDIENTS

3 tbsps Unsweetened Coconut Yogurt  
1 tbsp Sunflower Seed Butter  
1 Apple (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	214	Calcium	115mg
Fat	10g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	6g	Thiamine	0mg
Carbs	31g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	21g	Vitamin B6	0.2mg
Protein	3g	Folate	43µg
Cholesterol	0mg	Vitamin B12	0.5µg
Sodium	12mg	Phosphoro...	127mg
Potassium	287mg	Magnesium	59mg
Vitamin A	107IU	Zinc	1mg
Vitamin C	9mg	Selenium	17µg

## DIRECTIONS

01 In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Slice the apple just before serving.

### MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to the dip.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.



# Pear & Walnuts

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear  
1/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Calcium	45mg
Fat	20g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	14g	Vitamin K	9µg
Monouns...	3g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	18g	Vitamin B6	0.2mg
Protein	5g	Folate	42µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	125mg
Potassium	339mg	Magnesium	60mg
Vitamin A	45IU	Zinc	1mg
Vitamin C	8mg	Selenium	2µg

## DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seeds instead of walnuts.

### MORE FLAVOR

Season the pear with cinnamon.

# Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Apple (cored, chopped)  
1 cup Oats (rolled)  
2 tbsps Maple Syrup  
1 tsp Cinnamon  
2 cups Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Calcium	559mg
Fat	10g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	1g	Vitamin K	3µg
Monouns...	1g	Thiamine	0.2mg
Carbs	66g	Riboflavin	0.3mg
Fiber	10g	Niacin	1mg
Sugar	23g	Vitamin B6	0.1mg
Protein	7g	Folate	16µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	55mg	Phosphoro...	177mg
Potassium	292mg	Magnesium	65mg
Vitamin A	53IU	Zinc	2mg
Vitamin C	4mg	Selenium	12µg

## DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

### ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



# Tofu Tikka Masala

3 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice (dry)  
1/4 cup Tikka Masala Paste  
9 1/4 ozs Tofu (extra firm, cut into 1-inch cubes)  
3/4 cup Tomato Purée  
1/3 cup Unsweetened Coconut Yogurt  
1/2 cup Canned Coconut Milk  
3/4 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	403	Calcium	322mg
Fat	18g	Iron	3mg
Saturated	9g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	5µg
Monouns...	1g	Thiamine	0.1mg
Carbs	50g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	13g	Folate	15µg
Cholester...	0mg	Vitamin B12	0.3µg
Sodium	1002mg	Phosphoro...	122mg
Potassium	456mg	Magnesium	45mg
Vitamin A	319IU	Zinc	1mg
Vitamin C	7mg	Selenium	12µg

## DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 In a large dutch oven or pot over medium heat, add the tikka masala paste and cook, stirring often for two minutes. Add the tofu, tomato purée, coconut yogurt, coconut milk, and salt. Cover and reduce the heat to a simmer. Cook for 15 minutes.
- 03 Divide the rice and tofu evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 1/2 cup of rice with one cup of curry.

### MORE FLAVOR

Add onions and garlic.

### ADDITIONAL TOPPINGS

Top with fresh cilantro.

# Blackberries

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Blackberries

## DIRECTIONS

01 Wash and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	62	Calcium	42mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	29µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	8g	Niacin	1mg
Sugar	7g	Vitamin B6	0mg
Protein	2g	Folate	36µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	32mg
Potassium	233mg	Magnesium	29mg
Vitamin A	308IU	Zinc	1mg
Vitamin C	30mg	Selenium	1µg

# Coconut Yogurt with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
1/4 cup Sunflower Seed Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Calcium	270mg
Fat	21g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polysat...	3g	Vitamin K	0µg
Monouns...	12g	Thiamine	0mg
Carbs	13g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	6g	Folate	76µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	26mg	Phosphoro...	213mg
Potassium	184mg	Magnesium	100mg
Vitamin A	17IU	Zinc	2mg
Vitamin C	1mg	Selenium	33µg

## DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the sunflower seed butter.  
Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to taste.

### ADDITIONAL TOPPINGS

Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.



# Creamy Sweet Potato Toast

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 Sweet Potato (large)  
2 tbsps Sunflower Seed Butter  
1 tbsp Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Calcium	71mg
Fat	18g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	3g	Vitamin K	1µg
Monouns...	12g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.1mg
Fiber	4g	Niacin	3mg
Sugar	6g	Vitamin B6	0.3mg
Protein	7g	Folate	83µg
Cholesterol	0mg	Vitamin B12	0.2µg
Sodium	40mg	Phosphoro...	244mg
Potassium	403mg	Magnesium	116mg
Vitamin A	9238IU	Zinc	2mg
Vitamin C	2mg	Selenium	34µg

## DIRECTIONS

- 01 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 02 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 03 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

### ADDITIONAL TOPPINGS

Add hemp seeds, flax seeds, or chia seeds on top.

# Blueberries

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Blueberries

## DIRECTIONS

01 Wash the berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Calcium	9mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	29µg
Monouns...	0g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	15g	Vitamin B6	0.1mg
Protein	1g	Folate	9µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	18mg
Potassium	114mg	Magnesium	9mg
Vitamin A	80IU	Zinc	0mg
Vitamin C	14mg	Selenium	0µg

# Toasted Walnuts

2 SERVINGS 15 MINUTES



## INGREDIENTS

2/3 cup Walnuts (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	235	Calcium	35mg
Fat	23g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	17g	Vitamin K	1µg
Monouns...	3g	Thiamine	0.1mg
Carbs	5g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0.2mg
Protein	5g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	125mg
Potassium	159mg	Magnesium	57mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

## NOTES

### EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.



# Lentil, Sweet Potato & Arugula Salad

2 SERVINGS 35 MINUTES



## INGREDIENTS

1 Sweet Potato (medium, diced)  
3/4 tsp Extra Virgin Olive Oil  
2 tbsps Tahini  
2 tbsps Water  
1 1/2 tsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
2 cups Arugula  
1 cup Lentils (cooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Calcium	141mg
Fat	10g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	26µg
Monouns...	4g	Thiamine	0.4mg
Carbs	40g	Riboflavin	0.3mg
Fiber	11g	Niacin	2mg
Sugar	8g	Vitamin B6	0.4mg
Protein	13g	Folate	220µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	61mg	Phosphoro...	329mg
Potassium	731mg	Magnesium	77mg
Vitamin A	9714IU	Zinc	2mg
Vitamin C	6mg	Selenium	8µg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 03 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 04 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

## NOTES

### NO LENTILS

Use chickpeas, grilled tofu, edamame, or tempeh instead.

### NO TAHINI

Use sunflower seed butter instead.

### NO ARUGULA

Use baby spinach, kale or mixed greens instead.

### LIKES IT SPICY

Add cajun spice or hot sauce into the tahini dressing.

# Falafel Salad with Green Tahini Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Oats (quick or traditional)  
1 1/3 cups Lentils (cooked, drained and rinsed)  
1 1/3 Garlic (cloves, minced)  
1/3 tsp Sea Salt  
1 1/3 cups Parsley (divided)  
2/3 Lemon (juiced and divided)  
1 1/3 tbsps Extra Virgin Olive Oil (divided)  
2 2/3 tbsps Tahini  
2 2/3 tbsps Water  
2 2/3 cups Baby Spinach (or mixed greens)

## NUTRITION

### AMOUNT PER SERVING

Calories	459	Calcium	223mg
Fat	22g	Iron	11mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	866µg
Monouns...	11g	Thiamine	0.6mg
Carbs	50g	Riboflavin	0.3mg
Fiber	17g	Niacin	4mg
Sugar	4g	Vitamin B6	0.4mg
Protein	20g	Folate	408µg
Cholesterol	0mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 02 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 03 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 04 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

## NOTES

### SPEED IT UP

Skip making the tahini sauce and serve with hummus instead.



Sodium	476mg	Phosphoro...	514mg
Potassium	1116mg	Magnesium	148mg
Vitamin A	7190IU	Zinc	4mg
Vitamin C	74mg	Selenium	17µg

# Crispy Baked Tofu

2 SERVINGS 40 MINUTES



## INGREDIENTS

8 1/4 ozs Tofu (extra-firm, pressed and cubed)  
1 1/3 tbsps Tamari  
1 1/3 tbsps Arrowroot Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	122	Calcium	331mg
Fat	6g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	3µg
Monouns...	2g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.1mg
Fiber	1g	Niacin	1mg
Sugar	1g	Vitamin B6	0.1mg
Protein	13g	Folate	13µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	675mg	Phosphoro...	145mg
Potassium	177mg	Magnesium	46mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	15µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 03 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

### MORE FLAVOR

Season with salt before serving.

### SERVE IT WITH

Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

### NO TAMARI

Use soy sauce or coconut aminos instead.

### NO ARROWROOT POWDER

Use corn starch instead.

### TOFU

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

# Coconut Rice with Beans

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/3 cup Water  
1/3 cup Canned Coconut Milk  
1/3 cup Jasmine Rice (uncooked, rinsed)  
3/4 cup Black Beans (cooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	283	Calcium	25mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0.2mg
Carbs	48g	Riboflavin	0mg
Fiber	7g	Niacin	0mg
Sugar	1g	Vitamin B6	0mg
Protein	9g	Folate	103µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	11mg	Phosphoro...	96mg
Potassium	299mg	Magnesium	49mg
Vitamin A	4IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

## DIRECTIONS

- 01 Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
- 02 Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
- 03 Divide onto plates and enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately one cup.

### STORAGE

Refrigerate in an airtight container up to 5 days or freeze if longer.

# Sweet Potato Quesadillas

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/4 cup Water (divided)
- 1 Sweet Potato (shredded)
- 1 1/2 tsps Taco Seasoning
- 1 1/2 cups Baby Spinach
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Salsa
- 3 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	334	Calcium	84mg
Fat	3g	Iron	4mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	80µg
Monouns...	0g	Thiamine	0.3mg
Carbs	64g	Riboflavin	0.1mg
Fiber	14g	Niacin	2mg
Sugar	9g	Vitamin B6	0.3mg
Protein	13g	Folate	165µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	951mg	Phosphoro...	177mg
Potassium	773mg	Magnesium	96mg
Vitamin A	7959IU	Zinc	1mg
Vitamin C	7mg	Selenium	2µg

## DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
- 02 Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
- 03 Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## NOTES

### LEFTOVERS

For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

### MORE FLAVOR

Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.



# Fajita Spiced Tofu & Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice  
8 3/4 ozs Tofu (extra-firm, pressed and crumbled into large pieces)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 Red Bell Pepper (diced)  
2 cups Baby Spinach (chopped)  
1 tbsp Taco Seasoning  
1 1/2 tsps Tamari

## NUTRITION

### AMOUNT PER SERVING

Calories	473	Calcium	402mg
Fat	17g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	157µg
Monouns...	9g	Thiamine	0.1mg
Carbs	67g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	4g	Vitamin B6	0.3mg
Protein	20g	Folate	98µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	665mg	Phosphoro...	175mg
Potassium	465mg	Magnesium	76mg
Vitamin A	4676IU	Zinc	2mg
Vitamin C	84mg	Selenium	17µg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to ten minutes or until the tofu is browned. Transfer to a plate and set aside.
- 03 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 04 Add the taco seasoning and tamari to the pan and stir well.
- 05 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately one cup of the tofu and veggies.

### MORE FLAVOR

Add lime juice, salsa, or hot sauce.

### ADDITIONAL TOPPINGS

Avocado, cilantro, or green onion.

### NO TAMARI

Use soy sauce or coconut aminos instead.

### NO RED BELL PEPPER

Use a yellow or orange bell pepper instead.