



Plant-Based Skin Health Program

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LIFESCAPE PREMIER, LLC

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will help you create your very own delicious meal plan.

HOW TO USE THIS GUIDE

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
Savory Golden Oats



SNACK 1
Sauerkraut Avocado Mash with Crackers



LUNCH
Spiced Cauliflower Rice Bowl



SNACK 2
Yogurt & Peaches



DINNER
Mason Jar Lentil Salad with Tahini Dressing

TUE



BREAKFAST
Savory Golden Oats



SNACK 1
Yogurt & Peaches



LUNCH
Mason Jar Lentil Salad with Tahini Dressing



SNACK 2
Sauerkraut Avocado Mash with Crackers



DINNER
Spiced Cauliflower Rice Bowl

WED



BREAKFAST
Creamy Blueberry Smoothie



SNACK 1
Raspberries



LUNCH
Spiced Cauliflower Rice Bowl



SNACK 2
Coconut Chia Seed Yogurt



DINNER
Charred Kale Salad with Tahini Dressing

THU



BREAKFAST
Creamy Blueberry Smoothie



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Charred Kale Salad with Tahini Dressing



SNACK 2
Raspberries



DINNER
Cabbage, Carrots & Mushroom Rice Bowl

FRI



BREAKFAST
Coconut Hemp Seed Breakfast Pudding



SNACK 1
Peach



LUNCH
Cabbage, Carrots & Mushroom Rice Bowl



SNACK 2
Coconut Chia Seed Yogurt



DINNER
One Pot Cauliflower & Lentil Green Curry

SAT



BREAKFAST
Coconut Hemp Seed Breakfast Pudding



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
One Pot Cauliflower & Lentil Green Curry



SNACK 2
Peaches with Cinnamon



DINNER
Lemon Kale Salad with Chickpeas & Avocado

SUN



BREAKFAST
Coconut Hemp Seed Breakfast Pudding



SNACK 1
Peaches with Cinnamon



LUNCH
Lemon Kale Salad with Chickpeas & Avocado



SNACK 2
Coconut Chia Seed Yogurt



DINNER
One Pot Cauliflower & Lentil Green Curry

MON

FAT 39% **CARBS 49%** **PROTEIN 12%**

Calories 1826 Calcium 1080mg
Fat 84g Iron 21mg
Saturated 16g Vitamin D 0IU
Trans 0g Vitamin E 8mg
Polyunsaturated 17g Vitamin K 249µg
Monounsaturated 36g Thiamine 2.9mg
Carbs 233g Riboflavin 2.4mg
Fiber 58g Niacin 23mg
Sugar 28g Vitamin B6 2.9mg
Protein 57g Folate 532µg
Cholesterol 0mg Vitamin B12 8.3µg
Sodium 2833mg Phosphorous 1298mg
Potassium 3955mg Magnesium 445mg
Vitamin A 5612IU Zinc 9mg
Vitamin C 157mg Selenium 53µg

TUE

FAT 39% **CARBS 49%** **PROTEIN 12%**

Calories 1826 Calcium 1080mg
Fat 84g Iron 21mg
Saturated 16g Vitamin D 0IU
Trans 0g Vitamin E 8mg
Polyunsaturated 17g Vitamin K 249µg
Monounsaturated 36g Thiamine 2.9mg
Carbs 233g Riboflavin 2.4mg
Fiber 58g Niacin 23mg
Sugar 28g Vitamin B6 2.9mg
Protein 57g Folate 532µg
Cholesterol 0mg Vitamin B12 8.3µg
Sodium 2833mg Phosphorous 1298mg
Potassium 3955mg Magnesium 445mg
Vitamin A 5612IU Zinc 9mg
Vitamin C 157mg Selenium 53µg

WED

FAT 49% **CARBS 39%** **PROTEIN 12%**

Calories 1713 Calcium 1754mg
Fat 99g Iron 15mg
Saturated 21g Vitamin D 0IU
Trans 0g Vitamin E 10mg
Polyunsaturated 31g Vitamin K 303µg
Monounsaturated 41g Thiamine 1.3mg
Carbs 178g Riboflavin 1.5mg
Fiber 64g Niacin 12mg
Sugar 36g Vitamin B6 1.6mg
Protein 56g Folate 412µg
Cholesterol 4mg Vitamin B12 4.6µg
Sodium 869mg Phosphorous 1136mg
Potassium 2647mg Magnesium 354mg
Vitamin A 3213IU Zinc 8mg
Vitamin C 303mg Selenium 33µg

THU

FAT 40% **CARBS 46%** **PROTEIN 14%**

Calories 1602 Calcium 1677mg
Fat 76g Iron 16mg
Saturated 18g Vitamin D 4IU
Trans 0g Vitamin E 8mg
Polyunsaturated 26g Vitamin K 275µg
Monounsaturated 28g Thiamine 1.2mg
Carbs 193g Riboflavin 1.5mg
Fiber 63g Niacin 13mg
Sugar 40g Vitamin B6 1.4mg
Protein 60g Folate 432µg
Cholesterol 4mg Vitamin B12 4.6µg
Sodium 758mg Phosphorous 1167mg
Potassium 2378mg Magnesium 341mg
Vitamin A 8296IU Zinc 8mg
Vitamin C 249mg Selenium 35µg

FRI

FAT 44% **CARBS 43%** **PROTEIN 13%**

Calories 1962 Calcium 1156mg
Fat 101g Iron 21mg
Saturated 51g Vitamin D 4IU
Trans 0g Vitamin E 3mg
Polyunsaturated 35g Vitamin K 61µg
Monounsaturated 5g Thiamine 1.2mg
Carbs 219g Riboflavin 0.7mg
Fiber 62g Niacin 14mg
Sugar 42g Vitamin B6 1.3mg
Protein 65g Folate 370µg
Cholesterol 0mg Vitamin B12 2.7µg
Sodium 1835mg Phosphorous 1247mg
Potassium 3536mg Magnesium 465mg
Vitamin A 6717IU Zinc 7mg
Vitamin C 144mg Selenium 21µg

SAT

FAT 54% **CARBS 34%** **PROTEIN 12%**

Calories 2127 Calcium 1317mg
Fat 135g Iron 23mg
Saturated 55g Vitamin D 0IU
Trans 0g Vitamin E 7mg
Polyunsaturated 41g Vitamin K 238µg
Monounsaturated 26g Thiamine 0.9mg
Carbs 189g Riboflavin 0.7mg
Fiber 71g Niacin 9mg
Sugar 42g Vitamin B6 1.1mg
Protein 66g Folate 512µg
Cholesterol 0mg Vitamin B12 2.7µg
Sodium 1912mg Phosphorous 1200mg
Potassium 3747mg Magnesium 493mg
Vitamin A 3336IU Zinc 8mg
Vitamin C 167mg Selenium 8µg

SUN

FAT 54% **CARBS 34%** **PROTEIN 12%**

Calories 2127 Calcium 1317mg
Fat 135g Iron 23mg
Saturated 55g Vitamin D 0IU
Trans 0g Vitamin E 7mg
Polyunsaturated 41g Vitamin K 238µg
Monounsaturated 26g Thiamine 0.9mg
Carbs 189g Riboflavin 0.7mg
Fiber 71g Niacin 9mg
Sugar 42g Vitamin B6 1.1mg
Protein 66g Folate 512µg



Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 1912mg	Phosphorous 1200mg
Potassium 3747mg	Magnesium 493mg
Vitamin A 3336IU	Zinc 8mg
Vitamin C 167mg	Selenium 8µg



FRUITS

- 3 1/2 Avocado
- 1 Blood Orange
- 2 Lemon
- 1/4 cup Lemon Juice
- 1/4 cup Lime Juice
- 5 Peach
- 2 3/4 cups Raspberries
- 1 1/4 cups Strawberries

SEEDS, NUTS & SPICES

- 1 2/3 cups Chia Seeds
- 2 1/3 tbsps Cinnamon
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 1 tsp Onion Powder
- 3/4 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1 1/3 tsps Sea Salt
- 1 1/8 tbsps Sesame Seeds
- 1/8 tsp Smoked Paprika
- 1 1/3 tsps Turmeric

FROZEN

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower

VEGETABLES

- 1 1/2 cups Baby Kale
- 2 cups Baby Spinach
- 1 Carrot
- 1 1/2 heads Cauliflower
- 1 1/4 cups Cilantro
- 6 Cremini Mushrooms
- 1 1/2 Garlic
- 1/2 tsp Ginger
- 8 cups Kale Leaves
- 2 cups Purple Cabbage
- 3/4 tsp Thyme
- 1/2 cup Watermelon Radish
- 1 1/2 Yellow Onion

BOXED & CANNED

- 1 3/4 cups Brown Rice
- 3 cups Canned Coconut Milk
- 1 3/4 cups Chickpeas
- 1 1/4 cups Dry Red Lentils
- 1 2/3 cups Lentils
- 3 1/2 ozs Seed Crackers
- 6 1/2 cups Vegetable Broth

BAKING

- 1 tbsp Monk Fruit Sweetener
- 1 tsp Nutritional Yeast
- 1 cup Oats
- 1 tbsp Unsweetened Shredded Coconut
- 3/4 tsp Vanilla Extract

CONDIMENTS & OILS

- 2 1/2 tbsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Green Curry Paste
- 1/4 cup Sauerkraut
- 1/2 cup Tahini

COLD

- 8 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 3 cups Water

Savory Golden Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

- 4 cups Vegetable Broth
- 1 cup Oats (rolled)
- 1/2 cup Dry Red Lentils
- 1 tsp Onion Powder
- 1 tsp Turmeric
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 1 tsp Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	84mg
Fat	4g	Iron	8mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	149µg
Monouns...	1g	Thiamine	1.5mg
Carbs	70g	Riboflavin	1.5mg
Fiber	13g	Niacin	8mg
Sugar	4g	Vitamin B6	1.4mg
Protein	21g	Folate	73µg
Cholester...	0mg	Vitamin B12	5.6µg
Sodium	1635mg	Phosphoro...	206mg
Potassium	1002mg	Magnesium	89mg
Vitamin A	3865IU	Zinc	2mg

DIRECTIONS

- 01 Bring the vegetable broth to a gentle boil over medium-high heat.
- 02 Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
- 03 Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.

MORE FLAVOR

Add red pepper flakes, fresh ground black pepper or fresh garlic.

ADDITIONAL TOPPINGS

Fresh herbs, green onions, diced tomatoes or sesame seeds.

NO VEGETABLE BROTH

Use water instead and increase the sea salt to taste.

Vitamin C 10mg Selenium 12µg



Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	321	Calcium	510mg
Fat	9g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	47µg
Monouns...	1g	Thiamine	0.3mg
Carbs	41g	Riboflavin	0.7mg
Fiber	15g	Niacin	2mg
Sugar	17g	Vitamin B6	0.4mg
Protein	25g	Folate	102µg
Cholesterol	4mg	Vitamin B12	1.9µg
Sodium	103mg	Phosphoro...	384mg
Potassium	555mg	Magnesium	79mg
Vitamin A	92IU	Zinc	2mg
Vitamin C	79mg	Selenium	8µg

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Coconut Hemp Seed Breakfast Pudding

3 SERVINGS 3 HOURS



INGREDIENTS

1 1/2 cups Canned Coconut Milk (full fat)
1 tbsp Monk Fruit Sweetener
3/4 tsp Vanilla Extract
3/4 cup Hemp Seeds
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds
1 tbsp Unsweetened Shredded Coconut
3/4 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	601	Calcium	171mg
Fat	51g	Iron	5mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	22g	Vitamin K	2µg
Monouns...	3g	Thiamine	0.5mg
Carbs	25g	Riboflavin	0.1mg
Fiber	12g	Niacin	4mg
Sugar	4g	Vitamin B6	0.3mg
Protein	20g	Folate	50µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	36mg	Phosphoro...	669mg
Potassium	785mg	Magnesium	287mg
Vitamin A	15IU	Zinc	4mg
Vitamin C	8mg	Selenium	0µg

DIRECTIONS

- 01 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 02 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 03 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 3/4 cup of hemp seed pudding.

ADDITIONAL TOPPINGS

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

NO RASPBERRIES

Use strawberries or blueberries instead.

Sauerkraut Avocado Mash with Crackers

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Avocado (peeled, pit removed)
- 1/4 cup Sauerkraut (roughly chopped)
- 3 1/2 ozs Seed Crackers

NUTRITION

AMOUNT PER SERVING

Calories	387	Calcium	129mg
Fat	23g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	23µg
Monouns...	10g	Thiamine	0.2mg
Carbs	41g	Riboflavin	0.2mg
Fiber	15g	Niacin	4mg
Sugar	1g	Vitamin B6	0.3mg
Protein	8g	Folate	86µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	418mg	Phosphoro...	267mg
Potassium	756mg	Magnesium	130mg
Vitamin A	150IU	Zinc	2mg
Vitamin C	13mg	Selenium	10µg

DIRECTIONS

- 01 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO CRACKERS

Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.

Raspberries

2 SERVINGS 3 MINUTES



INGREDIENTS

2 cups 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.

Peach

1 SERVING 5 MINUTES



INGREDIENTS

1 Peach

DIRECTIONS

01 Wash and enjoy whole or sliced.

NUTRITION

AMOUNT PER SERVING

Calories	59	Calcium	9mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	13g	Vitamin B6	0mg
Protein	1g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	30mg
Potassium	285mg	Magnesium	14mg
Vitamin A	489IU	Zinc	0mg
Vitamin C	10mg	Selenium	0µg

Spiced Cauliflower Rice Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Brown Rice (dry, uncooked)
1/3 tsp Sea Salt
3/4 head Cauliflower (chopped into florets)
1/3 tsp Turmeric
3/4 tsp Paprika
3/4 tsp Thyme (dried)
3 tbsps Tahini
1 1/2 Garlic (clove, minced)
1 1/2 tbsps Lemon Juice
1 1/2 tbsps Water
1 1/2 Avocado (sliced)
1/3 cup Cilantro (chopped)
1 1/2 tps Sesame Seeds (for topping)

NUTRITION

AMOUNT PER SERVING

Calories	529	Calcium	136mg
Fat	26g	Iron	4mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	51µg
Monouns...	14g	Thiamine	0.7mg
Carbs	68g	Riboflavin	0.4mg
Fiber	14g	Niacin	7mg
Sugar	4g	Vitamin B6	0.9mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 03 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 04 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 05 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO BROWN RICE

Use jasmine rice, cauliflower rice, quinoa or millet instead.

Protein	13g	Folate	199µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	369mg	Phosphoro...	435mg
Potassium	1197mg	Magnesium	146mg
Vitamin A	585IU	Zinc	3mg
Vitamin C	85mg	Selenium	18µg



Yogurt & Peaches

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
2 Peach (sliced, fresh or frozen and thawed)

NUTRITION

AMOUNT PER SERVING

Calories	169	Calcium	509mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	14g	Vitamin B6	0mg
Protein	2g	Folate	6µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	50mg	Phosphoro...	30mg
Potassium	285mg	Magnesium	14mg
Vitamin A	489IU	Zinc	0mg
Vitamin C	10mg	Selenium	0µg

DIRECTIONS

01 Add the yogurt to a bowl and top with the peach slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

NO COCONUT YOGURT

Use Greek yogurt instead.

Coconut Chia Seed Yogurt

5 SERVINGS 30 MINUTES



INGREDIENTS

5 cups Unsweetened Coconut Yogurt
1 1/4 cups Chia Seeds
1 2/3 tbsps Cinnamon
1 1/4 cups Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	355	Calcium	838mg
Fat	22g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	1g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	21g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	57mg	Phosphoro...	10mg
Potassium	266mg	Magnesium	6mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Peaches with Cinnamon

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tsps Cinnamon
2 Peach (sliced, pit removed)

NUTRITION

AMOUNT PER SERVING

Calories	65	Calcium	35mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	0g	Thiamine	0mg
Carbs	16g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	13g	Vitamin B6	0mg
Protein	1g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	32mg
Potassium	296mg	Magnesium	15mg
Vitamin A	497IU	Zinc	0mg
Vitamin C	10mg	Selenium	0µg

DIRECTIONS

01 In a small bowl or container, sprinkle the cinnamon over the peach slices.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

ADDITIONAL TOPPING

Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.

Mason Jar Lentil Salad with Tahini Dressing

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Tahini
1/3 cup Water
1 tbsp Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/4 tsp Sea Salt
1 cup Purple Cabbage (chopped)
1/2 cup Watermelon Radish (sliced thinly)
2/3 cup Lentils (cooked)
1 1/2 cups Baby Kale

NUTRITION

AMOUNT PER SERVING

Calories	352	Calcium	222mg
Fat	24g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	8g	Vitamin K	22µg
Monouns...	11g	Thiamine	0.5mg
Carbs	28g	Riboflavin	0.2mg
Fiber	11g	Niacin	3mg
Sugar	5g	Vitamin B6	0.3mg
Protein	13g	Folate	168µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	361mg	Phosphoro...	360mg
Potassium	715mg	Magnesium	66mg
Vitamin A	523IU	Zinc	2mg

DIRECTIONS

- 01 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 02 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to two days.

SERVING SIZE

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

MORE FLAVOR

Add herbs, chili flakes and/or garlic powder to the lentils.

ADDITIONAL TOPPING

Add hemp seeds or pumpkin seeds.

NO BABY KALE

Use baby spinach, arugula or romaine instead.

NO WATERMELON RADISH

Use regular radish instead.

LIKES IT SWEET

Add a little bit of maple syrup to the tahini dressing.

Vitamin C 39mg Selenium 13µg



Charred Kale Salad with Tahini Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 tbsps Lime Juice
- 2 tbsps Tahini
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 cup Cilantro (roughly chopped)
- 1/4 tsp Sea Salt
- 1 tbsp Water
- 4 cups Kale Leaves (stem removed, roughly torn)
- 2 tpsps Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 tbsps Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	444	Calcium	239mg
Fat	41g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	9g	Vitamin K	193µg
Monouns...	25g	Thiamine	0.3mg
Carbs	17g	Riboflavin	0.3mg
Fiber	6g	Niacin	2mg
Sugar	7g	Vitamin B6	0.2mg
Protein	8g	Folate	76µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 02 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 03 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

NOTES

LEFTOVERS

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

NO BLOOD ORANGE

Use a regular orange or grapefruit.

Sodium	339mg	Phosphoro...	271mg
Potassium	443mg	Magnesium	96mg
Vitamin A	2483IU	Zinc	2mg
Vitamin C	86mg	Selenium	7µg



Cabbage, Carrots & Mushroom Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry, uncooked)
1 tbsp Coconut Aminos
1 1/2 tsps Lime Juice
1 1/2 tsps Water
1/2 tsp Ginger (fresh, grated)
1/4 cup Vegetable Broth
6 Cremini Mushrooms (sliced)
1 Carrot (medium, shredded)
1 cup Purple Cabbage (thinly sliced)
1 cup Lentils (cooked, rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	418	Calcium	59mg
Fat	3g	Iron	5mg
Saturated	1g	Vitamin D	4IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	23µg
Monouns...	1g	Thiamine	0.6mg
Carbs	83g	Riboflavin	0.4mg
Fiber	13g	Niacin	8mg
Sugar	8g	Vitamin B6	0.7mg
Protein	17g	Folate	219µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	258mg	Phosphoro...	466mg
Potassium	928mg	Magnesium	133mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, combine the coconut aminos, lime juice, water, and ginger in a small bowl. Set aside.
- 03 Heat the broth in a pan over medium heat. Add the mushrooms and cook until soft and browned, about five minutes. Add water as needed to prevent sticking.
- 04 Divide the rice, mushrooms, carrot, cabbage and lentils into bowls. Drizzle the dressing ovetop and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

ADDITIONAL TOPPING

Add sprouts, sliced green onion, or avocado. Season the lentils with salt and pepper.

NO VEGETABLE BROTH

Use water or your choice of cooking oil instead, adjusting the quantity accordingly.

Vitamin A 5668IU Zinc 3mg
Vitamin C 31mg Selenium 20µg



One Pot Cauliflower & Lentil Green Curry

3 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Water
1 1/2 Yellow Onion (medium, chopped)
1/3 cup Green Curry Paste
2 1/4 cups Vegetable Broth
1 1/2 cups Canned Coconut Milk
3/4 cup Dry Red Lentils (rinsed)
3/4 head Cauliflower (small, cut into florets)
1 1/2 tbsps Coconut Aminos
1 1/2 tbsps Lime Juice
1/3 cup Cilantro (chopped, optional for serving)

NUTRITION

AMOUNT PER SERVING

Calories	529	Calcium	79mg
Fat	25g	Iron	7mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	30µg
Monouns...	0g	Thiamine	0.1mg
Carbs	60g	Riboflavin	0.1mg
Fiber	14g	Niacin	1mg
Sugar	14g	Vitamin B6	0.3mg
Protein	18g	Folate	86µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 02 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
- 03 Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 04 Divide between bowls and garnish with the cilantro (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add fresh garlic or ginger.

MAKE IT VEGAN

Ensure the curry paste does not contain fish sauce or shrimp paste.

NO CAULIFLOWER

Use broccoli instead.

CURRY PASTE

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

CONSISTENCY

For a thinner curry add more vegetable broth.

Sodium	1484mg	Phosphoro...	72mg
Potassium	1272mg	Magnesium	25mg
Vitamin A	533IU	Zinc	0mg
Vitamin C	74mg	Selenium	1µg

SERVE IT WITH

Rice, quinoa or cauliflower rice.

Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	577	Calcium	194mg
Fat	37g	Iron	6mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	7g	Vitamin K	199µg
Monouns...	22g	Thiamine	0.3mg
Carbs	51g	Riboflavin	0.4mg
Fiber	20g	Niacin	3mg
Sugar	8g	Vitamin B6	0.5mg
Protein	18g	Folate	361µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	335mg	Phosphoro...	417mg
Potassium	1128mg	Magnesium	160mg
Vitamin A	2279IU	Zinc	4mg

DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

ADDITIONAL TOPPINGS

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Vitamin C 54mg Selenium 7µg

