



Plant-Based Brain Health Support Program

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Plant-Based Brain Health Support 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, delicious recipes, and the nutritional breakdown of each meal.

Enjoy favorite foods in new ways as you explore this menu and hopefully are inspired to continue eating a whole foods diet.



MON



BREAKFAST
Blackberry Protein Overnight Oats



SNACK 1
Guacamole Rollups



LUNCH
Hummus Pasta



SNACK 2
Peanut Butter Banana Oat Smoothie



DINNER
Maple Roasted Tofu & Rutabaga Bowl

TUE



BREAKFAST
Blackberry Protein Overnight Oats



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Maple Roasted Tofu & Rutabaga Bowl



SNACK 2
Guacamole Rollups



DINNER
Hummus Pasta

WED



BREAKFAST
Blackberry Protein Overnight Oats



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Hummus Pasta



SNACK 2
Creamy Peanut Butter Banana Rollup



DINNER
Grilled Tofu Pineapple Skewers with Arugula, Avocado

THU



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Creamy Peanut Butter Banana Rollup



LUNCH
Grilled Tofu Pineapple Skewers with Arugula



SNACK 2
Hummus & Veggies Snack Box



DINNER
Creamy Pasta with Kale

FRI



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Blueberries



LUNCH
Creamy Pasta with Kale



SNACK 2
Creamy Peanut Butter Banana Rollup



DINNER
Maple Mustard Kale Salad with Crispy Tofu, Brown Rice

SAT



BREAKFAST
Peanut Butter & Jam Overnight Oats



SNACK 1
Almond Milk & Banana



LUNCH
Maple Mustard Kale Salad with Crispy Tofu, Brown Rice



SNACK 2
Roasted Edamame



DINNER
Hummus & Veggie Wrap

SUN



BREAKFAST
Peanut Butter & Jam Overnight Oats



SNACK 1
Roasted Edamame



LUNCH
Hummus & Veggie Wrap



SNACK 2
Almond Milk & Banana



DINNER
Maple Mustard Kale Salad with Crispy Tofu, Brown Rice

MON**FAT 38%** **CARBS 46%** **PROTEIN 16%**

Calories 1770	Calcium 1580mg
Fat 80g	Iron 19mg
Saturated 13g	Vitamin D 151IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 18g	Vitamin K 141µg
Monounsaturated 34g	Thiamine 1.4mg
Carbs 219g	Riboflavin 1.4mg
Fiber 51g	Niacin 15mg
Sugar 49g	Vitamin B6 1.7mg
Protein 76g	Folate 437µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1839mg	Phosphorous 1250mg
Potassium 3096mg	Magnesium 522mg
Vitamin A 2923IU	Zinc 10mg
Vitamin C 114mg	Selenium 63µg

TUE**FAT 38%** **CARBS 46%** **PROTEIN 16%**

Calories 1770	Calcium 1580mg
Fat 80g	Iron 19mg
Saturated 13g	Vitamin D 151IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 18g	Vitamin K 141µg
Monounsaturated 34g	Thiamine 1.4mg
Carbs 219g	Riboflavin 1.4mg
Fiber 51g	Niacin 15mg
Sugar 49g	Vitamin B6 1.7mg
Protein 76g	Folate 437µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1839mg	Phosphorous 1250mg
Potassium 3096mg	Magnesium 522mg
Vitamin A 2923IU	Zinc 10mg
Vitamin C 114mg	Selenium 63µg

WED**FAT 40%** **CARBS 43%** **PROTEIN 17%**

Calories 1744	Calcium 1517mg
Fat 84g	Iron 21mg
Saturated 14g	Vitamin D 101IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 24g	Vitamin K 177µg
Monounsaturated 32g	Thiamine 1.3mg
Carbs 201g	Riboflavin 1.4mg
Fiber 54g	Niacin 15mg
Sugar 62g	Vitamin B6 2.0mg
Protein 80g	Folate 525µg
Cholesterol 2mg	Vitamin B12 0.6µg
Sodium 1937mg	Phosphorous 1188mg
Potassium 3233mg	Magnesium 520mg
Vitamin A 5569IU	Zinc 10mg
Vitamin C 231mg	Selenium 58µg

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

Calories 1779	Calcium 1695mg
Fat 97g	Iron 22mg
Saturated 20g	Vitamin D 0IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 20g	Vitamin K 234µg
Monounsaturated 33g	Thiamine 3.3mg
Carbs 190g	Riboflavin 3.4mg
Fiber 49g	Niacin 25mg
Sugar 60g	Vitamin B6 4.2mg
Protein 69g	Folate 333µg
Cholesterol 0mg	Vitamin B12 14.3µg
Sodium 1545mg	Phosphorous 851mg
Potassium 2695mg	Magnesium 531mg
Vitamin A 5495IU	Zinc 7mg
Vitamin C 246mg	Selenium 45µg

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

Calories 1850	Calcium 1611mg
Fat 95g	Iron 20mg
Saturated 19g	Vitamin D 0IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 14g	Vitamin K 430µg
Monounsaturated 37g	Thiamine 3.5mg
Carbs 213g	Riboflavin 3.5mg
Fiber 48g	Niacin 27mg
Sugar 54g	Vitamin B6 4.0mg
Protein 62g	Folate 251µg
Cholesterol 0mg	Vitamin B12 14.3µg
Sodium 1038mg	Phosphorous 819mg
Potassium 2297mg	Magnesium 508mg
Vitamin A 5561IU	Zinc 7mg
Vitamin C 178mg	Selenium 44µg

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

Calories 1799	Calcium 1618mg
Fat 89g	Iron 18mg
Saturated 15g	Vitamin D 164IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 24g	Vitamin K 418µg
Monounsaturated 41g	Thiamine 1.6mg
Carbs 207g	Riboflavin 1.9mg
Fiber 43g	Niacin 17mg
Sugar 62g	Vitamin B6 1.9mg
Protein 65g	Folate 894µg
Cholesterol 0mg	Vitamin B12 0µg
Sodium 1739mg	Phosphorous 1275mg
Potassium 3405mg	Magnesium 574mg
Vitamin A 11387IU	Zinc 10mg
Vitamin C 256mg	Selenium 57µg

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

Calories 1799	Calcium 1618mg
Fat 89g	Iron 18mg
Saturated 15g	Vitamin D 164IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 24g	Vitamin K 418µg
Monounsaturated 41g	Thiamine 1.6mg
Carbs 207g	Riboflavin 1.9mg
Fiber 43g	Niacin 17mg
Sugar 62g	Vitamin B6 1.9mg
Protein 65g	Folate 894µg



Cholesterol 0mg	Vitamin B12 0µg
Sodium 1739mg	Phosphorous 1275mg
Potassium 3405mg	Magnesium 574mg
Vitamin A 11387IU	Zinc 10mg
Vitamin C 256mg	Selenium 57µg



FRUITS

- 2 Avocado
- 7 Banana
- 1 1/2 cups Blackberries
- 1 2/3 cups Blueberries
- 1/3 cup Lemon Juice
- 1 tsp Lime Juice
- 1 1/2 cups Pineapple
- 2 1/2 cups Strawberries

BREAKFAST

- 1 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Cashews
- 3/4 cup Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1 1/2 tps Everything Bagel Seasoning
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 2 1/2 cups Frozen Edamame

VEGETABLES

- 5 cups Arugula
- 4 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1 3/4 Cucumber
- 2/3 Garlic
- 13 cups Kale Leaves
- 2 3/4 Red Bell Pepper
- 4 leaves Romaine
- 2 2/3 cups Rutabaga
- 1/2 Tomato

BOXED & CANNED

- 1 1/16 cups Brown Rice
- 10 ozs Chickpea Pasta

BAKING

- 2 3/4 tbsps Arrowroot Powder
- 2 tps Nutritional Yeast
- 3 cups Oats

BREAD, FISH, MEAT & CHEESE

- 1 1/2 cups Hummus
- 1 3/4 lbs Tofu
- 7 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Miso Paste
- 3 1/2 tbsps Tamari

COLD

- 7 1/4 cups Unsweetened Almond Milk
- 2 1/3 cups Unsweetened Coconut Yogurt

OTHER

- 1/3 cup Vanilla Protein Powder
- 1 3/4 cups Water

Blackberry Protein Overnight Oats

3 SERVINGS 8 HOURS



INGREDIENTS

3 cups Unsweetened Almond Milk
1 1/2 cups Oats (quick or rolled)
3 tbsps Chia Seeds
1/3 cup Vanilla Protein Powder
1 tbsp Cinnamon
1 1/2 cups Blackberries

NUTRITION

AMOUNT PER SERVING

Calories	322	Calcium	643mg
Fat	10g	Iron	4mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	16µg
Monouns...	2g	Thiamine	0.3mg
Carbs	43g	Riboflavin	0.4mg
Fiber	14g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	19g	Folate	35µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	183mg	Phosphoro...	344mg
Potassium	458mg	Magnesium	147mg
Vitamin A	661IU	Zinc	3mg
Vitamin C	15mg	Selenium	15µg

DIRECTIONS

- 01 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 02 To serve, stir well and top with blackberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use another milk or milk alternative instead.

ADDITIONAL TOPPINGS

Stir in additional almond milk or top with a dollop of greek yogurt.

NO BLACKBERRIES

Use other fresh berries fruit instead.

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 Chia Seed Yogurt

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	368	Calcium	799mg
Fat	23g	Iron	5mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	17g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	50mg	Phosphoro...	10mg
Potassium	414mg	Magnesium	146mg
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.

Peanut Butter & Jam Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/3 cup All Natural Peanut Butter (divided)
3 tbsps Maple Syrup (divided)
1 1/4 cups Unsweetened Almond Milk
1 cup Oats (quick)
1 tbsp Chia Seeds
2 cups Strawberries (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	567	Calcium	410mg
Fat	27g	Iron	4mg
Saturated	5g	Vitamin D	63IU
Trans	0g	Vitamin E	4mg
Polyunsat...	7g	Vitamin K	4µg
Monouns...	12g	Thiamine	0.3mg
Carbs	71g	Riboflavin	0.6mg
Fiber	11g	Niacin	6mg
Sugar	30g	Vitamin B6	0.3mg
Protein	17g	Folate	83µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	115mg	Phosphoro...	336mg
Potassium	721mg	Magnesium	177mg
Vitamin A	329IU	Zinc	3mg
Vitamin C	85mg	Selenium	14µg

DIRECTIONS

- 01 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 02 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 03 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 04 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

NOTES

LEFTOVERS

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

NO PEANUT BUTTER

Use almond butter, cashew butter or sunflower seed butter instead.

Guacamole Rollups

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 Avocado (mashed)
- 2 tbsps Cilantro (finely chopped)
- 1 tsp Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 1/2 Tomato (small, diced)
- 2 Whole Wheat Tortilla (large)

NUTRITION

AMOUNT PER SERVING

Calories	293	Calcium	115mg
Fat	19g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	26µg
Monouns...	11g	Thiamine	0.4mg
Carbs	29g	Riboflavin	0.3mg
Fiber	11g	Niacin	4mg
Sugar	2g	Vitamin B6	0.4mg
Protein	6g	Folate	147µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	420mg	Phosphoro...	203mg
Potassium	662mg	Magnesium	67mg
Vitamin A	633IU	Zinc	1mg
Vitamin C	16mg	Selenium	16µg

DIRECTIONS

- 01 In a bowl, combine the avocado, cilantro, lime juice, salt, and tomatoes. Spread onto each tortilla and roll tightly into wraps. Slice into quarters and enjoy!

NOTES

LEFTOVERS

For best results, assemble the wrap just before eating.

SERVING SIZE

One serving is one full tortilla.

MORE FLAVOR

Add red onions and minced garlic.

ADDITIONAL TOPPINGS

Add spinach, chickpeas, tofu, or chicken breast.

Peanut Butter Banana Oat Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	258mg
Fat	20g	Iron	2mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	1µg
Monouns...	10g	Thiamine	0.2mg
Carbs	48g	Riboflavin	0.2mg
Fiber	7g	Niacin	5mg
Sugar	18g	Vitamin B6	0.6mg
Protein	12g	Folate	58µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	88mg	Phosphoro...	217mg
Potassium	694mg	Magnesium	122mg
Vitamin A	325IU	Zinc	2mg
Vitamin C	10mg	Selenium	8µg

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.

Hummus & Veggies Snack Box

2 SERVINGS 5 MINUTES



INGREDIENTS

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

Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup 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

Almond Milk & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 Banana

DIRECTIONS

01 Serve the almond milk with the banana. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	134	Calcium	457mg
Fat	3g	Iron	1mg
Saturated	0g	Vitamin D	101IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	2g	Thiamine	0mg
Carbs	28g	Riboflavin	0.2mg
Fiber	4g	Niacin	1mg
Sugar	14g	Vitamin B6	0.4mg
Protein	2g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	162mg	Phosphoro...	26mg
Potassium	458mg	Magnesium	49mg
Vitamin A	575IU	Zinc	0mg
Vitamin C	10mg	Selenium	1µg

Hummus Pasta

3 SERVINGS 15 MINUTES



INGREDIENTS

6 ozs Chickpea Pasta (dry)
1/2 cup Frozen Edamame
3/4 tsp Extra Virgin Olive Oil
1/2 cup Cherry Tomatoes (halved)
2 cups Arugula
2 1/4 tsps Lemon Juice
1/2 cup Hummus
1 1/2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	340	Calcium	100mg
Fat	14g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	34µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	21g	Folate	127µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	341mg	Phosphoro...	137mg
Potassium	371mg	Magnesium	59mg
Vitamin A	626IU	Zinc	1mg

DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

Vitamin C 9mg Selenium 2µg



Creamy Peanut Butter Banana Rollup

3 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup All Natural Peanut Butter
1/3 cup Unsweetened Coconut Yogurt
3 Whole Wheat Tortilla
3 Banana

NUTRITION

AMOUNT PER SERVING

Calories	439	Calcium	184mg
Fat	22g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	3µg
Monouns...	10g	Thiamine	0.4mg
Carbs	54g	Riboflavin	0.3mg
Fiber	9g	Niacin	7mg
Sugar	19g	Vitamin B6	0.7mg
Protein	13g	Folate	108µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	266mg	Phosphoro...	276mg
Potassium	710mg	Magnesium	121mg
Vitamin A	78IU	Zinc	2mg
Vitamin C	10mg	Selenium	18µg

DIRECTIONS

- 01 In a small bowl, whisk together the peanut butter and coconut yogurt. Spread an even layer over the tortilla.
- 02 Place the banana on one end of the tortilla. Roll it up and slice into bite-size pieces. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free tortilla.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds, or raisins.

NO COCONUT YOGURT

Use Greek yogurt instead.

Roasted Edamame

2 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Calcium	98mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	45µg
Monouns...	7g	Thiamine	0.3mg
Carbs	14g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	3g	Vitamin B6	0.2mg
Protein	18g	Folate	482µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphoro...	262mg
Potassium	676mg	Magnesium	99mg
Vitamin A	462IU	Zinc	2mg
Vitamin C	9mg	Selenium	1µg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Maple Roasted Tofu & Rutabaga Bowl

2 SERVINGS 1 HOUR



INGREDIENTS

1/3 cup Brown Rice (dry)
1 1/3 tbsps Maple Syrup
1 1/3 tbsps Tamari
1 1/3 tbsps Extra Virgin Olive Oil
1/16 tsp Sea Salt (to taste)
2 2/3 cups Rutabaga (peeled, diced)
8 1/4 ozs Tofu (extra-firm, pressed and cubed)
1 1/3 tbsps Arrowroot Powder
1 1/3 cups Kale Leaves (tough stems removed, chopped)
1 1/3 tbsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	426	Calcium	464mg
Fat	17g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	64µg
Monouns...	8g	Thiamine	0.4mg
Carbs	57g	Riboflavin	0.4mg
Fiber	7g	Niacin	4mg
Sugar	18g	Vitamin B6	0.5mg
Protein	18g	Folate	70µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
- 02 In a bowl, whisk together the maple syrup, tamari, oil, and salt.
- 03 Arrange the diced rutabaga in a glass baking dish and toss with half of the marinade. Cover with a lid or foil and bake for 30 minutes.
- 04 Meanwhile, add the tofu cubes to a bowl and gently toss with the remaining marinade. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 05 Remove the rutabaga from the oven and gently stir. Lower the temperature to 375°F (190°C) and return the rutabaga to the oven, uncovered. At this time, place the tofu in the oven as well. Cook both for an additional 25 minutes, flipping the tofu halfway.
- 06 Divide the kale, brown rice, rutabaga, and crispy tofu into bowls. Top with lemon juice and salt to taste (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Sliced green onion, sauerkraut, or other pickled veggies.

NO RUTABAGA

Use sweet potato, parsnip, or squash and adjust cooking times accordingly.

Sodium	807mg	Phosphoro...	349mg
Potassium	911mg	Magnesium	127mg
Vitamin A	678IU	Zinc	3mg
Vitamin C	64mg	Selenium	22µg

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.

Grilled Tofu Pineapple Skewers with Arugula

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Miso Paste
1 1/2 tsps Extra Virgin Olive Oil
2 1/4 tsps Tamari
2 1/4 tsps Maple Syrup
10 1/2 ozs Tofu (extra firm, drained and pat dry)
1/2 Red Bell Pepper (medium, chopped)
1 1/2 cups Pineapple (chopped)
3 cups Arugula
1/2 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	281	Calcium	510mg
Fat	12g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	53µg
Monouns...	4g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.3mg
Fiber	5g	Niacin	2mg
Sugar	22g	Vitamin B6	0.4mg
Protein	19g	Folate	85µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	811mg	Phosphoro...	227mg
Potassium	644mg	Magnesium	99mg

DIRECTIONS

- 01 In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
- 02 Pierce the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 03 Serve the skewers over the arugula and cucumber slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two 12-inch skewers with two cups of salad.

ADDITIONAL TOPPINGS

Sprinkle sesame seeds over the tofu before grilling. Drizzle olive oil or your favorite dressing overtop.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Vitamin A	1794IU	Zinc	2mg
Vitamin C	104mg	Selenium	20µg



Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	161	Calcium	12mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	21µg
Monouns...	10g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	1g	Vitamin B6	0.3mg
Protein	2g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	52mg
Potassium	487mg	Magnesium	29mg
Vitamin A	147IU	Zinc	1mg
Vitamin C	10mg	Selenium	0µg

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Creamy Pasta with Kale

2 SERVINGS 40 MINUTES



INGREDIENTS

4 ozs Chickpea Pasta
2 2/3 cups Kale Leaves (sliced thin into ribbons)
2/3 Garlic (clove, minced)
1/2 cup Cashews (soaked for 30 minutes and drained)
1/3 cup Water
2 tsps Nutritional Yeast (optional)
2 tsps Lemon Juice
1 1/3 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	490	Calcium	134mg
Fat	29g	Iron	8mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	126µg
Monouns...	16g	Thiamine	2.5mg
Carbs	46g	Riboflavin	2.6mg
Fiber	11g	Niacin	14mg
Sugar	7g	Vitamin B6	2.7mg
Protein	22g	Folate	42µg
Cholesterol	0mg	Vitamin B12	11.3µg
Sodium	89mg	Phosphoro...	186mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the package and set aside.
- 02 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 03 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 04 Toss the pasta with the cream sauce and enjoy!

NOTES

NO KALE

Use another green instead such as spinach, collard greens or Swiss chard.

LEFTOVERS

Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

NO CHICKPEA PASTA

Use lentil, quinoa, brown rice or whole wheat pasta instead.

Potassium	364mg	Magnesium	100mg
Vitamin A	1348IU	Zinc	2mg
Vitamin C	28mg	Selenium	4µg

Maple Mustard Kale Salad with Crispy Tofu

3 SERVINGS 35 MINUTES



INGREDIENTS

10 1/2 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)
1 1/2 tbsps Tamari
1 1/2 tbsps Arrowroot Powder
9 cups Kale Leaves (finely chopped)
3 tbsps Lemon Juice
3 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tbsps Dijon Mustard
1 1/2 tbsps Maple Syrup
3/4 Cucumber (chopped)
3/4 Red Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	299	Calcium	469mg
Fat	20g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	270µg
Monouns...	11g	Thiamine	0.2mg
Carbs	20g	Riboflavin	0.5mg
Fiber	5g	Niacin	2mg
Sugar	10g	Vitamin B6	0.3mg
Protein	14g	Folate	72µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	627mg	Phosphoro...	185mg

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. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Let the tofu cool slightly.
- 03 Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.
- 04 In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.
- 05 To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

NOTES

LEFTOVERS

Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

ADDITIONAL TOPPINGS

Add tomato, grated carrot, green onion, or red onion.

NO TAMARI

Use coconut aminos instead.

NO MAPLE SYRUP

Use honey or other liquid sweetener instead.

Potassium	579mg	Magnesium	76mg
Vitamin A	4043IU	Zinc	2mg
Vitamin C	105mg	Selenium	14µg

Brown Rice

3 SERVINGS 45 MINUTES



INGREDIENTS

3/4 cup Brown Rice (uncooked)
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Calcium	168mg
Fat	23g	Iron	4mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	7g	Vitamin K	98µg
Monouns...	9g	Thiamine	0.5mg
Carbs	39g	Riboflavin	0.4mg
Fiber	13g	Niacin	4mg
Sugar	5g	Vitamin B6	0.5mg
Protein	11g	Folate	222µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	526mg	Phosphoro...	322mg
Potassium	855mg	Magnesium	117mg
Vitamin A	5978IU	Zinc	2mg
Vitamin C	47mg	Selenium	19µg

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.