



# Plant-Based 4R Gut Healing 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**  
Apple & Cinnamon Chia Pudding



**SNACK 1**  
Blueberry Basil Smoothie



**LUNCH**  
Tempeh, Mushroom & Asparagus Stir Fry



**SNACK 2**  
Coconut Yogurt with Peaches & Cinnamon



**DINNER**  
Edamame, Nori & Brown Rice Salad

## TUE



**BREAKFAST**  
Apple & Cinnamon Chia Pudding



**SNACK 1**  
Blueberry Basil Smoothie



**LUNCH**  
Edamame, Nori & Brown Rice Salad



**SNACK 2**  
Peach & Almonds



**DINNER**  
Tempeh, Mushroom & Asparagus Stir Fry

## WED



**BREAKFAST**  
Chocolate Blueberry Chia & Flax Pudding



**SNACK 1**  
Apple Slices & Nori Crisps



**LUNCH**  
One Pan Tempeh & Eggplant Stir Fry



**SNACK 2**  
Roasted Edamame



**DINNER**  
Chickpea Soba Noodle Bowl

## THU



**BREAKFAST**  
Chocolate Blueberry Chia & Flax Pudding



**SNACK 1**  
Roasted Edamame



**LUNCH**  
Chickpea Soba Noodle Bowl



**SNACK 2**  
Brazil Nuts & Blueberries



**DINNER**  
Cucumber & Kimchi Edamame Rice

## FRI



**BREAKFAST**  
Chocolate Blueberry Chia & Flax Pudding



**SNACK 1**  
Coconut Yogurt with Peaches & Cinnamon



**LUNCH**  
One Pan Tempeh & Eggplant Stir Fry



**SNACK 2**  
Sesame Cucumber Salad with Nori



**DINNER**  
Cucumber & Kimchi Edamame Rice

## SAT



**BREAKFAST**  
Chocolate Peach Oat Bran Porridge



**SNACK 1**  
Sesame Cucumber Salad with Nori



**LUNCH**  
Roasted Chickpeas, Eggplant & Asparagus with Rice



**SNACK 2**  
Brazil Nut & Blueberry Coconut Yogurt Bowl



**DINNER**  
Asparagus, Soba & Tempeh

## SUN



**BREAKFAST**  
Chocolate Peach Oat Bran Porridge



**SNACK 1**  
Apples & Almonds



**LUNCH**  
Asparagus, Soba & Tempeh



**SNACK 2**  
Brazil Nut & Blueberry Coconut Yogurt Bowl



**DINNER**  
Roasted Chickpeas, Eggplant & Asparagus with Rice

**MON****FAT 38%**   **CARBS 47%**   **PROTEIN 15%**

**Calories** 1764      Calcium 1798mg  
**Fat** 79g      Iron 16mg  
Saturated 16g      Vitamin D 3IU  
Trans 0g      Vitamin E 5mg  
Polyunsaturated 31g      Vitamin K 145µg  
Monounsaturated 16g      Thiamine 1.2mg  
**Carbs** 224g      Riboflavin 2.3mg  
Fiber 50g      Niacin 15mg  
Sugar 65g      Vitamin B6 1.3mg  
**Protein** 69g      Folate 379µg  
Cholesterol 0mg      Vitamin B12 4.8µg  
Sodium 1768mg      Phosphorous 1542mg  
Potassium 3075mg      Magnesium 410mg  
Vitamin A 2952IU      Zinc 6mg  
Vitamin C 50mg      Selenium 397µg

**TUE****FAT 40%**   **CARBS 45%**   **PROTEIN 15%**

**Calories** 1827      Calcium 1374mg  
**Fat** 87g      Iron 17mg  
Saturated 11g      Vitamin D 3IU  
Trans 0g      Vitamin E 14mg  
Polyunsaturated 35g      Vitamin K 145µg  
Monounsaturated 26g      Thiamine 1.2mg  
**Carbs** 218g      Riboflavin 2.7mg  
Fiber 50g      Niacin 17mg  
Sugar 65g      Vitamin B6 1.4mg  
**Protein** 75g      Folate 394µg  
Cholesterol 0mg      Vitamin B12 2.1µg  
Sodium 1718mg      Phosphorous 1693mg  
Potassium 3313mg      Magnesium 495mg  
Vitamin A 2949IU      Zinc 7mg  
Vitamin C 50mg      Selenium 346µg

**WED****FAT 40%**   **CARBS 41%**   **PROTEIN 19%**

**Calories** 1669      Calcium 965mg  
**Fat** 77g      Iron 18mg  
Saturated 11g      Vitamin D 7IU  
Trans 0g      Vitamin E 7mg  
Polyunsaturated 23g      Vitamin K 115µg  
Monounsaturated 31g      Thiamine 0.7mg  
**Carbs** 180g      Riboflavin 1.9mg  
Fiber 53g      Niacin 12mg  
Sugar 51g      Vitamin B6 1.2mg  
**Protein** 81g      Folate 754µg  
Cholesterol 0mg      Vitamin B12 1.3µg  
Sodium 2612mg      Phosphorous 1294mg  
Potassium 3465mg      Magnesium 370mg  
Vitamin A 2024IU      Zinc 7mg  
Vitamin C 41mg      Selenium 16µg

**THU****FAT 38%**   **CARBS 45%**   **PROTEIN 17%**

**Calories** 1624      Calcium 909mg  
**Fat** 72g      Iron 17mg  
Saturated 11g      Vitamin D 7IU  
Trans 0g      Vitamin E 6mg  
Polyunsaturated 26g      Vitamin K 156µg  
Monounsaturated 22g      Thiamine 1.1mg  
**Carbs** 188g      Riboflavin 1.5mg  
Fiber 49g      Niacin 10mg  
Sugar 34g      Vitamin B6 1.0mg  
**Protein** 71g      Folate 941µg  
Cholesterol 0mg      Vitamin B12 1.2µg  
Sodium 2259mg      Phosphorous 1440mg  
Potassium 3021mg      Magnesium 471mg  
Vitamin A 1738IU      Zinc 8mg  
Vitamin C 35mg      Selenium 661µg

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

**Calories** 1560      Calcium 1495mg  
**Fat** 82g      Iron 16mg  
Saturated 17g      Vitamin D 0IU  
Trans 0g      Vitamin E 7mg  
Polyunsaturated 26g      Vitamin K 151µg  
Monounsaturated 27g      Thiamine 0.9mg  
**Carbs** 163g      Riboflavin 1.6mg  
Fiber 50g      Niacin 12mg  
Sugar 43g      Vitamin B6 1.2mg  
**Protein** 72g      Folate 633µg  
Cholesterol 0mg      Vitamin B12 4.0µg  
Sodium 2163mg      Phosphorous 1299mg  
Potassium 3410mg      Magnesium 422mg  
Vitamin A 2480IU      Zinc 7mg  
Vitamin C 43mg      Selenium 67µg

**SAT****FAT 31%**   **CARBS 52%**   **PROTEIN 17%**

**Calories** 1544      Calcium 1285mg  
**Fat** 57g      Iron 18mg  
Saturated 15g      Vitamin D 3IU  
Trans 0g      Vitamin E 6mg  
Polyunsaturated 15g      Vitamin K 127µg  
Monounsaturated 15g      Thiamine 1.5mg  
**Carbs** 216g      Riboflavin 1.8mg  
Fiber 47g      Niacin 11mg  
Sugar 43g      Vitamin B6 1.1mg  
**Protein** 73g      Folate 572µg  
Cholesterol 0mg      Vitamin B12 4.0µg  
Sodium 2489mg      Phosphorous 1605mg  
Potassium 3169mg      Magnesium 506mg  
Vitamin A 2047IU      Zinc 9mg  
Vitamin C 37mg      Selenium 201µg

**SUN****FAT 32%**   **CARBS 53%**   **PROTEIN 15%**

**Calories** 1648      Calcium 1280mg  
**Fat** 63g      Iron 17mg  
Saturated 14g      Vitamin D 3IU  
Trans 0g      Vitamin E 14mg  
Polyunsaturated 14g      Vitamin K 85µg  
Monounsaturated 22g      Thiamine 1.4mg  
**Carbs** 235g      Riboflavin 2.1mg  
Fiber 50g      Niacin 11mg  
Sugar 59g      Vitamin B6 1.0mg  
**Protein** 69g      Folate 339µg





Cholesterol 0mg	Vitamin B12 4.0µg
Sodium 2185mg	Phosphorous 1611mg
Potassium 3053mg	Magnesium 532mg
Vitamin A 1357IU	Zinc 8mg
Vitamin C 33mg	Selenium 200µg



## FRUITS

- 4 Apple
- 4 1/4 cups Blueberries
- 4 Peach

## BREAKFAST

- 1 cup Oat Bran

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 2/3 cup Brazil Nuts
- 1 1/16 cups Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1/2 cup Ground Flax Seed
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/3 tbsps Sesame Seeds

## FROZEN

- 5 cups Frozen Edamame

## VEGETABLES

- 2 2/3 cups Asparagus
- 1/4 cup Basil Leaves
- 1/3 cup Cilantro
- 3 2/3 Cremini Mushrooms
- 2 Cucumber
- 1 2/3 Eggplant
- 4 Garlic
- 1 2/3 tbsps Ginger
- 7 stalks Green Onion
- 3 cups Mushrooms

## BOXED & CANNED

- 1 3/4 cups Brown Rice
- 7 1/16 ozs Buckwheat Soba Noodles
- 2 cups Chickpeas

## BAKING

- 2/3 cup Cocoa Powder
- 1 3/4 tsps Stevia Powder

## BREAD, FISH, MEAT & CHEESE

- 1 1/3 lbs Tempeh

## CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Kimchi
- 2 3/4 tbsps Miso Paste
- 1/3 cup Rice Vinegar
- 2 1/3 tbsps Sesame Oil
- 1/2 cup Tamari

## COLD

- 8 1/3 cups Oat Milk
- 4 cups Unsweetened Coconut Yogurt

## OTHER

- 6 Nori Sheets
- 2 1/16 cups Water

# Apple & Cinnamon Chia Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

1/3 cup Chia Seeds  
1 tbsp Ground Flax Seed  
2 cups Oat Milk  
1/2 tsp Stevia Powder  
2 tsps Cinnamon  
2 Apple (divided)  
1/4 cup Brazil Nuts (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	518	Calcium	649mg
Fat	29g	Iron	4mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	14g	Vitamin K	5µg
Monouns...	5g	Thiamine	0.1mg
Carbs	62g	Riboflavin	0.7mg
Fiber	22g	Niacin	0mg
Sugar	26g	Vitamin B6	0.1mg
Protein	13g	Folate	9µg
Cholesterol	0mg	Vitamin B12	1.2µg
Sodium	108mg	Phosphoro...	411mg
Potassium	854mg	Magnesium	73mg
Vitamin A	106IU	Zinc	1mg
Vitamin C	9mg	Selenium	319µg

## DIRECTIONS

- 01 Add the chia seeds, ground flax seed, oat milk, stevia, cinnamon, and half of the apple to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 02 Stir well before serving. Top with Brazil nuts and the remaining apple. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Chopped walnuts and/or hemp seeds.

# Chocolate Blueberry Chia & Flax Pudding

3 SERVINGS 3 HOURS



## INGREDIENTS

3 cups Oat Milk  
1/3 cup Cocoa Powder  
3/4 tsp Stevia Powder  
1/2 cup Chia Seeds  
1/4 cup Ground Flax Seed  
3/4 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	388	Calcium	611mg
Fat	21g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	11g	Vitamin K	7µg
Monouns...	2g	Thiamine	0mg
Carbs	47g	Riboflavin	0.6mg
Fiber	21g	Niacin	0mg
Sugar	11g	Vitamin B6	0mg
Protein	14g	Folate	6µg
Cholesterol	0mg	Vitamin B12	1.2µg
Sodium	108mg	Phosphoro...	352mg
Potassium	731mg	Magnesium	56mg
Vitamin A	20IU	Zinc	1mg
Vitamin C	4mg	Selenium	2µg

## DIRECTIONS

- 01 Add all ingredients except the blueberries to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 02 Stir well before serving and top with the blueberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Cacao nibs, chopped peanuts, and/or sea salt.



# Chocolate Peach Oat Bran Porridge

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Oat Bran  
2 cups Water  
2 cups Oat Milk  
1/4 cup Cocoa Powder  
1/2 tsp Stevia Powder  
2 tsps Cinnamon  
1 Peach (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	296	Calcium	446mg
Fat	10g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	5µg
Monouns...	2g	Thiamine	0.6mg
Carbs	64g	Riboflavin	0.8mg
Fiber	16g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	14g	Folate	31µg
Cholesterol	0mg	Vitamin B12	1.2µg
Sodium	110mg	Phosphoro...	709mg
Potassium	972mg	Magnesium	177mg
Vitamin A	252IU	Zinc	2mg
Vitamin C	5mg	Selenium	23µg

## DIRECTIONS

- 01 Add the oat bran to a large saucepan over medium heat. Toast for one minute, stirring often.
- 02 Add the water, oat milk, cocoa powder, stevia, and cinnamon. Bring to a boil. Reduce the heat to a simmer and cook for three to four minutes, whisking constantly, until thickened.
- 03 Remove from the heat and pour into a bowl. Top with peaches and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about two cups of oat porridge and half a peach.

### MORE FLAVOR

Add vanilla to the oat bran while cooking.

# Blueberry Basil Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Blueberries (fresh or frozen)  
2/3 cup Oat Milk  
1 tbsp Chia Seeds  
2 tbsps Basil Leaves

## NUTRITION

### AMOUNT PER SERVING

Calories	222	Calcium	329mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	51µg
Monouns...	0g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	19g	Vitamin B6	0.1mg
Protein	5g	Folate	12µg
Cholesterol	0mg	Vitamin B12	0.8µg
Sodium	71mg	Phosphoro...	200mg
Potassium	439mg	Magnesium	12mg
Vitamin A	360IU	Zinc	0mg
Vitamin C	15mg	Selenium	0µg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups

### LIKES IT SWEET

Add maple syrup or honey.

### MORE FLAVOR

Add frozen cauliflower, kale, or tahini.

# Apple Slices & Nori Crisps

1 SERVING 5 MINUTES



## INGREDIENTS

2 Nori Sheets  
1/8 tsp Extra Virgin Olive Oil  
1 Apple (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	112	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	1g	Thiamine	0mg
Carbs	27g	Riboflavin	0.1mg
Fiber	6g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	2g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	20mg
Potassium	195mg	Magnesium	9mg
Vitamin A	898IU	Zinc	0mg
Vitamin C	14mg	Selenium	0µg

## DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

## NOTES

### SAVE TIME

Buy pre-toasted nori sheets.

# Coconut Yogurt with Peaches & Cinnamon

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
1 Peach (small, chopped)  
1 tsp Ground Flax Seed  
1/2 tsp Cinnamon  
1 tsp Brazil Nuts (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	202	Calcium	529mg
Fat	10g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	1g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0.1mg
Fiber	7g	Niacin	1mg
Sugar	14g	Vitamin B6	0mg
Protein	3g	Folate	7µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	50mg	Phosphoro...	51mg
Potassium	309mg	Magnesium	25mg
Vitamin A	493IU	Zinc	0mg
Vitamin C	10mg	Selenium	53µg

## DIRECTIONS

01 Add all the ingredients to a bowl and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 2/3 cups total.

### ADDITIONAL TOPPINGS

Add chia seeds.



# Sesame Cucumber Salad with Nori

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Cucumber (chopped)  
1 1/2 tsps Sesame Oil  
1/8 tsp Sea Salt  
1 tsp Sesame Seeds (white and/or black)  
1/2 cup Frozen Edamame (shelled, thawed)  
1 Nori Sheets (cut into quarters)

## NUTRITION

### AMOUNT PER SERVING

Calories	198	Calcium	112mg
Fat	12g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	46µg
Monouns...	4g	Thiamine	0.2mg
Carbs	14g	Riboflavin	0.2mg
Fiber	6g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	12g	Folate	254µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	306mg	Phosphoro...	186mg
Potassium	573mg	Magnesium	80mg
Vitamin A	789IU	Zinc	2mg
Vitamin C	12mg	Selenium	2µg

## DIRECTIONS

- 01 Top the cucumber with sesame oil, sea salt and sesame seeds.
- 02 Serve the sesame cucumber salad alongside the edamame and nori. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Store the nori separately to keep its texture.

### MORE FLAVOR

Add tamari, rice vinegar and/or maple syrup to the cucumber salad.

# Apples & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (sliced)  
1/4 cup Almonds

## DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Calcium	107mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	11g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	8g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	192mg
Potassium	457mg	Magnesium	106mg
Vitamin A	99IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg



# Tempeh, Mushroom & Asparagus Stir Fry

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry, rinsed)  
1 tbsp Sesame Oil  
8 ozs Tempeh (cut into cubes)  
1 cup Mushrooms (sliced)  
1 cup Asparagus (chopped)  
2 Garlic (clove, minced)  
2 tbsps Tamari  
1/4 cup Cilantro (chopped)  
1 stalk Green Onion (chopped)  
1 tsp Sesame Seeds (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	497	Calcium	176mg
Fat	22g	Iron	6mg
Saturated	4g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsat...	9g	Vitamin K	45µg
Monouns...	7g	Thiamine	0.5mg
Carbs	51g	Riboflavin	0.8mg
Fiber	4g	Niacin	9mg
Sugar	3g	Vitamin B6	0.7mg
Protein	32g	Folate	89µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	1024mg	Phosphoro...	561mg
Potassium	948mg	Magnesium	174mg

## DIRECTIONS

- 01 Cook the rice according to the package directions. Set aside.
- 02 Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
- 03 Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
- 04 Stir in the cooked rice, tamari, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
- 05 Garnish with sesame seeds before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add more vegetables like bell peppers, cauliflower, and broccoli.

Vitamin A	882IU	Zinc	3mg
Vitamin C	7mg	Selenium	15µg



# One Pan Tempeh & Eggplant Stir Fry

2 SERVINGS 25 MINUTES



## INGREDIENTS

3 tbsps Extra Virgin Olive Oil (divided)  
1 Eggplant (Japanese, medium, cut into bite-sized pieces)  
Sea Salt & Black Pepper (to taste)  
8 ozs Tempeh (crumbled)  
2 Garlic (clove, minced)  
1 1/2 tpsps Ginger (fresh, grated)  
1 tbsp Rice Vinegar  
2 tbsps Tamari  
1 stalk Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	483	Calcium	163mg
Fat	33g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	7g	Vitamin K	31µg
Monouns...	18g	Thiamine	0.2mg
Carbs	27g	Riboflavin	0.5mg
Fiber	9g	Niacin	6mg
Sugar	10g	Vitamin B6	0.6mg
Protein	28g	Folate	93µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	1023mg	Phosphoro...	397mg
Potassium	1161mg	Magnesium	140mg

## DIRECTIONS

- 01 Heat a large pan over medium heat. Once hot, add 1/3 of the oil. Add the eggplant and cook, tossing often for eight to nine minutes, until cooked through and slightly browned. Season with salt and pepper, remove from the pan and set aside.
- 02 In the same pan, add half of the remaining oil. Add the tempeh and cook for six to seven minutes, stirring occasionally, until lightly browned. Season with salt and pepper and remove and set aside with the eggplant.
- 03 Reduce the heat to low and let the pan cool off the heat for a minute. Add the remaining oil, garlic, and ginger. Cook, stirring until fragrant, about one minute. Add the vinegar and tamari and let it reduce slightly, about one to two minutes. Scrape up any bits from the pan.
- 04 Add the eggplant and tempeh back to the pan and toss with the sauce until coated and heated through. Divide onto plates and top with green onion. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MORE FLAVOR

Add coconut sugar or brown sugar when adding the vinegar and whisk to combine. Add chili flakes or sriracha for heat.

### ADDITIONAL TOPPINGS

Top with sesame seeds or cilantro. Serve with rice.

Vitamin A	303IU	Zinc	2mg
Vitamin C	8mg	Selenium	1µg

#### THICKER SAUCE

For a thicker sauce, whisk together cornstarch or arrowroot into a slurry with water and pour into the sauce.

# Roasted Chickpeas, Eggplant & Asparagus with Rice

2 SERVINGS 35 MINUTES



## INGREDIENTS

1/3 cup Brown Rice (dry, rinsed)  
1 1/3 tbsps Miso Paste  
1 1/3 tbsps Tamari  
2 tsps Extra Virgin Olive Oil  
1 cup Chickpeas (cooked)  
2/3 Eggplant (medium, sliced)  
4 Cremini Mushrooms (quartered)  
1 cup Asparagus (trimmed)  
1 1/3 tsps Cilantro (minced)

## NUTRITION

### AMOUNT PER SERVING

Calories	382	Calcium	79mg
Fat	9g	Iron	5mg
Saturated	1g	Vitamin D	3IU
Trans	0g	Vitamin E	2mg
Polysat...	2g	Vitamin K	41µg
Monouns...	4g	Thiamine	0.5mg
Carbs	64g	Riboflavin	0.4mg
Fiber	15g	Niacin	6mg
Sugar	14g	Vitamin B6	0.5mg
Protein	17g	Folate	232µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1238mg	Phosphoro...	359mg

## DIRECTIONS

- 01 Cook the brown rice according to the package directions.
- 02 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 03 Mix the miso paste, tamari, and oil together. Toss the chickpeas with half of the mixture. Arrange the eggplant, mushrooms, and asparagus on the baking sheet and brush the remaining mixture onto the veggies.
- 04 Add the chickpeas to the baking sheet with the veggies and cook in the oven for 25 minutes or until the chickpeas start to brown.
- 05 Serve the brown rice with the chickpeas and vegetables. Garnish with cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is 1/3 cup of cooked brown rice, 1/2 cup of chickpeas, and about two cups of vegetables.

### MORE FLAVOR

Add ginger to the miso marinade.

### ADDITIONAL TOPPINGS

Chopped green onions.

Potassium	1010mg	Magnesium	118mg
Vitamin A	586IU	Zinc	3mg
Vitamin C	10mg	Selenium	14µg



# Peach & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1 Peach (whole, halved or sliced)  
1/4 cup Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	265	Calcium	105mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	10mg
Polyunsat...	5g	Vitamin K	4µg
Monouns...	11g	Thiamine	0.1mg
Carbs	22g	Riboflavin	0.5mg
Fiber	7g	Niacin	3mg
Sugar	14g	Vitamin B6	0.1mg
Protein	9g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	202mg
Potassium	547mg	Magnesium	110mg
Vitamin A	490IU	Zinc	1mg
Vitamin C	10mg	Selenium	2µg

## DIRECTIONS

01 Serve the peach with the almonds and enjoy!

## NOTES

### LEFTOVERS

Store peach and almonds separately until ready to serve.

### NUT-FREE

Use pumpkin seeds or sunflower seeds 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.

# Brazil Nuts & Blueberries

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Brazil Nuts

1/2 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Calcium	58mg
Fat	23g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	8g	Vitamin K	14µg
Monouns...	8g	Thiamine	0.2mg
Carbs	15g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	8g	Vitamin B6	0.1mg
Protein	5g	Folate	12µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	250mg
Potassium	276mg	Magnesium	129mg
Vitamin A	40IU	Zinc	1mg
Vitamin C	7mg	Selenium	637µg

## DIRECTIONS

01 Divide the Brazil nuts and blueberries onto a plate and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



# Brazil Nut & Blueberry Coconut Yogurt Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt  
1 cup Blueberries  
2 tbsps Brazil Nuts (chopped)  
1 tbsp Cocoa Powder  
1 tbsp Ground Flax Seed  
1/16 tsp Stevia Powder (optional, to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	231	Calcium	526mg
Fat	14g	Iron	1mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	14µg
Monouns...	2g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0mg
Fiber	7g	Niacin	0mg
Sugar	9g	Vitamin B6	0.1mg
Protein	4g	Folate	7µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	51mg	Phosphoro...	89mg
Potassium	153mg	Magnesium	49mg
Vitamin A	40IU	Zinc	1mg
Vitamin C	7mg	Selenium	160µg

## DIRECTIONS

- 01 Layer the coconut yogurt, blueberries, nuts, cocoa powder, ground flax, and stevia powder (if desired), into a serving bowl.
- 02 Serve immediately or refrigerate until ready to eat. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately 1 1/2 cup.



# Edamame, Nori & Brown Rice Salad

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry, rinsed)  
1 cup Frozen Edamame (thawed)  
1 tbsp Ginger (fresh, chopped)  
2 tbsps Rice Vinegar  
1 tbsp Tamari  
1 tsp Sesame Oil  
2 Nori Sheets (finely chopped)  
1 tbsp Sesame Seeds (toasted)  
2 stalks Green Onion (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	325	Calcium	115mg
Fat	10g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	40µg
Monouns...	3g	Thiamine	0.4mg
Carbs	46g	Riboflavin	0.2mg
Fiber	8g	Niacin	4mg
Sugar	3g	Vitamin B6	0.4mg
Protein	16g	Folate	262µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	515mg	Phosphoro...	319mg
Potassium	525mg	Magnesium	126mg
Vitamin A	1111IU	Zinc	2mg

## DIRECTIONS

- 01 Cook the rice according to the package directions. Set aside to cool.
- 02 In a mixing bowl, add the edamame, ginger, rice vinegar, tamari, and sesame oil. Toss well to coat the edamame evenly.
- 03 Add the nori sheets, sesame seeds, and green onions to the bowl. Mix until well combined. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### ADDITIONAL TOPPINGS

Chopped cilantro.

Vitamin C      9mg   Selenium      10µg

# Chickpea Soba Noodle Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)  
1 1/2 tsps Extra Virgin Olive Oil  
2 cups Mushrooms (sliced)  
1 cup Chickpeas (cooked)  
2 tbsps Tamari  
Sea Salt & Black Pepper (to taste)  
1/2 Cucumber (medium, chopped)  
1 stalk Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	439	Calcium	62mg
Fat	7g	Iron	4mg
Saturated	1g	Vitamin D	7IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	27µg
Monouns...	3g	Thiamine	0.2mg
Carbs	65g	Riboflavin	0.5mg
Fiber	9g	Niacin	5mg
Sugar	8g	Vitamin B6	0.3mg
Protein	19g	Folate	168µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1169mg	Phosphoro...	263mg
Potassium	702mg	Magnesium	66mg
Vitamin A	341IU	Zinc	2mg

## DIRECTIONS

- 01 Cook the soba noodles according to the package directions.
- 02 Heat the oil in a pan over medium heat. Add in the mushrooms and sauté for about five minutes. Add the chickpeas and cook for another five minutes.
- 03 Add the cooked noodles and tamari. Stir and cook for another two to three minutes or until heated through and the flavors have combined. Season with salt and pepper.
- 04 Divide the noodles and cucumber evenly between bowls. Top with green onion, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add miso paste and chili flakes.

Vitamin C      6mg   Selenium      12µg





# Cucumber & Kimchi Edamame Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry, rinsed)  
1 cup Frozen Edamame  
1 tbsp Tamari  
1/2 tsp Miso Paste  
1 tbsp Rice Vinegar  
1/2 Cucumber (medium, chopped)  
1/4 cup Kimchi  
2 stalks Green Onion (chopped)  
2 tbsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	289	Calcium	80mg
Fat	6g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	63µg
Monouns...	2g	Thiamine	0.4mg
Carbs	47g	Riboflavin	0.2mg
Fiber	7g	Niacin	4mg
Sugar	4g	Vitamin B6	0.4mg
Protein	15g	Folate	273µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	676mg	Phosphoro...	313mg
Potassium	636mg	Magnesium	121mg
Vitamin A	875IU	Zinc	2mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 In a separate pot, boil the edamame in water for two to three minutes or until it turns bright green. Drain and set aside.
- 03 Mix the tamari, miso paste, and rice vinegar together to make a dressing.
- 04 Divide the rice, edamame, cucumber, kimchi, green onion, and cilantro evenly between bowls. Pour the dressing over top and garnish with sesame seeds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1/2 cup of rice, 1/2 cup of edamame, and 1/4 cucumber with toppings.

Vitamin C      9mg   Selenium      9µg



# Asparagus, Soba & Tempeh

2 SERVINGS 15 MINUTES



## INGREDIENTS

3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)  
3/4 cup Asparagus (trimmed, cut into bite sized pieces)  
1 1/2 tbsps Miso Paste  
1 tbsp Rice Vinegar  
1/2 tsp Ginger (fresh, minced)  
1 1/2 tbsps Water  
6 ozs Tempeh (cut into strips)  
1 tsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	437	Calcium	122mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	21µg
Monouns...	3g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.4mg
Fiber	3g	Niacin	3mg
Sugar	2g	Vitamin B6	0.2mg
Protein	26g	Folate	48µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	784mg	Phosphoro...	262mg
Potassium	461mg	Magnesium	82mg

## DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 03 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 04 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Add sliced green onions or red pepper flakes.

Vitamin A	380IU	Zinc	1mg
Vitamin C	3mg	Selenium	2µg