



# Plant-Based Fall Meal Plan

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# Plant-Based Fall Meal Plan

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**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Roasted Butternut Squash Harvest Bowl



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Creamy Potato, Lentil & Kale Casserole

## TUE



**BREAKFAST**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Creamy Potato, Lentil & Kale Casserole



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Roasted Butternut Squash Harvest Bowl

## WED



**BREAKFAST**  
Cozy Tofu Shakshuka



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Roasted Butternut Squash Harvest Bowl



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Creamy Potato, Lentil & Kale Casserole

## THU



**BREAKFAST**  
Cozy Tofu Shakshuka



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Creamy Potato, Lentil & Kale Casserole



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Roasted Butternut Squash Soup with  
Crispy Kale, Sourdough Bread

## FRI



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Roasted Butternut Squash Soup with  
Crispy Kale, Sourdough Bread



**SNACK 2**  
Apples & Almonds



**DINNER**  
Chickpea & Potato Curry

## SAT



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Chickpea & Potato Curry



**SNACK 2**  
Apples & Almonds



**DINNER**  
Lentil, Roasted Sweet Potato & Brussels  
Sprouts Salad

## SUN



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Lentil, Roasted Sweet Potato & Brussels  
Sprouts Salad



**SNACK 2**  
Apples & Almonds



**DINNER**  
Chickpea & Potato Curry

**MON****FAT 32%**   **CARBS 55%**   **PROTEIN 13%**

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1901 | Calcium 1838mg     |
| <b>Fat</b> 69g       | Iron 21mg          |
| Saturated 32g        | Vitamin D 151IU    |
| Trans 0g             | Vitamin E 8mg      |
| Polyunsaturated 12g  | Vitamin K 295µg    |
| Monounsaturated 18g  | Thiamine 1.3mg     |
| <b>Carbs</b> 274g    | Riboflavin 1.9mg   |
| Fiber 52g            | Niacin 10mg        |
| Sugar 81g            | Vitamin B6 2.0mg   |
| <b>Protein</b> 66g   | Folate 451µg       |
| Cholesterol 4mg      | Vitamin B12 3.3µg  |
| Sodium 1034mg        | Phosphorous 1543mg |
| Potassium 4118mg     | Magnesium 627mg    |
| Vitamin A 71026IU    | Zinc 12mg          |
| Vitamin C 147mg      | Selenium 42µg      |

**TUE****FAT 32%**   **CARBS 55%**   **PROTEIN 13%**

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1901 | Calcium 1838mg     |
| <b>Fat</b> 69g       | Iron 21mg          |
| Saturated 32g        | Vitamin D 151IU    |
| Trans 0g             | Vitamin E 8mg      |
| Polyunsaturated 12g  | Vitamin K 295µg    |
| Monounsaturated 18g  | Thiamine 1.3mg     |
| <b>Carbs</b> 274g    | Riboflavin 1.9mg   |
| Fiber 52g            | Niacin 10mg        |
| Sugar 81g            | Vitamin B6 2.0mg   |
| <b>Protein</b> 66g   | Folate 451µg       |
| Cholesterol 4mg      | Vitamin B12 3.3µg  |
| Sodium 1034mg        | Phosphorous 1543mg |
| Potassium 4118mg     | Magnesium 627mg    |
| Vitamin A 71026IU    | Zinc 12mg          |
| Vitamin C 147mg      | Selenium 42µg      |

**WED****FAT 33%**   **CARBS 52%**   **PROTEIN 15%**

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1738 | Calcium 1871mg     |
| <b>Fat</b> 67g       | Iron 20mg          |
| Saturated 32g        | Vitamin D 101IU    |
| Trans 0g             | Vitamin E 8mg      |
| Polyunsaturated 11g  | Vitamin K 477µg    |
| Monounsaturated 17g  | Thiamine 1.1mg     |
| <b>Carbs</b> 234g    | Riboflavin 1.7mg   |
| Fiber 48g            | Niacin 11mg        |
| Sugar 72g            | Vitamin B6 2.2mg   |
| <b>Protein</b> 70g   | Folate 501µg       |
| Cholesterol 4mg      | Vitamin B12 3.3µg  |
| Sodium 1307mg        | Phosphorous 1455mg |
| Potassium 4371mg     | Magnesium 577mg    |
| Vitamin A 54864IU    | Zinc 11mg          |
| Vitamin C 207mg      | Selenium 42µg      |

**THU****FAT 36%**   **CARBS 49%**   **PROTEIN 15%**

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1601 | Calcium 1295mg     |
| <b>Fat</b> 66g       | Iron 18mg          |
| Saturated 26g        | Vitamin D 101IU    |
| Trans 0g             | Vitamin E 7mg      |
| Polyunsaturated 20g  | Vitamin K 403µg    |
| Monounsaturated 16g  | Thiamine 0.9mg     |
| <b>Carbs</b> 206g    | Riboflavin 1.3mg   |
| Fiber 46g            | Niacin 10mg        |
| Sugar 70g            | Vitamin B6 2.1mg   |
| <b>Protein</b> 64g   | Folate 449µg       |
| Cholesterol 4mg      | Vitamin B12 0.6µg  |
| Sodium 2180mg        | Phosphorous 1057mg |
| Potassium 4177mg     | Magnesium 410mg    |
| Vitamin A 53890IU    | Zinc 7mg           |
| Vitamin C 199mg      | Selenium 28µg      |

**FRI****FAT 38%**   **CARBS 49%**   **PROTEIN 13%**

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1773 | Calcium 709mg      |
| <b>Fat</b> 79g       | Iron 17mg          |
| Saturated 25g        | Vitamin D 0IU      |
| Trans 0g             | Vitamin E 14mg     |
| Polyunsaturated 25g  | Vitamin K 300µg    |
| Monounsaturated 23g  | Thiamine 1.1mg     |
| <b>Carbs</b> 226g    | Riboflavin 1.6mg   |
| Fiber 49g            | Niacin 8mg         |
| Sugar 83g            | Vitamin B6 1.4mg   |
| <b>Protein</b> 62g   | Folate 406µg       |
| Cholesterol 4mg      | Vitamin B12 0.6µg  |
| Sodium 1533mg        | Phosphorous 1174mg |
| Potassium 3077mg     | Magnesium 443mg    |
| Vitamin A 22615IU    | Zinc 8mg           |
| Vitamin C 120mg      | Selenium 28µg      |

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

|                      |                    |
|----------------------|--------------------|
| <b>Calories</b> 1803 | Calcium 771mg      |
| <b>Fat</b> 84g       | Iron 21mg          |
| Saturated 26g        | Vitamin D 0IU      |
| Trans 0g             | Vitamin E 14mg     |
| Polyunsaturated 28g  | Vitamin K 660µg    |
| Monounsaturated 24g  | Thiamine 1.5mg     |
| <b>Carbs</b> 217g    | Riboflavin 1.9mg   |
| Fiber 57g            | Niacin 9mg         |
| Sugar 76g            | Vitamin B6 1.7mg   |
| <b>Protein</b> 71g   | Folate 723µg       |
| Cholesterol 4mg      | Vitamin B12 0.6µg  |
| Sodium 773mg         | Phosphorous 1514mg |
| Potassium 3701mg     | Magnesium 518mg    |
| Vitamin A 22247IU    | Zinc 11mg          |
| Vitamin C 158mg      | Selenium 37µg      |

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

|                      |                  |
|----------------------|------------------|
| <b>Calories</b> 1803 | Calcium 771mg    |
| <b>Fat</b> 84g       | Iron 21mg        |
| Saturated 26g        | Vitamin D 0IU    |
| Trans 0g             | Vitamin E 14mg   |
| Polyunsaturated 28g  | Vitamin K 660µg  |
| Monounsaturated 24g  | Thiamine 1.5mg   |
| <b>Carbs</b> 217g    | Riboflavin 1.9mg |
| Fiber 57g            | Niacin 9mg       |
| Sugar 76g            | Vitamin B6 1.7mg |
| <b>Protein</b> 71g   | Folate 723µg     |



|                   |                    |
|-------------------|--------------------|
| Cholesterol 4mg   | Vitamin B12 0.6µg  |
| Sodium 773mg      | Phosphorous 1514mg |
| Potassium 3701mg  | Magnesium 518mg    |
| Vitamin A 22247IU | Zinc 11mg          |
| Vitamin C 158mg   | Selenium 37µg      |

## FRUITS

- 5 1/2 Apple
- 1/2 Avocado
- 4 Banana
- 6 Pear

## BREAKFAST

- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 1/2 tsp Cardamom
- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1/2 tsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 1/2 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 tsp Paprika
- 1/4 cup Pecans
- 1/3 cup Pumpkin Seeds
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## VEGETABLES

- 6 cups Baby Spinach
- 2 cups Brussels Sprouts
- 5 cups Butternut Squash
- 3 Garlic
- 1 1/2 tsps Ginger
- 14 cups Kale Leaves
- 1/3 cup Parsley
- 1/2 Red Bell Pepper
- 1 Sweet Potato
- 1 tbsp Thyme
- 1 1/2 Yellow Onion
- 4 Yellow Potato

## BOXED & CANNED

- 3 1/2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 1 1/4 cups Fire Roasted Diced Tomatoes
- 3 cups Green Lentils
- 1/2 cup Quinoa
- 2 cups Vegetable Broth, Low Sodium

## BAKING

- 1/3 cup Dried Unsweetened Cranberries
- 3 1/2 cups Oats
- 1 1/8 tsps Pumpkin Pie Spice
- 4 3/4 cups Pureed Pumpkin
- 2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 3 1/2 ozs Sourdough Bread
- 7 ozs Tofu

## CONDIMENTS & OILS

- 2 1/4 tsps Balsamic Vinegar
- 3 tsps Extra Virgin Olive Oil
- 1/4 cup Tahini

## COLD

- 5 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

## OTHER

- 1 3/4 cups Vanilla Protein Powder
- 6 1/2 cups Water



# Pumpkin Pie Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (quick or traditional)  
1 cup Unsweetened Almond Milk  
1 cup Pureed Pumpkin  
1 tbsp Chia Seeds  
2 tbsps Maple Syrup  
1 1/2 tps Pumpkin Pie Spice  
1/4 cup Pecans (toasted and chopped)

## NUTRITION

### AMOUNT PER SERVING

|              |         |              |       |
|--------------|---------|--------------|-------|
| Calories     | 380     | Calcium      | 355mg |
| Fat          | 15g     | Iron         | 5mg   |
| Saturated    | 2g      | Vitamin D    | 50IU  |
| Trans        | 0g      | Vitamin E    | 2mg   |
| Polyunsa...  | 5g      | Vitamin K    | 21µg  |
| Monouns...   | 7g      | Thiamine     | 0.3mg |
| Carbs        | 56g     | Riboflavin   | 0.4mg |
| Fiber        | 11g     | Niacin       | 1mg   |
| Sugar        | 17g     | Vitamin B6   | 0.1mg |
| Protein      | 9g      | Folate       | 31µg  |
| Cholester... | 0mg     | Vitamin B12  | 0µg   |
| Sodium       | 93mg    | Phosphoro... | 245mg |
| Potassium    | 544mg   | Magnesium    | 113mg |
| Vitamin A    | 19325IU | Zinc         | 3mg   |
| Vitamin C    | 6mg     | Selenium     | 13µg  |

## DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### NO PECANS

Use any type of crushed nuts or hemp seeds instead.

# Cozy Tofu Shakshuka

2 SERVINGS 30 MINUTES



## INGREDIENTS

7 ozs Tofu (firm, pat dry)  
2 tbsps Water  
1/2 Red Bell Pepper (chopped)  
1 tsp Paprika  
1/2 tsp Cumin  
1 1/4 cups Fire Roasted Diced Tomatoes (from the can with juices)  
1/3 cup Parsley (finely chopped, divided)  
Sea Salt & Black Pepper (to taste)  
1/2 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

|              |       |              |       |
|--------------|-------|--------------|-------|
| Calories     | 217   | Calcium      | 388mg |
| Fat          | 13g   | Iron         | 4mg   |
| Saturated    | 2g    | Vitamin D    | 0IU   |
| Trans        | 0g    | Vitamin E    | 2mg   |
| Polyunsat... | 4g    | Vitamin K    | 203µg |
| Monouns...   | 6g    | Thiamine     | 0.1mg |
| Carbs        | 16g   | Riboflavin   | 0.2mg |
| Fiber        | 7g    | Niacin       | 2mg   |
| Sugar        | 8g    | Vitamin B6   | 0.3mg |
| Protein      | 13g   | Folate       | 81µg  |
| Cholesterol  | 0mg   | Vitamin B12  | 0µg   |
| Sodium       | 366mg | Phosphoro... | 157mg |
| Potassium    | 797mg | Magnesium    | 63mg  |

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 02 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
- 03 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 04 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 05 Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving equals approximately 1 1/4 cups.

### MORE FLAVOR

Use oil or broth instead of water. Add onion, garlic and/or chili powder.



|           |        |          |      |
|-----------|--------|----------|------|
| Vitamin A | 3163IU | Zinc     | 2mg  |
| Vitamin C | 66mg   | Selenium | 13µg |

# Cardamom Pear Baked Oatmeal

3 SERVINGS 45 MINUTES



## INGREDIENTS

1 cup Oats (quick or traditional)  
1 cup Water  
1 tbsp Maple Syrup  
1/4 cup Pureed Pumpkin (canned)  
2 tbsps Tahini  
1/2 tsp Cardamom  
1 tbsp Ground Flax Seed  
1/2 Pear (half sliced, half diced)

## NUTRITION

### AMOUNT PER SERVING

|              |        |              |       |
|--------------|--------|--------------|-------|
| Calories     | 216    | Calcium      | 84mg  |
| Fat          | 8g     | Iron         | 3mg   |
| Saturated    | 1g     | Vitamin D    | 0IU   |
| Trans        | 0g     | Vitamin E    | 0mg   |
| Polyunsat... | 4g     | Vitamin K    | 5µg   |
| Monouns...   | 3g     | Thiamine     | 0.3mg |
| Carbs        | 32g    | Riboflavin   | 0.2mg |
| Fiber        | 6g     | Niacin       | 1mg   |
| Sugar        | 8g     | Vitamin B6   | 0.1mg |
| Protein      | 6g     | Folate       | 23µg  |
| Cholesterol  | 0mg    | Vitamin B12  | 0µg   |
| Sodium       | 17mg   | Phosphoro... | 195mg |
| Potassium    | 233mg  | Magnesium    | 57mg  |
| Vitamin A    | 3192IU | Zinc         | 2mg   |
| Vitamin C    | 2mg    | Selenium     | 11µg  |

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
- 02 Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO PUMPKIN

Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

# Pear & Kale Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Water (cold)  
1 cup Kale Leaves  
1/2 Pear (stem and seeds removed, chopped)  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

|              |        |              |       |
|--------------|--------|--------------|-------|
| Calories     | 143    | Calcium      | 205mg |
| Fat          | 1g     | Iron         | 1mg   |
| Saturated    | 0g     | Vitamin D    | 0IU   |
| Trans        | 0g     | Vitamin E    | 0mg   |
| Polyunsat... | 0g     | Vitamin K    | 86µg  |
| Monouns...   | 0g     | Thiamine     | 0.2mg |
| Carbs        | 16g    | Riboflavin   | 0.6mg |
| Fiber        | 4g     | Niacin       | 1mg   |
| Sugar        | 9g     | Vitamin B6   | 0.2mg |
| Protein      | 20g    | Folate       | 27µg  |
| Cholesterol  | 4mg    | Vitamin B12  | 0.6µg |
| Sodium       | 56mg   | Phosphoro... | 342mg |
| Potassium    | 298mg  | Magnesium    | 66mg  |
| Vitamin A    | 1033IU | Zinc         | 2mg   |
| Vitamin C    | 23mg   | Selenium     | 7µg   |

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

### NO KALE

Use spinach instead.

### NO PROTEIN POWDER

Omit, or add a few spoonfuls of hemp seeds instead.



# Apple Crisp Yogurt Bowls

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 Apple (cored, chopped)  
1 1/2 cups Oats (rolled)  
3 tbsps Maple Syrup  
1 1/2 tsps Cinnamon  
3 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.



# 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.

# Roasted Butternut Squash Harvest Bowl

3 SERVINGS 40 MINUTES



## INGREDIENTS

3 cups Butternut Squash (diced into cubes)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/2 cup Quinoa (uncooked)  
1 cup Water  
6 cups Kale Leaves (finely chopped)  
2 1/4 tps Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
1/3 cup Pumpkin Seeds  
1/3 cup Dried Unsweetened Cranberries

## NUTRITION

### AMOUNT PER SERVING

|              |       |              |       |
|--------------|-------|--------------|-------|
| Calories     | 394   | Calcium      | 205mg |
| Fat          | 18g   | Iron         | 5mg   |
| Saturated    | 3g    | Vitamin D    | 0IU   |
| Trans        | 0g    | Vitamin E    | 4mg   |
| Polyunsat... | 5g    | Vitamin K    | 170µg |
| Monouns...   | 8g    | Thiamine     | 0.3mg |
| Carbs        | 52g   | Riboflavin   | 0.3mg |
| Fiber        | 8g    | Niacin       | 3mg   |
| Sugar        | 14g   | Vitamin B6   | 0.5mg |
| Protein      | 12g   | Folate       | 132µg |
| Cholesterol  | 0mg   | Vitamin B12  | 0µg   |
| Sodium       | 33mg  | Phosphoro... | 415mg |
| Potassium    | 953mg | Magnesium    | 222mg |

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

## NOTES

### NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

### SAVE TIME

Use frozen bagged butternut squash.

### LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

### EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.

|           |         |          |     |
|-----------|---------|----------|-----|
| Vitamin A | 16910IU | Zinc     | 3mg |
| Vitamin C | 69mg    | Selenium | 5µg |



# Pumpkin Pie Protein Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/2 cup Pureed Pumpkin  
1 Banana (frozen)  
1/2 tsp Vanilla Extract  
1/2 tsp Pumpkin Pie Spice  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

|              |         |              |       |
|--------------|---------|--------------|-------|
| Calories     | 270     | Calcium      | 609mg |
| Fat          | 4g      | Iron         | 3mg   |
| Saturated    | 1g      | Vitamin D    | 101IU |
| Trans        | 0g      | Vitamin E    | 1mg   |
| Polyunsa...  | 1g      | Vitamin K    | 20µg  |
| Monouns...   | 2g      | Thiamine     | 0.2mg |
| Carbs        | 40g     | Riboflavin   | 0.7mg |
| Fiber        | 8g      | Niacin       | 2mg   |
| Sugar        | 19g     | Vitamin B6   | 0.6mg |
| Protein      | 23g     | Folate       | 47µg  |
| Cholester... | 4mg     | Vitamin B12  | 0.6µg |
| Sodium       | 207mg   | Phosphoro... | 390mg |
| Potassium    | 841mg   | Magnesium    | 126mg |
| Vitamin A    | 19642IU | Zinc         | 2mg   |
| Vitamin C    | 16mg    | Selenium     | 8µg   |

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



# 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   |

# Creamy Potato, Lentil & Kale Casserole

4 SERVINGS 1 HOUR



## INGREDIENTS

3 Yellow Potato (thinly sliced)  
2 cups Green Lentils (cooked, drained)  
3 cups Kale Leaves (stems removed, leaves torn)  
2 cups Canned Coconut Milk (full fat)  
1 1/2 cups Pureed Pumpkin  
1 1/2 tsps Garlic Powder  
1 tbsp Thyme (stems removed)  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

|              |         |              |       |
|--------------|---------|--------------|-------|
| Calories     | 491     | Calcium      | 110mg |
| Fat          | 22g     | Iron         | 6mg   |
| Saturated    | 20g     | Vitamin D    | 0IU   |
| Trans        | 0g      | Vitamin E    | 1mg   |
| Polyunsat... | 0g      | Vitamin K    | 81µg  |
| Monouns...   | 0g      | Thiamine     | 0.3mg |
| Carbs        | 60g     | Riboflavin   | 0.2mg |
| Fiber        | 15g     | Niacin       | 3mg   |
| Sugar        | 8g      | Vitamin B6   | 0.7mg |
| Protein      | 15g     | Folate       | 225µg |
| Cholester... | 0mg     | Vitamin B12  | 0µg   |
| Sodium       | 646mg   | Phosphoro... | 316mg |
| Potassium    | 1488mg  | Magnesium    | 101mg |
| Vitamin A    | 15096IU | Zinc         | 2mg   |

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 03 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 04 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

### SERVING SIZE

A 10 x 13-inch dish was used for 8 servings.

Vitamin C    52mg    Selenium    4µg



# Roasted Butternut Squash Soup with Crispy Kale

2 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

2 cups Butternut Squash  
1/2 tsp Cinnamon (plus extra for garnish)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 Apple (peeled, cored and sliced)  
1/2 Yellow Onion (diced)  
1 1/2 tsps Ginger (grated)  
2 cups Vegetable Broth, Low Sodium  
1/2 tsp Sea Salt (divided)  
2 cups Kale Leaves (cut into large pieces)

## NUTRITION

### AMOUNT PER SERVING

|              |         |              |       |
|--------------|---------|--------------|-------|
| Calories     | 201     | Calcium      | 143mg |
| Fat          | 7g      | Iron         | 3mg   |
| Saturated    | 1g      | Vitamin D    | 0IU   |
| Trans        | 0g      | Vitamin E    | 3mg   |
| Polyunsat... | 1g      | Vitamin K    | 90µg  |
| Monouns...   | 5g      | Thiamine     | 0.2mg |
| Carbs        | 35g     | Riboflavin   | 0.1mg |
| Fiber        | 7g      | Niacin       | 2mg   |
| Sugar        | 17g     | Vitamin B6   | 0.3mg |
| Protein      | 3g      | Folate       | 54µg  |
| Cholester... | 0mg     | Vitamin B12  | 0µg   |
| Sodium       | 720mg   | Phosphoro... | 69mg  |
| Potassium    | 712mg   | Magnesium    | 60mg  |
| Vitamin A    | 15944IU | Zinc         | 0mg   |

## DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the oil. Add the apples, onion, and ginger and saute for about five minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining oil and salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

### MORE PROTEIN

Blend in cooked red lentils.



Vitamin C    56mg    Selenium    1µg

# Sourdough Bread

2 SERVINGS 1 MINUTE



## INGREDIENTS

3 1/2 ozs Sourdough Bread

## NUTRITION

### AMOUNT PER SERVING

|              |       |              |     |
|--------------|-------|--------------|-----|
| Calories     | 124   | Calcium      | 0mg |
| Fat          | 0g    | Iron         | 1mg |
| Saturated    | 0g    | Vitamin D    | 0IU |
| Trans        | 0g    | Vitamin E    | 0mg |
| Polyunsat... | 0g    | Vitamin K    | 0µg |
| Monounsa...  | 0g    | Thiamine     | 0mg |
| Carbs        | 24g   | Riboflavin   | 0mg |
| Fiber        | 1g    | Niacin       | 0mg |
| Sugar        | 0g    | Vitamin B6   | 0mg |
| Protein      | 5g    | Folate       | 0µg |
| Cholesterol  | 0mg   | Vitamin B12  | 0µg |
| Sodium       | 239mg | Phosphoro... | 0mg |
| Potassium    | 0mg   | Magnesium    | 0mg |
| Vitamin A    | 0IU   | Zinc         | 0mg |
| Vitamin C    | 1mg   | Selenium     | 0µg |

## DIRECTIONS

- 01 Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

## NOTES

### LEFTOVERS

Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

### SERVING SIZE

Each serving equals one slice of bread.

### GLUTEN-FREE

Use gluten-free bread, tortillas or pitas instead.

### ADDITIONAL TOPPINGS

Spread or dip in coconut oil, olive oil or flaxseed oil.

# Chickpea & Potato Curry

3 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Water  
1 Yellow Onion (medium, chopped)  
3 Garlic (cloves, minced)  
1 tbsp Ginger (fresh, grated or minced)  
1 tbsp Curry Powder  
2 tsps Garam Masala  
1 1/2 tsps Chili Powder  
1/2 tsp Sea Salt  
2 cups Chickpeas (cooked, rinsed)  
1 Yellow Potato (medium, peeled, diced)  
1 1/2 cups Canned Coconut Milk  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

|             |     |             |       |
|-------------|-----|-------------|-------|
| Calories    | 489 | Calcium     | 125mg |
| Fat         | 25g | Iron        | 6mg   |
| Saturated   | 20g | Vitamin D   | 0IU   |
| Trans       | 0g  | Vitamin E   | 2mg   |
| Polysat...  | 2g  | Vitamin K   | 106µg |
| Monouns...  | 1g  | Thiamine    | 0.2mg |
| Carbs       | 55g | Riboflavin  | 0.1mg |
| Fiber       | 14g | Niacin      | 2mg   |
| Sugar       | 11g | Vitamin B6  | 0.5mg |
| Protein     | 15g | Folate      | 239µg |
| Cholesterol | 0mg | Vitamin B12 | 0µg   |

## DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 02 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 03 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

### SERVING SIZE

One serving is approximately one cup of curry.

### MORE FLAVOR

For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

### ADDITIONAL TOPPINGS

Fresh cilantro or lime wedges.

### NO CHICKPEAS

Use cooked lentils instead.

|           |        |              |       |
|-----------|--------|--------------|-------|
| Sodium    | 497mg  | Phosphoro... | 251mg |
| Potassium | 1038mg | Magnesium    | 94mg  |
| Vitamin A | 2302IU | Zinc         | 2mg   |
| Vitamin C | 22mg   | Selenium     | 6µg   |



# Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Green Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

|              |     |           |       |
|--------------|-----|-----------|-------|
| Calories     | 355 | Calcium   | 205mg |
| Fat          | 12g | Iron      | 8mg   |
| Saturated    | 2g  | Vitamin D | 0IU   |
| Trans        | 0g  | Vitamin E | 3mg   |
| Polyunsat... | 4g  | Vitamin K | 450µg |
| Monouns...   | 6g  | Thiamine  | 0.6mg |

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## NOTES

### NO BRUSSELS SPROUTS

Use broccoli instead.

### NO LENTILS

Use chickpeas, tempeh, or tofu instead.

|              |         |              |       |
|--------------|---------|--------------|-------|
| Carbs        | 50g     | Riboflavin   | 0.4mg |
| Fiber        | 16g     | Niacin       | 3mg   |
| Sugar        | 10g     | Vitamin B6   | 0.6mg |
| Protein      | 17g     | Folate       | 371µg |
| Cholester... | 0mg     | Vitamin B12  | 0µg   |
| Sodium       | 199mg   | Phosphoro... | 409mg |
| Potassium    | 1336mg  | Magnesium    | 135mg |
| Vitamin A    | 15576IU | Zinc         | 3mg   |
| Vitamin C    | 95mg    | Selenium     | 10µg  |