



Plant-Based Healthy for the Holidays Challenge, Week 1

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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
Pumpkin Spice Buckwheat Bowl



SNACK 1
Applesauce & Yogurt



LUNCH
Butternut Squash Chili



SNACK 2
Coconut Chia Pudding, Orange



DINNER
Warm Lentil & Sweet Potato Salad



SNACK 3
Apple Crumble Bites

TUE



BREAKFAST
Pumpkin Spice Buckwheat Bowl



SNACK 1
Peanut Butter Spoon with Raisins & Apple



LUNCH
Warm Lentil & Sweet Potato Salad



SNACK 2
Applesauce & Yogurt



DINNER
Butternut Squash Chili



SNACK 3
Apple Crumble Bites

WED



BREAKFAST
Pumpkin Spice Buckwheat Bowl



SNACK 1
Applesauce & Yogurt



LUNCH
Butternut Squash Chili



SNACK 2
Coconut Chia Pudding, Orange



DINNER
Cozy Slow Cooker Split Pea & Kale Stew



SNACK 3
Apple Crumble Bites

THU



BREAKFAST
Applesauce & Raisin Cauliflower Porridge, Orange



SNACK 1
Pumpkin Spice Chia Pudding



LUNCH
Cozy Slow Cooker Split Pea & Kale Stew



SNACK 2
Peanut Butter Stuffed Dates



DINNER
Butternut Squash Buckwheat Bowl



SNACK 3
Apple Crumble Bites

FRI



BREAKFAST
Applesauce & Raisin Cauliflower Porridge, Orange



SNACK 1
Peanut Butter Stuffed Dates



LUNCH
Butternut Squash Buckwheat Bowl



SNACK 2
Pumpkin Spice Chia Pudding



DINNER
Cozy Slow Cooker Split Pea & Kale Stew



SNACK 3
Peanut Butter Spoon with Raisins & Apple

MON

FAT 27% **CARBS 60%** **PROTEIN 13%**

Calories 1779	Calcium 1567mg
Fat 56g	Iron 23mg
Saturated 31g	Vitamin D 101IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 11g	Vitamin K 316µg
Monounsaturated 7g	Thiamine 1.2mg
Carbs 282g	Riboflavin 1.0mg
Fiber 73g	Niacin 12mg
Sugar 69g	Vitamin B6 1.8mg
Protein 59g	Folate 799µg
Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 1681mg	Phosphorous 1055mg
Potassium 3928mg	Magnesium 548mg
Vitamin A 61330IU	Zinc 7mg
Vitamin C 227mg	Selenium 18µg

TUE

FAT 24% **CARBS 63%** **PROTEIN 13%**

Calories 1781	Calcium 1381mg
Fat 50g	Iron 22mg
Saturated 19g	Vitamin D 101IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 9g	Vitamin K 321µg
Monounsaturated 14g	Thiamine 1.2mg
Carbs 300g	Riboflavin 1.0mg
Fiber 69g	Niacin 16mg
Sugar 92g	Vitamin B6 1.9mg
Protein 61g	Folate 786µg
Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 1665mg	Phosphorous 1171mg
Potassium 3984mg	Magnesium 602mg
Vitamin A 61082IU	Zinc 8mg
Vitamin C 153mg	Selenium 19µg

WED

FAT 29% **CARBS 59%** **PROTEIN 12%**

Calories 1721	Calcium 1551mg
Fat 58g	Iron 19mg
Saturated 31g	Vitamin D 101IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 12g	Vitamin K 123µg
Monounsaturated 7g	Thiamine 1.4mg
Carbs 267g	Riboflavin 1.0mg
Fiber 71g	Niacin 12mg
Sugar 64g	Vitamin B6 1.3mg
Protein 55g	Folate 385µg
Cholesterol 0mg	Vitamin B12 2.7µg
Sodium 2003mg	Phosphorous 873mg
Potassium 3456mg	Magnesium 479mg
Vitamin A 53411IU	Zinc 7mg
Vitamin C 217mg	Selenium 18µg

THU

FAT 38% **CARBS 51%** **PROTEIN 11%**

Calories 1721	Calcium 739mg
Fat 76g	Iron 14mg
Saturated 31g	Vitamin D 40IU
Trans 0g	Vitamin E 6mg
Polyunsaturated 16g	Vitamin K 147µg
Monounsaturated 21g	Thiamine 1.1mg
Carbs 234g	Riboflavin 0.9mg
Fiber 55g	Niacin 15mg
Sugar 81g	Vitamin B6 1.0mg
Protein 50g	Folate 187µg
Cholesterol 0mg	Vitamin B12 0.2µg
Sodium 2255mg	Phosphorous 766mg
Potassium 2948mg	Magnesium 385mg
Vitamin A 18270IU	Zinc 6mg
Vitamin C 132mg	Selenium 19µg

FRI

FAT 37% **CARBS 52%** **PROTEIN 11%**

Calories 1898	Calcium 746mg
Fat 83g	Iron 14mg
Saturated 29g	Vitamin D 40IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 17g	Vitamin K 150µg
Monounsaturated 28g	Thiamine 1.2mg
Carbs 265g	Riboflavin 1.0mg
Fiber 56g	Niacin 20mg
Sugar 107g	Vitamin B6 1.2mg
Protein 54g	Folate 219µg
Cholesterol 0mg	Vitamin B12 0.2µg
Sodium 2259mg	Phosphorous 904mg
Potassium 3330mg	Magnesium 451mg
Vitamin A 18317IU	Zinc 7mg
Vitamin C 137mg	Selenium 20µg

FRUITS

- 4 Apple
- 4 Navel Orange

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 2 1/2 cups Buckwheat Groats

SEEDS, NUTS & SPICES

- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tsp Cinnamon
- 1/2 tsp Cumin
- 1 tsp Dried Basil
- 1 1/2 tsps Dried Thyme
- 1/2 cup Ground Flax Seed
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 2 cups Cauliflower Rice

VEGETABLES

- 2 cups Baby Spinach
- 5 cups Butternut Squash
- 1 Carrot
- 1 stalk Celery
- 4 Garlic
- 3 cups Kale Leaves
- 1/2 cup Mushrooms
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Potato
- 1/2 Yellow Onion

BOXED & CANNED

- 2 cups Black Beans
- 2 1/4 cups Canned Coconut Milk
- 1 1/2 cups Diced Tomatoes
- 2 cups Lentils
- 5 1/2 cups Vegetable Broth
- 1 cup Yellow Split Peas

BAKING

- 1 cup Pitted Dates
- 1 1/8 tsps Pumpkin Pie Spice
- 2 1/4 cups Pureed Pumpkin
- 1/2 cup Raisins
- 1 1/4 cups Unsweetened Applesauce
- 3 tsps Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

CONDIMENTS & OILS

- 2 tsps Balsamic Vinegar
- 3 tsps Extra Virgin Olive Oil

COLD

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

OTHER

- 2 3/4 cups Water

Pumpkin Spice Buckwheat Bowl

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Buckwheat Groats
2 cups Pureed Pumpkin
3 cups Unsweetened Almond Milk
1 tbsp Pumpkin Pie Spice
1/3 cup Pitted Dates (chopped)
3 tbsps Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	459	Calcium	526mg
Fat	9g	Iron	5mg
Saturated	4g	Vitamin D	101IU
Trans	0g	Vitamin E	2mg
Polyunsa...	1g	Vitamin K	27µg
Monoun...	2g	Thiamine	0.2mg
Carbs	92g	Riboflavin	0.4mg
Fiber	17g	Niacin	5mg
Sugar	17g	Vitamin B6	0.4mg
Protein	13g	Folate	58µg
Choleste...	0mg	Vitamin B12	0µg
Sodium	181mg	Phosphoro...	332mg
Potassium	767mg	Magnesium	246mg
Vitamin A	25925IU	Zinc	2mg
Vitamin C	7mg	Selenium	8µg

DIRECTIONS

- 01 In a pot, bring the buckwheat, pumpkin, and almond milk to a boil. Cover and reduce the heat to a simmer. Cook for 15 minutes or until the buckwheat is tender.
- 02 Add the pumpkin spice, dates, and shredded coconut. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add chopped walnuts or pecans.

ADDITIONAL TOPPINGS

Hemp hearts or sliced banana.

Applesauce & Raisin Cauliflower Porridge

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Canned Coconut Milk (full fat)
- 2 cups Cauliflower Rice
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	320	Calcium	39mg
Fat	21g	Iron	1mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	30g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	23g	Vitamin B6	0.1mg
Protein	4g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	57mg	Phosphoro...	23mg
Potassium	544mg	Magnesium	9mg
Vitamin A	18IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 02 Divide into bowls and stir in the applesauce. Top with raisins and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/4 cup of cauliflower porridge.

MORE FLAVOR

Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

ADDITIONAL TOPPINGS

Add almond slices, hemp seeds, chopped fruit, or your choice of sweetener.

Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	69	Calcium	60mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	1g	Folate	48µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	32mg
Potassium	232mg	Magnesium	15mg
Vitamin A	346IU	Zinc	0mg
Vitamin C	83mg	Selenium	0µg

Applesauce & Yogurt

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
3/4 cup Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	136	Calcium	502mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	19g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	1g	Folate	2µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	51mg	Phosphoro...	3mg
Potassium	45mg	Magnesium	2mg
Vitamin A	18IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

01 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

NO YOGURT

Use oatmeal instead.

Peanut Butter Spoon with Raisins & Apple

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
2 tbsps Raisins
1 Apple (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	349	Calcium	40mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	5µg
Monouns...	8g	Thiamine	0.1mg
Carbs	49g	Riboflavin	0.1mg
Fiber	7g	Niacin	5mg
Sugar	36g	Vitamin B6	0.2mg
Protein	8g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	13mg	Phosphoro...	148mg
Potassium	528mg	Magnesium	71mg
Vitamin A	98IU	Zinc	1mg
Vitamin C	9mg	Selenium	1µg

DIRECTIONS

01 Scoop the peanut butter and sprinkle raisins ovetop. Serve alongside the apple slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use tahini, sunflower seed butter, or pumpkin seed butter instead.

Pumpkin Spice Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
2 tbsps Unsweetened Coconut Yogurt
(divided)

NUTRITION

AMOUNT PER SERVING

Calories	143	Calcium	365mg
Fat	9g	Iron	3mg
Saturated	1g	Vitamin D	38IU
Trans	0g	Vitamin E	0mg
Polysat...	6g	Vitamin K	5µg
Monouns...	1g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	9g	Niacin	0mg
Sugar	1g	Vitamin B6	0mg
Protein	5g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0.2µg
Sodium	69mg	Phosphoro...	11mg
Potassium	179mg	Magnesium	14mg
Vitamin A	4954IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the coconut yogurt and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO ALMOND MILK

Use coconut, cashew, hemp or oat milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey on top.

ADDITIONAL TOPPINGS

Top with nuts, seeds, fruit of choice, additional coconut yogurt and pumpkin pie spice, and garnish with a cinnamon stick and star anise.

MORE PROTEIN

Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.

Butternut Squash Chili

3 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
4 cups Butternut Squash (peeled,
chopped into 1/2-inch pieces)
1/2 cup Red Onion (chopped)
1 Red Bell Pepper (chopped)
1/2 tsp Cumin
1 1/2 tsp Chili Powder
3/4 tsp Sea Salt
2 cups Black Beans (drained, rinsed)
3/4 cup Vegetable Broth
1 1/2 cups Diced Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	329	Calcium	159mg
Fat	6g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsa...	1g	Vitamin K	12µg
Monouns...	3g	Thiamine	0.5mg
Carbs	59g	Riboflavin	0.2mg
Fiber	16g	Niacin	3mg
Sugar	11g	Vitamin B6	0.6mg
Protein	14g	Folate	245µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	824mg	Phosphoro...	248mg

DIRECTIONS

- 01 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 02 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 03 Season with salt to taste and divide into bowls, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days, or freeze for up to two months.

SERVING SIZE

One serving is equal to about 1 1/2 cups of chili.

MORE FLAVOR

Add more spice such as cayenne.

Potassium	1230mg	Magnesium	155mg
Vitamin A	22123IU	Zinc	2mg
Vitamin C	104mg	Selenium	3µg



Coconut Chia Pudding

2 SERVINGS 1 HOUR



INGREDIENTS

3/4 cup Canned Coconut Milk
3/4 cup Water
1/4 cup Chia Seeds
1 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	278	Calcium	166mg
Fat	23g	Iron	2mg
Saturated	15g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	6g	Vitamin K	0µg
Monouns...	1g	Thiamine	0mg
Carbs	13g	Riboflavin	0mg
Fiber	8g	Niacin	0mg
Sugar	1g	Vitamin B6	0mg
Protein	5g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	28mg	Phosphoro...	0mg
Potassium	240mg	Magnesium	2mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to five days.

SERVING SIZE

One serving is equal to approximately 1.5 cups of chia pudding.

MORE FLAVOR

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

ADDITIONAL TOPPINGS

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Peanut Butter Stuffed Dates

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	295	Calcium	30mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	8g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.1mg
Fiber	5g	Niacin	5mg
Sugar	27g	Vitamin B6	0.2mg
Protein	8g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Phosphoro...	130mg
Potassium	420mg	Magnesium	70mg
Vitamin A	4IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

DIRECTIONS

01 Spoon an even amount of peanut butter into the center of each date. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately four to five dates.

NUT-FREE

Use sunflower seed butter or tahini.

DRESS THEM UP

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Warm Lentil & Sweet Potato Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (medium, peeled and cut into small cubes)
2/3 cup Vegetable Broth (divided)
1/2 cup Red Onion (chopped)
3 Garlic (cloves, minced)
1/4 tsp Sea Salt
2 cups Baby Spinach
2 cups Lentils (cooked, rinsed)
2 tbsps Balsamic Vinegar
1/4 cup Parsley (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	336	Calcium	121mg
Fat	1g	Iron	9mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	275µg
Monouns...	0g	Thiamine	0.4mg
Carbs	63g	Riboflavin	0.3mg
Fiber	19g	Niacin	3mg
Sugar	11g	Vitamin B6	0.7mg
Protein	21g	Folate	443µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	587mg	Phosphoro...	430mg
Potassium	1268mg	Magnesium	123mg

DIRECTIONS

- 01 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 02 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 03 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 04 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of salad.

NO SWEET POTATO

Use cubed butternut squash instead.

Vitamin A 12867IU Zinc 3mg
Vitamin C 28mg Selenium 7µg



Cozy Slow Cooker Split Pea & Kale Stew

3 SERVINGS 8 HOURS



INGREDIENTS

1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1 Carrot (medium, diced)
1 stalk Celery (diced)
1 1/2 tsps Dried Thyme
1 cup Yellow Split Peas (dry/uncooked)
4 cups Vegetable Broth
2 cups Kale Leaves (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	278	Calcium	105mg
Fat	3g	Iron	5mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	82µg
Monouns...	0g	Thiamine	0.6mg
Carbs	48g	Riboflavin	0.3mg
Fiber	17g	Niacin	3mg
Sugar	6g	Vitamin B6	0.2mg
Protein	17g	Folate	29µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	909mg	Phosphoro...	248mg
Potassium	796mg	Magnesium	54mg
Vitamin A	4948IU	Zinc	3mg

DIRECTIONS

- 01 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 02 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Store in the fridge up to 4 days or freeze.

SERVING SIZE

One serving is roughly 1 1/2 to 2 cups.

Vitamin C 18mg Selenium 7μg



Butternut Squash Buckwheat Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 cup Butternut Squash (chopped into small cubes)
1/2 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil

NUTRITION

AMOUNT PER SERVING

Calories	444	Calcium	107mg
Fat	16g	Iron	3mg
Saturated	2g	Vitamin D	2IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	56µg
Monouns...	11g	Thiamine	0.3mg
Carbs	71g	Riboflavin	0.4mg
Fiber	11g	Niacin	6mg
Sugar	2g	Vitamin B6	0.4mg
Protein	11g	Folate	65µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1204mg	Phosphoro...	312mg
Potassium	631mg	Magnesium	218mg
Vitamin A	7949IU	Zinc	2mg

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 03 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 2 cups.

MORE FLAVOR

Add diced onions or minced garlic.

Vitamin C 25mg Selenium 10µg



Apple Crumble Bites

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk
1/2 cup Ground Flax Seed
1 tsp Cinnamon
2 Apple (medium; cored and sliced into 1/2-inch wedges)

NUTRITION

AMOUNT PER SERVING

Calories	172	Calcium	33mg
Fat	10g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	2µg
Monouns...	1g	Thiamine	0mg
Carbs	18g	Riboflavin	0mg
Fiber	6g	Niacin	0mg
Sugar	10g	Vitamin B6	0mg
Protein	4g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	10mg
Potassium	146mg	Magnesium	5mg
Vitamin A	51IU	Zinc	0mg
Vitamin C	4mg	Selenium	0µg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 03 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 04 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

SERVING SIZE

One serving is approximately 6 to 8 wedges, or half of an apple.

MORE FLAVOR

Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

SERVE IT WITH

Drizzle of honey or yogurt for dipping.

APPLE

Gala apples were used to create this recipe.