



## Plant-Based Healthy for the Holidays Challenge, Week 2

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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**  
Cinnamon Pear Oatmeal



**SNACK 1**  
Almond Butter Apple Sandwiches



**LUNCH**  
Creamy Pasta with Kale



**SNACK 2**  
Banana



**DINNER**  
Grilled Eggplant with Spiced Walnuts & Yogurt



**SNACK 3**  
Dark Chocolate Almond Mousse

## TUE



**BREAKFAST**  
Cinnamon Pear Oatmeal



**SNACK 1**  
Cranberry Protein Cookies



**LUNCH**  
Grilled Eggplant with Spiced Walnuts & Yogurt



**SNACK 2**  
Almond Butter Apple Sandwiches



**DINNER**  
Creamy Pasta with Kale



**SNACK 3**  
Dark Chocolate Almond Mousse

## WED



**BREAKFAST**  
Cinnamon Pear Oatmeal



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Creamy Pasta with Kale



**SNACK 2**  
Cranberry Protein Cookies



**DINNER**  
Grilled Brussels Sprouts, Pear & Pecan Salad



**SNACK 3**  
Dark Chocolate Almond Mousse

## THU



**BREAKFAST**  
Cinnamon Vanilla Overnight Oats



**SNACK 1**  
Cranberry Protein Cookies



**LUNCH**  
Grilled Brussels Sprouts, Pear & Pecan Salad



**SNACK 2**  
Creamy Apple Pie Smoothie



**DINNER**  
Roasted Red Pepper & Tomato Pasta



**SNACK 3**  
Dark Chocolate Almond Mousse

## FRI



**BREAKFAST**  
Cinnamon Vanilla Overnight Oats



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Roasted Red Pepper & Tomato Pasta



**SNACK 2**  
Cranberry Protein Cookies



**DINNER**  
Grilled Brussels Sprouts, Pear & Pecan Salad



**SNACK 3**  
Dark Chocolate Almond Mousse

## MON

**FAT 48%**    **CARBS 41%**    **PROTEIN 11%**

**Calories** 1905                  Calcium 955mg  
**Fat** 112g                        Iron 18mg  
Saturated 13g                 Vitamin D 40IU  
Trans 0g                         Vitamin E 19mg  
Polyunsaturated 37g        Vitamin K 159µg  
Monounsaturated 51g        Thiamine 3.1mg  
**Carbs** 215g                     Riboflavin 3.8mg  
Fiber 62g                        Niacin 22mg  
Sugar 74g                        Vitamin B6 3.9mg  
**Protein** 58g                     Folate 278µg  
Cholesterol 0mg                Vitamin B12 12.0µg  
Sodium 571mg                 Phosphorous 1053mg  
Potassium 3374mg             Magnesium 569mg  
Vitamin A 1967IU                Zinc 9mg  
Vitamin C 63mg                 Selenium 24µg

## TUE

**FAT 52%**    **CARBS 36%**    **PROTEIN 12%**

**Calories** 2066                  Calcium 1079mg  
**Fat** 130g                        Iron 20mg  
Saturated 14g                 Vitamin D 40IU  
Trans 0g                         Vitamin E 27mg  
Polyunsaturated 42g        Vitamin K 158µg  
Monounsaturated 61g        Thiamine 3.2mg  
**Carbs** 207g                     Riboflavin 4.1mg  
Fiber 64g                        Niacin 22mg  
Sugar 66g                        Vitamin B6 3.6mg  
**Protein** 67g                     Folate 278µg  
Cholesterol 0mg                Vitamin B12 12.1µg  
Sodium 578mg                 Phosphorous 1271mg  
Potassium 3291mg             Magnesium 648mg  
Vitamin A 1901IU                Zinc 11mg  
Vitamin C 54mg                 Selenium 28µg

## WED

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

**Calories** 2062                  Calcium 878mg  
**Fat** 128g                        Iron 20mg  
Saturated 13g                 Vitamin D 40IU  
Trans 0g                         Vitamin E 19mg  
Polyunsaturated 43g        Vitamin K 445µg  
Monounsaturated 61g        Thiamine 3.3mg  
**Carbs** 213g                     Riboflavin 3.8mg  
Fiber 56g                        Niacin 19mg  
Sugar 74g                        Vitamin B6 3.4mg  
**Protein** 61g                     Folate 272µg  
Cholesterol 0mg                Vitamin B12 11.4µg  
Sodium 756mg                 Phosphorous 1128mg  
Potassium 2503mg             Magnesium 563mg  
Vitamin A 5146IU                Zinc 11mg  
Vitamin C 131mg                Selenium 29µg

## THU

**FAT 38%**    **CARBS 48%**    **PROTEIN 14%**

**Calories** 1867                  Calcium 1845mg  
**Fat** 88g                         Iron 23mg  
Saturated 10g                 Vitamin D 191IU  
Trans 0g                         Vitamin E 18mg  
Polyunsaturated 26g        Vitamin K 439µg  
Monounsaturated 40g        Thiamine 0.8mg  
**Carbs** 245g                     Riboflavin 1.6mg  
Fiber 63g                        Niacin 7mg  
Sugar 84g                        Vitamin B6 1.4mg  
**Protein** 71g                     Folate 299µg  
Cholesterol 2mg                Vitamin B12 1.8µg  
Sodium 1116mg                 Phosphorous 1041mg  
Potassium 2974mg             Magnesium 489mg  
Vitamin A 9834IU                Zinc 9mg  
Vitamin C 224mg                Selenium 26µg

## FRI

**FAT 43%**    **CARBS 45%**    **PROTEIN 12%**

**Calories** 1807                  Calcium 1289mg  
**Fat** 95g                         Iron 22mg  
Saturated 11g                 Vitamin D 90IU  
Trans 0g                         Vitamin E 14mg  
Polyunsaturated 37g        Vitamin K 443µg  
Monounsaturated 36g        Thiamine 0.7mg  
**Carbs** 224g                     Riboflavin 1.1mg  
Fiber 60g                        Niacin 7mg  
Sugar 75g                        Vitamin B6 1.2mg  
**Protein** 60g                     Folate 308µg  
Cholesterol 0mg                Vitamin B12 1.5µg  
Sodium 934mg                 Phosphorous 851mg  
Potassium 2648mg             Magnesium 425mg  
Vitamin A 9238IU                Zinc 8mg  
Vitamin C 218mg                Selenium 21µg



## FRUITS

- 3 Apple
- 3 Banana
- 2 1/2 tbsps Lemon Juice
- 5 Pear

## BREAKFAST

- 1 1/4 cups Almond Butter

## SEEDS, NUTS & SPICES

- 3/4 cup Cashews
- 2/3 cup Chia Seeds
- 1 2/3 tsps Cinnamon
- 1 1/2 tsps Cumin
- 1 1/8 cups Pecans
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## FROZEN

- 4 Ice Cubes

## VEGETABLES

- 3 cups Baby Spinach
- 3 cups Brussels Sprouts
- 2 tbsps Cilantro
- 2 Eggplant
- 4 Garlic
- 4 cups Kale Leaves
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 3 Tomato

## BOXED & CANNED

- 12 ozs Chickpea Pasta

## BAKING

- 1/2 cup Cocoa Powder
- 1 cup Dried Unsweetened Cranberries
- 3 tbsps Monk Fruit Sweetener
- 1 tbsp Nutritional Yeast
- 2 3/4 cups Oats
- 1 1/2 tsps Vanilla Extract

## CONDIMENTS & OILS

- 2 1/2 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil

## COLD

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

## OTHER

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

# Cinnamon Pear Oatmeal

3 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 Pear (sliced)
- 1/3 tsp Cinnamon
- 1 1/2 cups Oats (rolled)
- 3 cups Water
- 1/3 cup Pecans (roughly chopped, optional)
- 3 tbsps Almond Butter (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	386	Calcium	119mg
Fat	20g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	6g	Vitamin K	5µg
Monouns...	11g	Thiamine	0.3mg
Carbs	46g	Riboflavin	0.3mg
Fiber	10g	Niacin	1mg
Sugar	10g	Vitamin B6	0.1mg
Protein	10g	Folate	30µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	291mg
Potassium	419mg	Magnesium	126mg
Vitamin A	30IU	Zinc	3mg
Vitamin C	4mg	Selenium	13µg

## DIRECTIONS

- 01 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 02 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 03 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

### NUT-FREE

Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

### MORE FLAVOR

Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

### ADDITIONAL TOPPINGS

Sweeten with a drizzle of maple syrup.

# Cinnamon Vanilla Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

2/3 cup Oats (rolled)  
2 tbsps Chia Seeds  
1/4 tsp Cinnamon  
1/2 tsp Vanilla Extract  
1 cup Unsweetened Coconut Yogurt  
1 cup Unsweetened Almond Milk  
1 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	285	Calcium	572mg
Fat	10g	Iron	3mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	2g	Thiamine	0.1mg
Carbs	44g	Riboflavin	0.1mg
Fiber	10g	Niacin	1mg
Sugar	8g	Vitamin B6	0.2mg
Protein	7g	Folate	20µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	109mg	Phosphoro...	124mg
Potassium	380mg	Magnesium	62mg
Vitamin A	288IU	Zinc	1mg
Vitamin C	5mg	Selenium	8µg

## DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/4 cup.

### NO COCONUT YOGURT

Use another type of yogurt.

### ADDITIONAL TOPPINGS

Berries, nuts and/or seeds.

# Almond Butter Apple Sandwiches

1 SERVING 10 MINUTES



## INGREDIENTS

1 Apple  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Calcium	119mg
Fat	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	10g	Thiamine	0mg
Carbs	31g	Riboflavin	0.3mg
Fiber	8g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	7g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	179mg
Potassium	428mg	Magnesium	96mg
Vitamin A	99IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

## DIRECTIONS

- 01 Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 02 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

## NOTES

### NUT-FREE

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

# Cranberry Protein Cookies

4 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 Banana (mashed)  
2 tbsps Vanilla Protein Powder  
1/2 cup Oats  
1/2 cup Almond Butter  
1/4 tsp Cinnamon  
2 tbsps Dried Unsweetened Cranberries

## NUTRITION

### AMOUNT PER SERVING

Calories	266	Calcium	130mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	5g	Vitamin K	0µg
Monouns...	10g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.4mg
Fiber	5g	Niacin	1mg
Sugar	6g	Vitamin B6	0.1mg
Protein	10g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	8mg	Phosphoro...	244mg
Potassium	339mg	Magnesium	111mg
Vitamin A	10IU	Zinc	2mg
Vitamin C	1mg	Selenium	5µg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to one cookie.

### LEFTOVERS

Store in the fridge for up to four days or in the freezer for up to three months.

### PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

# Pear & Walnuts

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Pear  
1/2 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.

# Creamy Pasta with Kale

3 SERVINGS 40 MINUTES



## INGREDIENTS

6 ozs Chickpea Pasta  
4 cups Kale Leaves (sliced thin into ribbons)  
1 Garlic (clove, minced)  
3/4 cup Cashews (soaked for 30 minutes and drained)  
1/2 cup Water  
1 tbsp Nutritional Yeast (optional)  
1 tbsp Lemon Juice  
2 tbsps 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



# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Calcium	6mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	14g	Vitamin B6	0.4mg
Protein	1g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	26mg
Potassium	422mg	Magnesium	32mg
Vitamin A	76IU	Zinc	0mg
Vitamin C	10mg	Selenium	1µg

## DIRECTIONS

01 Peel and enjoy!

## NOTES

### MORE PROTEIN

Dip in almond butter.

# Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (medium, peeled and chopped)  
1/2 Banana (frozen)  
4 Ice Cubes  
2 tbsps Vanilla Protein Powder  
2 tbsps Oats  
1 tbspd Almond Butter  
3/4 tsp Cinnamon (ground)  
1 cup Unsweetened Almond Milk

## DIRECTIONS

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

## NOTES

### APPLE TYPE

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### NO ALMOND MILK

Use any other type of milk instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	358	Calcium	601mg
Fat	13g	Iron	2mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	5µg
Monouns...	7g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.6mg
Fiber	11g	Niacin	1mg
Sugar	27g	Vitamin B6	0.4mg
Protein	16g	Folate	33µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	184mg	Phosphoro...	315mg
Potassium	665mg	Magnesium	124mg
Vitamin A	641IU	Zinc	2mg
Vitamin C	14mg	Selenium	7µg

# Grilled Eggplant with Spiced Walnuts & Yogurt

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 Eggplant (small, cut in half lengthwise)  
1 tbsp Avocado Oil (divided)  
1 1/2 tsps Cumin (divided)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Walnuts (chopped)  
1 tbsp Coconut Aminos  
1/2 cup Unsweetened Coconut Yogurt  
2 tsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Calcium	219mg
Fat	30g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	16g	Vitamin K	23µg
Monouns...	8g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.3mg
Fiber	19g	Niacin	4mg
Sugar	22g	Vitamin B6	0.6mg
Protein	10g	Folate	151µg
Cholesterol	0mg	Vitamin B12	0.7µg
Sodium	162mg	Phosphoro...	244mg
Potassium	1421mg	Magnesium	130mg
Vitamin A	214IU	Zinc	2mg
Vitamin C	13mg	Selenium	3µg

## DIRECTIONS

- 01 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 02 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 03 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 04 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is two small eggplant halves.

### MORE FLAVOR

Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

### ADDITIONAL TOPPINGS

Parsley, chives, basil, and/or sesame seeds.

### NO COCONUT YOGURT

Use any other type of yogurt instead.

# Grilled Brussels Sprouts, Pear & Pecan Salad

3 SERVINGS 20 MINUTES



## INGREDIENTS

3 cups Brussels Sprouts (trimmed, outer leaves removed, halved)  
1 1/2 tbsps Avocado Oil  
1/3 tsp Sea Salt (to taste)  
6 Barbecue Skewers  
3 cups Baby Spinach  
1 1/2 Pear (cored, sliced)  
3/4 cup Pecans (crushed)  
3/4 cup Dried Unsweetened Cranberries  
1 1/2 tbsps Lemon Juice (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	421	Calcium	92mg
Fat	26g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	7g	Vitamin K	305µg
Monouns...	15g	Thiamine	0.3mg
Carbs	48g	Riboflavin	0.2mg
Fiber	11g	Niacin	1mg
Sugar	32g	Vitamin B6	0.3mg
Protein	6g	Folate	125µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	342mg	Phosphoro...	155mg
Potassium	722mg	Magnesium	81mg

## DIRECTIONS

- 01 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
- 02 Pierce the Brussels sprouts onto the skewers.
- 03 Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
- 04 Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 2 1/2 cups.

### MORE FLAVOR

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

### ADDITIONAL TOPPINGS

Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

### NO SKEWERS

Use a grilling mat or basket instead.

### BARBECUE SKEWERS

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

Vitamin A	3513IU	Zinc	2mg
Vitamin C	90mg	Selenium	3μg



# Roasted Red Pepper & Tomato Pasta

2 SERVINGS 40 MINUTES



## INGREDIENTS

1 Red Bell Pepper (large, chopped)  
3 Tomato (medium, whole)  
3 Garlic (cloves, large, left in the skin)  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
6 ozs Chickpea Pasta  
1/2 tsp Red Pepper Flakes  
1/4 cup Parsley

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Calcium	92mg
Fat	6g	Iron	10mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	128µg
Monouns...	0g	Thiamine	0.1mg
Carbs	59g	Riboflavin	0.1mg
Fiber	15g	Niacin	2mg
Sugar	10g	Vitamin B6	0.4mg
Protein	24g	Folate	88µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	167mg	Phosphoro...	76mg
Potassium	548mg	Magnesium	26mg
Vitamin A	5182IU	Zinc	1mg
Vitamin C	114mg	Selenium	1µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Prepare a rimmed baking sheet with parchment paper (optional).
- 02 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 03 Cook the pasta according to package directions.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

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

### ADDITIONAL TOPPING

Top with parmesan cheese or nutritional yeast.

# Dark Chocolate Almond Mousse

5 SERVINGS 3 HOURS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1/2 cup Cocoa Powder  
1/4 cup Almond Butter  
3 tbsps Monk Fruit Sweetener  
1 tsp Vanilla Extract  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Calcium	358mg
Fat	15g	Iron	3mg
Saturated	2g	Vitamin D	40IU
Trans	0g	Vitamin E	3mg
Polyunsat...	7g	Vitamin K	0µg
Monouns...	6g	Thiamine	0mg
Carbs	23g	Riboflavin	0.2mg
Fiber	11g	Niacin	1mg
Sugar	1g	Vitamin B6	0mg
Protein	8g	Folate	9µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	306mg	Phosphoro...	127mg
Potassium	320mg	Magnesium	85mg
Vitamin A	200IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

## DIRECTIONS

- 01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Stir well before serving.

### SERVING SIZE

One serving is roughly 1/2 cup.

### ADDITIONAL TOPPINGS

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

### NO ALMOND BUTTER

Use another nut or seed butter instead.