



Plant-Based Heart Health Program

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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
Overnight Vanilla Protein Oats



SNACK 1
Apples & Almonds



LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower



SNACK 2
Blueberry Chia Parfait



DINNER
Mediterranean Chickpea Quinoa Bowl

TUE



BREAKFAST
Overnight Vanilla Protein Oats



SNACK 1
Blueberry Chia Parfait



LUNCH
Mediterranean Chickpea Quinoa Bowl



SNACK 2
Apples & Almonds



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

WED



BREAKFAST
Overnight Vanilla Protein Oats



SNACK 1
Apples & Almonds



LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower



SNACK 2
Veggie Pita Pizza with Hummus



DINNER
Lemon Kale Salad with Chickpeas & Avocado

THU



BREAKFAST
Berry & Nut Breakfast Bowl



SNACK 1
Veggie Pita Pizza with Hummus



LUNCH
Lemon Kale Salad with Chickpeas & Avocado



SNACK 2
Apple



DINNER
Burrito Bowl with Quinoa Tofu Taco Filling

FRI



BREAKFAST
Berry & Nut Breakfast Bowl



SNACK 1
Pita, Hummus & Red Pepper Snack Plate



LUNCH
Burrito Bowl with Quinoa Tofu Taco Filling



SNACK 2
Almonds



DINNER
Crispy Tofu Meal Prep Bowls

SAT



BREAKFAST
Creamy Apple Pie Smoothie



SNACK 1
Almonds



LUNCH
Crispy Tofu Meal Prep Bowls



SNACK 2
Pita, Hummus & Red Pepper Snack Plate



DINNER
Spaghetti with Pesto & Roasted Tomatoes

SUN



BREAKFAST
Creamy Apple Pie Smoothie



SNACK 1
Pita, Hummus & Red Pepper Snack Plate



LUNCH
Spaghetti with Pesto & Roasted Tomatoes



SNACK 2
Almonds



DINNER
Crispy Tofu Meal Prep Bowls

MON**FAT 47%** **CARBS 37%** **PROTEIN 16%**

Calories 1812	Calcium 2034mg
Fat 100g	Iron 21mg
Saturated 11g	Vitamin D 151IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 32g	Vitamin K 169µg
Monounsaturated 41g	Thiamine 1.0mg
Carbs 178g	Riboflavin 1.7mg
Fiber 52g	Niacin 6mg
Sugar 51g	Vitamin B6 1.3mg
Protein 78g	Folate 382µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1180mg	Phosphorous 1303mg
Potassium 2680mg	Magnesium 513mg
Vitamin A 2930IU	Zinc 10mg
Vitamin C 167mg	Selenium 55µg

TUE**FAT 47%** **CARBS 37%** **PROTEIN 16%**

Calories 1812	Calcium 2034mg
Fat 100g	Iron 21mg
Saturated 11g	Vitamin D 151IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 32g	Vitamin K 169µg
Monounsaturated 41g	Thiamine 1.0mg
Carbs 178g	Riboflavin 1.7mg
Fiber 52g	Niacin 6mg
Sugar 51g	Vitamin B6 1.3mg
Protein 78g	Folate 382µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1180mg	Phosphorous 1303mg
Potassium 2680mg	Magnesium 513mg
Vitamin A 2930IU	Zinc 10mg
Vitamin C 167mg	Selenium 55µg

WED**FAT 46%** **CARBS 37%** **PROTEIN 17%**

Calories 1916	Calcium 1499mg
Fat 105g	Iron 21mg
Saturated 13g	Vitamin D 63IU
Trans 0g	Vitamin E 19mg
Polyunsaturated 30g	Vitamin K 338µg
Monounsaturated 53g	Thiamine 1.4mg
Carbs 190g	Riboflavin 1.8mg
Fiber 53g	Niacin 10mg
Sugar 44g	Vitamin B6 1.7mg
Protein 84g	Folate 619µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1566mg	Phosphorous 1610mg
Potassium 3370mg	Magnesium 611mg
Vitamin A 4081IU	Zinc 13mg
Vitamin C 223mg	Selenium 86µg

THU**FAT 50%** **CARBS 38%** **PROTEIN 12%**

Calories 1846	Calcium 709mg
Fat 109g	Iron 18mg
Saturated 14g	Vitamin D 25IU
Trans 0g	Vitamin E 19mg
Polyunsaturated 34g	Vitamin K 282µg
Monounsaturated 53g	Thiamine 1.9mg
Carbs 188g	Riboflavin 2.0mg
Fiber 58g	Niacin 16mg
Sugar 47g	Vitamin B6 2.6mg
Protein 60g	Folate 743µg
Cholesterol 0mg	Vitamin B12 2.8µg
Sodium 1740mg	Phosphorous 1449mg
Potassium 3658mg	Magnesium 635mg
Vitamin A 6841IU	Zinc 12mg
Vitamin C 256mg	Selenium 52µg

FRI**FAT 56%** **CARBS 30%** **PROTEIN 14%**

Calories 1803	Calcium 1050mg
Fat 119g	Iron 17mg
Saturated 14g	Vitamin D 25IU
Trans 0g	Vitamin E 25mg
Polyunsaturated 41g	Vitamin K 243µg
Monounsaturated 55g	Thiamine 1.8mg
Carbs 146g	Riboflavin 2.2mg
Fiber 47g	Niacin 15mg
Sugar 41g	Vitamin B6 2.4mg
Protein 68g	Folate 621µg
Cholesterol 0mg	Vitamin B12 2.8µg
Sodium 1667mg	Phosphorous 1390mg
Potassium 3203mg	Magnesium 659mg
Vitamin A 12124IU	Zinc 11mg
Vitamin C 300mg	Selenium 50µg

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

Calories 1766	Calcium 1245mg
Fat 101g	Iron 13mg
Saturated 11g	Vitamin D 101IU
Trans 0g	Vitamin E 26mg
Polyunsaturated 34g	Vitamin K 293µg
Monounsaturated 48g	Thiamine 0.9mg
Carbs 177g	Riboflavin 1.6mg
Fiber 37g	Niacin 8mg
Sugar 55g	Vitamin B6 1.5mg
Protein 63g	Folate 451µg
Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1199mg	Phosphorous 1266mg
Potassium 2552mg	Magnesium 473mg
Vitamin A 11169IU	Zinc 9mg
Vitamin C 180mg	Selenium 64µg

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

Calories 1766	Calcium 1245mg
Fat 101g	Iron 13mg
Saturated 11g	Vitamin D 101IU
Trans 0g	Vitamin E 26mg
Polyunsaturated 34g	Vitamin K 293µg
Monounsaturated 48g	Thiamine 0.9mg
Carbs 177g	Riboflavin 1.6mg
Fiber 37g	Niacin 8mg
Sugar 55g	Vitamin B6 1.5mg
Protein 63g	Folate 451µg



Cholesterol 2mg	Vitamin B12 0.3µg
Sodium 1199mg	Phosphorous 1266mg
Potassium 2552mg	Magnesium 473mg
Vitamin A 11169IU	Zinc 9mg
Vitamin C 180mg	Selenium 64µg

FRUITS

- 6 Apple
- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1/3 cup Blueberries
- 1/3 Lemon
- 1 tbsp Lemon Juice
- 1 1/2 tsps Lime Juice
- 1/3 cup Raspberries
- 1 cup Strawberries

BREAKFAST

- 3 1/2 tsps Almond Butter
- 2 1/4 tsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 3/4 cups Almonds
- 1/2 cup Chia Seeds
- 1 1/4 tsps Chili Powder
- 1 1/2 tsps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 2 tsps Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 tsps Sesame Seeds
- 1/4 cup Slivered Almonds
- 1/8 tsp Smoked Paprika
- 1/3 cup Sunflower Seeds
- 1/4 cup Walnuts

FROZEN

- 1 cup Frozen Blueberries
- 3/4 cup Frozen Edamame
- 1 1/2 cups Frozen Mango

VEGETABLES

- 3 3/4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 1 1/2 cups Brussels Sprouts
- 3/4 head Cauliflower
- 1/3 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1/2 Cucumber
- 1/3 Garlic
- 4 cups Kale Leaves
- 3 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 head Romaine Hearts
- 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Black Beans
- 1/3 cup Brown Rice Spaghetti
- 2 1/4 cups Chickpeas
- 3/4 cup Quinoa
- 1/2 cup Salsa

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tsps Arrowroot Powder
- 1/2 tsp Nutritional Yeast
- 1 3/4 cups Oats

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tsps Sesame Oil
- 2 2/3 tsps Tamari

COLD

- 6 1/8 cups Unsweetened Almond Milk

OTHER

- 2/3 cup Vanilla Protein Powder

8 Ice Cubes

Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick or traditional)
1 1/2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk
1/3 cup Vanilla Protein Powder
1/3 cup Raspberries
1/3 cup Blueberries
1 1/2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	309	Calcium	430mg
Fat	11g	Iron	3mg
Saturated	1g	Vitamin D	63IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	6µg
Monouns...	4g	Thiamine	0.3mg
Carbs	37g	Riboflavin	0.4mg
Fiber	9g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	18g	Folate	25µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	124mg	Phosphoro...	373mg
Potassium	351mg	Magnesium	116mg
Vitamin A	327IU	Zinc	3mg
Vitamin C	6mg	Selenium	15µg

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Please note that results may vary if using a different type of protein powder.

Berry & Nut Breakfast Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Strawberries (chopped)
1 cup Blackberries (cut in half)
1/4 cup Walnuts (chopped)
1/4 cup Almonds (chopped)
2 tbsps Pumpkin Seeds
2 tbsps Hemp Seeds
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	363	Calcium	219mg
Fat	29g	Iron	3mg
Saturated	3g	Vitamin D	25IU
Trans	0g	Vitamin E	6mg
Polyunsat...	15g	Vitamin K	17µg
Monouns...	9g	Thiamine	0.3mg
Carbs	20g	Riboflavin	0.3mg
Fiber	10g	Niacin	3mg
Sugar	8g	Vitamin B6	0.2mg
Protein	13g	Folate	74µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	43mg	Phosphoro...	435mg
Potassium	618mg	Magnesium	218mg
Vitamin A	290IU	Zinc	3mg
Vitamin C	58mg	Selenium	3µg

DIRECTIONS

- 01 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 02 Pour the almond milk over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

ADDITIONAL TOPPINGS

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

NO BERRIES

Use peaches, mango, pineapple or banana instead.

NO ALMOND MILK

Use another non-dairy milk instead.

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 tbsp 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

Apples & Almonds

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Apple (sliced)
3/4 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

Pita, Hummus & Red Pepper Snack Plate

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Red Bell Pepper (sliced)
1 1/2 Whole Wheat Pita (sliced into strips)
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	294	Calcium	48mg
Fat	15g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	8g	Vitamin K	22µg
Monouns...	4g	Thiamine	0.3mg
Carbs	34g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	4g	Vitamin B6	0.4mg
Protein	10g	Folate	78µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	486mg	Phosphoro...	221mg
Potassium	436mg	Magnesium	91mg
Vitamin A	1882IU	Zinc	2mg
Vitamin C	76mg	Selenium	18µg

DIRECTIONS

01 Assemble all ingredients onto a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Use a gluten-free pita.

ON-THE-GO

Divide the ingredients into a bento box or container instead of a plate.

One Pan Tofu, Brussels Sprouts & Cauliflower

3 SERVINGS 45 MINUTES



INGREDIENTS

1 1/2 lbs Tofu (extra firm, drained)
1 1/2 tbsps Tamari
1 1/2 tbsps Avocado Oil
1 1/2 tsps Maple Syrup
1 1/2 tbsps Arrowroot Powder
1 1/2 cups Brussels Sprouts (trimmed and halved)
3/4 head Cauliflower (chopped into florets)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	369	Calcium	720mg
Fat	23g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	8g	Vitamin K	108µg
Monouns...	10g	Thiamine	0.3mg
Carbs	21g	Riboflavin	0.3mg
Fiber	7g	Niacin	2mg
Sugar	8g	Vitamin B6	0.6mg
Protein	28g	Folate	135µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 02 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 03 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

VEGETABLE ALTERNATIVES

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Sodium	568mg	Phosphoro...	375mg
Potassium	943mg	Magnesium	126mg
Vitamin A	332IU	Zinc	3mg
Vitamin C	108mg	Selenium	32µg

Blueberry Chia Parfait

2 SERVINGS 30 MINUTES



INGREDIENTS

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	686mg
Fat	23g	Iron	4mg
Saturated	2g	Vitamin D	88IU
Trans	0g	Vitamin E	0mg
Polyunsat...	10g	Vitamin K	13µg
Monouns...	2g	Thiamine	0mg
Carbs	36g	Riboflavin	0.2mg
Fiber	17g	Niacin	0mg
Sugar	14g	Vitamin B6	0mg
Protein	11g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	148mg	Phosphoro...	9mg
Potassium	245mg	Magnesium	21mg
Vitamin A	472IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

NOTES

NO SLIVERED ALMONDS

Use shredded coconut or hemp seeds instead.

CHIA WILL NOT GEL

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 cup Hummus
- 2 Whole Wheat Pita

NUTRITION

AMOUNT PER SERVING

Calories	359	Calcium	48mg
Fat	16g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polysat...	7g	Vitamin K	21µg
Monouns...	6g	Thiamine	0.4mg
Carbs	48g	Riboflavin	0.2mg
Fiber	8g	Niacin	3mg
Sugar	5g	Vitamin B6	0.4mg
Protein	12g	Folate	77µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	537mg	Phosphoro...	253mg
Potassium	491mg	Magnesium	103mg
Vitamin A	1044IU	Zinc	2mg
Vitamin C	47mg	Selenium	31µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 03 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 04 Let cool slightly and slice. Enjoy!

NOTES

NO OLIVE OIL

Use coconut oil, avocado oil, ghee or butter instead.

NO WHOLE WHEAT PITA

Use tortillas or flatbread instead.

PREP AHEAD

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Calcium	11mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	25g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	0g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	20mg
Potassium	195mg	Magnesium	9mg
Vitamin A	98IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

Almonds

3 SERVINGS 2 MINUTES



INGREDIENTS

3/4 cup Almonds (raw)

DIRECTIONS

01 Place in a bowl and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	207	Calcium	96mg
Fat	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	4g	Vitamin K	0µg
Monouns...	11g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
Protein	8g	Folate	16µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	172mg
Potassium	262mg	Magnesium	97mg
Vitamin A	1IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

MORE FLAVOR

Roast, toast and/or season with salt.

Mediterranean Chickpea Quinoa Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1/2 head Romaine Hearts (chopped)
1/2 cup Chickpeas (cooked, from the can)
1/2 Cucumber (chopped)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Hummus
1/4 cup Pitted Kalamata Olives
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1/4 tsp Italian Seasoning
1/16 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	466	Calcium	91mg
Fat	25g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	6g	Vitamin K	38µg
Monouns...	14g	Thiamine	0.3mg
Carbs	51g	Riboflavin	0.3mg
Fiber	10g	Niacin	2mg
Sugar	6g	Vitamin B6	0.5mg
Protein	13g	Folate	196µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

NO HUMMUS

Use tzatziki instead.

PREP AHEAD

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

MORE FLAVOUR

Serve with a lemon wedge and black pepper. Top with crumbled feta cheese.

Sodium	338mg	Phosphoro...	354mg
Potassium	684mg	Magnesium	144mg
Vitamin A	1700IU	Zinc	3mg
Vitamin C	43mg	Selenium	7µg

Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	577	Calcium	194mg
Fat	37g	Iron	6mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	7g	Vitamin K	199µg
Monouns...	22g	Thiamine	0.3mg
Carbs	51g	Riboflavin	0.4mg
Fiber	20g	Niacin	3mg
Sugar	8g	Vitamin B6	0.5mg
Protein	18g	Folate	361µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	335mg	Phosphoro...	417mg
Potassium	1128mg	Magnesium	160mg
Vitamin A	2279IU	Zinc	4mg

DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

ADDITIONAL TOPPINGS

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Vitamin C 54mg Selenium 7µg



Burrito Bowl with Quinoa Tofu Taco Filling

2 SERVINGS 35 MINUTES



INGREDIENTS

1/4 cup Quinoa (uncooked)
4 ozs Tofu (extra firm, crumbled)
1 tbsp Extra Virgin Olive Oil
1 1/4 tsps Chili Powder
3/4 tsp Cumin
1/2 tsp Oregano
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
1/2 cup Salsa (divided)
1 1/2 tsps Lime Juice
1/2 tsp Nutritional Yeast
1 Red Bell Pepper (sliced)
1/4 head Romaine Hearts (chopped)
1/2 cup Black Beans (cooked)
1 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	452	Calcium	237mg
Fat	27g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	6mg
Polyunsat...	5g	Vitamin K	41µg
Monouns...	16g	Thiamine	0.9mg
Carbs	44g	Riboflavin	1.0mg
Fiber	16g	Niacin	7mg

DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

ADDITIONAL TOPPINGS

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Sugar	7g	Vitamin B6	1.4mg
Protein	17g	Folate	226µg
Cholesterol	0mg	Vitamin B12	2.8µg
Sodium	823mg	Phosphoro...	324mg
Potassium	1226mg	Magnesium	145mg
Vitamin A	3130IU	Zinc	3mg
Vitamin C	89mg	Selenium	11µg

Crispy Tofu Meal Prep Bowls

3 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
12 ozs Tofu (firm, sliced and patted dry)
1 1/2 tbsps Sesame Oil
3 tbsps Avocado Oil
1 1/2 tbsps Balsamic Vinegar
2 1/4 tps Tamari
2 1/4 tps Maple Syrup
3 cups Baby Spinach
3 cups Coleslaw Mix
1 1/2 cups Frozen Mango (thawed)
3/4 cup Frozen Edamame (thawed)
2 1/4 tps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	487	Calcium	450mg
Fat	30g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	9g	Vitamin K	163µg
Monouns...	15g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.3mg
Fiber	9g	Niacin	2mg
Sugar	20g	Vitamin B6	0.3mg
Protein	20g	Folate	227µg

DIRECTIONS

- 01 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 02 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 03 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 04 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 to 4 days.

SAVE TIME

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

NO TOFU

Use a protein of your choice instead like roasted chickpeas, edamame, or tempeh.

Cholesterol	0mg	Vitamin B12	0µg
Sodium	315mg	Phosphoro...	238mg
Potassium	661mg	Magnesium	108mg
Vitamin A	6821U	Zinc	2mg
Vitamin C	77mg	Selenium	17µg

Spaghetti with Pesto & Roasted Tomatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Cherry Tomatoes
Sea Salt & Black Pepper (to taste)
3/4 cup Baby Spinach
1/3 cup Basil Leaves
1/3 Lemon (juiced)
1/3 cup Sunflower Seeds
1 2/3 tbsps Extra Virgin Olive Oil
1 1/4 tsps Tamari
1/3 Garlic (clove, minced)
1/3 cup Brown Rice Spaghetti

NUTRITION

AMOUNT PER SERVING

Calories	420	Calcium	50mg
Fat	25g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	10g	Vitamin K	103µg
Monouns...	11g	Thiamine	0.1mg
Carbs	43g	Riboflavin	0.1mg
Fiber	5g	Niacin	2mg
Sugar	2g	Vitamin B6	0.3mg
Protein	9g	Folate	97µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	214mg	Phosphoro...	320mg
Potassium	528mg	Magnesium	53mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
- 02 Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
- 03 Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 04 Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT SPICY

Add red chilli flakes.

Vitamin A	1824IU	Zinc	2mg
Vitamin C	13mg	Selenium	21µg

