



# Plant-Based Mediterranean Diet

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# Plant-Based Mediterranean Diet

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**  
Banana & Nut Quinoa Bowl



**SNACK 1**  
Creamy Pesto Dip Snack Plate



**LUNCH**  
Lentil Meatballs & Pasta



**SNACK 2**  
Coconut Yogurt Parfait



**DINNER**  
Lentil & Corn Chopped Salad

## TUE



**BREAKFAST**  
Banana & Nut Quinoa Bowl



**SNACK 1**  
Coconut Yogurt Parfait



**LUNCH**  
Lentil & Corn Chopped Salad



**SNACK 2**  
Creamy Pesto Dip Snack Plate



**DINNER**  
Lentil Meatballs & Pasta

## WED



**BREAKFAST**  
Cornmeal Porridge with Peanut Butter



**SNACK 1**  
Creamy Pesto Dip Snack Plate



**LUNCH**  
Lentil Meatballs & Pasta



**SNACK 2**  
Almonds



**DINNER**  
Mediterranean Chickpea Quinoa Bowl

## THU



**BREAKFAST**  
Cornmeal Porridge with Peanut Butter



**SNACK 1**  
Almonds



**LUNCH**  
Mediterranean Chickpea Quinoa Bowl



**SNACK 2**  
Creamy Pesto Dip & Crackers



**DINNER**  
Lemony White Bean & Quinoa Bowl

## FRI



**BREAKFAST**  
Cornmeal Porridge with Peanut Butter



**SNACK 1**  
Creamy Pesto Dip & Crackers



**LUNCH**  
Lemony White Bean & Quinoa Bowl



**SNACK 2**  
Roasted Chickpeas



**DINNER**  
Hummus Pasta

## SAT



**BREAKFAST**  
Cherry Yogurt Bowl



**SNACK 1**  
Roasted Chickpeas



**LUNCH**  
Hummus Pasta



**SNACK 2**  
Toasted Walnuts, Banana



**DINNER**  
Pesto Quinoa & White Bean Salad

## SUN



**BREAKFAST**  
Cherry Yogurt Bowl



**SNACK 1**  
Toasted Walnuts, Banana



**LUNCH**  
Pesto Quinoa & White Bean Salad



**SNACK 2**  
Roasted Chickpeas



**DINNER**  
Hummus Pasta

**MON****FAT 44%**   **CARBS 43%**   **PROTEIN 13%**

**Calories** 1673   Calcium 1136mg  
**Fat** 87g   Iron 20mg  
 Saturated 16g   Vitamin D 50IU  
 Trans 0g   Vitamin E 13mg  
 Polyunsaturated 22g   Vitamin K 182µg  
 Monounsaturated 35g   Thiamine 6.6mg  
**Carbs** 189g   Riboflavin 7.5mg  
 Fiber 51g   Niacin 42mg  
 Sugar 38g   Vitamin B6 7.8mg  
**Protein** 60g   Folate 537µg  
 Cholesterol 0mg   Vitamin B12 30.0µg  
 Sodium 1172mg   Phosphorous 946mg  
 Potassium 2921mg   Magnesium 316mg  
 Vitamin A 6718IU   Zinc 7mg  
 Vitamin C 248mg   Selenium 12µg

**TUE****FAT 44%**   **CARBS 43%**   **PROTEIN 13%**

**Calories** 1673   Calcium 1136mg  
**Fat** 87g   Iron 20mg  
 Saturated 16g   Vitamin D 50IU  
 Trans 0g   Vitamin E 13mg  
 Polyunsaturated 22g   Vitamin K 182µg  
 Monounsaturated 35g   Thiamine 6.6mg  
**Carbs** 189g   Riboflavin 7.5mg  
 Fiber 51g   Niacin 42mg  
 Sugar 38g   Vitamin B6 7.8mg  
**Protein** 60g   Folate 537µg  
 Cholesterol 0mg   Vitamin B12 30.0µg  
 Sodium 1172mg   Phosphorous 946mg  
 Potassium 2921mg   Magnesium 316mg  
 Vitamin A 6718IU   Zinc 7mg  
 Vitamin C 248mg   Selenium 12µg

**WED****FAT 44%**   **CARBS 41%**   **PROTEIN 15%**

**Calories** 1709   Calcium 556mg  
**Fat** 88g   Iron 21mg  
 Saturated 12g   Vitamin D 0IU  
 Trans 0g   Vitamin E 24mg  
 Polyunsaturated 19g   Vitamin K 182µg  
 Monounsaturated 46g   Thiamine 6.6mg  
**Carbs** 188g   Riboflavin 7.4mg  
 Fiber 42g   Niacin 45mg  
 Sugar 36g   Vitamin B6 7.7mg  
**Protein** 66g   Folate 419µg  
 Cholesterol 0mg   Vitamin B12 27.3µg  
 Sodium 1510mg   Phosphorous 1075mg  
 Potassium 2613mg   Magnesium 496mg  
 Vitamin A 5143IU   Zinc 8mg  
 Vitamin C 162mg   Selenium 21µg

**THU****FAT 39%**   **CARBS 48%**   **PROTEIN 13%**

**Calories** 1658   Calcium 456mg  
**Fat** 75g   Iron 17mg  
 Saturated 9g   Vitamin D 0IU  
 Trans 0g   Vitamin E 19mg  
 Polyunsaturated 18g   Vitamin K 86µg  
 Monounsaturated 38g   Thiamine 1.0mg  
**Carbs** 208g   Riboflavin 1.3mg  
 Fiber 41g   Niacin 12mg  
 Sugar 30g   Vitamin B6 1.6mg  
**Protein** 55g   Folate 416µg  
 Cholesterol 0mg   Vitamin B12 0.2µg  
 Sodium 1681mg   Phosphorous 1148mg  
 Potassium 2380mg   Magnesium 535mg  
 Vitamin A 3697IU   Zinc 9mg  
 Vitamin C 133mg   Selenium 23µg

**FRI****FAT 29%**   **CARBS 55%**   **PROTEIN 16%**

**Calories** 1634   Calcium 449mg  
**Fat** 55g   Iron 22mg  
 Saturated 7g   Vitamin D 0IU  
 Trans 0g   Vitamin E 8mg  
 Polyunsaturated 14g   Vitamin K 91µg  
 Monounsaturated 20g   Thiamine 0.9mg  
**Carbs** 236g   Riboflavin 0.8mg  
 Fiber 51g   Niacin 11mg  
 Sugar 37g   Vitamin B6 1.3mg  
**Protein** 70g   Folate 613µg  
 Cholesterol 0mg   Vitamin B12 0.2µg  
 Sodium 1696mg   Phosphorous 1035mg  
 Potassium 2282mg   Magnesium 432mg  
 Vitamin A 2666IU   Zinc 9mg  
 Vitamin C 101mg   Selenium 23µg

**SAT****FAT 39%**   **CARBS 47%**   **PROTEIN 14%**

**Calories** 1663   Calcium 880mg  
**Fat** 76g   Iron 19mg  
 Saturated 12g   Vitamin D 0IU  
 Trans 0g   Vitamin E 6mg  
 Polyunsaturated 27g   Vitamin K 111µg  
 Monounsaturated 20g   Thiamine 0.6mg  
**Carbs** 203g   Riboflavin 0.8mg  
 Fiber 47g   Niacin 4mg  
 Sugar 46g   Vitamin B6 1.2mg  
**Protein** 62g   Folate 562µg  
 Cholesterol 0mg   Vitamin B12 2.0µg  
 Sodium 988mg   Phosphorous 896mg  
 Potassium 2245mg   Magnesium 394mg  
 Vitamin A 1451IU   Zinc 7mg  
 Vitamin C 32mg   Selenium 15µg

**SUN****FAT 39%**   **CARBS 47%**   **PROTEIN 14%**

**Calories** 1663   Calcium 880mg  
**Fat** 76g   Iron 19mg  
 Saturated 12g   Vitamin D 0IU  
 Trans 0g   Vitamin E 6mg  
 Polyunsaturated 27g   Vitamin K 111µg  
 Monounsaturated 20g   Thiamine 0.6mg  
**Carbs** 203g   Riboflavin 0.8mg  
 Fiber 47g   Niacin 4mg  
 Sugar 46g   Vitamin B6 1.2mg  
**Protein** 62g   Folate 562µg



Cholesterol 0mg	Vitamin B12 2.0µg
Sodium 988mg	Phosphorous 896mg
Potassium 2245mg	Magnesium 394mg
Vitamin A 1451IU	Zinc 7mg
Vitamin C 32mg	Selenium 15µg

## FRUITS

- 1 Avocado
- 4 1/2 Banana
- 1 cup Cherries
- 1/3 cup Lemon Juice
- 2 tbsps Lime Juice
- 1 3/4 cups Strawberries

## BREAKFAST

- 1/3 cup All Natural Peanut Butter

## SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 3 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Dried Parsley
- 1 1/2 tps Everything Bagel Seasoning
- 1 3/4 tps Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 cups Walnuts

## FROZEN

- 1/2 cup Frozen Edamame

## VEGETABLES

- 2 cups Arugula
- 1 1/2 cups Cherry Tomatoes
- 1 tbsps Cilantro
- 1 Cucumber
- 1 1/2 Garlic
- 1/3 cup Parsley
- 3 1/2 Red Bell Pepper
- 1 cup Red Onion
- 1/2 head Romaine Hearts
- 3 1/4 tbsps Shallot
- 1 Tomato

## BOXED & CANNED

- 3 cups Cannellini Beans
- 12 ozs Chickpea Pasta
- 3 1/2 cups Chickpeas
- 1 cup Corn
- 1/3 cup Dry Green Lentils
- 1 cup Lentils
- 1 2/3 cups Quinoa
- 1/2 cup Quinoa Flakes
- 4 3/4 ozs Seed Crackers
- 2/3 cup Vegetable Broth

## BAKING

- 3/4 cup Cornmeal
- 2 1/3 tbsps Nutritional Yeast
- 1/2 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 3/4 cup Hummus

## CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 3/4 cup Pesto
- 2/3 cup Pitted Kalamata Olives
- 1 1/4 cups Tomato Sauce

## COLD

- 1 cup Unsweetened Almond Milk
- 4 1/16 cups Unsweetened Coconut Yogurt

## OTHER

- 3 3/4 cups Water



# Banana & Nut Quinoa Bowl

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Quinoa Flakes  
1 cup Unsweetened Almond Milk  
1/4 tsp Cinnamon  
1/2 tsp Vanilla Extract  
1 Banana (divided)  
1/4 cup Walnuts (roughly chopped)

## DIRECTIONS

- 01 In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cinnamon, and vanilla. Add half the banana and mash with a fork to incorporate.
- 02 Bring to a boil and then reduce the heat to low and simmer for three minutes.
- 03 Divide into bowls and top with sliced banana and walnuts. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Calcium	247mg
Fat	13g	Iron	2mg
Saturated	1g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	7g	Vitamin K	1µg
Monouns...	2g	Thiamine	0.1mg
Carbs	34g	Riboflavin	0.7mg
Fiber	5g	Niacin	1mg
Sugar	9g	Vitamin B6	0.3mg
Protein	7g	Folate	27µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	83mg	Phosphoro...	201mg
Potassium	298mg	Magnesium	48mg
Vitamin A	288IU	Zinc	1mg
Vitamin C	5mg	Selenium	1µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### LIKES IT SWEET

Add some maple syrup.

### NUT-FREE

Use pumpkin seeds instead of walnuts.

### MORE PROTEIN

Add vanilla protein powder.

# Cornmeal Porridge with Peanut Butter

3 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 cup Cornmeal (white, precooked)  
3 3/4 cups Water (divided)  
1/8 tsp Sea Salt  
1/3 cup All Natural Peanut Butter (divided)  
1 1/2 Banana (medium, sliced)  
3/4 cup Strawberries (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	367	Calcium	56mg
Fat	18g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	1µg
Monouns...	9g	Thiamine	0.2mg
Carbs	47g	Riboflavin	0.2mg
Fiber	6g	Niacin	6mg
Sugar	13g	Vitamin B6	0.5mg
Protein	11g	Folate	56µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	171mg	Phosphoro...	203mg
Potassium	534mg	Magnesium	119mg
Vitamin A	107IU	Zinc	2mg
Vitamin C	26mg	Selenium	7µg

## DIRECTIONS

- 01 In a small pot, whisk together the cornmeal and 1/5 of the water to form a paste.
- 02 Over medium heat, slowly whisk in the rest of the water. Simmer for three to four minutes, stirring continuously until thickened. Remove from the heat and stir in the salt and half of the peanut butter.
- 03 Pour into a bowl and top with the remaining peanut butter, sliced banana, and strawberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftovers for up to three days. Reheat with additional liquid and stir thoroughly.

### SERVING SIZE

One serving size is equal to approximately 1 1/4 cups.

### CORNMEAL BRAND

This recipe was developed using PAN Pre-Cooked White Cornmeal.

### MAKE IT THICKER OR THINNER

For a thicker consistency, cook for an additional minute or two. To make a thinner porridge, add more water during cooking or serve with milk.

### OTHER TOPPINGS

Substitute strawberries and bananas for your favorite fruit. Add dried fruit, nuts, seeds, or coconut.

### MORE FLAVOR

Add a dash of vanilla extract or top with cinnamon.

### NUT-FREE

Use sunflower seed butter instead of peanut butter.



# Cherry Yogurt Bowl

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt  
3 tbsps Chia Seeds  
1 cup Cherries (pits removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Calcium	485mg
Fat	11g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	29g	Riboflavin	0mg
Fiber	8g	Niacin	0mg
Sugar	11g	Vitamin B6	0mg
Protein	5g	Folate	3µg
Cholesterol	0mg	Vitamin B12	2.0µg
Sodium	37mg	Phosphoro...	16mg
Potassium	301mg	Magnesium	61mg
Vitamin A	49IU	Zinc	0mg
Vitamin C	5mg	Selenium	0µg

## DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

### ADDITIONAL TOPPINGS

Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO CHIA SEEDS

Use ground flaxseeds or hemp seeds instead.

# Creamy Pesto Dip Snack Plate

3 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Unsweetened Coconut Yogurt  
1/4 cup Pesto  
2 2/3 ozs Seed Crackers  
1 1/2 Red Bell Pepper (medium, cut into strips)  
1/3 cup Pitted Kalamata Olives

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Calcium	194mg
Fat	15g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polysat...	2g	Vitamin K	39µg
Monouns...	7g	Thiamine	0.1mg
Carbs	24g	Riboflavin	0.3mg
Fiber	6g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	6g	Folate	31µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	420mg	Phosphoro...	186mg
Potassium	378mg	Magnesium	68mg
Vitamin A	2283IU	Zinc	1mg
Vitamin C	76mg	Selenium	5µg

## DIRECTIONS

01 In a small bowl combine the yogurt and pesto. Serve with the remaining ingredients and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store crackers separately.

### PESTO

Use store-bought or homemade pesto.

### NO SEED CRACKERS

Use another cracker instead.

### NO BELL PEPPER

Use cucumber, tomatoes, carrots, or celery instead.

### NO KALAMATA OLIVES

Use another kind of olive instead.

# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana

## DIRECTIONS

01 Peel and enjoy!

## 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

## NOTES

### MORE PROTEIN

Dip in almond butter.



# Lentil Meatballs & Pasta

3 SERVINGS 35 MINUTES



## INGREDIENTS

1/3 cup Dry Green Lentils  
2/3 cup Vegetable Broth  
1/3 tsp Extra Virgin Olive Oil  
3 1/4 tbsps Shallot (chopped)  
1 3/4 tbsps Ground Flax Seed  
1 3/4 tbsps Water  
2 1/3 tbsps Nutritional Yeast  
1/3 cup Almonds (chopped)  
1/2 tsp Sea Salt  
1/3 cup Parsley (divided, chopped)  
6 ozs Chickpea Pasta (shells)  
1 1/4 cups Tomato Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	413	Calcium	119mg
Fat	12g	Iron	10mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	2g	Vitamin K	104µg
Monouns...	5g	Thiamine	5.9mg
Carbs	58g	Riboflavin	6.2mg
Fiber	16g	Niacin	34mg
Sugar	11g	Vitamin B6	6.4mg
Protein	28g	Folate	120µg
Cholesterol	0mg	Vitamin B12	27.0µg

## DIRECTIONS

- 01 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 03 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 04 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 05 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 06 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

## NOTES

### LEFTOVERS

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

### SERVING SIZE

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

Sodium	581mg	Phosphoro...	160mg
Potassium	755mg	Magnesium	68mg
Vitamin A	1052IU	Zinc	1mg
Vitamin C	17mg	Selenium	1µg

#### MORE FLAVOR

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



# Coconut Yogurt Parfait

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt (divided)

1/4 cup Walnuts (roughly chopped, divided)

1 cup Strawberries (chopped, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	231	Calcium	526mg
Fat	17g	Iron	1mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	7g	Vitamin K	2µg
Monouns...	1g	Thiamine	0.1mg
Carbs	20g	Riboflavin	0mg
Fiber	5g	Niacin	0mg
Sugar	5g	Vitamin B6	0.1mg
Protein	4g	Folate	32µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	51mg	Phosphoro...	69mg
Potassium	176mg	Magnesium	33mg
Vitamin A	9IU	Zinc	1mg
Vitamin C	43mg	Selenium	1µg

## DIRECTIONS

- 01 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### NUT-FREE

Use sunflower seeds instead of walnuts.

### ADDITIONAL TOPPINGS

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

# Almonds

2 SERVINGS 2 MINUTES



## INGREDIENTS

1/2 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.

# Creamy Pesto Dip & Crackers

4 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Unsweetened Coconut Yogurt  
1/4 cup Pesto  
2 1/8 ozs Seed Crackers

## NUTRITION

### AMOUNT PER SERVING

Calories	140	Calcium	113mg
Fat	9g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	24µg
Monouns...	3g	Thiamine	0.1mg
Carbs	12g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	1g	Vitamin B6	0mg
Protein	3g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0.2µg
Sodium	186mg	Phosphoro...	106mg
Potassium	160mg	Magnesium	37mg
Vitamin A	243IU	Zinc	1mg
Vitamin C	0mg	Selenium	3µg

## DIRECTIONS

01 In a small bowl combine the yogurt and pesto. Serve with the crackers and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SEED CRACKERS

1 1/16 ounces (30 grams) is approximately 12 crackers.

### PESTO

Use store-bought or homemade pesto.

### NO SEED CRACKERS

Use any cracker, pita bread, tortilla, or veggie sticks instead.

### NO COCONUT YOGURT

Use plain Greek yogurt instead.



# Roasted Chickpeas

3 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Chickpeas (cooked, rinsed)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Calcium	80mg
Fat	9g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	9µg
Monouns...	4g	Thiamine	0.2mg
Carbs	45g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	8g	Vitamin B6	0.2mg
Protein	15g	Folate	282µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	12mg	Phosphoro...	276mg
Potassium	477mg	Magnesium	79mg
Vitamin A	44IU	Zinc	3mg
Vitamin C	2mg	Selenium	6µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

### SERVING SIZE

One serving is approximately 1/2 cup.

### MORE FLAVOR

Add other dried herbs and spices to taste.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

# Toasted Walnuts

2 SERVINGS 15 MINUTES



## INGREDIENTS

2/3 cup Walnuts (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	235	Calcium	35mg
Fat	23g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	17g	Vitamin K	1µg
Monouns...	3g	Thiamine	0.1mg
Carbs	5g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0.2mg
Protein	5g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	125mg
Potassium	159mg	Magnesium	57mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

## NOTES

### EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.



# Lentil & Corn Chopped Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Lentils (cooked and rinsed)
- 1 cup Corn (cooked)
- 1 Red Bell Pepper (diced)
- 1 Tomato (medium, diced)
- 1/4 cup Red Onion (finely chopped)
- 1 Avocado (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- 1 tbsp Cilantro (very finely chopped)
- 1 Garlic (clove, small, minced)

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Calcium	50mg
Fat	30g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	36µg
Monouns...	20g	Thiamine	0.4mg
Carbs	53g	Riboflavin	0.3mg
Fiber	19g	Niacin	5mg
Sugar	9g	Vitamin B6	0.8mg
Protein	15g	Folate	327µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	37mg	Phosphoro...	330mg
Potassium	1314mg	Magnesium	99mg

## DIRECTIONS

- 01 Divide the lentils, corn, pepper, tomato, red onion, and avocado between bowls or plates.
- 02 To a small jar add the oil, lime juice, cilantro, and garlic and shake well until combined. Pour the dressing over the salads, mix well and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Chop the avocado just before serving. For best results, store the dressing and salad separately.

### SERVING SIZE

One serving is approximately 2 1/2 cups.

### NO LENTILS

Use black beans or chickpeas instead.

### MORE PROTEIN

Add cooked chicken, shrimp, or tofu.

### MORE VEGGIES

Serve over lettuce or baby spinach. Add cucumber, fresh herbs, or grated carrot.

Vitamin A	3086IU	Zinc	3mg
Vitamin C	107mg	Selenium	4µg



# 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
Polysat...	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.

### MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

### 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.

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

# Lemony White Bean & Quinoa Bowl

2 SERVINGS 25 MINUTES



## INGREDIENTS

2/3 cup Quinoa (dry)  
2 cups Cannellini Beans (drained, rinsed)  
1/2 Red Bell Pepper (chopped)  
1/4 cup Red Onion (finely chopped)  
1/4 cup Lemon Juice  
1/2 Garlic (clove, minced)  
1 tsp Dried Parsley  
1/4 tsp Sea Salt  
1/2 Cucumber (sliced)  
1 cup Cherry Tomatoes (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	478	Calcium	100mg
Fat	5g	Iron	7mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	23µg
Monouns...	1g	Thiamine	0.3mg
Carbs	90g	Riboflavin	0.3mg
Fiber	18g	Niacin	2mg
Sugar	8g	Vitamin B6	0.5mg
Protein	20g	Folate	145µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	986mg	Phosphoro...	313mg
Potassium	740mg	Magnesium	138mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 02 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 03 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 04 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

### NO CANNELLINI BEANS

Use another white bean or chickpeas instead.

### NO QUINOA

Use brown rice or cauliflower rice instead.

### MORE FAT

Add extra virgin olive oil to the dressing.



Vitamin A	1646IU	Zinc	2mg
Vitamin C	64mg	Selenium	5µg



# Hummus Pasta

3 SERVINGS 15 MINUTES



## INGREDIENTS

6 ozs Chickpea Pasta (dry)  
1/2 cup Frozen Edamame  
3/4 tsp Extra Virgin Olive Oil  
1/2 cup Cherry Tomatoes (halved)  
2 cups Arugula  
2 1/4 tsps Lemon Juice  
1/2 cup Hummus  
1 1/2 tsps Everything Bagel Seasoning  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	340	Calcium	100mg
Fat	14g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	34µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	21g	Folate	127µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	341mg	Phosphoro...	137mg
Potassium	371mg	Magnesium	59mg
Vitamin A	626IU	Zinc	1mg

## DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup of pasta.

### ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

Vitamin C      9mg   Selenium      2µg



# Pesto Quinoa & White Bean Salad

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
1/3 cup Pesto  
1 1/2 tbsps Lemon Juice  
1 cup Cannellini Beans (cooked, drained and rinsed)  
1/4 cup Red Onion (finely chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	453	Calcium	174mg
Fat	19g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	4g	Vitamin K	64µg
Monouns...	10g	Thiamine	0.2mg
Carbs	55g	Riboflavin	0.4mg
Fiber	10g	Niacin	1mg
Sugar	5g	Vitamin B6	0.3mg
Protein	15g	Folate	91µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	596mg	Phosphoro...	316mg
Potassium	515mg	Magnesium	106mg
Vitamin A	656IU	Zinc	2mg
Vitamin C	6mg	Selenium	4µg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
- 02 In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
- 03 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### MORE FLAVOR

Add fresh garlic, extra lemon juice, or red pepper flakes.

### MORE VEGGIES

Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

### NO CANNELLINI BEANS

Use chickpeas or another white bean, like navy beans, instead.

### MEAL PREP

Use cooked quinoa to save time.