



Plant-Based One Pan Meal 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
Coconut Yogurt Chia Pudding



SNACK 1
Sunflower Seed Butter & Strawberry Sandwich



LUNCH
Mushroom & Edamame Stir Fry



SNACK 2
Toasted Trail Mix



DINNER
Thai Cauliflower & Sweet Potato Curry

TUE



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Toasted Trail Mix



LUNCH
Thai Cauliflower & Sweet Potato Curry



SNACK 2
Sunflower Seed Butter & Strawberry Sandwich



DINNER
Mushroom & Edamame Stir Fry

WED



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Pear & Walnuts



LUNCH
Mushroom & Edamame Stir Fry



SNACK 2
Toasted Trail Mix



DINNER
One Pan Tempeh & Veggies

THU



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Roasted Edamame



LUNCH
One Pan Tempeh & Veggies



SNACK 2
Pear & Walnuts



DINNER
Chickpea Tikka Masala with Couscous

FRI



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Pear & Walnuts



LUNCH
Chickpea Tikka Masala with Couscous



SNACK 2
Roasted Edamame



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

SAT



BREAKFAST
Savory Golden Oats



SNACK 1
Almond, Chia & Banana Toast



LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower



SNACK 2
Roasted Edamame



DINNER
Japanese Eggplant & Tofu Stir Fry

SUN



BREAKFAST
Savory Golden Oats



SNACK 1
Pear & Walnuts



LUNCH
Japanese Eggplant & Tofu Stir Fry



SNACK 2
Almond, Chia & Banana Toast



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

MON

FAT 52% **CARBS 32%** **PROTEIN 16%**

Calories 1935	Calcium 1129mg
Fat 118g	Iron 21mg
Saturated 24g	Vitamin D 31IU
Trans 0g	Vitamin E 27mg
Polyunsaturated 34g	Vitamin K 115µg
Monounsaturated 50g	Thiamine 1.0mg
Carbs 167g	Riboflavin 1.8mg
Fiber 52g	Niacin 18mg
Sugar 51g	Vitamin B6 1.3mg
Protein 82g	Folate 825µg
Cholesterol 0mg	Vitamin B12 1.5µg
Sodium 2113mg	Phosphorous 1383mg
Potassium 3852mg	Magnesium 616mg
Vitamin A 7575IU	Zinc 11mg
Vitamin C 207mg	Selenium 52µg

TUE

FAT 52% **CARBS 32%** **PROTEIN 16%**

Calories 1935	Calcium 1129mg
Fat 118g	Iron 21mg
Saturated 24g	Vitamin D 31IU
Trans 0g	Vitamin E 27mg
Polyunsaturated 34g	Vitamin K 115µg
Monounsaturated 50g	Thiamine 1.0mg
Carbs 167g	Riboflavin 1.8mg
Fiber 52g	Niacin 18mg
Sugar 51g	Vitamin B6 1.3mg
Protein 82g	Folate 825µg
Cholesterol 0mg	Vitamin B12 1.5µg
Sodium 2113mg	Phosphorous 1383mg
Potassium 3852mg	Magnesium 616mg
Vitamin A 7575IU	Zinc 11mg
Vitamin C 207mg	Selenium 52µg

WED

FAT 51% **CARBS 30%** **PROTEIN 19%**

Calories 1978	Calcium 1303mg
Fat 120g	Iron 23mg
Saturated 18g	Vitamin D 31IU
Trans 0g	Vitamin E 22mg
Polyunsaturated 51g	Vitamin K 215µg
Monounsaturated 43g	Thiamine 1.2mg
Carbs 158g	Riboflavin 2.3mg
Fiber 54g	Niacin 20mg
Sugar 62g	Vitamin B6 1.6mg
Protein 101g	Folate 960µg
Cholesterol 0mg	Vitamin B12 1.6µg
Sodium 2496mg	Phosphorous 1678mg
Potassium 4255mg	Magnesium 691mg
Vitamin A 2879IU	Zinc 12mg
Vitamin C 277mg	Selenium 23µg

THU

FAT 35% **CARBS 43%** **PROTEIN 22%**

Calories 1861	Calcium 1380mg
Fat 77g	Iron 22mg
Saturated 10g	Vitamin D 126IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 33g	Vitamin K 287µg
Monounsaturated 26g	Thiamine 1.3mg
Carbs 212g	Riboflavin 2.2mg
Fiber 57g	Niacin 14mg
Sugar 73g	Vitamin B6 2.5mg
Protein 110g	Folate 1269µg
Cholesterol 4mg	Vitamin B12 0.7µg
Sodium 2771mg	Phosphorous 1850mg
Potassium 4678mg	Magnesium 662mg
Vitamin A 5762IU	Zinc 13mg
Vitamin C 480mg	Selenium 26µg

FRI

FAT 38% **CARBS 41%** **PROTEIN 21%**

Calories 1832	Calcium 1851mg
Fat 84g	Iron 22mg
Saturated 10g	Vitamin D 126IU
Trans 0g	Vitamin E 13mg
Polyunsaturated 34g	Vitamin K 276µg
Monounsaturated 31g	Thiamine 1.3mg
Carbs 201g	Riboflavin 1.8mg
Fiber 57g	Niacin 11mg
Sugar 71g	Vitamin B6 2.4mg
Protein 103g	Folate 1139µg
Cholesterol 4mg	Vitamin B12 0.6µg
Sodium 2173mg	Phosphorous 1708mg
Potassium 4300mg	Magnesium 620mg
Vitamin A 4438IU	Zinc 13mg
Vitamin C 430mg	Selenium 54µg

SAT

FAT 40% **CARBS 41%** **PROTEIN 19%**

Calories 1881	Calcium 1459mg
Fat 89g	Iron 25mg
Saturated 12g	Vitamin D 0IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 27g	Vitamin K 357µg
Monounsaturated 43g	Thiamine 2.6mg
Carbs 206g	Riboflavin 2.8mg
Fiber 59g	Niacin 18mg
Sugar 57g	Vitamin B6 3.4mg
Protein 95g	Folate 873µg
Cholesterol 0mg	Vitamin B12 5.6µg
Sodium 3120mg	Phosphorous 1334mg
Potassium 4897mg	Magnesium 578mg
Vitamin A 5456IU	Zinc 11mg
Vitamin C 187mg	Selenium 61µg

SUN

FAT 41% **CARBS 43%** **PROTEIN 16%**

Calories 1932	Calcium 1406mg
Fat 94g	Iron 22mg
Saturated 12g	Vitamin D 0IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 37g	Vitamin K 321µg
Monounsaturated 39g	Thiamine 2.4mg
Carbs 223g	Riboflavin 2.7mg
Fiber 59g	Niacin 18mg
Sugar 72g	Vitamin B6 3.4mg
Protein 82g	Folate 433µg



Cholesterol 0mg	Vitamin B12 5.6µg
Sodium 2818mg	Phosphorous 1197mg
Potassium 4560mg	Magnesium 539mg
Vitamin A 5039IU	Zinc 10mg
Vitamin C 186mg	Selenium 62µg



FRUITS

- 4 Banana
- 1 1/2 tbsps Lime Juice
- 4 Pear
- 3 1/2 cups Strawberries

BREAKFAST

- 3/4 cup Almond Butter
- 1 1/2 tpsps Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 2/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/2 tsp Cumin
- 1 1/2 tpsps Curry Powder
- 1 tsp Garam Masala
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1/3 cup Pumpkin Seeds
- 3/4 cup Raw Peanuts
- 2 1/16 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tpsps Sesame Seeds
- 1 tsp Turmeric
- 1 cup Walnuts

FROZEN

- 3 cups Cauliflower Rice
- 6 1/2 cups Frozen Edamame
- 1 1/2 cups Frozen Strawberries

VEGETABLES

- 2 cups Baby Spinach
- 4 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 1 1/2 heads Cauliflower
- 2 tbsps Cilantro
- 15 Cremini Mushrooms
- 2 Eggplant
- 8 1/2 Garlic
- 3 tbsps Ginger
- 1 1/2 cups Kale Leaves
- 1 1/2 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 1/2 Sweet Potato
- 1/3 cup Thai Basil
- 1 Yellow Onion

BOXED & CANNED

- 1/2 cup Canned Coconut Milk
- 2 cups Chickpeas
- 1/4 cup Couscous
- 3/4 cup Crushed Tomatoes
- 3/4 cup Dry Red Lentils
- 5 3/4 cups Vegetable Broth

BAKING

- 1 1/2 tpsps Arrowroot Powder
- 1 tsp Nutritional Yeast
- 1 cup Oats
- 1/3 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 8 slices Gluten-Free Bread
- 9 ozs Tempeh
- 1 3/4 lbs Tofu

CONDIMENTS & OILS

- 3 1/2 tpsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 tpsps Dijon Mustard
- 2 tpsps Extra Virgin Olive Oil
- 2 1/4 tpsps Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 1/3 cup Tamari
- 1 tpsps Thai Red Curry Paste

COLD

- 3 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 2 tpsps Water

Coconut Yogurt Chia Pudding

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1 1/2 cups Frozen Strawberries
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	415	Calcium	692mg
Fat	28g	Iron	5mg
Saturated	5g	Vitamin D	25IU
Trans	0g	Vitamin E	6mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	9g	Thiamine	0mg
Carbs	36g	Riboflavin	0.3mg
Fiber	18g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	12g	Folate	31µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	74mg	Phosphoro...	133mg
Potassium	498mg	Magnesium	82mg
Vitamin A	175IU	Zinc	1mg
Vitamin C	46mg	Selenium	1µg

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.

Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	474	Calcium	809mg
Fat	20g	Iron	3mg
Saturated	1g	Vitamin D	126IU
Trans	0g	Vitamin E	6mg
Polyunsat...	6g	Vitamin K	5µg
Monouns...	10g	Thiamine	0.2mg
Carbs	53g	Riboflavin	0.9mg
Fiber	13g	Niacin	3mg
Sugar	26g	Vitamin B6	0.7mg
Protein	29g	Folate	96µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	244mg	Phosphoro...	517mg
Potassium	1094mg	Magnesium	194mg
Vitamin A	726IU	Zinc	3mg
Vitamin C	137mg	Selenium	9µg

DIRECTIONS

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

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

PROTEIN POWDER

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

Savory Golden Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Vegetable Broth
1 cup Oats (rolled)
1/2 cup Dry Red Lentils
1 tsp Onion Powder
1 tsp Turmeric
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
2 cups Baby Spinach
1 tsp Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	84mg
Fat	4g	Iron	8mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	149µg
Monouns...	1g	Thiamine	1.5mg
Carbs	70g	Riboflavin	1.5mg
Fiber	13g	Niacin	8mg
Sugar	4g	Vitamin B6	1.4mg
Protein	21g	Folate	73µg
Cholester...	0mg	Vitamin B12	5.6µg
Sodium	1635mg	Phosphoro...	206mg
Potassium	1002mg	Magnesium	89mg
Vitamin A	3865IU	Zinc	2mg

DIRECTIONS

- 01 Bring the vegetable broth to a gentle boil over medium-high heat.
- 02 Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
- 03 Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.

MORE FLAVOR

Add red pepper flakes, fresh ground black pepper or fresh garlic.

ADDITIONAL TOPPINGS

Fresh herbs, green onions, diced tomatoes or sesame seeds.

NO VEGETABLE BROTH

Use water instead and increase the sea salt to taste.

Vitamin C 10mg Selenium 12µg



Sunflower Seed Butter & Strawberry Sandwich

2 SERVINGS 5 MINUTES



INGREDIENTS

4 slices Gluten-Free Bread
1/4 cup Sunflower Seed Butter
1/2 cup Strawberries (stems removed, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	363	Calcium	56mg
Fat	22g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	15g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.2mg
Fiber	5g	Niacin	3mg
Sugar	10g	Vitamin B6	0.2mg
Protein	9g	Folate	84µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	256mg	Phosphoro...	260mg
Potassium	301mg	Magnesium	120mg
Vitamin A	21IU	Zinc	2mg
Vitamin C	22mg	Selenium	34µg

DIRECTIONS

01 Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Pear & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
1/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	298	Calcium	45mg
Fat	20g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	14g	Vitamin K	9µg
Monouns...	3g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	18g	Vitamin B6	0.2mg
Protein	5g	Folate	42µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	125mg
Potassium	339mg	Magnesium	60mg
Vitamin A	45IU	Zinc	1mg
Vitamin C	8mg	Selenium	2µg

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

Roasted Edamame

3 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Calcium	98mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	45µg
Monouns...	7g	Thiamine	0.3mg
Carbs	14g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	3g	Vitamin B6	0.2mg
Protein	18g	Folate	482µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphoro...	262mg
Potassium	676mg	Magnesium	99mg
Vitamin A	462IU	Zinc	2mg
Vitamin C	9mg	Selenium	1µg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Almond, Chia & Banana Toast

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Almond Butter
2 slices Gluten-Free Bread (toasted)
1 tbsp Chia Seeds
1/4 tsp Cinnamon
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	510	Calcium	228mg
Fat	26g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	9g	Vitamin K	1µg
Monouns...	13g	Thiamine	0.2mg
Carbs	63g	Riboflavin	0.5mg
Fiber	13g	Niacin	2mg
Sugar	21g	Vitamin B6	0.5mg
Protein	13g	Folate	40µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	260mg	Phosphoro...	224mg
Potassium	771mg	Magnesium	135mg
Vitamin A	78IU	Zinc	2mg
Vitamin C	10mg	Selenium	2µg

DIRECTIONS

01 Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead.

NO CHIA SEEDS

Use hemp seeds instead.

NO ALMOND BUTTER

Use another nut butter instead.

Mushroom & Edamame Stir Fry

3 SERVINGS 20 MINUTES



INGREDIENTS

2 1/4 tps Sesame Oil
15 Cremini Mushrooms (sliced)
3/4 Yellow Onion (small, sliced)
1 1/2 cups Kale Leaves (finely chopped)
3 cups Frozen Edamame (thawed)
3 tbsps Vegetable Broth
3 tbsps Tamari
1 1/2 tbsps Ginger (fresh, finely grated)
3 Garlic (clove, minced)
3 cups Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	301	Calcium	167mg
Fat	12g	Iron	6mg
Saturated	2g	Vitamin D	6IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	83µg
Monouns...	3g	Thiamine	0.4mg
Carbs	27g	Riboflavin	0.7mg
Fiber	12g	Niacin	6mg
Sugar	10g	Vitamin B6	0.4mg
Protein	26g	Folate	508µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	1093mg	Phosphoro...	375mg
Potassium	1294mg	Magnesium	120mg

DIRECTIONS

- 01 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 02 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 03 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 04 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 05 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 06 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add rice vinegar, honey or red pepper flakes to the sauce.

ADDITIONAL TOPPINGS

Asian-style hot sauce or sesame seeds.

NO CAULIFLOWER RICE

Use white rice, brown rice or quinoa instead.

NO KALE

Use spinach or Swiss chard instead.

Vitamin A	1000IU	Zinc	3mg
Vitamin C	64mg	Selenium	10µg



Toasted Trail Mix

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 cup Almonds (raw)
1/8 tsp Sea Salt (omit if using salted nuts)
3/4 cup Raw Peanuts
1/3 cup Pumpkin Seeds
1/3 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	566	Calcium	150mg
Fat	44g	Iron	5mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	13mg
Polyunsat...	13g	Vitamin K	2µg
Monouns...	23g	Thiamine	0.4mg
Carbs	32g	Riboflavin	0.5mg
Fiber	9g	Niacin	7mg
Sugar	17g	Vitamin B6	0.2mg
Protein	23g	Folate	114µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	161mg	Phosphoro...	528mg
Potassium	803mg	Magnesium	261mg
Vitamin A	3IU	Zinc	4mg
Vitamin C	1mg	Selenium	6µg

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVING SIZE

One serving is approximately 3/4 cup of the trail mix.

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Thai Cauliflower & Sweet Potato Curry

2 SERVINGS 35 MINUTES



INGREDIENTS

1/4 Yellow Onion (chopped)
1 1/2 Garlic (clove, minced)
1 1/2 tsps Ginger (fresh, grated or minced)
2 tbsps Water
1 tbsp Thai Red Curry Paste
3/4 cup Vegetable Broth
1/2 cup Canned Coconut Milk (full fat)
1/4 cup Dry Red Lentils
1/2 head Cauliflower (small, chopped into florets)
1/2 Sweet Potato (medium-sized, peeled and cut into cubes)
2 tbsps Cilantro (chopped, optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	290	Calcium	64mg
Fat	12g	Iron	3mg
Saturated	10g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	27µg
Monouns...	0g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	7g	Vitamin B6	0.4mg

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 02 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 03 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 04 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 2 cups of curry.

MORE FLAVOR

Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

SERVE IT WITH

Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.

Protein	12g	Folate	88µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	529mg	Phosphoro...	87mg
Potassium	956mg	Magnesium	33mg
Vitamin A	6376IU	Zinc	1mg
Vitamin C	74mg	Selenium	1µg



One Pan Tempeh & Veggies

2 SERVINGS 50 MINUTES



INGREDIENTS

1/4 cup Balsamic Vinegar
2 tbsps Dijon Mustard
2 tbsps Vegetable Broth
2 Garlic (clove, minced)
1 tsp Oregano
3/4 tsp Sea Salt
9 ozs Tempeh (cut into thin strips)
2 cups Broccoli (cut into florets)
1/2 cup Frozen Edamame (thawed)
1/4 head Cauliflower (cut into florets)
1/2 Red Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	398	Calcium	249mg
Fat	16g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	7g	Vitamin K	119µg
Monouns...	5g	Thiamine	0.3mg
Carbs	32g	Riboflavin	0.7mg
Fiber	7g	Niacin	5mg
Sugar	10g	Vitamin B6	0.7mg
Protein	35g	Folate	265µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	1166mg	Phosphoro...	517mg

DIRECTIONS

- 01 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 02 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 03 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 04 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 05 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Fresh herbs or green onion.

SERVE IT WITH

Brown rice, quinoa or cauliflower rice.

VEGETABLES

Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

NO VEGETABLE BROTH

Use water instead.

Potassium	1321mg	Magnesium	168mg
Vitamin A	1656IU	Zinc	3mg
Vitamin C	158mg	Selenium	4µg



Chickpea Tikka Masala with Couscous

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 1/2 tsp Curry Powder
1/2 tsp Cumin
1 tsp Garam Masala
2 cups Chickpeas
2 cups Broccoli (chopped into florets)
1 Red Bell Pepper (stem and seeds removed, chopped)
3/4 cup Crushed Tomatoes
3/4 cup Vegetable Broth
1/2 tsp Sea Salt
1/4 cup Couscous (dry, uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	444	Calcium	179mg
Fat	6g	Iron	8mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	109µg
Monouns...	1g	Thiamine	0.4mg
Carbs	82g	Riboflavin	0.3mg
Fiber	21g	Niacin	4mg
Sugar	16g	Vitamin B6	0.7mg
Protein	23g	Folate	384µg
Cholester...	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 02 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 03 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 04 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

NOTES

GLUTEN-FREE

Omit the couscous and serve with quinoa or brown rice instead.

STORAGE

Refrigerate in an airtight container up to 5 days.

MAKE IT CREAMY

Add coconut milk.

Sodium	1055mg	Phosphoro...	429mg
Potassium	1248mg	Magnesium	141mg
Vitamin A	2873IU	Zinc	4mg
Vitamin C	168mg	Selenium	10µg



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



Japanese Eggplant & Tofu Stir Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 tbsps Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 5 2/3 ozs Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 tsps Sesame Seeds
- 1/3 cup Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 1/2 tbsps Lime Juice
- 2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	329mg
Fat	21g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	54µg
Monouns...	12g	Thiamine	0.3mg
Carbs	38g	Riboflavin	0.3mg
Fiber	18g	Niacin	5mg
Sugar	21g	Vitamin B6	0.7mg
Protein	15g	Folate	143µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	353mg	Phosphoro...	267mg

DIRECTIONS

- 01 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 02 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 03 Divide between plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is roughly 1 cup of eggplant and tofu.

LIKE IT SWEET

Add a touch of maple syrup or honey.

NO LIME JUICE

Use rice vinegar instead.

ADDITIONAL TOPPINGS

Serve over top of rice, cauliflower rice or quinoa.

Potassium	1505mg	Magnesium	129mg
Vitamin A	719IU	Zinc	2mg
Vitamin C	50mg	Selenium	14µg

