





Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

- 100 grams Buckwheat Soba Noodles
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 4 Egg
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/4 cup Water
- 1 tsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	40g
Fiber	3g
Protein	21g
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Vitamin D	82IU
Vitamin K	164µg
Riboflavin	0.6mg
Vitamin B6	0.3mg
Folate	78µg
Vitamin B12	0.9µg
Magnesium	44mg
Zinc	2mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Chili Lime Tempeh Bowls

4 servings

1 hour 40 minutes

Ingredients

- 1/2 tsp Smoked Paprika
- 2 tsp Chili Powder (divided)
- 2 tsp Cumin (divided)
- 1 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 3 Lime (juiced)
- 1/4 cup Vegetable Broth
- 1 tsp Maple Syrup
- 255 grams Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 1 tbsp Water
- 1 cup Quinoa
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	403
Fat	17g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	47g
Fiber	9g
Protein	21g
Vitamin A	1721IU
Vitamin C	77mg
Calcium	129mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Meanwhile, cook the quinoa according to the package directions.
- 6 Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Use oil instead to roast the vegetables.

Additional Toppings: Lime wedges, cilantro, salsa, sour cream or yogurt, diced tomatoes



Meal Prep Veggie Bowls

3 servings

35 minutes

Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 Sweet Potato (small, chopped into cubes)
- 1 tsp Avocado Oil
- 1/2 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Green Beans (trimmed)
- 6 Egg

Nutrition

Amount per serving	
Calories	294
Fat	12g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	31g
Fiber	8g
Protein	19g
Vitamin A	14183IU
Vitamin C	118mg
Calcium	165mg
Vitamin D	82IU
Vitamin K	154µg
Riboflavin	0.7mg
Vitamin B6	0.7mg
Folate	155µg
Vitamin B12	0.9µg
Magnesium	76mg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free: Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil: Use olive or coconut oil.

More Flavor: Add cayenne pepper, chili flakes or hot sauce.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



Rainbow Tempeh Bowls

3 servings

40 minutes

Ingredients

3/4 cup Brown Rice (dry, uncooked)
 3 cups Broccoli (chopped into florets)
 1/2 tsp Avocado Oil
 255 grams Tempeh (cubed)
 2 tps Sesame Oil (divided)
 1/4 cup Tamari (divided)
 2 tbsps Lime Juice (divided)
 1 tbsp Maple Syrup
 1/4 cup All Natural Peanut Butter
 3 Carrot (peeled, shredded)
 1 Red Bell Pepper (sliced)
 1 tsp Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving	
Calories	601
Fat	27g
Saturated	5g
Polyunsaturated	9g
Monounsaturated	11g
Carbs	68g
Fiber	8g
Protein	32g
Vitamin A	12005IU
Vitamin C	138mg
Calcium	197mg
Vitamin D	0IU
Vitamin K	103µg
Riboflavin	0.7mg
Vitamin B6	0.9mg

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 3 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 4 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 5 Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

Additional Toppings: Roasted peanuts, crushed cashews and/or sesame seeds.



Tempeh Buddha Bowl

3 servings

30 minutes

Ingredients

255 grams Tempeh (sliced into strips)
 2 tbsps Tamari
 1/4 tsp Paprika
 1 tbsp Avocado Oil
 4 cups Cauliflower Rice
 3 tbsps Tahini
 1 tbsp Maple Syrup
 2 tbsps Lemon Juice
 3 tbsps Water
 1/8 tsp Sea Salt
 6 cups Arugula
 1 Avocado (sliced)
 3 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	512
Fat	36g
Saturated	6g
Polyunsaturated	12g
Monounsaturated	16g
Carbs	30g
Fiber	10g
Protein	28g
Vitamin A	1153IU
Vitamin C	17mg
Calcium	273mg
Vitamin D	0IU
Vitamin K	58µg
Riboflavin	0.6mg
Vitamin B6	0.5mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

Notes

Leftovers: Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

More Flavor: Add chili flakes to the cauliflower rice.

Additional Toppings: Add cooked sweet potato or other veggies if desired.

No Avocado Oil: Use extra virgin olive oil or coconut oil.



Chicken, Kale & Avocado Bowl

4 servings

20 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 8 cups Kale Leaves (chopped)
- 1/4 tsp Sea Salt (divided)
- 454 grams Extra Lean Ground Chicken
- 1/2 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/4 tsp Oregano
- 1/4 tsp Garlic Powder
- 2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	362
Fat	26g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	15g
Carbs	13g
Fiber	9g
Protein	25g
Vitamin A	2174IU
Vitamin C	51mg
Calcium	132mg
Vitamin D	4IU
Vitamin K	188µg
Riboflavin	0.8mg
Vitamin B6	1.0mg
Folate	119µg
Vitamin B12	0.7µg
Magnesium	73mg
Zinc	3mg

Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the mushrooms and kale with additional spices or herbs.

Additional Toppings: Top with fresh herbs such as parsley.

No Avocado Oil: Use olive or coconut oil instead.



Roasted Cauliflower Burrito Bowl

4 servings

35 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

Nutrition

Amount per serving	
Calories	208
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	28g
Fiber	12g
Protein	10g
Vitamin A	630IU
Vitamin C	77mg
Calcium	67mg
Vitamin D	0IU
Vitamin K	40µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	222µg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

More Flavor: Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

Additional Toppings: Serve with corn tortilla chips.



Black Beans, Sweet Potato & Egg

2 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	607
Fat	27g
Saturated	6g
Polyunsaturated	4g
Monounsaturated	15g
Carbs	66g
Fiber	22g
Protein	28g
Vitamin A	19138IU
Vitamin C	13mg
Calcium	142mg
Vitamin D	82IU
Vitamin K	28µg
Riboflavin	0.7mg
Vitamin B6	0.8mg
Folate	335µg
Vitamin B12	0.9µg
Magnesium	164mg
Zinc	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 2 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 3 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

Make it Vegan: Omit the eggs, or use a tofu scramble.

No Avocado Oil: Use extra virgin olive oil or coconut oil.