





Breakfast Protein Bowl

1 serving
25 minutes

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	483
Fat	27g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	14g
Carbs	41g
Fiber	12g
Protein	23g
Vitamin A	6733IU
Vitamin C	34mg
Calcium	170mg
Vitamin D	82IU
Vitamin K	315µg
Riboflavin	0.9mg
Vitamin B6	0.8mg
Folate	330µg
Vitamin B12	0.9µg
Magnesium	181mg
Zinc	4mg

Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!



Peanut Butter Breakfast Quinoa

2 servings

40 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 cup Canned Coconut Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup All Natural Peanut Butter
- 1 cup Strawberries (sliced)

Directions

- 1 Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
- 2 Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
- 3 Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

Nutrition

Amount per serving	
Calories	505
Fat	30g
Saturated	13g
Polyunsaturated	6g
Monounsaturated	9g
Carbs	48g
Fiber	6g
Protein	14g
Vitamin A	16IU
Vitamin C	42mg
Calcium	81mg
Vitamin D	0IU
Vitamin K	2µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	124µg
Vitamin B12	0µg
Magnesium	153mg
Zinc	2mg



Breakfast Baked Potato with Sun Butter

1 serving
50 minutes

Ingredients

- 1 Sweet Potato (medium)
- 2 tbsps Sunflower Seed Butter
- 1 Banana (sliced)
- 1 tbsp Hemp Seeds
- 1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	471
Fat	23g
Saturated	2g
Polyunsaturated	7g
Monounsaturated	13g
Carbs	62g
Fiber	10g
Protein	12g
Vitamin A	18538IU
Vitamin C	14mg
Calcium	79mg
Vitamin D	0IU
Vitamin K	3µg
Riboflavin	0.3mg
Vitamin B6	0.9mg
Folate	125µg
Vitamin B12	0µg
Magnesium	234mg
Zinc	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 3 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!



Curried Chickpea Salad

4 servings

15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
 1 1/2 tbsps Lime Juice
 2 tbsps Curry Powder
 1 1/2 tpsps Maple Syrup
 2 cups Chickpeas (cooked)
 1 stalk Celery (finely chopped)
 1 Apple (small, finely chopped)
 1/4 cup Red Onion (chopped)
 1/4 cup Dried Unsweetened Cranberries
 1/4 cup Cilantro (chopped)
 Sea Salt & Black Pepper

Directions

- 1 In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
- 2 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
- 3 Serve chilled and enjoy!

Nutrition

Amount per serving	
Calories	324
Fat	16g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	39g
Fiber	10g
Protein	8g
Vitamin A	163IU
Vitamin C	6mg
Calcium	70mg
Vitamin D	0IU
Vitamin K	22µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	151µg

Vitamin B12	0µg
Magnesium	53mg
Zinc	2mg



Balsamic Roasted Tempeh Bowls

6 servings

1 hour

Ingredients

1/4 cup Extra Virgin Olive Oil
 1/4 cup Balsamic Vinegar
 3 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 1 tbsp Italian Seasoning
 500 grams Tempeh
 1 cup Red Onion (medium, sliced)
 6 Carrot (medium, peeled and chopped)
 4 cups Mushrooms (quartered)
 3 Zucchini (sliced)
 1 1/2 cups Quinoa (dry)
 2 1/2 cups Water

Nutrition

Amount per serving	
Calories	474
Fat	21g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	49g
Fiber	7g
Protein	27g
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Vitamin D	4IU
Vitamin K	18µg
Riboflavin	0.8mg
Vitamin B6	0.7mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Folate	149µg
Vitamin B12	0.1µg
Magnesium	188mg
Zinc	3mg



Mushroom & Cauliflower Rice Bowl

1 serving
15 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 1 1/2 cups Cauliflower Rice
- 4 White Button Mushrooms (sliced)
- 2 cups Baby Spinach
- 1 1/2 tsps Coconut Aminos
- 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	249
Fat	18g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	21g
Fiber	12g
Protein	9g
Vitamin A	5773IU
Vitamin C	28mg
Calcium	102mg
Vitamin D	5IU
Vitamin K	311µg
Riboflavin	0.5mg
Vitamin B6	0.5mg
Folate	210µg
Vitamin B12	0µg
Magnesium	83mg
Zinc	1mg

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!



Green Cabbage & Edamame Salad

6 servings

15 minutes

Ingredients

- 5 cups Green Cabbage (shredded)
- 1 Cucumber (thinly sliced)
- 1 cup Frozen Edamame (thawed)
- 3 tbsps Sunflower Seed Butter
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 1 tbsp Lime Juice
- 1 tbsp Sesame Oil
- 1 tbsp Water
- 1/2 cup Sunflower Seeds
- 1/3 cup Cilantro (chopped)

Directions

- 1 Add the cabbage, cucumber and edamame to a large bowl.
- 2 To make the dressing, add the sunflower seed butter, maple syrup, tamari, lime juice, sesame oil and water to a blender and blend on high until smooth and creamy.
- 3 Add the dressing to the salad and mix well. Top with sunflower seeds and cilantro. Serve and enjoy!

Nutrition

Amount per serving	
Calories	199
Fat	13g
Saturated	1g
Polyunsaturated	6g
Monounsaturated	5g
Carbs	15g
Fiber	5g
Protein	8g
Vitamin A	269IU
Vitamin C	31mg
Calcium	72mg
Vitamin D	0IU
Vitamin K	75µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	161µg
Vitamin B12	0µg
Magnesium	73mg

Zinc

2mg



Pressure Cooker Wild Rice & Mushroom Soup

6 servings

1 hour 15 minutes

Ingredients

- 3 Carrot (medium, peeled and chopped)
- 5 stalks Celery (chopped)
- 1 Yellow Onion (medium, chopped)
- 1 cup Wild Rice (dry)
- 5 cups Mushrooms (sliced)
- 2 cups Chickpeas (cooked, from the can)
- 6 cups Vegetable Broth
- 1 tbsp Poultry Seasoning
- 1/2 cup All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	57g
Fiber	11g
Protein	13g
Vitamin A	5810IU
Vitamin C	6mg
Calcium	79mg
Vitamin D	6IU
Vitamin K	24µg
Riboflavin	0.5mg
Vitamin B6	0.4mg
Folate	152µg
Vitamin B12	0µg

Directions

- 1 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 2 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 3 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Magnesium	92mg
Zinc	3mg



Sausage & Mushroom Stuffed Squash

4 servings

1 hour

Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 340 grams Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

Nutrition

Amount per serving	
Calories	457
Fat	26g
Saturated	9g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	44g
Fiber	6g
Protein	16g
Vitamin A	3376IU
Vitamin C	37mg
Calcium	126mg
Vitamin D	53IU
Vitamin K	177µg

Directions

- 1 Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
- 2 While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
- 3 In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
- 4 Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
- 5 Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

Riboflavin	0.3mg
Vitamin B6	0.7mg
Folate	120µg
Vitamin B12	0.5µg
Magnesium	134mg
Zinc	3mg



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!

Vitamin B12	0µg
Magnesium	86mg
Zinc	2mg



Falafel Salad with Green Tahini Sauce

3 servings

30 minutes

Ingredients

- 3/4 cup Oats (quick or traditional)
- 2 cups Lentils (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 2 cups Parsley (divided)
- 1 Lemon (juiced and divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Tahini
- 1/4 cup Water
- 4 cups Baby Spinach (or mixed greens)

Nutrition

Amount per serving	
Calories	459
Fat	22g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	11g
Carbs	50g
Fiber	17g
Protein	20g
Vitamin A	7190IU
Vitamin C	74mg
Calcium	223mg
Vitamin D	0IU
Vitamin K	866µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	408µg
Vitamin B12	0µg
Magnesium	148mg

Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Zinc

4mg



Creamy Chickpea & Avocado Sandwich

3 servings

10 minutes

Ingredients

- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Avocado
- 1 tsp Lemon Juice
- 1/4 cup Parsley (finely chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 6 slices Gluten-Free Bread (toasted)
- 1 cup Arugula
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving	
Calories	431
Fat	17g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	59g
Fiber	15g
Protein	14g
Vitamin A	762IU
Vitamin C	18mg
Calcium	113mg
Vitamin D	0IU
Vitamin K	116µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	237µg
Vitamin B12	0µg
Magnesium	93mg
Zinc	2mg

Directions

- 1 In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
- 2 On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!



Grilled Vegetable & Lentil Salad

4 servings

20 minutes

Ingredients

- 2 Red Bell Pepper (cored and sliced)
- 1 cup Red Onion (coarsley chopped)
- 2 Zucchini (sliced into rounds)
- 2 cups Portobello Mushroom (sliced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cashews
- 1 Lemon (juiced)
- 1 tbsp Tamari
- 1 cup Parsley
- 2 tbsps Water
- 1 tbsp Red Wine Vinegar
- 8 cups Mixed Greens
- 2 cups Lentils (cooked, drained and rinsed)
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Nutrition

Amount per serving	
Calories	335
Fat	13g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	41g
Fiber	14g
Protein	19g
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

Vitamin D	11IU
Vitamin K	264µg
Riboflavin	0.6mg
Vitamin B6	0.7mg
Folate	287µg
Vitamin B12	0.3µg
Magnesium	109mg
Zinc	3mg



Mexican Black Bean Salad

4 servings

15 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 1 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1 Avocado (diced)
- 1/4 cup Lime Juice
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Nutrition

Amount per serving	
Calories	210
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	29g
Fiber	12g
Protein	9g
Vitamin A	1069IU
Vitamin C	48mg
Calcium	38mg
Vitamin D	0IU
Vitamin K	15µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	186µg
Vitamin B12	0µg
Magnesium	81mg
Zinc	1mg



Black Eyed Peas Masabacha

4 servings

15 minutes

Ingredients

- 1/2 cup Black Eyed Peas (cooked, drained and rinsed)
- 2 Tomato (medium, diced)
- 2 Garlic (cloves, minced, divided)
- 1 cup Tahini
- 1 cup Water
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 1/4 cup Parsley (stems removed, finely chopped)

Nutrition

Amount per serving	
Calories	401
Fat	33g
Saturated	5g
Polyunsaturated	14g
Monounsaturated	12g
Carbs	21g
Fiber	8g
Protein	13g
Vitamin A	1193IU
Vitamin C	19mg
Calcium	279mg
Vitamin D	0IU
Vitamin K	63µg
Riboflavin	0.3mg
Vitamin B6	0.2mg
Folate	115µg
Vitamin B12	0µg
Magnesium	81mg
Zinc	3mg

Directions

- 1 Heat a pan or skillet over medium heat. Add the cooked black eyed peas and sear for 1 minute. Add tomatoes and half of the garlic. Stir occasionally and cook for 3 to 5 minutes or until the tomatoes are soft.
- 2 Add the tahini, water, lemon juice, salt, and the remaining garlic to a blender and blend until smooth.
- 3 Transfer the tahini to a serving plate. Top with the black eyed peas masabacha. Garnish with parsley and enjoy with your choice of dippers (see notes for suggestions).



Egyptian Fava Beans with Tahini

3 servings

15 minutes

Ingredients

- 3 cups Fava Beans (cooked, with liquid)
- 3 tbsps Tahini
- 1/2 tsp Cumin
- 1 1/2 tps Apple Cider Vinegar
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	37g
Fiber	11g
Protein	16g
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Vitamin D	0IU
Vitamin K	5µg
Riboflavin	0.2mg
Vitamin B6	0.1mg
Folate	192µg
Vitamin B12	0µg
Magnesium	89mg
Zinc	2mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!



Smashed Peacamole with Crackers

4 servings

10 minutes

Ingredients

- 1 cup Fresh Peas
- 2 Avocado
- 2 Garlic (cloves, minced)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 200 grams Seed Crackers

Nutrition

Amount per serving	
Calories	416
Fat	23g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	47g
Fiber	17g
Protein	10g
Vitamin A	424IU
Vitamin C	26mg
Calcium	136mg
Vitamin D	0IU
Vitamin K	30µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	106µg
Vitamin B12	0µg
Magnesium	141mg
Zinc	3mg

Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.