













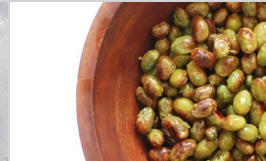














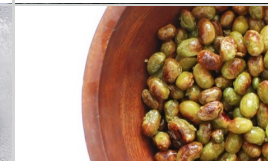
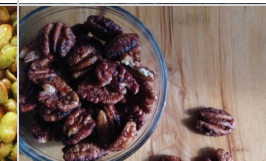





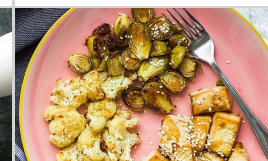


This is a general program that is designed to give you some ideas about some meals and recipes that are plant based.

This is not designed to be followed exactly every single day but rather to start your creative juices and give you a place to start with food planning.

You might notice that on some of the recipes that there will be more than one serve that the recipe makes, feel free to use those as leftovers!

I hope this gives you some inspiration - feel free to share with your friends!

Much love
Wendy

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Yogurt Chia Pudding	 Liquid Gold Green Smoothie	 Tahini Green Smoothie	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Savory Golden Oats	 Flaxseed Pudding
Snack 1	 Sunflower Seed Butter & Strawberry Sandwich	 Toasted Trail Mix	 Pear & Walnuts	 Roasted Edamame	 Pear & Walnuts	 Almond, Chia & Banana Toast	 Pear & Walnuts
Lunch	 Mushroom & Edamame Stir Fry	 Thai Cauliflower & Sweet Potato Curry	 Mushroom & Edamame Stir Fry	 Vegan 'Tuna' Salad	 Chickpea Tikka Masala with Couscous	 Zucchini Noodles with Pesto & Tomatoes	 Thai Green Apple Salad
Snack 2	 Toasted Trail Mix	 Sunflower Seed Butter & Strawberry Sandwich	 Toasted Trail Mix	 Pear & Walnuts	 Roasted Edamame	 Cinnamon Toasted Pecans	 Almond, Chia & Banana Toast
Dinner	 Thai Cauliflower & Sweet Potato Curry	 Pesto Cauliflower Rice	 One Pan Tempeh & Veggies	 Chickpea Tikka Masala with Couscous	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Japanese Eggplant & Tofu Stir Fry	 Quinoa Tofu Taco Filling

Fruits

- ☐ 2 1/4 Avocado
- ☐ 8 1/2 Banana
- ☐ 1 Green Apple
- ☐ 1/2 Lemon
- ☐ 1/2 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 4 Pear
- ☐ 4 cups Strawberries

Breakfast

- ☐ 3/4 cup Almond Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 1/4 cups Almonds
- ☐ 1 cup Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 tsps Cinnamon
- ☐ 1 1/2 tsps Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 2 tsps Garam Masala
- ☐ 1 tsp Garlic Powder
- ☐ 2/3 cup Ground Flax Seed
- ☐ 1 tsp Onion Powder
- ☐ 1 1/3 tsps Oregano
- ☐ 3/4 cup Pecans
- ☐ 1 1/8 cups Pumpkin Seeds
- ☐ 2 3/4 cups Raw Peanuts
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 2/3 tbsps Sesame Seeds
- ☐ 1 cup Sunflower Seeds
- ☐ 1 tsp Turmeric
- ☐ 1 cup Walnuts

Frozen

- ☐ 12 1/2 cups Frozen Edamame
- ☐ 1 1/2 cups Frozen Strawberries

Vegetables

- ☐ 9 1/2 cups Baby Spinach
- ☐ 6 cups Broccoli
- ☐ 1 1/2 cups Brussels Sprouts
- ☐ 2 3/4 heads Cauliflower
- ☐ 6 cups Cauliflower Rice
- ☐ 1 stalk Celery
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 30 Cremini Mushrooms
- ☐ 2 Eggplant
- ☐ 2 tbsps Fresh Dill
- ☐ 15 Garlic
- ☐ 1/2 cup Ginger
- ☐ 2/3 cup Green Beans
- ☐ 3 cups Kale Leaves
- ☐ 2 1/2 Red Bell Pepper
- ☐ 1 Red Hot Chili Pepper
- ☐ 2 tbsps Red Onion
- ☐ 1 Sweet Potato
- ☐ 1/3 cup Thai Basil
- ☐ 2 Thai Chili
- ☐ 1 Tomato
- ☐ 2 Yellow Onion
- ☐ 3 3/4 Zucchini

Boxed & Canned

- ☐ 1 cup Canned Coconut Milk
- ☐ 4 cups Chickpeas
- ☐ 1/2 cup Couscous
- ☐ 1 1/2 cups Crushed Tomatoes
- ☐ 1 cup Dry Red Lentils
- ☐ 3 tbsps Quinoa
- ☐ 3 tbsps Salsa
- ☐ 7 1/2 cups Vegetable Broth

Baking

- ☐ 1 1/2 tbsps Arrowroot Powder
- ☐ 3 tbsps Cocoa Powder
- ☐ 1 1/3 tsps Nutritional Yeast
- ☐ 1 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 12 slices Gluten Free Bread
- ☐ 255 grams Tempeh
- ☐ 921 grams Tofu

Condiments & Oils

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

Cold

- ☐ 7 3/4 cups Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 4 1/4 cups Water

☐ 1 1/8 cups Raisins



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

Directions

- 1 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes, until thickened.
- 3 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.



Liquid Gold Green Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 Avocado (peeled and pitted)
- 3 Banana (frozen)
- 3 tbsps Cocoa Powder
- 3 3/4 cups Unsweetened Almond Milk
- 1 1/2 tbsps Maple Syrup
- 3 cups Baby Spinach

Directions

1

- Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

More Protein: Add a scoop of protein powder or hemp seeds.



Tahini Green Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Water
- 4 1/2 cups Baby Spinach
- 3/4 Avocado
- 3/4 Zucchini (diced, frozen)
- 1 1/2 Banana (frozen)
- 3 tbsps Tahini
- 1 tbsp Ginger (fresh)
- 3 tbsps Chia Seeds

Directions

1

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

Notes

More Protein: Add a scoop of protein powder or collagen.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini: Use fresh zucchini.

No Fresh Ginger: Use a pinch of dried ginger instead.

No Chia Seeds: Omit or use flax seeds instead.

Extra Creamy: Replace the fresh avocado with cubed, frozen avocado.



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

Directions

1

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)

Directions

- 1 Bring the vegetable broth to a gentle boil over medium-high heat.
- 2 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.
- 3 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.



Flaxseed Pudding

2 servings

1 hour

Ingredients

1/2 cup Ground Flax Seed
3/4 cup Unsweetened Almond Milk
1 1/2 tsps Maple Syrup
3/4 tsp Cinnamon

Directions

- 1 Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 2 Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings: Top with your favorite nuts, seeds and/or berries.



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)

Directions

1

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.



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

Directions

- 1 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.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

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.



Pear & Walnuts

1 serving

5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Directions

- 1 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

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 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.
- 3 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)

Directions

1

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 tsps 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 tsps Vegetable Broth
3 tsps Tamari
1 1/2 tsps Ginger (fresh, finely grated)
3 Garlic (clove, minced)
3 cups Cauliflower Rice

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 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.
- 3 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.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 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.
- 6 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.



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 tsps 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 tsps Cilantro (chopped, optional for garnish)

Directions

- 1 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.
- 2 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.
- 3 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.
- 4 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.



Vegan 'Tuna' Salad

2 servings

35 minutes

Ingredients

1 cup Sunflower Seeds (raw)
1 cup Water (hot)
2 tbsps Sauerkraut (juice only)
1/2 Lemon (juiced)
1/4 tsp Sea Salt
2 tbsps Red Onion (finely diced)
1 stalk Celery (finely diced)
2 tbsps Fresh Dill (finely chopped)

Directions

- 1 Soak the sunflower seeds in hot water for 20 minutes, then drain.
- 2 Place the soaked seeds, sauerkraut juice, lemon juice, and salt into your food processor or blender. Pulse gently until the texture is just slightly chunky.
- 3 Transfer to a mixing bowl and stir in the onion, celery and dill. Toss well and enjoy!

Notes

Serve it With: Our Sea Salt & Garlic Crackers, brown rice chips, veggie sticks, on a salad or sandwich.

No Sauerkraut Juice: Use pickle juice or apple cider vinegar.



Chickpea Tikka Masala with Couscous

2 servings

45 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 1/2 tsps 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)

Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 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.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 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.



Zucchini Noodles with Pesto & Tomatoes

3 servings

5 minutes

Ingredients

3 Zucchini (medium)
3 cups Cherry Tomatoes (halved)
3 tbsps Pesto

Directions

- 1 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 2 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

Notes

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

Additional Toppings: Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.



Thai Green Apple Salad

2 servings

15 minutes

Ingredients

- 2 Thai Chili (stems removed and sliced)
- 2 Garlic (cloves, minced)
- 1/2 cup Raw Peanuts (chopped)
- 2/3 cup Green Beans (washed, trimmed and chopped into 1/3s)
- 1 Tomato (medium, diced)
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced)
- 1 Green Apple (medium, grated)

Directions

- 1 In a medium bowl, use the back of a wooden spoon to grind the chili and garlic into a paste.
- 2 Add peanuts and mash into crumbs. Then mash the green beans until broken, then tomato chunks, tamari, maple syrup and lime juice.
- 3 Add your grated apple to the mixture and toss lightly. Adjust tamari, maple syrup and lime juice to taste. Enjoy!

Notes

Likes it Spicy: Start with one pepper per serving and add more to your preference.

Less Spicy: Use half a pepper per serving, replace with red pepper flakes or omit completely.

No Green Apple: Use green papaya.

Serve it With: Shrimp, sticky rice, tofu or Thai Basil Turkey.



Cinnamon Toasted Pecans

3 servings

15 minutes

Ingredients

3/4 cup Pecans
2 1/4 tps Maple Syrup
3/4 tsp Cinnamon

Directions

- 1 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 2 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 3 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!



Pesto Cauliflower Rice

3 servings

10 minutes

Ingredients

3/4 head Cauliflower (chopped into florets)

1/3 cup Pesto

Directions

1

Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)

2

In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw: Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

Leftovers: Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.



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
255 grams 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)

Directions

- 1 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.
- 2 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 5 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 Toppings: 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.



One Pan Tofu, Brussels Sprouts & Cauliflower

3 servings

45 minutes

Ingredients

675 grams Tofu (extra firm, drained)
1 1/2 tbsps Tamari
1 1/2 tbsps Avocado Oil
1 1/2 tbsps 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 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

Directions

- 1 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.
- 2 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.
- 3 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.



Japanese Eggplant & Tofu Stir Fry

2 servings

20 minutes

Ingredients

2 tbsps Avocado Oil (divided)
2 Eggplant (Japanese, large, cut into 3-inch pieces)
161 grams 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

Directions

- 1 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.
- 2 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.
- 3 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.



Quinoa Tofu Taco Filling

3 servings

25 minutes

Ingredients

3 tbsps Quinoa (uncooked)
85 grams Tofu (extra firm, crumbled)
2 1/4 tsps Extra Virgin Olive Oil
1 tsp Chili Powder
1/2 tsp Cumin
1/3 tsp Oregano
1/3 tsp Garlic Powder
1/8 tsp Sea Salt
3 tbsps Salsa
1 1/8 tsps Lime Juice
1/3 tsp Nutritional Yeast

Directions

- 1 Cook the quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 4 minutes. Remove from pan and set aside.
- 3 Add oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine. Add the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even layer in the bottom of the pan and let it caramelize for 3 to 4 minutes before stirring and flattening again. Repeat until the quinoa is browned and slightly crispy.
- 5 Season with additional salt and lime if needed and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1/2 cup of quinoa mixture.

More Flavor: Add some cayenne, red pepper flakes and/or fresh cilantro.

Make it a Meal: Use in tacos, burritos, quesadillas or on top of salads.