



## Anti-Inflammatory Plant Based

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Free from gluten, dairy, sugar, nightshades



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## Baked Tofu & Cabbage with Peanut Ginger Sauce

2 servings

40 minutes

### Ingredients

175 grams Tofu (extra firm, cubed)  
155 grams Frozen Edamame  
2 tbsps Tamari (divided)  
355 grams Purple Cabbage (cut into 1-inch strips)  
1 tbsp All Natural Peanut Butter  
1 tsp Ginger (fresh, grated)  
1 1/2 tsps Lime Juice  
1 1/2 tbsps Water  
85 grams Cauliflower Rice

### Directions

- 1 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 4 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 5 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

### Notes

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

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

**More Flavor:** Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

**No Tamari:** Use coconut aminos instead.

**More Carbs:** Serve with rice or quinoa instead of cauliflower rice.



## Chickpea Stir Fry

3 servings

25 minutes

### Ingredients

2 tbsps Avocado Oil  
330 grams Chickpeas (cooked and rinsed)  
2 Carrot (peeled, chopped)  
80 grams Red Onion (chopped)  
2 stalks Celery (chopped)  
180 grams Broccoli (florets, chopped)  
235 milliliters Water  
60 milliliters Tamari  
1 tbsp Sesame Seeds

### Directions

- 1 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 2 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 3 Divide between plates, sprinkle sesame seeds on top, and enjoy!

### Notes

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

**More Flavor:** Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.



## Mushroom & Cauliflower Rice Bowl

1 serving  
15 minutes

### Ingredients

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

### 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!

### Notes

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

**No Coconut Aminos:** Use tamari or soy sauce instead.

**No Avocado Oil:** Use olive oil or coconut oil instead.

**More Flavor:** Season with chili flakes and/or garlic.

**Additional Toppings:** Add sliced nori and/or sesame seeds on top.



## Paleo Falafel Salad with Mint Tahini Sauce

4 servings

45 minutes

### Ingredients

1 tbsp Ground Flax Seed  
3 tbsps Water  
80 grams Hemp Seeds  
85 grams Sunflower Seeds (divided)  
20 grams Parsley (packed)  
3 tbsps Lemon Juice (divided)  
1 tbsp Tapioca Flour  
1 tsp Cumin  
1/8 tsp Turmeric  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Sesame Seeds (optional)  
1 1/2 tbsps Tahini  
3 tbsps Extra Virgin Olive Oil  
5 grams Mint Leaves (packed)  
1/8 tsp Sea Salt (or more to taste)  
225 grams Mixed Greens  
12 Heirloom Carrots (roasted)

### Directions

- 1 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 2 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 4 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 5 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 6 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

### Notes

**Meal Prep:** Make the falafels ahead and freeze for quick and easy meals down the road.

**No Tapioca Flour:** Use coconut flour instead.

**Wet Falafels:** If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

**Serving Size:** One serving is equal to 3 falafels.



## Chezy Broccoli Quinoa

4 servings

20 minutes

### Ingredients

170 grams Quinoa (uncooked)  
415 milliliters Water  
180 grams Broccoli (chopped into florets)  
1 tbsp Nutritional Yeast  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

**Freezer Tips:** Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

**Less Bitter:** Rinse your quinoa before cooking.

**More Flavour:** Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.



## Cheesy Edamame & Parsley Pasta

4 servings

15 minutes

### Ingredients

450 grams Brown Rice Spaghetti  
70 grams Cashews  
2 tbsps Nutritional Yeast  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt  
235 grams Frozen Edamame (thawed)  
120 grams Parsley (finely chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

### Notes

**No Edamame:** Use frozen peas or any leftover veggies.

**Make it Spicy:** Garnish with red pepper flakes.





## Cream of Mushroom Soup

4 servings

30 minutes

### Ingredients

2 tbsps Coconut Oil  
160 grams Red Onion (diced)  
3 stalks Celery (diced)  
2 Carrot (diced)  
290 grams Mushrooms (any type will work)  
1 tsp Black Pepper  
3 tbsps Tamari  
950 milliliters Water  
70 grams Cashews (soaked and drained)

### Directions

- 1 Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
- 2 Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
- 3 Ladle soup into bowls. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months.

**Serving Size:** One serving equals approximately 2 cups.

**Make it Green:** Add in a few handfuls of spinach or kale before blending.

**Nut-Free:** Use sunflower seeds instead of cashews.

**Whole Mushroom Lover:** Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

**Toppings:** Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.



## Curried Lentil, Kale & Broccolini Salad

4 servings

20 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil (divided)  
1/2 Yellow Onion (finely chopped)  
3 Garlic (cloves, minced)  
1 tbsp Ginger (grated)  
1 tbsp Curry Powder  
225 grams Broccolini  
2 tbsps Water  
170 grams Kale Leaves (chopped)  
395 grams Green Lentils (cooked, drained and rinsed)  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
4 Egg

### Directions

- 1 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 2 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 3 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 4 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 5 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 6 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

### Notes

**More protein:** Serve with quinoa.

**More carbs:** Serve with brown rice.

**No Eggs:** Top with protein of choice.



## Quinoa Kale Fritters

6 servings

45 minutes

### Ingredients

85 grams Quinoa  
235 milliliters Water  
1 tbsp Coconut Oil (divided)  
2 Egg (whisked)  
1/2 Sweet Onion (diced)  
3 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
40 grams Kale Leaves  
25 grams Oats  
35 grams Almond Flour  
1 Avocado (peeled and sliced)  
1 Lemon (juiced)  
1 tbsp Yellow Mustard

### Directions

- 1 Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
- 3 In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
- 4 With clean hands, form even patties with the mixture and place on a piece of waxed paper.
- 5 In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
- 6 To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
- 7 Serve the fritters on bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is equal to approximately one large fritter.



## Tahini, Quinoa & Roasted Veggie Bowl

4 servings

40 minutes

### Ingredients

1 head Cauliflower (cut into florets)  
1 Carrot (chopped into 1 inch rounds)  
1 Beet (chopped into 1 inch pieces)  
1 Turnip (chopped into 1 inch pieces)  
1 Parsnip (chopped into 1 inch pieces)  
330 grams Chickpeas (cooked, drained and rinsed)  
170 grams Quinoa (uncooked)  
355 milliliters Water  
60 grams Tahini  
3 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
85 grams Kale Leaves

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results,



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refrigerate the ingredients separately.



## Veggie Ramen

4 servings

30 minutes

### Ingredients

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 1.4 liters Vegetable Broth (or any type of broth will work)
- 290 grams Shiitake Mushrooms
- 1 tbsp Tamari
- 225 grams Brown Rice Spaghetti
- 180 grams Broccoli (chopped into small florets)
- 120 grams Baby Spinach
- 165 grams Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

### Directions

- 1 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 2 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 3 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 4 Set the broccoli on top and steam until bright green (about 4 minutes).
- 5 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 6 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 7 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

### Notes

**Better Broth:** Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

**Missing Veggies:** Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

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**Top With:** Your favourite ramen condiments like sesame seeds, hot sauce or nori.



## One Pan Roasted Edamame & Broccoli Salad

4 servings

30 minutes

### Ingredients

455 grams Broccoli (chopped into florets)  
155 grams Frozen Edamame (shelled)  
120 grams Walnuts  
60 milliliters Avocado Oil (divided)  
1/2 tsp Sea Salt  
1 tbsp Almond Butter  
1 tbsp Apple Cider Vinegar

### Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Walnuts:** Use cashews, almonds or pecans instead.

**Nut-Free:** Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

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





## Cauliflower, Kale & Lentil Detox Soup

6 servings

40 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 stalks Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 head Cauliflower (chopped into florets)
- 85 grams Kale Leaves (chopped)
- 1.4 liters Vegetable Broth
- 445 grams Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

**Serving Size:** One serving is equal to approximately 2 cups of soup.



## Middle Eastern Lentils & Rice with Crispy Onions

8 servings

35 minutes

### Ingredients

190 grams Dry Lentils (green, uncooked and rinsed)  
830 milliliters Water  
1 tsp Sea Salt  
370 grams Jasmine Rice (dry, uncooked)  
1 1/2 tsps Cumin  
60 milliliters Avocado Oil  
2 Yellow Onion (medium, peeled, thinly sliced)  
30 grams Parsley (stems removed, finely chopped)

### Directions

- 1 Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
- 2 Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
- 3 Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
- 4 Divide the lentils and rice into bowls. Top with the crispy onions and parsley. Enjoy!

### Notes

**More Toppings:** Add yogurt, pomegranate seeds, slivered almonds, crushed pistachios or raisins.

**No Jasmine Rice:** Use any type of long grain rice instead.

**No Onions:** Use fried garlic or crushed vegetable chips instead.

**Serving Size:** One serving is equal to approximately one cup.

**Storage:** Refrigerate in an airtight container up to 5 days or freeze if longer.



## Spinach & Pea Risotto

4 servings

35 minutes

### Ingredients

950 milliliters Vegetable Broth  
2 tbsps Extra Virgin Olive Oil  
1/2 Yellow Onion (finely chopped)  
2 Garlic (cloves, minced)  
1/2 tsp Sea Salt (divided)  
205 grams Arborio Rice  
3 tbsps Lemon Juice  
90 grams Baby Spinach (chopped)  
160 grams Frozen Peas  
3 tbsps Nutritional Yeast

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 2 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 3 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 4 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 5 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 6 Divide between plates and enjoy.

### Notes

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

**Serving Size:** One serving is equal to approximately 1.25 cups of risotto.

**More Flavor:** Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

**Consistency:** If risotto has become too thick after stirring in the spinach and peas, thin

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with two tablespoons of warm water at a time until desired consistency is reached.

**Rice:** This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.



## Tofu & Veggie Hot Pot

4 servings

30 minutes

### Ingredients

1.4 liters Vegetable Broth  
1 tbsp Tamari  
1 tbsp Rice Vinegar  
1/2 tsp Sea Salt  
190 grams Mushrooms (halved)  
230 grams Calabash Squash (chopped)  
180 grams Napa Cabbage (thinly sliced)  
455 grams Tofu (extra firm, broiled, cubed)  
395 grams Shirataki Noodles (rinsed, drained)

### Directions

- 1 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 2 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shirataki noodles.
- 3 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

**Serving Size:** One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

**More Flavor:** Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

**Additional Toppings:** Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

**No Calabash Squash:** Use zucchini or celery instead.

**No Shirataki Noodles:** Use ramen or rice noodles instead.



## Coconut Turmeric Cauliflower Bowls

4 servings

30 minutes

### Ingredients

- 370 grams Jasmine Rice (dry, rinsed)
- 480 milliliters Plain Coconut Milk (from the carton)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 20 grams Unsweetened Shredded Coconut
- 4 grams Cilantro (chopped)

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 3 Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 4 Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!

### Notes

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

**More Flavor:** Add garlic powder or chilli flakes to the sauce.

**Additional Toppings:** Top with sesame seeds.



## Lentil Tahini Burgers with Sauerkraut

4 servings

30 minutes

### Ingredients

530 grams Green Lentils (cooked, drained and rinsed)  
60 grams Tahini  
1/2 tsp Sea Salt  
1 tbsp Apple Cider Vinegar  
1/2 head Green Lettuce (separated into leaves and washed)  
55 grams Unsweetened Coconut Yogurt  
70 grams Sauerkraut

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

**Serving Size:** One serving is equal to one 5- to 6-inch burger patty.

**More Flavor:** Add cumin and fresh herbs to the lentil tahini mixture.

**Additional Toppings:** Caramelized onions, feta, sautéed mushrooms and/or avocado.

**No Lettuce:** Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.



## Falafel Tahini Salad

4 servings

30 minutes

### Ingredients

530 grams Green Lentils (cooked, drained and rinsed)  
90 grams Tahini (divided)  
10 grams Cilantro (finely chopped)  
1 tsp Cumin  
1 tbsp Apple Cider Vinegar  
1 tsp Sea Salt (divided)  
55 grams Unsweetened Coconut Yogurt  
60 milliliters Water  
225 grams Mixed Greens  
140 grams Sauerkraut

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

**Serving Size:** One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

**Additional Toppings:** Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

**No Sauerkraut:** Use pickled cabbage instead.





## Buckwheat Sweet Potato Bowl

2 servings

30 minutes

### Ingredients

- 475 milliliters Water
- 165 grams Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 20 grams Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 5 grams Cilantro (chopped)

### Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 2 cups.

**More Flavor:** Add diced onions or minced garlic.



## Butternut Squash Buckwheat Bowl

2 servings

30 minutes

### Ingredients

475 milliliters Water  
165 grams Buckwheat Groats  
2 tbsps Extra Virgin Olive Oil  
140 grams Butternut Squash (chopped into small cubes)  
50 grams Mushrooms (sliced)  
20 grams Kale Leaves (chopped)  
1 tsp Sea Salt  
1 tsp Dried Basil

### Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 2 cups.

**More Flavor:** Add diced onions or minced garlic.



## Lentil Meatballs

5 servings

35 minutes

### Ingredients

95 grams Dry Green Lentils (rinsed)  
240 milliliters Vegetable Broth  
1/2 tsp Extra Virgin Olive Oil  
55 grams Shallot (chopped)  
1 tbsp Ground Flax Seed  
3 tbsps Water  
15 grams Parsley (chopped)  
35 grams Nutritional Yeast  
70 grams Almonds (chopped)  
3/4 tsp Sea Salt

### Directions

- 1 Add 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.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to seven days. Freeze for up to two months.

**Serving Size:** One serving is approximately three balls.

**Serve it With:** Serve with a side of veggies or on top of pasta.

**More Flavor:** Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.



## Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 160 milliliters Vegetable Broth (divided)
- 80 grams Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 60 grams Baby Spinach
- 395 grams Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 15 grams Parsley (chopped, optional)

### Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

**Serving Size:** One serving is equal to approximately 1 1/2 cups of salad.

**No Sweet Potato:** Use cubed butternut squash instead.



## Cabbage, Carrots & Mushroom Rice Bowl

2 servings

40 minutes

### Ingredients

140 grams Brown Rice (dry, uncooked)  
1 tbsp Coconut Aminos  
1 1/2 tsps Lime Juice  
1 1/2 tbsps Water  
1/2 tsp Ginger (fresh, grated)  
60 milliliters Vegetable Broth  
6 Cremini Mushrooms (sliced)  
1 Carrot (medium, shredded)  
90 grams Purple Cabbage (thinly sliced)  
200 grams Lentils (cooked, rinsed)

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, combine the coconut aminos, lime juice, water, and ginger in a small bowl. Set aside.
- 3 Heat the broth in a pan over medium heat. Add the mushrooms and cook until soft and browned, about five minutes. Add water as needed to prevent sticking.
- 4 Divide the rice, mushrooms, carrot, cabbage and lentils into bowls. Drizzle the dressing ovetop and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**Additional Toppings:** Add sprouts, sliced green onion, or avocado. Season the lentils with salt and pepper.

**No Vegetable Broth:** Use water or your choice of cooking oil instead, adjusting the quantity accordingly.



## Squash & Quinoa Spinach Salad

2 servings

35 minutes

### Ingredients

140 grams Butternut Squash (cut into small cubes)  
1/8 tsp Cinnamon  
Sea Salt & Black Pepper (to taste)  
55 grams Quinoa  
60 grams Baby Spinach  
1/2 Apple (small, peeled and finely chopped)  
1 tbsp Red Onion (finely chopped)  
1 tbsp Walnuts (finely chopped)  
2 tbsps Apple Cider Vinegar

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

### Notes

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

**Nut-Free:** Omit the walnuts and use sunflower or pumpkin seeds instead.

**More Flavor:** Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

**More Fat:** Add extra virgin olive oil to the apple cider vinegar.



## Tofu Veggie Fried Rice

4 servings

35 minutes

### Ingredients

185 grams Jasmine Rice (uncooked)  
1 1/2 tbsps Sesame Oil (divided)  
455 grams Tofu (extra firm, drained and diced)  
Sea Salt & Black Pepper (to taste, divided)  
180 grams Broccoli (chopped)  
90 grams Purple Cabbage (thinly sliced)  
1 Carrot (medium, diced)  
4 Egg (large, whisked)  
3 tbsps Tamari  
3 stalks Green Onion (sliced)

### Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**No Tamari:** Use soy sauce or coconut aminos instead.

**Additional Toppings:** Add corn, mushrooms, or green peas.



## Cucumber Soba Noodles with Tempeh

2 servings

25 minutes

### Ingredients

- 100 grams Buckwheat Soba Noodles (dry, uncooked)
- 2 tbsps Coconut Aminos
- 1 tbsp Lime Juice
- 1/2 tsp Ginger (fresh, grated or minced)
- 170 grams Tempeh (cut into strips)
- 1 Cucumber (medium, julienned)
- 1 tsp Sesame Seeds

### Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three cups.

**More Flavor:** Add garlic and/or maple syrup.

**Additional Toppings:** Add sliced green onions or red pepper flakes.





## Orange Sesame Tofu with Greens & Rice

2 servings

30 minutes

### Ingredients

95 grams Brown Rice  
120 milliliters Orange Juice  
1 1/2 tbsps Tamari  
1 tbsp Sesame Oil  
1 tbsp Ginger (fresh, grated or minced)  
200 grams Tofu (extra-firm, cut into thin strips)  
1 1/2 tps Coconut Oil  
280 grams Bok Choy (chopped)  
1/2 tsp Tapioca Flour

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

### Notes

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

**More Flavor:** Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

**Additional Toppings:** Sesame seeds, green onion, or sriracha.

**No Bok Choy:** Use spinach, kale, collard greens, or swiss chard instead.

**No Brown Rice:** Use white rice, quinoa, or cauliflower rice instead.

**No Coconut Oil:** Use extra virgin olive oil or avocado oil instead.



## Bok Choy & Mushroom Ramen

4 servings

35 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil (divided)  
4 stalks Green Onion (sliced, white and green parts divided)  
6 Garlic (cloves, minced)  
290 grams Shiitake Mushrooms (tough stems removed, sliced)  
1.4 liters Vegetable Broth  
235 milliliters Water  
280 grams Bok Choy (halved lengthwise)  
1 tsp Miso Paste  
370 grams Gluten-Free Ramen Noodles (dry)

### Directions

- 1 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 2 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 3 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 4 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 5 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!

### Notes

**Leftovers:** Refrigerate the broth and vegetables separate from the noodles for up to four days. Freeze the broth, if longer. Cook the noodles before serving.

**Serving Size:** One serving equals approximately 2 1/2 cups.

**More Flavor:** Add ginger, red pepper flakes and/or sesame oil in the first step. Use low-sodium broth and omit the water. Cook the broth for up to 24 hours. The longer it cooks, the more flavor it will develop.

**Additional Toppings:** Tamari, lime juice, spinach, nori sheets, crispy tofu, or corn.

**No Ramen Noodles:** Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



## Asparagus & Mushroom Frittata

4 servings

25 minutes

### Ingredients

8 Egg  
60 milliliters Water  
1 tbsp Extra Virgin Olive Oil  
190 grams Mushrooms (sliced)  
135 grams Asparagus (sliced)  
2 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

### Notes

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

**Serving Size:** A 10-inch cast-iron pan was used for four servings.

**More Flavor:** Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



## Chickpea & Rice Soup

3 servings

40 minutes

### Ingredients

60 grams Brown Rice (dry)  
120 milliliters Water  
1 stalk Celery (chopped)  
1 Carrot (medium, peeled and chopped)  
120 grams Red Onion (chopped)  
3 Garlic (large clove, minced)  
1 1/2 tbsps Dried Parsley  
1/2 tsp Sea Salt (or to taste)  
1/2 tsp Dried Dill  
165 grams Chickpeas (cooked, rinsed)  
950 milliliters Vegetable Broth  
1/2 Lemon (cut into wedges for serving, optional)

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the water to a pot over medium-high heat. Add the celery, carrot, onion, and garlic to the pot and cook for eight to 10 minutes or until the carrot and celery start to soften. Add the parsley, salt, dill, and chickpeas and stir to combine. Cook for another one to two minutes.
- 3 Add the vegetable broth to the pot and bring the soup to a gentle boil. Reduce the heat slightly and simmer for about 20 minutes or until the vegetables are very tender.
- 4 Transfer approximately 1/4 of the soup to a blender and blend until mostly smooth. Stir the soup puree back into the pot and add the cooked rice. Season the soup with additional salt if needed.
- 5 Divide the soup between bowls and serve with lemon wedges to squeeze over top. 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 of soup.

**More Flavor:** Add other dried herbs and spices like oregano, paprika, chives, and/or black pepper.

**Additional Toppings:** Extra virgin olive oil, fresh or dried parsley, and/or red pepper flakes

**More Vegetables:** Add zucchini, peas, bell pepper, spinach, or kale.

**No Brown Rice:** Use white rice or quinoa instead.

**No Chickpeas:** Use white beans or lentils instead.



## Vegan Pancit Bihon

4 servings

20 minutes

### Ingredients

2 tbsps Avocado Oil (divided)  
340 grams Tofu (extra firm, pressed and cubed)  
3 tbsps Coconut Aminos (divided)  
3 Garlic (cloves, minced)  
2 stalks Green Onion (sliced, divided)  
140 grams Savoy Cabbage (thinly sliced)  
1 Carrot (medium, julienned)  
240 milliliters Vegetable Broth, Low Sodium  
115 grams Rice Vermicelli Noodles (dry, uncooked)

### Directions

- 1 Heat half the oil in a pan over medium-high heat. Cook the tofu and 1/2 of the coconut aminos until crispy and golden, about eight to ten minutes. Transfer to a plate lined with paper towel.
- 2 Heat the remaining oil in the same pan over medium-high heat. Cook the garlic and the white ends of the green onions for one minute. Add the cabbage and carrots. Cook for another five minutes, or until tender.
- 3 Push the cabbage and carrots to the side of the pan. Add the remaining coconut aminos and vegetable broth and bring to a gentle simmer.
- 4 Add the noodles and cook for about three minutes, or until the noodles are al dente. Stir the cabbage, carrots and noodles together. Divide into bowls, top with the crispy tofu and garnish with the remaining green onions. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add ginger, lime juice or fresh herbs.



## Vegan Mushroom Stroganoff

4 servings

20 minutes

### Ingredients

330 grams Brown Rice Fusilli (dry, uncooked)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 Yellow Onion (medium, finely diced)  
16 Cremini Mushrooms (sliced)  
355 milliliters Vegetable Broth  
2 1/4 tsps Dijon Mustard  
1 tbsp Arrowroot Powder  
60 milliliters Canned Coconut Milk

### Directions

- 1 Cook the brown rice fusilli according to package instructions and set aside.
- 2 Heat the oil in a skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Season with salt and pepper. Stir in the vegetable broth and dijon mustard.
- 3 In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
- 4 Add the coconut milk and season with more salt and pepper as needed.
- 5 Divide the brown rice fusilli into bowls and top with the mushroom stroganoff. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Add garlic, thyme, Worcestershire sauce, and white wine.

**Additional Toppings:** Garnish with fresh parsley.



## Turmeric & Ginger Butternut Squash Stew

4 servings

30 minutes

### Ingredients

1 1/2 tps Coconut Oil  
3 Garlic (cloves, minced)  
1 tbsp Ginger (freshly grated)  
1 Yellow Onion (chopped)  
700 grams Butternut Squash (peeled, chopped into 1/2-inch pieces)  
1 tsp Turmeric (dried)  
Sea Salt & Black Pepper (to taste)  
425 milliliters Canned Coconut Milk  
960 milliliters Vegetable Broth, Low Sodium  
190 grams Dry Green Lentils (rinsed)  
90 grams Baby Spinach

### Directions

- 1 In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 2 Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 3 Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups of stew.

**Additional Toppings:** Top with chili flakes.



## Herb & Garlic Roasted Vegetables

2 servings

45 minutes

### Ingredients

- 1/2 head Cauliflower (small, cut into florets)
- 1 Beet (large, peeled and chopped)
- 180 grams Broccoli (cut into florets)
- 140 grams Butternut Squash (cut into cubes)
- 1 tbsp Coconut Oil (melted)
- 1 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
- 3 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add other dried herbs and spices to taste.

**Vegetables:** Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.





## Mushroom & Leek Soup

2 servings

40 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, diced)  
1 Leeks (medium, trimmed and chopped)  
10 Cremini Mushrooms (sliced)  
Sea Salt & Black Pepper (to taste)  
485 milliliters Canned Coconut Milk (plus more for garnish)  
2 tbsps Fresh Dill

### Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and sauté for four to five minutes or until soft and translucent.
- 2 Add the leeks and mushrooms. Continue cooking for another five minutes. Season with salt and pepper.
- 3 Add the coconut milk, stir and cover the pot with a lid. Turn the heat down to simmer and cook for 20 to 25 minutes.
- 4 Use a hand blender or carefully transfer to your blender and blend the soup until smooth. Divide evenly between bowls and garnish with coconut milk and dill. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cups soup.

**More Flavor:** Add potatoes and/or beans.

**Additional Toppings:** Squeeze some lemon juice and/or parsley.

**Soup Consistency:** This soup is a thick purée. For a thinner consistency, add water during cooking to achieve your desired consistency.



## Mushroom & Cabbage Stir Fry

4 servings

20 minutes

### Ingredients

115 grams Rice Vermicelli Noodles (dry, uncooked)  
3 tbsps Avocado Oil (divided)  
4 Egg (whisked)  
6 Cremini Mushrooms (sliced)  
265 grams Green Cabbage (thinly sliced)  
2 tbsps Coconut Aminos  
1/4 tsp Sea Salt (to taste)

### Directions

- 1 Cook the noodles according to the package directions. Set aside.
- 2 Heat 1/3 of the oil in a large pan over medium-high heat. Cook the eggs until set, stirring occasionally, about three to five minutes. Transfer to a bowl.
- 3 Heat the remaining oil and add the mushrooms, cabbage, coconut aminos, and salt. Cook until soft, about 10 minutes. Add a splash of water or more oil if needed.
- 4 Add the eggs and vermicelli into the veggies. Stir until well combined. Adjust salt as needed. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add ginger, garlic, onions, and/or sesame oil.

**Additional Toppings:** Top with sliced green onions, chives, parsley, or cilantro.

**Make it Vegan:** Use tofu instead of eggs.



## Carrot & Lentil Pureed Soup

4 servings

35 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, peeled, chopped)  
1 Garlic (clove, minced)  
4 Carrot (medium, chopped)  
155 grams Dry Red Lentils (rinsed)  
960 milliliters Vegetable Broth, Low Sodium  
120 milliliters Plain Coconut Milk (from the carton)  
1 tbsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
- 2 Add the carrots, lentils, broth, coconut milk, Italian seasoning, salt, and pepper. Stir to combine and bring to a boil.
- 3 Reduce the heat to low and simmer for 15 to 20 minutes or until the lentils are cooked.
- 4 Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**No Coconut Milk:** Use cow's milk or any other alternative milk.

**Consistency:** This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.



## White Bean, Sweet Potato & Kale Soup

5 servings

30 minutes

### Ingredients

1.2 liters Vegetable Broth, Low Sodium (divided)  
1/2 White Onion (large, chopped)  
2 Garlic (cloves, minced)  
2 tsps Herbes de Provence  
2 Sweet Potato (large, cut into cubes)  
420 grams Cannellini Beans (drained, rinsed)  
85 grams Kale Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat a large pot over medium heat and add a splash of vegetable broth. Once hot add the onion and sauté for about five minutes, until softened. Add the garlic and herbes de provence and cook for one minute, until fragrant.
- 2 Add the sweet potato, beans, and remaining vegetable broth and bring to a boil. Reduce the heat to low and simmer, covered, for about 15 minutes, until the potato is softened.
- 3 Add the kale and cook for an additional five minutes. Season with salt and pepper. Divide evenly between bowls, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Additional Toppings:** Top with fresh herbs such as parsley.



## Mushroom & Chickpea Polenta

6 servings

45 minutes

### Ingredients

575 grams Mushrooms (coarsely chopped)  
330 grams Chickpeas (cooked, drained and patted dry)  
6 Garlic (clove, chopped finely)  
5 grams Thyme Sprigs (whole)  
120 milliliters Water  
Sea Salt & Black Pepper (to taste)  
950 milliliters Vegetable Broth (divided, plus extra if needed)  
120 grams Cornmeal  
170 grams Baby Kale

### Directions

- 1 Preheat the oven to 425°F (220°C). Place the rack in the middle of the oven.
- 2 On a rimmed baking sheet, combine the mushrooms, chickpeas, garlic, thyme, and water. Season with salt and pepper to taste. Bake for 25 to 30 minutes, stirring halfway through.
- 3 Meanwhile, in a heavy-bottomed saucepan, bring the broth to a boil. Reduce the heat to medium and add the cornmeal, stirring constantly for two minutes, until thickened.
- 4 Stir in the kale until it becomes wilted, about two minutes. If the polenta thickens too much, thin with additional broth or water.
- 5 Divide the polenta evenly between plates. Top with the mushrooms and chickpeas and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add parmesan cheese, sea salt, pepper, a pinch of cayenne pepper, and/or chili flakes to the polenta. Use part milk, part water instead of broth.

**Additional Toppings:** Top with chopped parsley, basil and/or chives. Top basil or tomato pesto.

**No Chickpeas:** Use white beans or lentils instead.

**No Baby Kale:** Use spinach, collard greens, swiss chard, or regular kale instead.



## Sweet Potato Mac & Cheese

4 servings

35 minutes

### Ingredients

220 grams Brown Rice Macaroni (dry)  
2 Sweet Potato (small, peeled, cubed)  
1/2 Yellow Onion (medium, roughly chopped)  
2 Garlic (cloves, roughly chopped)  
60 milliliters Vegetable Broth (divided)  
60 milliliters Unsweetened Almond Milk  
35 grams Nutritional Yeast  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the brown rice pasta according to the package directions. When finished cooking, strain and run under cold water immediately to prevent from overcooking. Set aside.
- 2 In a large pot, add the sweet potato and just enough water to cover them. Bring the potatoes to a simmer over medium-high heat. Reduce the heat and cook for eight to ten minutes or until they are fork-tender. Drain and add them to a blender and set aside.
- 3 While the potatoes are cooking, add the onions, garlic, and half of the broth to a pan. Sauté for three to five minutes or until the onions have softened. Add some more broth or water if needed.
- 4 Add the onions to the blender along with the rest of the vegetable broth, milk, nutritional yeast, salt, and pepper. Blend until smooth.
- 5 Pour the sweet potato sauce into the pot of cooked macaroni and mix to combine. Divide evenly between bowls. Season with additional salt and pepper if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**No Almond Milk:** Use another unsweetened milk alternative.

**More Flavor:** Add dried oregano, rosemary, and/or thyme to the sauce.

**Additional Toppings:** Top with chili flakes or hot sauce.



## Falafel Patties

4 servings

35 minutes

### Ingredients

490 grams Chickpeas (drained and rinsed)  
1/2 Yellow Onion (chopped)  
2 Garlic (cloves)  
80 grams All Purpose Gluten-Free Flour  
15 grams Parsley  
5 grams Mint Leaves  
1 tsp Cumin  
1/2 tsp Baking Powder  
1 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Add all of the ingredients except the oil to a food processor. Blend on high until a batter is created.
- 2 Form the batter into four to five-inch diameter patties, approximately 3/4-inch thick. There should be one patty per serving.
- 3 Heat the oil in a large pan over medium heat. Add the patties and cook for five to seven minutes on each side, until browned and starting to crisp. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving is equal to one patty.

**Serve it With:** In a bun or pita with tomato, lettuce, and hummus or tzatziki.

**More Flavor:** Add fresh or dried dill.



## Pot Pie Chickpea Pasta

3 servings

35 minutes

### Ingredients

225 grams Chickpea Pasta (dry)  
2 tsps Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, diced)  
2 Garlic (cloves, minced)  
1 Carrot (large, chopped)  
125 grams Frozen Corn  
120 grams Frozen Peas  
175 grams Cashew Cream Cheese  
Sea Salt & Black Pepper (to taste)  
35 grams Nutritional Yeast (divided)  
3 tbsps Almond Flour

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the chickpea pasta according to package directions.
- 3 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 4 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 5 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.





## Lemony White Bean & Quinoa Salad

4 servings

30 minutes

### Ingredients

340 grams Quinoa (dry)  
1 Sweet Potato (larged, cubed)  
1 tbsp Extra Virgin Olive Oil (divided)  
1/2 tsp Sea Salt (divided)  
1 Lemon (juiced)  
2 tbsps Cilantro (minced)  
365 grams White Navy Beans (from the can, rinsed)  
85 grams Mixed Greens  
1/2 Cucumber (chopped)  
3 tbsps Hemp Seeds

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the sweet potato with half the oil and half the sea salt. Add evenly to the baking sheet and cook for 20 minutes, flipping halfway, or until the sweet potato is turning crispy on the edges.
- 4 Mix the remaining oil, salt, lemon juice, and cilantro with the beans.
- 5 Divide the quinoa evenly between the bowls and top with the sweet potato, mixed greens, beans, cucumber, and hemp seeds. Drizzle any remaining lemon juice mixture over each serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add the mixed greens when ready to serve.

**Serving Size:** One serving is approximately 2 1/4 cups.

**More Flavor:** Add minced garlic and maple syrup to the lemon mixture.

**Additional Toppings:** Chopped mint, green onions and/or sunflower seeds.



## Tofu & Lentil Stir Fry with Veggies

1 serving  
25 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 115 grams Tofu (firm, drained, cubed)
- 365 grams Frozen Vegetable Mix
- 150 grams Lentils (rinsed and drained)
- 1 tbsp Coconut Aminos
- 1 1/2 tps Rice Vinegar
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (chopped)
- 1 1/2 tps Sesame Seeds (toasted)

### Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Serve with noodles. Use fresh vegetables.

**No Coconut Aminos:** Use soy sauce or tamari.



## Crispy Tofu & Broccoli on Rice

4 servings

35 minutes

### Ingredients

185 grams Brown Rice (dry)  
2 tbsps Tamari  
3 tbsps Extra Virgin Olive Oil (divided)  
1 tsp Garlic Powder  
2 tbsps Nutritional Yeast (divided)  
425 grams Tofu (extra firm, pressed, crumbled)  
455 grams Broccoli (florets, chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease one sheet pan with oil. Line the second sheet pan with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 In a large bowl, whisk together the tamari, half of the oil, garlic powder, and half of the nutritional yeast. Add the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 4 Meanwhile, in the same bowl, combine the broccoli with the remaining oil, remaining nutritional yeast, salt, and pepper.
- 5 Transfer the broccoli to the second sheet pan, spreading out evenly. Place in the oven and bake for 15 to 17 minutes, until fork tender and browned.
- 6 Divide the rice, broccoli, and tofu evenly between bowls. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup tofu, one cup broccoli, and 1/2 cup cooked rice.

**Additional Toppings:** Top with cubed avocado and/or tahini or peanut sauce.



## Lentil, Chickpea & Green Pea Curry

4 servings

30 minutes

### Ingredients

1/2 White Onion (small, diced)  
4 Garlic (cloves, minced)  
1 1/2 tbsps Curry Powder  
245 grams Chickpeas (cooked)  
160 grams Frozen Peas (thawed)  
715 milliliters Vegetable Broth  
295 grams Lentils (cooked)  
80 milliliters Canned Coconut Milk  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.
- 3 Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.
- 4 Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add cumin, chili, and spinach.

**Additional Toppings:** Top with cilantro or green onion.



## Air Fryer Falafel

4 servings

30 minutes

### Ingredients

- 545 grams Chickpeas (cooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (clove)
- 15 grams Parsley
- 5 grams Mint Leaves
- 45 grams Chickpea Flour
- 1 tsp Cumin
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil (divided)

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
- 3 Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
- 4 Cook for 15 minutes, flipping halfway through, until crispy and cooked through. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving is equal to approximately three to four falafels.

**More Flavor:** Add cilantro and red pepper flakes.



## Vegan Cauliflower Risotto

1 serving

15 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, chopped)
- 1/2 Yellow Onion (large, chopped)
- 2 tsps Arrowroot Powder
- 120 milliliters Unsweetened Almond Milk
- 120 milliliters Vegetable Broth
- 60 grams Baby Spinach
- 130 grams Cauliflower Rice
- 1 tbsp Chives (chopped)

### Directions

- 1 Preheat the oil in a large skillet over medium-high heat. Add the garlic and the onions. Stir and cook for approximately two minutes or until tender.
- 2 Add the arrowroot and stir to coat. Add the milk and stir then add the broth, stirring slowly to combine. Add the spinach, stirring constantly. Cook for two minutes or until wilted.
- 3 Stir in the cauliflower rice and allow to cook for three to five minutes or until warmed through.
- 4 Divide evenly between bowls, top with chives, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add mushrooms and/or zucchini. Season with salt and pepper to taste.

**Additional Toppings:** Fresh parsley, basil, and/or oregano.



## One Pan Turmeric Edamame & Veggies

2 servings

30 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Lemon Juice
- 1 1/2 tsps Turmeric
- Sea Salt & Black Pepper (to taste)
- 155 grams Frozen Edamame (defrosted)
- 175 grams Brussels Sprouts (trimmed and halved)
- 1/4 head Cauliflower (chopped into florets)
- 2 Carrot (medium, chopped)

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a big bowl, mix together the oil, lemon juice, turmeric, salt, and pepper. Add the remaining ingredients and toss to combine.
- 3 Transfer the veggies to the prepared baking sheet. Bake in the oven for 20 to 25 minutes or until everything is cooked through.
- 4 Divide evenly between serving plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 2 1/3 cups.

**Additional Toppings:** Top with fresh herbs.