


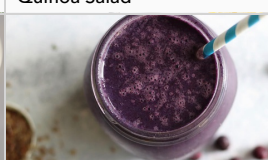

























	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Mango Carrot Smoothie	 Mango Carrot Smoothie	 Mango Carrot Smoothie	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	
Snack 1	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 Peach Cherry Smoothie	
Lunch	 Egyptian Lentil Soup with Caramelized Onions	 Marinated Veggie Salad	 Lentil Meatballs & Pasta	 Miso Baked Tofu & Rice	 Lemony White Bean & Quinoa Salad	 Tomato & Mushroom Chickpea Pasta	 Red Lentil Dahl	 Asparagus, Soba & Tempeh
Snack 2	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	
Dinner	 Lentil Meatballs & Pasta	 Miso Baked Tofu & Rice	 Lemony White Bean & Quinoa Salad	 Tomato & Mushroom Chickpea Pasta	 Red Lentil Dahl	 Asparagus, Soba & Tempeh	 Lentil Bolognese with Chickpea Pasta	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  19%	Fat  21%	Fat  20%	Fat  20%	Fat  21%	Fat  23%	Fat  23%
Carbs  54%	Carbs  52%	Carbs  56%	Carbs  55%	Carbs  52%	Carbs  50%	Carbs  50%
Protein  27%	Protein  27%	Protein  24%	Protein  25%	Protein  27%	Protein  27%	Protein  27%
Calories 1750	Calories 1713	Calories 1853	Calories 1844	Calories 1861	Calories 1916	Calories 1769
Fat 40g	Fat 42g	Fat 43g	Fat 42g	Fat 45g	Fat 50g	Fat 46g
Carbs 251g	Carbs 237g	Carbs 267g	Carbs 266g	Carbs 256g	Carbs 243g	Carbs 231g
Fiber 62g	Fiber 48g	Fiber 49g	Fiber 56g	Fiber 57g	Fiber 53g	Fiber 53g
Sugar 89g	Sugar 87g	Sugar 79g	Sugar 92g	Sugar 105g	Sugar 82g	Sugar 83g
Protein 125g	Protein 122g	Protein 117g	Protein 122g	Protein 133g	Protein 133g	Protein 123g
Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 14mg	Cholesterol 14mg	Cholesterol 12mg
Sodium 1913mg	Sodium 2527mg	Sodium 2277mg	Sodium 1128mg	Sodium 1622mg	Sodium 2057mg	Sodium 1610mg
Vitamin A 16788IU	Vitamin A 13805IU	Vitamin A 17450IU	Vitamin A 19395IU	Vitamin A 15742IU	Vitamin A 5443IU	Vitamin A 9759IU
Vitamin C 380mg	Vitamin C 239mg	Vitamin C 232mg	Vitamin C 73mg	Vitamin C 78mg	Vitamin C 53mg	Vitamin C 53mg
Calcium 1925mg	Calcium 2295mg	Calcium 2316mg	Calcium 1704mg	Calcium 1955mg	Calcium 2028mg	Calcium 1760mg
Iron 25mg	Iron 20mg	Iron 17mg	Iron 22mg	Iron 23mg	Iron 23mg	Iron 26mg

**Fruits**

- 2 Apple
- 2 1/2 cups Cherries
- 2 cups Jackfruit
- 3 2/3 Lemon
- 2 1/4 tsps Lime Juice
- 5 Peach
- 3 cups Pineapple

**Breakfast**

- 1 tbsp Maple Syrup

**Seeds, Nuts & Spices**

- 3 1/4 tsps Almonds
- 1/8 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 1 tsp Cumin
- 2 1/4 tsps Curry Powder
- 1/4 cup Ground Flax Seed
- 1 1/2 tsps Ground Ginger
- 1 1/2 tsps Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1/8 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 1/2 tsps Turmeric

**Frozen**

- 1 cup Cauliflower Rice
- 7 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Mango

**Vegetables**

- 3/4 cup Asparagus
- 4 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 1/2 cup Broccoli
- 5 1/2 Carrot
- 1/4 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 5 Cremini Mushrooms
- 1/3 Cucumber
- 2 1/3 Garlic
- 2 1/8 tsps Ginger
- 1/4 cup Matchstick Carrots
- 1 1/2 cups Mixed Greens
- 1/4 cup Mushrooms
- 3 1/4 tsps Parsley
- 1/2 cup Red Onion
- 2 1/8 tsps Shallot
- 1/2 Sweet Potato
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion

**Boxed & Canned**

- 2/3 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 354 grams Chickpea Pasta
- 1/2 cup Crushed Tomatoes
- 3 1/4 tsps Dry Green Lentils
- 1 cup Dry Red Lentils
- 3/4 cup Lentils
- 3/4 cup Marinara Sauce
- 1 cup Quinoa
- 1 2/3 cups Vegetable Broth
- 1/2 cup Vegetable Broth, Low Sodium
- 1 cup White Navy Beans

**Baking**

- 3 1/8 tsps Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 170 grams Tempeh
- 321 grams Tofu

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 2 tsps Extra Virgin Olive Oil
- 2 3/4 tsps Miso Paste
- 1 tbsp Rice Vinegar
- 1 1/3 tsps Tamari
- 3/4 cup Tomato Sauce

**Cold**

- 8 3/4 cups Oat Milk
- 2 tsps Soy Milk
- 8 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

**Other**

- 5 1/2 cups Vanilla Protein Powder
- 9 1/4 cups Water



## Mango Carrot Smoothie

3 servings

5 minutes

### Ingredients

3 cups Frozen Mango  
3 Carrot (medium, chopped)  
3 3/4 cups Oat Milk (unsweetened)  
3/4 cup Vanilla Protein Powder  
1 1/2 tsps Ground Ginger

### Nutrition

Amount per serving	
Calories	362
Fat	7g
Carbs	53g
Fiber	8g
Sugar	34g
Protein	25g
Cholesterol	4mg
Sodium	208mg
Vitamin A	11976IU
Vitamin C	64mg
Calcium	591mg
Iron	1mg

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**No Oat Milk:** Use another type of milk such as pea, almond, coconut, or dairy milk.



## Jackfruit Carrot Smoothie

2 servings

5 minutes

### Ingredients

2 cups Jackfruit (ripe, fresh or frozen)  
2 Carrot (medium, chopped)  
2 1/2 cups Oat Milk (plain, unsweetened)  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	417
Fat	8g
Carbs	66g
Fiber	7g
Sugar	43g
Protein	26g
Cholesterol	4mg
Sodium	209mg
Vitamin A	10372IU
Vitamin C	26mg
Calcium	611mg
Iron	1mg

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**No Oat Milk:** Use plain coconut milk instead.



## Apple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 tbsps Chia Seeds (plus more for garnish if desired)

### Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for two days.

**More Flavor:** Add ground ginger, cinnamon, or nutmeg.

**No Cauliflower Rice:** Use pumpkin puree or steamed sweet potato instead.

**No Oat Milk:** Use almond, soy, pea, rice, coconut, or dairy milk instead.



## Creamy Blueberry Smoothie

3 servings

5 minutes

### Ingredients

3 cups Frozen Blueberries  
3 cups Frozen Cauliflower  
1 1/2 cups Unsweetened Coconut  
Yogurt  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
3 Lemon (small, juiced)  
3 cups Water

### Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg

### Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Additional Toppings:** Add spinach, avocado, kale, or other berries to your smoothie.

**Extra Creamy:** Use almond milk or oat milk instead of water.

**Lemon:** One lemon yields approximately 1/4 cup of lemon juice.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.





## Peach Cherry Smoothie

5 servings

5 minutes

### Ingredients

5 cups Unsweetened Almond Milk  
5 Peach (medium, pitted)  
2 1/2 cups Cherries (pitted)  
1/3 cup Chia Seeds  
1 1/4 cups Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.



## Egyptian Lentil Soup with Caramelized Onions

1 serving  
30 minutes

### Ingredients

- 3/4 cup Water
- 1/4 cup Dry Red Lentils (rinsed)
- 1/3 Yellow Onion (medium, peeled and sliced, divided)
- 1/3 Garlic (cloves, minced)
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	209
Fat	1g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	478mg
Vitamin A	6IU
Vitamin C	4mg
Calcium	49mg
Iron	6mg

### Directions

- 1 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 2 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 3 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 4 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 5 Divide into bowls and top with the caramelized onions. Enjoy!

### Notes

**More Toppings:** Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

**No Lemon Juice:** Use apple cider vinegar instead.

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

**Storage:** Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.



## Marinated Veggie Salad

1 serving  
20 minutes

### Ingredients

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/2 cup Broccoli (chopped into small florets)
- 1/8 Cucumber (diced)
- 1/4 cup Matchstick Carrots
- 1/4 Yellow Bell Pepper (finely sliced)
- 1 tbsp Red Onion (finely sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 cup Mushrooms (sliced)
- 1/2 cup Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	34g
Fiber	11g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	342mg
Vitamin A	3067IU
Vitamin C	137mg
Calcium	67mg
Iron	4mg

### Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

### Notes

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

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

**Mix It Up:** Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

**No Lentils:** Serve with chickpeas, tofu, or tempeh.

**Cheese Lover:** Add plant-based feta cheese.



## Pineapple Turmeric Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 cups Pineapple (diced into chunks)  
1 1/2 tbsps Ginger (peeled and grated)  
3/4 cup Vanilla Protein Powder  
1 1/2 tsps Turmeric (powder)

### Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Iron	2mg

### Directions

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

### Notes

**Storage:** Refrigerate in a sealed jar overnight. Shake before drinking.

**No Pineapple:** Use mango, peaches or banana instead.



## Blueberry Protein Smoothie

4 servings

5 minutes

### Ingredients

1 cup Vanilla Protein Powder  
1/4 cup Ground Flax Seed  
4 cups Frozen Blueberries  
4 cups Baby Spinach  
4 cups Water (cold)

### Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

### Directions

1

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

### Notes

**No Blueberries:** Use any type of frozen berry instead.

**No Protein Powder:** Use hemp seeds instead



## Lentil Meatballs & Pasta

2 servings  
35 minutes

### Ingredients

3 1/4 tbsps Dry Green Lentils  
1/3 cup Vegetable Broth  
1/4 tsp Extra Virgin Olive Oil  
2 1/8 tbsps Shallot (chopped)  
1 1/4 tbsps Ground Flax Seed  
1 1/4 tbsps Water  
1 2/3 tbsps Nutritional Yeast  
3 1/4 tbsps Almonds (chopped)  
1/3 tsp Sea Salt  
3 1/4 tbsps Parsley (divided, chopped)  
113 grams Chickpea Pasta (shells)  
3/4 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g
Cholesterol	0mg
Sodium	581mg
Vitamin A	1052IU
Vitamin C	17mg
Calcium	119mg
Iron	10mg

### Directions

- 1 Add the 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. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

### Notes

**Leftovers:** For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

**Serving Size:** One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

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**More Flavor:** Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



## Miso Baked Tofu & Rice

2 servings  
40 minutes

### Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Cilantro (roughly chopped)

### Nutrition

Amount per serving	
Calories	413
Fat	11g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

### Notes

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

**Miso Paste:** This recipe was developed and tested using white miso.

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

**More Flavor:** Add a drizzle of sesame oil or chili flakes for some heat.

**Additional Toppings:** Add your favorite vegetables.





## Lemony White Bean & Quinoa Salad

2 servings  
30 minutes

### Ingredients

- 1 cup Quinoa (dry)
- 1/2 Sweet Potato (larged, cubed)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 Lemon (juiced)
- 1 tbsp Cilantro (minced)
- 1 cup White Navy Beans (from the can, rinsed)
- 1 1/2 cups Mixed Greens
- 1/4 Cucumber (chopped)
- 1 1/2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	553
Fat	13g
Carbs	88g
Fiber	17g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	331mg
Vitamin A	4697IU
Vitamin C	10mg
Calcium	140mg
Iron	7mg

### 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.



## Tomato & Mushroom Chickpea Pasta

2 servings

15 minutes

### Ingredients

170 grams Chickpea Pasta (uncooked)  
1 tsp Extra Virgin Olive Oil  
5 Cremini Mushrooms (sliced)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Marinara Sauce  
2 tbsps Soy Milk  
1 1/2 tbsps Nutritional Yeast  
1/8 tsp Chili Flakes (optional)  
1 1/2 tbsps Basil Leaves

### Nutrition

Amount per serving	
Calories	390
Fat	10g
Carbs	55g
Fiber	15g
Sugar	11g
Protein	27g
Cholesterol	0mg
Sodium	320mg
Vitamin A	405IU
Vitamin C	10mg
Calcium	102mg
Iron	10mg

### Directions

- 1 Cook the pasta according to the package instructions. Drain and set aside.
- 2 Meanwhile, add the oil to a large skillet over medium-low heat. Once warm, add the mushrooms and cook until softened and the water has released. Season with salt and pepper.
- 3 Reduce the heat to low and add the cooked pasta to the skillet with the mushrooms. Add the sauce, milk, and nutritional yeast. Stir until well combined. Add the chili flakes and basil.
- 4 Divide evenly between bowls and season with 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 Soy Milk :** Use any type of milk.



## Red Lentil Dahl

2 servings  
40 minutes

### Ingredients

- 1/2 cup Red Onion (finely chopped)
- 2 tbsps Water
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 2 1/4 tsps Curry Powder
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 3/4 cup Dry Red Lentils (rinsed)
- 1 1/4 cups Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 cup Cilantro
- 2 1/4 tsps Lime Juice

### Nutrition

Amount per serving	
Calories	431
Fat	12g
Carbs	61g
Fiber	13g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	725mg
Vitamin A	525IU
Vitamin C	7mg
Calcium	60mg
Iron	7mg

### Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup of dahl.

**More Flavor:** Add chili powder, cayenne or a drizzle of honey.

**Additional Toppings:** Serve with extra cilantro or lime wedges.

**Serve it With:** Serve with rice, quinoa, naan, pita and/or sautéed greens.

**Consistency:** If the lentils are too thick, add additional vegetable broth until desired consistency is reached.



## Asparagus, Soba & Tempeh

2 servings  
15 minutes

### Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)  
3/4 cup Asparagus (trimmed, cut into bite sized pieces)  
1 1/2 tbsps Miso Paste  
1 tbsp Rice Vinegar  
1/2 tsp Ginger (fresh, minced)  
1 1/2 tbsps Water  
170 grams Tempeh (cut into strips)  
1 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

### Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water 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, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

### Notes

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

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



## Lentil Bolognese with Chickpea Pasta

1 serving  
55 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Yellow Onion (small, finely chopped)
- 1/2 Garlic (cloves, minced)
- 1/2 Carrot (peeled, finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Crushed Tomatoes (from the can)
- 1/2 cup Vegetable Broth, Low Sodium
- 1/4 cup Lentils (rinsed, drained)
- 1 1/2 tsps Italian Seasoning
- 71 grams Chickpea Pasta

### Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	66g
Fiber	18g
Sugar	17g
Protein	24g
Cholesterol	0mg
Sodium	378mg
Vitamin A	5360IU
Vitamin C	15mg
Calcium	123mg
Iron	11mg

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions and sauté for two to three minutes or until they have softened. Add the garlic and sauté for 30 to 60 seconds.
- 2 Add the carrots, salt, and pepper. Sauté for five to six minutes or until the carrots have softened.
- 3 Add the crushed tomatoes, vegetable broth, lentils, and Italian seasoning. Bring to a boil then reduce the heat to a simmer. Simmer for 30 to 35 minutes or until the lentils are tender and the sauce has thickened. Stir occasionally.
- 4 While the bolognese is cooking, cook the chickpea pasta according to the package directions.
- 5 Divide the pasta and bolognese evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

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

**More Flavor:** Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

**Additional Toppings:** Top with dairy-free parmesan.