
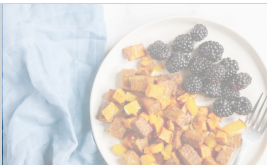
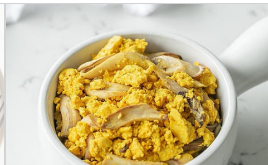














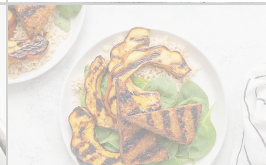

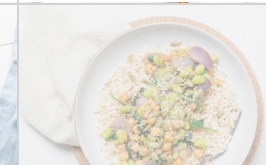
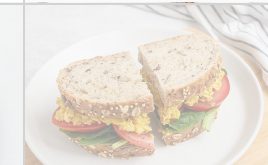















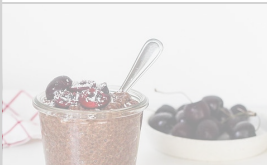

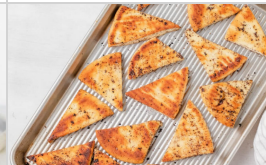

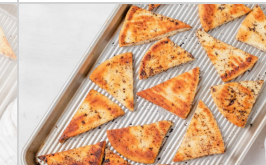
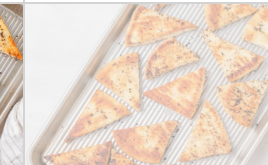


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tempeh & Sweet Potato Hash	 Tempeh & Sweet Potato Hash	 Mushroom & Tofu Scramble	 Maple Lentil Breakfast Sausage with Turnip...	 Maple Lentil Breakfast Sausage with Turnip...	 Tempeh Bacon, Potatoes & Blackberries	 Mushroom & Tofu Scramble
Snack 1	 Blackberry Chia Pudding	 Blackberry Chia Pudding	 Honeydew Melon & Cashews	 Honeydew Melon & Cashews	 Pesto Chickpea Stuffed Avocado	 Tahini Toast with Blueberries	 Tahini Toast with Blueberries
Lunch	 One Pot Vegan Sun Dried Tomato Alfredo	 Green Poutine	 Garlicky Broccoli & Chickpea Pasta	 Grilled Tempeh & Squash with Rice	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Sautéed Chickpea & Edamame Bowl	 Turmeric Chickpea Sandwich
Snack 2	 Peanut Butter & Blueberry Toast	 Pumpkin Hummus	 Peanut Butter & Blueberry Toast	 Make Ahead Berry Muesli	 Pumpkin Hummus	 Make Ahead Berry Muesli	 Pumpkin Hummus
Dinner	 Green Poutine	 Garlicky Broccoli & Chickpea Pasta	 Grilled Tempeh & Squash with Rice	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Sautéed Chickpea & Edamame Bowl	 Turmeric Chickpea Sandwich	 Rainbow Tempeh Bowls
Snack 3	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Sumac Pita Chips	 Sumac Pita Chips	 Sumac Pita Chips	 Sumac Pita Chips



PRECISION
WOMEN'S
CARE

Precision Women's Care RD Team

<http://precisionwomenscare.org>



Fruits

- ☐ 1 Avocado
- ☐ 4 3/4 cups Blackberries
- ☐ 2 1/3 cups Blueberries
- ☐ 2 1/4 cups Cherries
- ☐ 1 Honeydew Melon
- ☐ 1 2/3 Lemon
- ☐ 3 1/3 tbsps Lemon Juice
- ☐ 2 tsps Lime Juice

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/4 cups Cashews
- ☐ 1 1/8 cups Chia Seeds
- ☐ 1/8 tsp Cinnamon
- ☐ 1 1/2 tsps Dried Thyme
- ☐ 3/4 tsp Garlic Powder
- ☐ 2 tsps Ground Flax Seed
- ☐ 2 2/3 tsps Ground Sumac
- ☐ 2 1/16 tsps Hemp Seeds
- ☐ 1 2/3 tsps Paprika
- ☐ 1/3 cup Pecans
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 tsp Sesame Seeds
- ☐ 2/3 tsp Turmeric

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 2/3 Acorn Squash
- ☐ 2 cups Asparagus
- ☐ 5 1/3 cups Baby Spinach
- ☐ 3 cups Broccoli
- ☐ 1 cup Butternut Squash
- ☐ 1 Carrot
- ☐ 7 1/2 Garlic
- ☐ 1 1/3 cups Mixed Greens
- ☐ 2 cups Mushrooms
- ☐ 1 cup Oyster Mushrooms
- ☐ 1/3 Red Bell Pepper
- ☐ 2/3 cup Red Onion
- ☐ 3 2/3 Sweet Potato
- ☐ 2/3 Tomato
- ☐ 3 Turnip
- ☐ 3/4 Yellow Bell Pepper
- ☐ 1/4 Yellow Onion
- ☐ 3 1/3 Yellow Potato

Boxed & Canned

- ☐ 1 1/4 cups Brown Rice
- ☐ 4 ozs Chickpea Pasta
- ☐ 9 3/4 cups Chickpeas
- ☐ 2 cups Lentils
- ☐ 1/2 cup Quinoa
- ☐ 1 3/4 cups Vegetable Broth
- ☐ 1 1/2 cups Whole Wheat Penne

Baking

- ☐ 1 1/3 tbsps Arrowroot Powder
- ☐ 2/3 cup Nutritional Yeast
- ☐ 2 1/16 cups Oats
- ☐ 1 1/8 cups Pureed Pumpkin
- ☐ 3 1/16 tbsps Unsweetened Shredded Coconut
- ☐ 3/4 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 3/4 lbs Tempeh
- ☐ 1 1/2 lbs Tofu
- ☐ 1 1/8 lbs White Pita Bread
- ☐ 13 1/16 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 1/16 tsps Apple Cider Vinegar
- ☐ 2 1/3 tbsps Avocado Oil
- ☐ 2/3 cup Coconut Aminos
- ☐ 1 2/3 cups Extra Virgin Olive Oil
- ☐ 1 1/3 tbsps Italian Dressing
- ☐ 1 tbsp Pesto
- ☐ 2 1/16 tsps Rice Vinegar
- ☐ 2 tsps Sesame Oil
- ☐ 1/4 cup Sun Dried Tomato Pesto
- ☐ 1/4 cup Tahini
- ☐ 2 2/3 tbsps Tamari
- ☐ 1/4 cup Vegan Mayonnaise

Cold

- ☐ 3 1/16 cups Plain Coconut Milk
- ☐ 2 1/2 cups Unsweetened Almond Milk

Other

- ☐ 3/4 cup Chocolate Protein Powder
- ☐ 1 1/3 ozs Freeze Dried Strawberries
- ☐ 3/4 cup Water



Tempeh & Sweet Potato Hash

3 servings

40 minutes

Ingredients

- 12 ozs Tempeh (cubed)
- 1/3 cup Coconut Aminos
- 3 tbsps Maple Syrup
- 3/4 tsp Paprika
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Sweet Potato (medium, cubed)
- 3/4 Yellow Bell Pepper (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 1/4 cups Blackberries

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 2 In a small bowl, whisk together the coconut aminos, maple syrup, paprika, and half of the oil. Pour the marinade over the tempeh and let it sit for five minutes.
- 3 Arrange the tempeh into a single layer on one side of the baking sheet. Reserve the marinade for later. Add the potatoes and bell pepper to the other side and toss them with the remaining oil, salt, and pepper.
- 4 Bake for 15 minutes. Flip the tempeh, then pour the remaining marinade onto the tempeh. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes and bell pepper to the oven as needed until they are crispy and cooked through.
- 5 Divide the tempeh, potatoes, bell pepper, and blackberries between plates. Enjoy!

Notes

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

More Flavor: Add garlic and herbs to the potatoes and bell pepper.



Mushroom & Tofu Scramble

4 servings

10 minutes

Ingredients

1 cup Oyster Mushrooms (sliced)
1/3 cup Vegetable Broth (divided)
16 ozs Tofu (extra firm, drained,
crumbled)
1 1/3 tbsps Nutritional Yeast
1/3 tsp Turmeric
1/3 tsp Sea Salt

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Maple Lentil Breakfast Sausage with Turnip Hashbrowns

2 servings

30 minutes

Ingredients

- 2 cups Lentils (cooked, drained, rinsed)
- 2 tbsps Ground Flax Seed
- 1 tbsp Arrowroot Powder
- 1/2 tsp Garlic Powder
- 3 tbsps Maple Syrup
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3 Turnip (medium, cubed)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Combine the lentils, ground flax seed, arrowroot powder, garlic powder, maple syrup, and 2/3 of the oil in a food processor. Process until a smooth, thick batter has formed. If the batter is too crumbly, add a little bit of water one teaspoon at a time, and continue to process until you have a thick batter.
- 3 Form the patties by scooping 3/4 cup of the lentil mixture into your hands, roll it into a ball, then flatten it with the palm of your hand. Each patty should be approximately three inches in diameter.
- 4 Heat half of the remaining oil in a large pan over medium heat. Fry the lentil patties for three to four minutes on each side, until browned. Remove from the heat.
- 5 Toss the turnip in the remaining oil. Transfer them to a baking sheet and bake for 20 minutes, or until fork-tender and golden brown.
- 6 Serve the lentil patties with the turnip hashbrowns and enjoy!

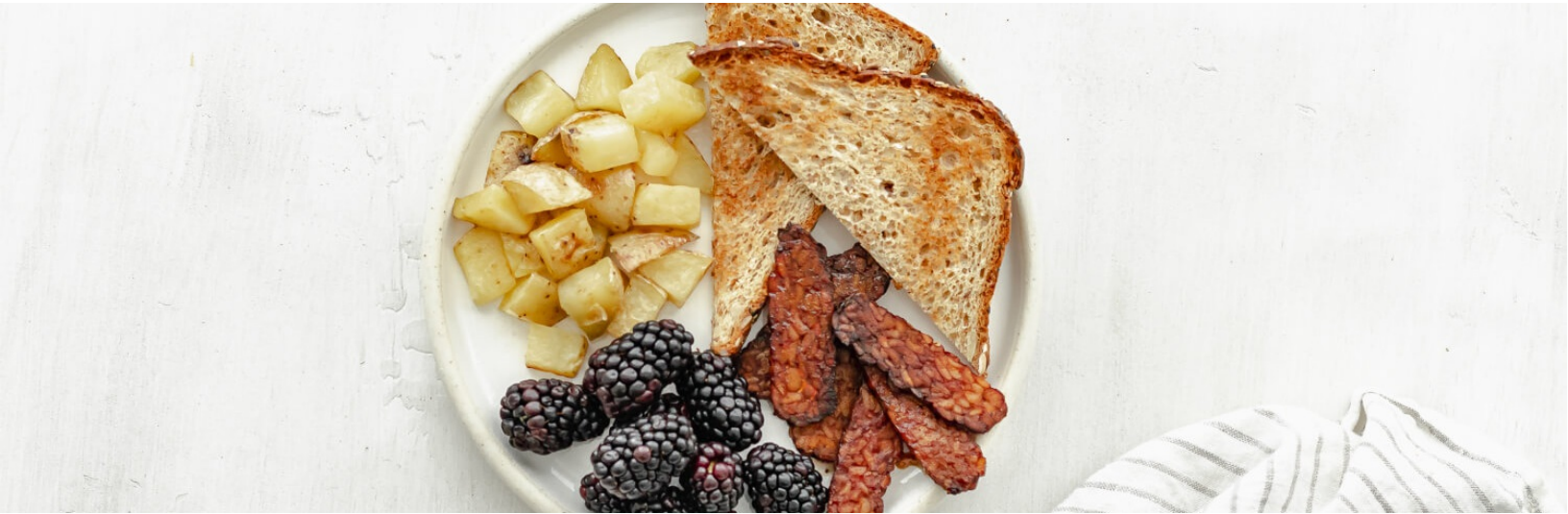
Notes

Leftovers: Refrigerate in an airtight container for up to five days. Lentil patties can be frozen for up to three months.

Serving Size: One serving is equal to one lentil patty and approximately 1/2 cup of turnip hashbrowns.

More Flavor: Add liquid smoke to the lentil patties.

Additional Toppings: Smashed avocado or hummus.



Tempeh Bacon, Potatoes & Blackberries

2 servings

45 minutes

Ingredients

- 5 1/3 ozs Tempeh (thinly sliced)
- 2 2/3 tbsps Coconut Aminos
- 1 1/3 tbsps Maple Syrup
- 1 1/3 tbsps Avocado Oil (divided)
- 1/3 tsp Paprika
- Sea Salt & Black Pepper
- 1 1/3 Yellow Potato (medium, cubed)
- 2 slices Whole Grain Bread (toasted)
- 1 cup Blackberries

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
- 2 In a small bowl, whisk together the coconut aminos, maple syrup, half the oil, and paprika. Pour the marinade over the tempeh and let it sit for five minutes.
- 3 Arrange the tempeh into a single layer on one side of the baking sheet. Add the potatoes to the other side and toss them with the remaining oil, salt, and pepper.
- 4 Bake for 15 minutes. Flip the tempeh, then brush some of the remaining marinade onto each piece. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes to the oven as needed until they are crispy and cooked through.
- 5 Divide the tempeh, potatoes, toast, and blackberries onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Toast the bread fresh with each serving.

More Flavor: Add garlic and herbs to the potatoes.

Gluten-Free: Use gluten-free bread.



Blackberry Chia Pudding

3 servings

25 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1 1/2 cups Blackberries
1 1/2 tbsps Maple Syrup
3/4 tsp Vanilla Extract
1/3 cup Chia Seeds

Directions

- 1 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

Notes

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

Additional Toppings: Granola, nuts, seeds, yogurt.

Nut-Free: Use oat milk or coconut milk instead of almond milk.



Honeydew Melon & Cashews

2 servings

5 minutes

Ingredients

1/2 Honeydew Melon (small, peeled, seeds removed and chopped)

1/2 cup Cashews

Directions

- 1 Divide between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate the melon in an airtight container for up to three days. Store melon and cashews separately until ready to serve.

Additional Toppings: Drizzle with a bit of raw honey for extra sweetness.

No Cashews: Use another nut or seed instead.



Pesto Chickpea Stuffed Avocado

1 serving

10 minutes

Ingredients

- 1 tbsp Pesto
- 1/4 cup Chickpeas (cooked, rinsed)
- 1 Avocado (small, halved and pitted)

Directions

1

Mix the pesto with the chickpeas and fill each avocado with the chickpeas. Use a spoon to scoop out the avocado flesh with the chickpeas as you eat it. Enjoy!

Notes

Leftovers: Store the chickpea and pesto mixture separately from the avocado. Cut the avocado only when ready to serve.

Serving Size: One serving is one small avocado and 1/4 cup of chickpeas.



Tahini Toast with Blueberries

4 servings

5 minutes

Ingredients

- 1/4 cup Tahini
- 4 slices Whole Grain Bread (toasted)
- 1 1/3 cups Blueberries

Directions

- 1 Spread tahini over the bread and top with blueberries. Enjoy!

Notes

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

Gluten-Free: Use gluten-free bread instead of whole grain bread.

Additional Toppings: Add sunflower seeds, hemp seeds, chia seeds, or shredded coconut.



One Pot Vegan Sun Dried Tomato Alfredo

1 serving

15 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Vegetable Broth
4 ozs Chickpea Pasta (dry)
1/4 cup Sun Dried Tomato Pesto
1 cup Baby Spinach (finely chopped)
1 1/2 tsps Nutritional Yeast

Directions

- 1 In a pot over medium-high heat, bring the milk and broth to a boil. Add the pasta and stir. Cook over medium heat for four to six minutes, stirring frequently, until the pasta is just cooked to al dente. The pasta will continue to cook in the next steps.
- 2 Stir in the sun dried tomato pesto, spinach, and nutritional yeast. Cook for one to two more minutes, allowing the spinach to wilt and the sauce to thicken.
- 3 Divide onto plates and enjoy!

Notes

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

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

Nut-Free: Use coconut milk, hemp seed milk or oat milk instead of almond milk.

Chickpea Pasta: Cooking time may vary depending on the pasta's shape. Check tenderness during cooking.



Peanut Butter & Blueberry Toast

3 servings

5 minutes

Ingredients

3 tbsps All Natural Peanut Butter
3 slices Whole Grain Bread (toasted)
1 cup Blueberries

Directions

- 1 Spread the peanut butter onto the toast and top with blueberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Toppings: Add shredded coconut, hemp seeds, and or chia seeds.

Gluten-Free: Use gluten-free bread.



Pumpkin Hummus

3 servings

10 minutes

Ingredients

1/3 cup Pureed Pumpkin
1 1/2 cups Chickpeas (cooked, drained and rinsed)
1 1/2 Garlic (clove)
1/3 Lemon (juiced)
3 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Make Ahead Berry Muesli

4 servings

15 minutes

Ingredients

1/3 cup Pecans
2 cups Oats
1 1/3 ozs Freeze Dried Strawberries
1/8 tsp Sea Salt
1/8 tsp Cinnamon

Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper. Add the pecans and bake, until toasted and fragrant, about 10 to 12 minutes. Let cool slightly, and then roughly chop them.
- 2 In a large bowl, add the pecans, oats, dried strawberries, salt, and cinnamon. Stir to combine.
- 3 Transfer to a large mason jar and cover. Store at room temperature until ready to use. Enjoy!

Notes

Leftovers: Store covered at room temperature for up to four to eight weeks.

How To Use: Serve with yogurt or milk. Soak for at least 20 minutes or overnight to soften.

Serving Size: One serving size is equal to approximately 2/3 cup of muesli.

Nut-Free: Use toasted sunflower seeds instead of pecans.

More Flavor: Add ground cardamom or ginger.

Additional Toppings: Dried cranberries or cacao nibs.



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Garlicky Broccoli & Chickpea Pasta

2 servings

25 minutes

Ingredients

- 2 cups Broccoli (finely chopped)
- 1 cup Chickpeas (cooked, patted dry)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Whole Wheat Penne
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced and divided)
- 1 tbsp Nutritional Yeast
- 1/4 cup Water
- 2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 5 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 6 Divide between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

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

Gluten-Free: Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor: Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Additional Toppings: Nutritional yeast, vegan parmesan cheese, and/or fresh parsley.



Grilled Tempeh & Squash with Rice

2 servings

50 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 1/3 tsps Sesame Oil
- 1 1/3 tbsps Tamari
- 2 tsps Maple Syrup
- 2 tsps Apple Cider Vinegar
- 2/3 Acorn Squash (small, peeled, seeds removed, sliced)
- 8 ozs Tempeh (sliced)
- 2 cups Baby Spinach
- 2 2/3 tbsps Lemon Juice (to taste)

Directions

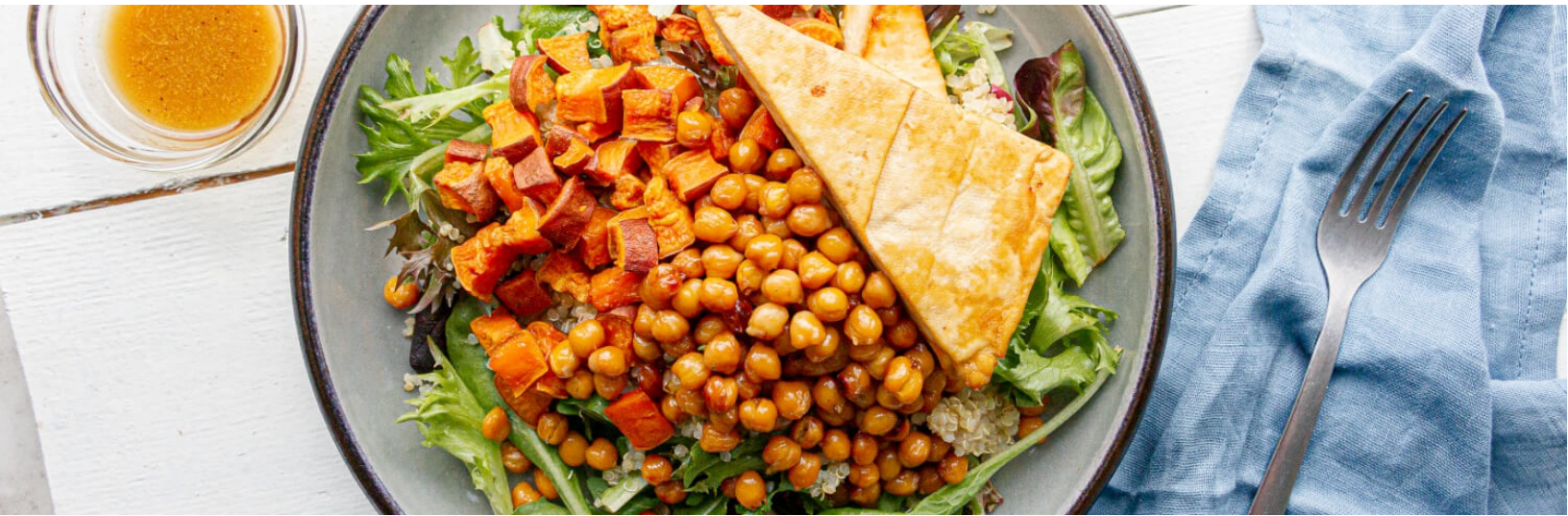
- 1 Cook the brown rice according to package directions and set aside.
- 2 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 3 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 4 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

Notes

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

More Flavor: Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

Additional Toppings: Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.



Chickpea, Tofu & Sweet Potato Quinoa Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 9 1/3 ozs Tofu (cut into triangles)
- 1 2/3 cups Chickpeas (cooked)
- 2/3 Sweet Potato (cubed)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 cups Mixed Greens
- 1 1/3 tsps Italian Dressing

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Sauteed Chickpea & Edamame Bowl

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (dry, rinsed)
1 1/3 tbsps Extra Virgin Olive Oil
2/3 cup Red Onion (chopped)
1 cup Frozen Edamame (thawed)
1 cup Chickpeas (cooked)
1/3 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
1 1/3 cups Baby Spinach
1/4 cup Pumpkin Seeds
2 tsps Hemp Seeds

Directions

- 1 Cook the rice according to the package directions and set aside.
- 2 Heat the oil in a pan over medium heat. Add the onions and sauté for two to three minutes or until they have softened.
- 3 Add the edamame and chickpeas. Mix in the garlic powder, salt, and pepper. Cook for five to seven minutes or until the chickpeas and edamame are browned, stirring occasionally. Add a splash of water if needed.
- 4 Stir in the spinach and cook for another one to two minutes or until the spinach starts to wilt.
- 5 To assemble, evenly divide the rice, sautéed chickpea and edamame mixture, pumpkin seeds, and hemp seeds into bowls. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup rice, 1 1/4 cups sautéed chickpea and edamame mixture, including seeds.

More Flavor: Add paprika and tamari while cooking.

Additional Toppings: Add sauerkraut.



Turmeric Chickpea Sandwich

2 servings

10 minutes

Ingredients

1 1/3 cups Chickpeas (cooked)
1/4 cup Vegan Mayonnaise
1/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)
4 slices Whole Grain Bread
1 cup Baby Spinach
2/3 Tomato (medium, sliced)

Directions

- 1 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 2 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add onion powder and minced garlic. Toast the bread.

Additional Toppings: Add cucumber, sliced green onions, diced celery, or red onion.

Save Time: Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.



Rainbow Tempeh Bowls

1 serving

40 minutes

Ingredients

1/4 cup Brown Rice (dry, uncooked)
1 cup Broccoli (chopped into florets)
1/8 tsp Avocado Oil
3 ozs Tempeh (cubed)
2/3 tsp Sesame Oil (divided)
1 1/3 tbsps Tamari (divided)
2 tsps Lime Juice (divided)
1 tsp Maple Syrup
1 1/3 tbsps All Natural Peanut Butter
1 Carrot (peeled, shredded)
1/3 Red Bell Pepper (sliced)
1/3 tsp Sesame Seeds (optional, for garnish)

Directions

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

Notes

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

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

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

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



Chocolate Cherry Chia Pudding

3 servings

30 minutes

Ingredients

1/3 cup Chia Seeds
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)
1/3 cup Chocolate Protein Powder
1 1/8 cups Cherries (pitted)
1 1/2 tbsps Unsweetened Shredded
Coconut

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Sumac Pita Chips

4 servings

15 minutes

Ingredients

9 1/3 ozs White Pita Bread
1 1/3 tbsps Extra Virgin Olive Oil
1 1/3 tbsps Ground Sumac
2/3 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Use a knife or scissors to cut the pita bread into triangles. Place the cut pita pieces into a bowl and add the oil. Mix with your hands to coat each piece of pita. Add the sumac and salt, and mix again.
- 3 Spread the pita chips onto a baking sheet in a single layer. Bake for 10 to 11 minutes, or until crispy and browned, flipping halfway through.
- 4 Let the chips cool for a few minutes before serving. Enjoy!

Notes

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

Serving Size: One serving is approximately five pita chips.

No Sumac: Use other spice blend of choice.

Gluten-Free: Use gluten-free pita.