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7 DAY HEART HEALTHY MEAL PLAN

7 days of heart healthy vegan
breakfasts, lunches, dinners and
snacks.

BY GRACE HAMILTON

Welcome

Heart Healthy recipes and meal plans are one of my most requested items from clients. The foods we eat really do have an impact on our heart health, in everything from blood pressure and cholesterol to atherosclerosis. In this meal plan there are 7 days of heart healthy breakfasts, lunches, dinners and snacks to get you started with a new healthy diet that your heart will thank you for.

About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving plant based cook. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plan to make life easier for them and give them a bit of extra guidance. Heart healthy meals are always a popular topic with my clients so I've made this 7 day meal plan as an easy reference for anyone wanting to improve their heart health. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



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Heart Health 7 Day Meal Plan Vegan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Berry & Nut Breakfast Bowl	Berry & Nut Breakfast Bowl	Creamy Apple Pie Smoothie	Creamy Apple Pie Smoothie
	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea
Snack 1	Apples & Almonds	Blueberry Chia Parfait	Apples & Almonds	Veggie Pita Pizza with Hummus	Pita, Hummus & Red Pepper Snack Plate	Almonds	Pita, Hummus & Red Pepper Snack Plate
Lunch	Broccoli Almond Protein Salad	Broccoli Almond Protein Salad	One Pan Tofu, Brussels Sprouts & Cauliflower	Lemon Kale Salad with Chickpeas & Avocado	Burrito Bowl with Quinoa Tofu Taco Filling	Crispy Tofu Meal Prep Bowls	Spaghetti with Pesto & Roasted Tomatoes
Snack 2	Blueberry Chia Parfait	Apples & Almonds	Veggie Pita Pizza with Hummus	Pear & Walnuts	Almonds	Pita, Hummus & Red Pepper Snack Plate	Almonds
Dinner	Mediterranean Buddha Bowl	One Pan Tofu, Brussels Sprouts & Cauliflower	Lemon Kale Salad with Chickpeas & Avocado	Burrito Bowl with Quinoa Tofu Taco Filling	Crispy Tofu Meal Prep Bowls	Spaghetti with Pesto & Roasted Tomatoes	Crispy Tofu Meal Prep Bowls
Snack 3	Pomegranate	Grapes & Walnuts	Pomegranate	Pomegranate	Grapes & Walnuts	Berry & Flax Baked Oatmeal	Berry & Flax Baked Oatmeal



Heart Health 7 Day Meal Plan Vegan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1948	Calories 1992	Calories 2030	Calories 2169	Calories 2074	Calories 2013	Calories 2010
Fat 105g	Fat 121g	Fat 106g	Fat 130g	Fat 139g	Fat 107g	Fat 107g
Saturated 8g	Saturated 11g	Saturated 13g	Saturated 16g	Saturated 16g	Saturated 11g	Saturated 11g
Monounsaturated 43g	Monounsaturated 42g	Monounsaturated 53g	Monounsaturated 56g	Monounsaturated 58g	Monounsaturated 49g	Monounsaturated 49g
Carbs 207g	Carbs 171g	Carbs 217g	Carbs 222g	Carbs 167g	Carbs 219g	Carbs 219g
Fiber 59g	Fiber 53g	Fiber 59g	Fiber 68g	Fiber 51g	Fiber 45g	Fiber 44g
Sugar 70g	Sugar 69g	Sugar 63g	Sugar 65g	Sugar 57g	Sugar 71g	Sugar 71g
Protein 72g	Protein 90g	Protein 87g	Protein 70g	Protein 76g	Protein 70g	Protein 70g
Sodium 828mg	Sodium 1130mg	Sodium 1572mg	Sodium 1454mg	Sodium 1378mg	Sodium 1238mg	Sodium 1238mg
Calcium 1502mg	Calcium 2159mg	Calcium 1509mg	Calcium 811mg	Calcium 1157mg	Calcium 1423mg	Calcium 1411mg
Iron 19mg	Iron 20mg	Iron 22mg	Iron 22mg	Iron 20mg	Iron 15mg	Iron 15mg



Heart Health 7 Day Meal Plan Vegan

80 items

Fruits

- 5 Apple
- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1/3 cup Blueberries
- 4 cups Grapes
- 1/3 Lemon
- 1 tbsp Lemon Juice
- 1 1/2 tsp Lime Juice
- 1 Pear
- 3 Pomegranate
- 1/3 cup Raspberries
- 1 cup Strawberries

Breakfast

- 1/2 cup Almond Butter
- 7 cups Green Tea
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 2 1/4 cups Almonds
- 0 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/4 tsp Chili Powder
- 2 1/2 tsp Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1/4 cup Slivered Almonds
- 1/8 tsp Smoked Paprika

Vegetables

- 3 3/4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 4 cups Broccoli
- 1 cup Brussels Sprouts
- 1/2 head Cauliflower
- 1/3 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1/2 Cucumber
- 1 1/3 Garlic
- 4 stalks Green Onion
- 4 cups Kale Leaves
- 3 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 head Romaine Hearts
- 1/2 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/3 cup Brown Rice Spaghetti
- 2 1/4 cups Chickpeas
- 3/4 cup Quinoa
- 1/2 cup Salsa

Baking

- 1/4 cup All Purpose Gluten-Free Flour
- 1 tbsp Arrowroot Powder
- 1/2 tsp Nutritional Yeast
- 3 3/4 cups Oats
- 1/2 cup Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 1 3/4 cups Hummus
- 950 grams Tofu
- 3 1/2 Whole Wheat Pita

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 2 1/2 tbsps Sesame Oil
- 3 1/8 tbsps Tamari

Cold

- 2 cups Oat Milk
- 6 1/8 cups Unsweetened Almond Milk

Other

- 2/3 cup Vanilla Protein Powder
- 2 tbsps Water



1/3 cup Sunflower Seeds

1 1/2 cups Walnuts

Frozen

1 1/2 cups Frozen Berries

1 cup Frozen Blueberries

2 3/4 cups Frozen Edamame

1 1/2 cups Frozen Mango

8 Ice Cubes



Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 3 servings



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers

Keep well in the fridge for 3 to 4 days.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	311	Sugar	3g
Fat	11g	Protein	18g
Saturated	1g	Sodium	123mg
Monounsaturated	4g	Calcium	425mg
Carbs	37g	Iron	3mg
Fiber	9g		



Green Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Pour tea into a mug and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

Like It Sweet

Add sweetener of choice to taste.

Ingredients

1 cup Green Tea (brewed)

Nutrition

Amount per serving

Calories	2	Sugar	0g
Fat	0g	Protein	1g
Saturated	0g	Sodium	2mg
Monounsaturated	0g	Calcium	0mg
Carbs	0g	Iron	0mg
Fiber	0g		



Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 2 servings



Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries

Use peaches, mango, pineapple or banana instead.

No Almond Milk

Use another non-dairy milk instead.

Ingredients

- 1 cup Strawberries (chopped)
- 1 cup Blackberries (cut in half)
- 1/4 cup Walnuts (chopped)
- 1/4 cup Almonds (chopped)
- 2 tbsps Pumpkin Seeds
- 2 tbsps Hemp Seeds
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	356	Sugar	8g
Fat	28g	Protein	13g
Saturated	3g	Sodium	44mg
Monounsaturated	9g	Calcium	220mg
Carbs	21g	Iron	4mg
Fiber	10g		



Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Apple Type

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk

Use any other type of milk instead.

Ingredients

1 Apple (medium, peeled and chopped)

1/2 Banana (frozen)

4 Ice Cubes

2 tbsps Vanilla Protein Powder

2 tbsps Oats

1 tbsp Almond Butter

3/4 tsp Cinnamon (ground)

1 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	358	Sugar	27g
Fat	13g	Protein	16g
Saturated	1g	Sodium	184mg
Monounsaturated	7g	Calcium	601mg
Carbs	52g	Iron	2mg
Fiber	11g		



Apples & Almonds

2 ingredients · 5 minutes · 3 servings



Directions

1. Core apple and cut it into slices. Serve with almonds.

Ingredients

- 3 Apple (sliced)
- 3/4 cup Almonds

Nutrition

Amount per serving

Calories	302	Sugar	20g
Fat	18g	Protein	8g
Saturated	1g	Sodium	2mg
Monounsaturated	11g	Calcium	107mg
Carbs	33g	Iron	2mg
Fiber	9g		



Pita, Hummus & Red Pepper Snack Plate

3 ingredients · 5 minutes · 3 servings



Directions

1. Assemble all ingredients onto a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Gluten-Free

Use a gluten-free pita.

On-the-Go

Divide the ingredients into a bento box or container instead of a plate.

Ingredients

- 1 1/2 Red Bell Pepper (sliced)
- 1 1/2 Whole Wheat Pita (sliced into strips)
- 1 cup Hummus

Nutrition

Amount per serving

Calories	294	Sugar	4g
Fat	15g	Protein	10g
Saturated	2g	Sodium	486mg
Monounsaturated	4g	Calcium	48mg
Carbs	34g	Iron	3mg
Fiber	8g		



Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 4 servings



Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/2 cup Almonds (chopped)
- 1/4 cup Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

Nutrition

Amount per serving

Calories	374	Sugar	8g
Fat	25g	Protein	19g
Saturated	2g	Sodium	290mg
Monounsaturated	13g	Calcium	208mg
Carbs	24g	Iron	4mg
Fiber	11g		



Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

1 3/4 cups Unsweetened Almond Milk

1/3 cup Chia Seeds

1 tbsp Maple Syrup

1 cup Frozen Blueberries (thawed)

1/4 cup Slivered Almonds

Nutrition

Amount per serving

Calories	376	Sugar	14g
Fat	24g	Protein	11g
Saturated	1g	Sodium	143mg
Monounsaturated	1g	Calcium	657mg
Carbs	36g	Iron	4mg
Fiber	14g		



Veggie Pita Pizza with Hummus

5 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
4. Let cool slightly and slice. Enjoy!

Notes

No Olive Oil

Use coconut oil, avocado oil, ghee or butter instead.

No Whole Wheat Pita

Use tortillas or flatbread instead.

Prep Ahead

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 **cup** Hummus
- 2 Whole Wheat Pita

Nutrition

Amount per serving

Calories	359	Sugar	5g
Fat	16g	Protein	12g
Saturated	2g	Sodium	537mg
Monounsaturated	6g	Calcium	48mg
Carbs	48g	Iron	4mg
Fiber	8g		



Pear & Walnuts

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor

Season the pear with cinnamon.

Ingredients

1 Pear

1/4 cup Walnuts

Nutrition

Amount per serving

Calories	298	Sugar	18g
Fat	20g	Protein	5g
Saturated	2g	Sodium	2mg
Monounsaturated	3g	Calcium	45mg
Carbs	31g	Iron	1mg
Fiber	8g		



Almonds

1 ingredient · 2 minutes · 3 servings



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

3/4 cup Almonds (raw)

Nutrition

Amount per serving

Calories	207	Sugar	2g
Fat	18g	Protein	8g
Saturated	1g	Sodium	0mg
Monounsaturated	11g	Calcium	96mg
Carbs	8g	Iron	1mg
Fiber	4g		



Mediterranean Buddha Bowl

11 ingredients · 10 minutes · 2 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar and Italian seasoning to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus

Use tzatziki instead.

More Protein

Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper.

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning

Nutrition

Amount per serving

Calories	466	Sugar	6g
Fat	25g	Protein	13g
Saturated	3g	Sodium	264mg
Monounsaturated	14g	Calcium	91mg
Carbs	51g	Iron	6mg
Fiber	10g		



One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (200°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
2. Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
3. Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Ingredients

- 450 grams** Tofu ((1 lb) extra firm, drained)
- 1 tbsp** Tamari
- 1 tbsp** Avocado Oil
- 1 tsp** Maple Syrup
- 1 tbsp** Arrowroot Powder
- 1 cup** Brussels Sprouts (trimmed and halved)
- 1/2 head** Cauliflower (chopped into florets)
- 1 tsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps** Sesame Seeds

Nutrition

Amount per serving

Calories	369	Sugar	8g
Fat	23g	Protein	28g
Saturated	4g	Sodium	568mg
Monounsaturated	10g	Calcium	720mg
Carbs	21g	Iron	6mg
Fiber	7g		



Lemon Kale Salad with Chickpeas & Avocado

8 ingredients · 20 minutes · 2 servings



Directions

1. Add the kale leaves to a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Ingredients

4 cups Kale Leaves (stem removed, thinly sliced)

2 tbsps Extra Virgin Olive Oil

1 tbsp Lemon Juice

1/4 tsp Sea Salt

1 3/4 cups Chickpeas (cooked)

1 Avocado (cubed)

1/8 tsp Smoked Paprika

2 tbsps Pumpkin Seeds

Nutrition

Amount per serving

Calories	570	Sugar	8g
Fat	36g	Protein	18g
Saturated	5g	Sodium	336mg
Monounsaturated	22g	Calcium	195mg
Carbs	52g	Iron	7mg
Fiber	20g		



Burrito Bowl with Quinoa Tofu Taco Filling

14 ingredients · 35 minutes · 2 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

- 1/4 cup Quinoa (uncooked)
- 150 grams Tofu ((5 oz) extra firm, crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/2 cup Salsa (divided)
- 1 1/2 tsps Lime Juice
- 1/2 tsp Nutritional Yeast
- 1 Red Bell Pepper (sliced)
- 1/4 head Romaine Hearts (chopped)
- 1/2 cup Black Beans (cooked)
- 1 Avocado (diced)

Nutrition

Amount per serving

Calories	467	Sugar	7g
Fat	28g	Protein	19g
Saturated	4g	Sodium	529mg
Monounsaturated	16g	Calcium	289mg
Carbs	44g	Iron	6mg
Fiber	16g		



Crispy Tofu Meal Prep Bowls

13 ingredients · 20 minutes · 3 servings



Directions

1. Combine flour and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
2. Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
3. Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
4. Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 4 days.

Save Time

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

No Tofu

Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.

Ingredients

- 1/4 cup All Purpose Gluten-Free Flour
- Black Pepper (to taste)
- 350 grams Tofu ((12 oz) firm, sliced and patted dry)
- 1 1/2 tbsps Sesame Oil
- 3 tbsps Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 2 1/4 tsps Tamari
- 2 1/4 tsps Maple Syrup
- 3 cups Baby Spinach
- 3 cups Coleslaw Mix
- 1 1/2 cups Frozen Mango (thawed)
- 3/4 cup Frozen Edamame (thawed)
- 2 1/4 tsps Sesame Seeds

Nutrition

Amount per serving

Calories	490	Sugar	20g
Fat	30g	Protein	20g
Saturated	4g	Sodium	315mg
Monounsaturated	15g	Calcium	462mg
Carbs	40g	Iron	5mg
Fiber	10g		



Spaghetti with Pesto & Roasted Tomatoes

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 420°F (210°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
2. Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
3. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
4. Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

Notes

More Protein

Add diced chicken.

Make it Spicy

Add red chilli flakes.

Ingredients

- 1/3 cup Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Baby Spinach
- 1/3 cup Basil Leaves
- 1/3 Lemon (juiced)
- 1/3 cup Sunflower Seeds
- 1 2/3 tbsps Extra Virgin Olive Oil
- 1 1/4 tsps Tamari
- 1/3 Garlic (clove, minced)
- 1/3 cup Brown Rice Spaghetti

Nutrition

Amount per serving

Calories	420	Sugar	2g
Fat	25g	Protein	9g
Saturated	3g	Sodium	214mg
Monounsaturated	11g	Calcium	50mg
Carbs	43g	Iron	2mg
Fiber	5g		



Pomegranate

1 ingredient · 5 minutes · 2 servings



Directions

1. Slice the top off the pomegranate and score the sides with a knife.
2. Submerge the pomegranate into a bowl of water and crack it open with your hands. Remaining in the water, gently peel off the rind and separate the seeds from the white flesh.
3. Scoop out all the flesh and rind floating on the surface and then drain your pomegranates in a colander. Transfer to a bowl and enjoy!

Notes

Serve it With

Honey and lemon juice, yogurt, oatmeal or as a salad topping.

Storage

Refrigerate in an airtight container up to 5 days; or freeze pomegranate seeds in a single layer on a baking sheet then transfer to an airtight container.

Save Time

Look for frozen pomegranate seeds in the freezer aisle of your grocery store. No prep required!

Ingredients

1 Pomegranate

Nutrition

Amount per serving

Calories	117	Sugar	19g
Fat	2g	Protein	2g
Saturated	0g	Sodium	4mg
Monounsaturated	0g	Calcium	14mg
Carbs	26g	Iron	0mg
Fiber	6g		



Grapes & Walnuts

2 ingredients · 3 minutes · 4 servings



Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

4 cups Grapes (washed)

1 cup Walnuts

Nutrition

Amount per serving

Calories	258	Sugar	16g
Fat	20g	Protein	5g
Saturated	2g	Sodium	2mg
Monounsaturated	3g	Calcium	42mg
Carbs	20g	Iron	1mg
Fiber	3g		



Berry & Flax Baked Oatmeal

7 ingredients · 50 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (180°C).
2. In a mixing bowl combine the oat milk, applesauce, and maple syrup. Stir in the oats, flaxseed, and cinnamon. Fold in the berries.
3. Transfer to a baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
4. Let the baked oatmeal cool slightly before slicing and serving. Enjoy!

Notes

Baking Dish

An 8 x 8-inch baking dish was used to create six servings.

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to three months.

More Flavor

Add vanilla extract and chopped nuts, like walnuts or pecans.

No Applesauce

Use mashed banana instead.

No Oat Milk

Use almond milk or milk of choice instead.

Ingredients

- 2 cups Oat Milk
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Maple Syrup
- 2 cups Oats (quick or rolled)
- 1/3 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 1/2 cups Frozen Berries

Nutrition

Amount per serving

Calories	242	Sugar	16g
Fat	6g	Protein	6g
Saturated	0g	Sodium	37mg
Monounsaturated	1g	Calcium	166mg
Carbs	42g	Iron	2mg
Fiber	7g		

