



## Nutrition for Anxiety Plant Based Meal Plan

Created by Grace Hamilton Natural Health



# Nutrition for Anxiety Plant Based Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Breakfast Baked Potato with Sun Butter	Breakfast Baked Potato with Sun Butter
						Mushroom & Tofu Scramble	Mushroom & Tofu Scramble
<b>Snack 1</b>	Vegan Ranch Dressing	Vegan Ranch Dressing	Hummus Dippers	Banana Chia Crisps	Banana Chia Crisps	Flax & Pumpkin Seed Mixture	Flax & Pumpkin Seed Mixture
	Cucumber Slices	Cucumber Slices				Homemade Coconut Yogurt	Homemade Coconut Yogurt
<b>Lunch</b>	Chickpea Tikka Masala with Couscous	Chickpea Tikka Masala with Couscous	Tofu, Broccoli & Brown Rice	Spiced Cauliflower Rice Bowl	Burrito Bowl with Quinoa Tofu Taco Filling	Roasted Cauliflower Burrito Bowl	Mediterranean Buddha Bowl
<b>Snack 2</b>	Pistachios	Edamame	Brazil Nuts	Edamame	Pear & Walnuts	Apple with Almond Butter	Brazil Nuts
<b>Dinner</b>	Tofu, Broccoli & Brown Rice	Tofu, Broccoli & Brown Rice	Spiced Cauliflower Rice Bowl	Burrito Bowl with Quinoa Tofu Taco Filling	Roasted Cauliflower Burrito Bowl	Mediterranean Buddha Bowl	Roasted Cauliflower Burrito Bowl



# Nutrition for Anxiety Plant Based Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 2097	<b>Calories</b> 1873	<b>Calories</b> 2090	<b>Calories</b> 1987	<b>Calories</b> 1870	<b>Calories</b> 1796	<b>Calories</b> 1728
<b>Fat</b> 121g	<b>Fat</b> 99g	<b>Fat</b> 137g	<b>Fat</b> 97g	<b>Fat</b> 95g	<b>Fat</b> 99g	<b>Fat</b> 103g
Saturated 34g	Saturated 30g	Saturated 38g	Saturated 11g	Saturated 10g	Saturated 14g	Saturated 18g
Monounsaturated 22g	Monounsaturated 23g	Monounsaturated 40g	Monounsaturated 39g	Monounsaturated 32g	Monounsaturated 48g	Monounsaturated 46g
<b>Carbs</b> 198g	<b>Carbs</b> 189g	<b>Carbs</b> 174g	<b>Carbs</b> 227g	<b>Carbs</b> 211g	<b>Carbs</b> 193g	<b>Carbs</b> 166g
Fiber 48g	Fiber 46g	Fiber 40g	Fiber 69g	Fiber 71g	Fiber 50g	Fiber 44g
Sugar 33g	Sugar 31g	Sugar 16g	Sugar 49g	Sugar 64g	Sugar 57g	Sugar 38g
<b>Protein</b> 85g	<b>Protein</b> 82g	<b>Protein</b> 69g	<b>Protein</b> 81g	<b>Protein</b> 74g	<b>Protein</b> 64g	<b>Protein</b> 62g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 3154mg	Sodium 2943mg	Sodium 2319mg	Sodium 1421mg	Sodium 1266mg	Sodium 924mg	Sodium 921mg
Potassium 3247mg	Potassium 3585mg	Potassium 3469mg	Potassium 5053mg	Potassium 4810mg	Potassium 4191mg	Potassium 3982mg
Vitamin A 4032IU	Vitamin A 4263IU	Vitamin A 4191IU	Vitamin A 4817IU	Vitamin A 4676IU	Vitamin A 21022IU	Vitamin A 20923IU
Vitamin C 291mg	Vitamin C 296mg	Vitamin C 288mg	Vitamin C 239mg	Vitamin C 234mg	Vitamin C 149mg	Vitamin C 141mg
Calcium 937mg	Calcium 946mg	Calcium 899mg	Calcium 1477mg	Calcium 1404mg	Calcium 729mg	Calcium 663mg
Iron 23mg	Iron 23mg	Iron 18mg	Iron 22mg	Iron 20mg	Iron 18mg	Iron 18mg



# Nutrition for Anxiety Plant Based Meal Plan

83 items

## Fruits

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- 1 Apple
- 2 3/4 Avocado
- 8 Banana
- 3 tbsps Lemon Juice
- 2 1/4 tsps Lime Juice
- 1 Pear
- 1 1/4 cups Raspberries

## Breakfast

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- 1/4 cup Almond Butter
- 1/4 cup Granola

## Seeds, Nuts & Spices

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- 1/4 cup Almonds
- 1/2 cup Brazil Nuts
- 1/2 cup Cashews
- 1 1/3 cups Chia Seeds
- 2 tsps Chili Powder
- 1 1/2 tbsps Cinnamon
- 1 2/3 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1 1/2 cups Pistachios, In Shell
- 1/2 cup Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/3 tbsps Sesame Seeds
- 3/4 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 1/4 cup Walnuts

## Vegetables

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- 6 cups Broccoli
- 1 Carrot
- 1 1/4 heads Cauliflower
- 4 stalks Celery
- 2 tbsps Chives
- 1/2 cup Cilantro
- 2 1/2 Cucumber
- 1 3/4 Garlic
- 1 tbsp Ginger
- 1/2 cup Oyster Mushrooms
- 2 tbsps Parsley
- 2 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 head Romaine Hearts
- 2 Sweet Potato
- 1/2 tsp Thyme
- 1 Yellow Bell Pepper
- 1 Zucchini

## Boxed & Canned

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- 1 2/3 cups Black Beans
- 1 2/3 cups Brown Rice
- 2 1/2 cups Chickpeas
- 3/4 cup Crushed Tomatoes
- 1 1/2 cups Organic Coconut Milk
- 1/2 cup Organic Salsa
- 1 cup Organic Vegetable Broth
- 3/4 cup Quinoa

## Baking

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- 1/4 cup Cacao Powder
- 1 tbsp Monk Fruit Sweetener
- 1 1/3 tbsps Nutritional Yeast
- 1 tbsp Unsweetened Shredded Coconut
- 3/4 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- 1 1/4 cups Hummus
- 688 grams Tofu

## Condiments & Oils

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- 2 tbsps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 3 1/2 tbsps Tahini
- 3 tbsps Tamari

## Cold

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- 2 cups Unsweetened Almond Milk

## Other

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- 1/2 cup Chocolate Protein Powder
- 454 grams Coconut Meat
- 1/4 cup Couscous
- 2 Probiotic Capsules
- 3 1/8 cups Water



1/2 cup Whole Flax Seeds

## Frozen

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1/2 cup Frozen Cauliflower

1 cup Frozen Edamame



# Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 3 servings



## Directions

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

### Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

### No Raspberries

Use strawberries or blueberries instead.

## Ingredients

- 1 1/2 cups Organic Coconut Milk (full fat, from the can)
- 1 tbsp Monk Fruit Sweetener
- 3/4 tsp Vanilla Extract
- 3/4 cup Hemp Seeds
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 1 tbsp Unsweetened Shredded Coconut
- 3/4 cup Raspberries

## Nutrition

Amount per serving

<b>Calories</b>	606	Cholesterol	0mg
<b>Fat</b>	51g	Sodium	33mg
Saturated	23g	Potassium	840mg
Monounsaturated	3g	Vitamin A	15IU
<b>Carbs</b>	25g	Vitamin C	8mg
Fiber	11g	Calcium	156mg
Sugar	4g	Iron	5mg
<b>Protein</b>	20g		



# Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



## Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

### More Flavor

Add cinnamon to your smoothie base.

### Protein Powder

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

### No Smoothie Bowl

Drink as a regular smoothie instead.

### Smoothie Consistency

For a creamier texture, use a frozen banana.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

## Nutrition

Amount per serving

<b>Calories</b>	561	<b>Cholesterol</b>	4mg
<b>Fat</b>	24g	<b>Sodium</b>	223mg
Saturated	3g	<b>Potassium</b>	1510mg
Monounsaturated	8g	<b>Vitamin A</b>	788IU
<b>Carbs</b>	59g	<b>Vitamin C</b>	50mg
Fiber	19g	<b>Calcium</b>	755mg
Sugar	22g	<b>Iron</b>	6mg
<b>Protein</b>	33g		



# Breakfast Baked Potato with Sun Butter

5 ingredients · 50 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
3. Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

## Notes

### More Toppings

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

### No Sunflower Seed Butter

Use any nut or seed butter.

### Meal Prep

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

## Ingredients

- 2 Sweet Potato (medium)
- 1/4 cup Sunflower Seed Butter
- 2 Banana (sliced)
- 2 tbsps Hemp Seeds
- 1/2 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	471	Cholesterol	0mg
<b>Fat</b>	23g	Sodium	74mg
Saturated	2g	Potassium	1168mg
Monounsaturated	13g	Vitamin A	18538IU
<b>Carbs</b>	62g	Vitamin C	14mg
Fiber	10g	Calcium	79mg
Sugar	23g	Iron	3mg
<b>Protein</b>	12g		





# Mushroom & Tofu Scramble

6 ingredients · 10 minutes · 2 servings



## 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.

## Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Organic Vegetable Broth (divided)
- 227 grams Tofu (extra firm, drained, crumbled)
- 2 tsps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	114	Cholesterol	0mg
<b>Fat</b>	6g	Sodium	268mg
Saturated	1g	Potassium	309mg
Monounsaturated	2g	Vitamin A	54IU
<b>Carbs</b>	4g	Vitamin C	0mg
Fiber	2g	Calcium	323mg
Sugar	1g	Iron	3mg
<b>Protein</b>	14g		



# Vegan Ranch Dressing

10 ingredients · 10 minutes · 4 servings



## Directions

1. In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
2. Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately two tablespoons of dressing.

### Serve it With

Veggie sticks for dipping or on any of our burgers or salads.

### Leftovers

Keeps well in the fridge up to 4 to 5 days.

## Ingredients

- 1/2 cup Cashews (raw)
- 1/4 cup Water
- 1 1/2 tps Nutritional Yeast
- 1/3 tsp Sea Salt
- 1 1/2 tps Apple Cider Vinegar
- 1 1/2 tbsps Tahini
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 2 tbsps Parsley (finely chopped)
- 2 tbsps Chives (finely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	140	<b>Cholesterol</b>	0mg
<b>Fat</b>	11g	<b>Sodium</b>	236mg
Saturated	2g	<b>Potassium</b>	168mg
Monounsaturated	6g	<b>Vitamin A</b>	229IU
<b>Carbs</b>	8g	<b>Vitamin C</b>	3mg
Fiber	1g	<b>Calcium</b>	39mg
Sugar	1g	<b>Iron</b>	2mg
<b>Protein</b>	4g		



# Cucumber Slices

1 ingredient · 5 minutes · 4 servings



## Directions

1. Slice the cucumber and enjoy!

## Notes

### Storage

Cucumber can keep up to one week in the fridge if stored in water.

## Ingredients

2 Cucumber

## Nutrition

Amount per serving

<b>Calories</b>	23	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	3mg
Saturated	0g	Potassium	221mg
Monounsaturated	0g	Vitamin A	158IU
<b>Carbs</b>	5g	Vitamin C	4mg
Fiber	1g	Calcium	24mg
Sugar	3g	Iron	0mg
<b>Protein</b>	1g		



# Hummus Dippers

4 ingredients · 15 minutes · 4 servings



## Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## Notes

### Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

### Mix it Up

Substitute in different veggies like cucumber or zucchini.

## Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

## Nutrition

Amount per serving

<b>Calories</b>	170	Cholesterol	0mg
<b>Fat</b>	11g	Sodium	305mg
Saturated	2g	Potassium	443mg
Monounsaturated	3g	Vitamin A	2834IU
<b>Carbs</b>	15g	Vitamin C	87mg
Fiber	5g	Calcium	55mg
Sugar	2g	Iron	2mg
<b>Protein</b>	6g		



# Banana Chia Crisps

3 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

## Notes

### Storage

Refrigerate in an air-tight container up to 5 days or freeze.

### Serving Size

One serving is equal to approximately 12 small crisps.

## Ingredients

4 Banana (medium, ripe)

1 cup Chia Seeds

1 1/3 tbsps Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	351	Cholesterol	0mg
<b>Fat</b>	16g	Sodium	1mg
Saturated	0g	Potassium	782mg
Monounsaturated	0g	Vitamin A	83IU
<b>Carbs</b>	49g	Vitamin C	10mg
Fiber	16g	Calcium	300mg
Sugar	14g	Iron	5mg
<b>Protein</b>	9g		



# Flax & Pumpkin Seed Mixture

4 ingredients · 10 minutes · 8 servings



## Directions

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1. Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
2. Transfer to an airtight container. Enjoy!

## Notes

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### Serve it With

Oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads.

### Leftovers

Keep refrigerated or freeze until ready to use.

### Serving Size

One serving is about 3 tablespoons of the seed mixture.

### Nut-Free

Omit the almonds or use unsweetened shredded coconut instead.

### No Hemp Seeds

Use chia seeds instead.

### No Food Processor

Use a coffee grinder or personal blender with a milling blade.

## Ingredients

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**1/2 cup** Whole Flax Seeds

**1/2 cup** Pumpkin Seeds

**1/4 cup** Almonds (chopped)

**1/4 cup** Hemp Seeds

## Nutrition

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Amount per serving

<b>Calories</b>	146	Cholesterol	0mg
<b>Fat</b>	12g	Sodium	5mg
Saturated	1g	Potassium	176mg
Monounsaturated	4g	Vitamin A	1IU
<b>Carbs</b>	6g	Vitamin C	0mg
Fiber	5g	Calcium	47mg
Sugar	0g	Iron	2mg
<b>Protein</b>	6g		



# Homemade Coconut Yogurt

4 ingredients · 24 hours · 4 servings



## Directions

1. In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
2. Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

## Notes

### Leftovers

Refrigerate in an airtight container for up to seven days.

### Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

### More Flavor

Use coconut water instead of water.

## Ingredients

**454 grams** Coconut Meat (thawed)

**1/2 cup** Water

**2 tbsps** Lemon Juice

**2** Probiotic Capsules

## Nutrition

Amount per serving

<b>Calories</b>	104	Cholesterol	0mg
<b>Fat</b>	7g	Sodium	18mg
Saturated	5g	Potassium	473mg
Monounsaturated	0g	Vitamin A	0IU
<b>Carbs</b>	11g	Vitamin C	7mg
Fiber	3g	Calcium	3mg
Sugar	4g	Iron	0mg
<b>Protein</b>	2g		



# Chickpea Tikka Masala with Couscous

11 ingredients · 45 minutes · 2 servings



## Directions

1. In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
2. Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
3. Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
4. If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

## Notes

### Gluten-Free

Omit the couscous and serve with quinoa or brown rice instead.

### Storage

Refrigerate in an airtight container up to 5 days.

### Make It Creamy

Add coconut milk.

## Ingredients

- 1 **tblsp** Ginger (grated)
- 1 **1/2 tsps** Curry Powder
- 1/2 **tsp** Cumin
- 1 **tsp** Garam Masala
- 2 **cups** Chickpeas
- 2 **cups** Broccoli (chopped into florets)
- 1 Red Bell Pepper (stem and seeds removed, chopped)
- 3/4 **cup** Crushed Tomatoes
- 3/4 **cup** Organic Vegetable Broth
- 1/2 **tsp** Sea Salt
- 1/4 **cup** Couscous (dry, uncooked)

## Nutrition

Amount per serving

<b>Calories</b>	444	Cholesterol	0mg
<b>Fat</b>	6g	Sodium	1055mg
Saturated	1g	Potassium	1248mg
Monounsaturated	1g	Vitamin A	2873IU
<b>Carbs</b>	82g	Vitamin C	168mg
Fiber	21g	Calcium	179mg
Sugar	16g	Iron	8mg
<b>Protein</b>	23g		





# Pistachios

1 ingredient · 1 minute · 3 servings



## Directions

1. Divide into bowls, peel and enjoy!

## Ingredients

1 1/2 cups Pistachios, In Shell

## Nutrition

Amount per serving

<b>Calories</b>	318	Cholesterol	0mg
<b>Fat</b>	26g	Sodium	216mg
Saturated	4g	Potassium	0mg
Monounsaturated	0g	Vitamin A	0IU
<b>Carbs</b>	16g	Vitamin C	0mg
Fiber	6g	Calcium	40mg
Sugar	4g	Iron	2mg
<b>Protein</b>	12g		



# Edamame

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Enjoy as a snack or add as a side to a main dish, salad or soup.

## Notes

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### Storage

Refrigerate in an airtight container up to 4 days.

## Ingredients

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1 cup Frozen Edamame (shelled, thawed)

## Nutrition

Amount per serving

<b>Calories</b>	94	Cholesterol	0mg
<b>Fat</b>	4g	Sodium	5mg
Saturated	0g	Potassium	338mg
Monounsaturated	1g	Vitamin A	231IU
<b>Carbs</b>	7g	Vitamin C	5mg
Fiber	4g	Calcium	49mg
Sugar	2g	Iron	2mg
<b>Protein</b>	9g		



# Brazil Nuts

1 ingredient · 5 minutes · 1 serving



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1/4 cup Brazil Nuts

## Nutrition

Amount per serving

<b>Calories</b>	219	Cholesterol	0mg
<b>Fat</b>	22g	Sodium	1mg
Saturated	5g	Potassium	219mg
Monounsaturated	8g	Vitamin A	0IU
<b>Carbs</b>	4g	Vitamin C	0mg
Fiber	2g	Calcium	53mg
Sugar	1g	Iron	1mg
<b>Protein</b>	5g		



# 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

<b>Calories</b>	298	Cholesterol	0mg
<b>Fat</b>	20g	Sodium	2mg
Saturated	2g	Potassium	339mg
Monounsaturated	3g	Vitamin A	45IU
<b>Carbs</b>	31g	Vitamin C	8mg
Fiber	8g	Calcium	45mg
Sugar	18g	Iron	1mg
<b>Protein</b>	5g		



# Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



## Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

## Ingredients

- 1 Apple
- 2 tbsps Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	Cholesterol	0mg
<b>Fat</b>	18g	Sodium	4mg
Saturated	1g	Potassium	428mg
Monounsaturated	10g	Vitamin A	99IU
<b>Carbs</b>	31g	Vitamin C	8mg
Fiber	8g	Calcium	119mg
Sugar	20g	Iron	1mg
<b>Protein</b>	7g		



# Tofu, Broccoli & Brown Rice

10 ingredients · 1 hour · 3 servings



## Directions

1. In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
2. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
4. In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
5. Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

## Notes

### No Tofu

Use chicken, shrimp or chickpeas.

### Leftovers

Keeps well in the fridge for 3 to 4 days.

## Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tamari
- 2 tbsps Miso Paste (optional)
- 1 tbsp Sesame Oil
- 350 grams Tofu (sliced into cubes)
- 3 tbsps Sesame Seeds (optional)

## Nutrition

Amount per serving

Calories	566	Cholesterol	0mg
Fat	27g	Sodium	1611mg
Saturated	4g	Potassium	770mg
Monounsaturated	12g	Vitamin A	757IU
Carbs	62g	Vitamin C	108mg
Fiber	8g	Calcium	499mg
Sugar	5g	Iron	6mg
Protein	25g		



# Spiced Cauliflower Rice Bowl

13 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

### No Brown Rice

Use jasmine rice, cauliflower rice, quinoa or millet instead.

## Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

## Nutrition

Amount per serving

<b>Calories</b>	529	<b>Cholesterol</b>	0mg
<b>Fat</b>	26g	<b>Sodium</b>	369mg
Saturated	4g	<b>Potassium</b>	1197mg
Monounsaturated	14g	<b>Vitamin A</b>	585IU
<b>Carbs</b>	68g	<b>Vitamin C</b>	85mg
Fiber	14g	<b>Calcium</b>	136mg
Sugar	4g	<b>Iron</b>	4mg
<b>Protein</b>	13g		



# Burrito Bowl with Quinoa Tofu Taco Filling

15 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 and salt. 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)
- 113 grams Tofu (extra firm, crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 tsp Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 cup Organic Salsa (divided)
- 1 1/2 tsp 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	452	Cholesterol	0mg
Fat	27g	Sodium	823mg
Saturated	4g	Potassium	1226mg
Monounsaturated	16g	Vitamin A	3130IU
Carbs	44g	Vitamin C	89mg
Fiber	16g	Calcium	237mg





Sugar	7g	Iron	5mg
<b>Protein</b>	17g		



# Roasted Cauliflower Burrito Bowl

11 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
2. While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
3. In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
4. Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

### More Flavor

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

### Additional Toppings

Serve with corn tortilla chips.

## Ingredients

- 3/4 head Cauliflower (cut into florets)
- 1/3 tsp Cumin
- 3/4 tsp Chili Powder (divided)
- 3/4 tsp Smoked Paprika (divided)
- 1/8 tsp Sea Salt (divided)
- 1 1/8 cups Black Beans (cooked)
- 1/3 cup Water
- 3/4 Avocado
- 3/4 Garlic (clove, minced)
- 3/4 tsp Lime Juice
- 3 tbsps Cilantro (finely chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	208	Cholesterol	0mg
<b>Fat</b>	8g	Sodium	217mg
Saturated	1g	Potassium	953mg
Monounsaturated	5g	Vitamin A	630IU
<b>Carbs</b>	28g	Vitamin C	77mg
Fiber	12g	Calcium	67mg
Sugar	3g	Iron	3mg
<b>Protein</b>	10g		



# Mediterranean Buddha Bowl

12 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, Italian seasoning and sea salt 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

### 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
- 1/16 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	466	Cholesterol	0mg
<b>Fat</b>	25g	Sodium	338mg
Saturated	3g	Potassium	684mg
Monounsaturated	14g	Vitamin A	1700IU
<b>Carbs</b>	51g	Vitamin C	43mg
Fiber	10g	Calcium	91mg
Sugar	6g	Iron	6mg
<b>Protein</b>	13g		

