



Plant-Based High Iron Meal Plan

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Welcome to Your Plant-Based High-Iron Meal Plan!

This guide is designed to provide you with nutrient-dense, iron-rich meals to help support healthy iron levels. By pairing high-iron plant foods with those that boost absorption, you'll be fueling your body with the nutrients it needs for energy and vitality.

How to Use This Guide

- **Explore Recipes:** This guide includes 23 recipes, categorized into breakfasts, snacks, and dinners.
- **Customize Your Plan:** Choose meals that suit your preferences. Plan for 3 meals and 3 snacks daily, utilizing dinner leftovers as lunch the following day.
- **Grocery List:** Use the categorized shopping list (e.g., fruits, vegetables, grains, legumes, condiments) to streamline your shopping.
- **Meal Prep:** Consider prepping ingredients or full recipes in advance to save time during the week.

Meal planning improves over time—check your plan regularly, and reach out with any questions or adjustments.

Key Features of Your Program

This meal plan is thoughtfully created with the following key nutrients in mind:

Iron

Iron is essential for producing red blood cells and transporting oxygen throughout your body. This plan includes a variety of iron-rich foods like lentils, chickpeas, tahini, and tofu to help you reach your daily iron needs.

Vitamin C & Vitamin A

Vitamin C helps your body absorb iron from plant-based sources such as legumes and grains. Vitamin A enhances iron absorption and helps release stored iron. Foods rich in these vitamins—like carrots, leafy greens, and strawberries—are paired with iron-rich meals to boost absorption, ensuring your body makes the most of your food.

Calcium

Calcium, which is necessary for healthy bones, can hinder the absorption of iron. This plan separates high-calcium foods like fortified milks and coconut yogurt from meals with the highest iron content to maximize absorption.

Vitamin B12 & Folate

Both Vitamin B12 and folate are crucial for red blood cell production. This plan includes folate-rich foods such as lentils and brown rice, along with B12 from fortified beverages to prevent deficiencies.

Program Overview

- **7-Day Meal Plan:** Includes 3 meals and 3 snacks daily, with dinners repurposed as lunches to save time.
- **23 Recipes:** Features 4 breakfasts, 13 snacks, and 6 dinners, each with clear instructions.
- **Daily Averages:** Provides approximately 1,900 calories, 180g carbohydrates, 60g protein, and 20g iron per day.
- **Shopping List:** Organized by grocery categories to simplify your shopping.
- **Nutritional Variety:** Each day offers a different breakfast and nutrient-dense, balanced meals.

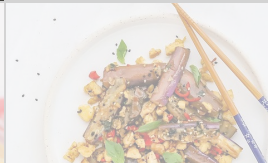
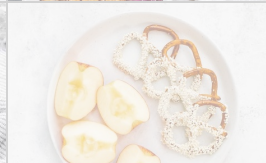
Disclaimer

This plan is designed to help support healthy iron levels and optimize absorption but is not intended to treat iron deficiency anemia. It should be paired with iron supplementation for optimal results, especially for individuals with iron deficiency. Pregnant and lactating women have different iron needs and should consult a healthcare professional for personalized advice.

Get Started

You now have all the tools to start fueling your body with delicious, plant-based meals that support healthy iron levels and overall vitality.

Let's get planning!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Carrot Tahini Oatmeal	 Carrot Tahini Oatmeal	 Chocolate Layered Chia Pudding	 Chocolate Layered Chia Pudding	 Peanut Butter & Banana Pressure Cooker Oats	 Peanut Butter & Banana Pressure Cooker Oats	 Kiwi Green Smoothie
Snack 1	 Strawberry & Blueberry Parfait	 Apple with Peanut Butter	 Crackers & Hummus	 Pecans & Blueberries	 Blueberries	 Coconut Yogurt with Strawberries	 Hazelnut Truffles
Lunch	 Japanese Eggplant & Tofu Stir Fry	 Mason Jar Lentil Salad with Tahini Dressing	 Japanese Eggplant & Tofu Stir Fry	 Cabbage, Carrots & Mushroom Rice Bowl	 Teriyaki Tofu Bowl	 Roasted Cabbage, Broccoli & Tofu	 Eggplant & Crispy Chickpeas with Tahini
Snack 2	 Apple with Peanut Butter	 Strawberry & Blueberry Parfait	 Watermelon Sticks with Yogurt	 Tahini Dipped Pretzels with Apple	 Hazelnut Truffles	 Watermelon Fruit Salad	 Coconut Yogurt with Strawberries
Dinner	 Mason Jar Lentil Salad with Tahini Dressing	 Japanese Eggplant & Tofu Stir Fry	 Cabbage, Carrots & Mushroom Rice Bowl	 Carrots & Broccoli	 Roasted Cabbage, Broccoli & Tofu	 Eggplant & Crispy Chickpeas with Tahini	 Roasted Cabbage, Broccoli & Tofu
Snack 3	 Easy Peach Crumble	 Easy Peach Crumble	 Tahini Dipped Pretzels with Apple	 Watermelon Sticks with Yogurt	 Date & Chocolate Pudding	 Hazelnut Truffles	 Date & Chocolate Pudding

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	44%	Fat	44%	Fat	34%	Fat	30%	Fat	34%	Fat	34%	Fat	38%
Carbs	44%	Carbs	44%	Carbs	55%	Carbs	58%	Carbs	54%	Carbs	55%	Carbs	48%
Protein	12%	Protein	12%	Protein	11%	Protein	12%	Protein	12%	Protein	11%	Protein	14%
Calories	1972	Calories	1972	Calories	2066	Calories	1968	Calories	1874	Calories	1852	Calories	1918
Fat	103g	Fat	103g	Fat	83g	Fat	70g	Fat	75g	Fat	75g	Fat	85g
Saturated	21g	Saturated	21g	Saturated	18g	Saturated	16g	Saturated	23g	Saturated	16g	Saturated	26g
Polyunsaturated	30g	Polyunsaturated	30g	Polyunsaturated	32g	Polyunsaturated	26g	Polyunsaturated	13g	Polyunsaturated	15g	Polyunsaturated	17g
Carbs	229g	Carbs	229g	Carbs	299g	Carbs	301g	Carbs	263g	Carbs	272g	Carbs	244g
Fiber	57g	Fiber	57g	Fiber	62g	Fiber	50g	Fiber	38g	Fiber	55g	Fiber	61g
Sugar	95g	Sugar	95g	Sugar	100g	Sugar	95g	Sugar	91g	Sugar	113g	Sugar	99g
Protein	60g	Protein	60g	Protein	60g	Protein	60g	Protein	59g	Protein	57g	Protein	72g
Sodium	821mg	Sodium	821mg	Sodium	1823mg	Sodium	2358mg	Sodium	2222mg	Sodium	1208mg	Sodium	1127mg
Potassium	3687mg	Potassium	3687mg	Potassium	4203mg	Potassium	3264mg	Potassium	3259mg	Potassium	4318mg	Potassium	4485mg
Vitamin C	130mg	Vitamin C	130mg	Vitamin C	172mg	Vitamin C	218mg	Vitamin C	273mg	Vitamin C	326mg	Vitamin C	295mg
Calcium	1382mg	Calcium	1382mg	Calcium	1489mg	Calcium	1524mg	Calcium	1178mg	Calcium	1109mg	Calcium	1345mg
Iron	19mg	Iron	19mg	Iron	23mg	Iron	22mg	Iron	20mg	Iron	18mg	Iron	23mg
Vitamin D	63IU	Vitamin D	63IU	Vitamin D	42IU	Vitamin D	42IU	Vitamin D	25IU	Vitamin D	25IU	Vitamin D	0IU
Vitamin B6	1.7mg	Vitamin B6	1.7mg	Vitamin B6	2.1mg	Vitamin B6	1.9mg	Vitamin B6	1.9mg	Vitamin B6	2.3mg	Vitamin B6	2.1mg
Folate	453µg	Folate	453µg	Folate	578µg	Folate	453µg	Folate	266µg	Folate	638µg	Folate	644µg
Vitamin B12	3.3µg	Vitamin B12	3.3µg	Vitamin B12	3.5µg	Vitamin B12	3.5µg	Vitamin B12	0.5µg	Vitamin B12	1.4µg	Vitamin B12	2.5µg
Phosphorous	1463mg	Phosphorous	1463mg	Phosphorous	1440mg	Phosphorous	1397mg	Phosphorous	1198mg	Phosphorous	1070mg	Phosphorous	1543mg
Magnesium	501mg	Magnesium	501mg	Magnesium	484mg	Magnesium	468mg	Magnesium	499mg	Magnesium	469mg	Magnesium	575mg
Zinc	12mg	Zinc	12mg	Zinc	9mg	Zinc	11mg	Zinc	11mg	Zinc	10mg	Zinc	12mg
Selenium	70µg	Selenium	70µg	Selenium	68µg	Selenium	66µg	Selenium	59µg	Selenium	42µg	Selenium	50µg

Fruits

- ☐ 4 Apple
- ☐ 2 Banana
- ☐ 2 cups Blueberries
- ☐ 1 Kiwi
- ☐ 2 1/3 tbsps Lemon Juice
- ☐ 2 3/4 tbsps Lime Juice
- ☐ 1 Mango
- ☐ 2 Peach
- ☐ 1/4 cup Raspberries
- ☐ 1/2 Seedless Watermelon
- ☐ 1 3/4 cups Strawberries

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1 cup Granola
- ☐ 3 1/3 tbsps Maple Syrup
- ☐ 3/4 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/4 tps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 1/2 tbsps Hazelnuts
- ☐ 1/4 cup Pecans
- ☐ 1 1/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 2/3 tbsps Sesame Seeds

Frozen

- ☐ 2 Ice Cubes

Vegetables

- ☐ 1 1/2 cups Baby Kale
- ☐ 1 1/4 cups Baby Spinach
- ☐ 5 3/4 cups Broccoli
- ☐ 4 1/2 Carrot
- ☐ 6 Cremini Mushrooms
- ☐ 5 Eggplant
- ☐ 3 Garlic
- ☐ 3/4 tsp Ginger
- ☐ 1/4 cup Parsley
- ☐ 5 3/4 cups Purple Cabbage
- ☐ 1 1/2 Red Hot Chili Pepper
- ☐ 1/2 cup Thai Basil
- ☐ 1/2 cup Watermelon Radish

Boxed & Canned

- ☐ 2 1/8 cups Brown Rice
- ☐ 2 1/2 tbsps Canned Coconut Milk
- ☐ 1 3/4 cups Chickpeas
- ☐ 1 2/3 cups Lentils
- ☐ 58 grams Pretzels
- ☐ 1/4 cup Vegetable Broth
- ☐ 50 grams Whole Grain Crackers

Baking

- ☐ 1 2/3 tbsps Arrowroot Powder
- ☐ 1 tbsp Cocoa Powder
- ☐ 2 1/4 tps Coconut Sugar
- ☐ 121 grams Dark Chocolate
- ☐ 2 cups Oats
- ☐ 2/3 cup Pitted Dates
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 1/8 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 807 grams Tofu

Condiments & Oils

- ☐ 1/2 cup Avocado Oil
- ☐ 1 tbsp Coconut Aminos
- ☐ 1 1/2 tps Coconut Oil
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 1 tbsp Rice Vinegar
- ☐ 3/4 cup Tahini
- ☐ 1/4 cup Tamari

Cold

- ☐ 1/4 cup Hummus
- ☐ 2/3 cup Oat Milk
- ☐ 2 cups Plain Coconut Milk
- ☐ 3/4 cup Unsweetened Almond Milk
- ☐ 3 3/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 2 3/4 cups Water



Carrot Tahini Oatmeal

2 servings

15 minutes

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1/2 Carrot (shredded)
- 2 tps Maple Syrup
- 2 tbsps Tahini
- 2 tps Sesame Seeds

Nutrition

Amount per serving	
Calories	376
Fat	18g
Saturated	5g
Polyunsaturated	7g
Carbs	45g
Fiber	9g
Sugar	10g
Protein	10g
Sodium	55mg
Potassium	349mg
Vitamin C	1mg
Calcium	466mg
Iron	4mg
Vitamin D	63IU
Vitamin B6	0.1mg
Folate	33µg
Vitamin B12	1.9µg
Phosphorous	300mg
Magnesium	84mg
Zinc	3mg
Selenium	18µg

Directions

- 1 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 2 Stir in the shredded carrot and maple syrup. Divide into bowls and top with tahini and sesame seeds. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

No Coconut Milk: Use oat milk instead.



Chocolate Layered Chia Pudding

2 servings

25 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

Nutrition

Amount per serving	
Calories	208
Fat	12g
Saturated	5g
Polyunsaturated	6g
Carbs	23g
Fiber	11g
Sugar	6g
Protein	5g
Sodium	37mg
Potassium	239mg
Vitamin C	32mg
Calcium	522mg
Iron	3mg
Vitamin D	38IU
Vitamin B6	0mg
Folate	14µg
Vitamin B12	2.1µg
Phosphorous	33mg
Magnesium	20mg
Zinc	0mg
Selenium	1µg

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

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

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

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

No Coconut Yogurt: Use another type of yogurt instead.



Peanut Butter & Banana Pressure Cooker Oats

3 servings

25 minutes

Ingredients

- 3/4 cup Steel Cut Oats
- 1 1/8 cups Water
- 3/4 cup Unsweetened Almond Milk
- 3/4 tsp Cinnamon
- 1 1/2 Banana (medium, sliced, divided)
- 1/8 tsp Sea Salt
- 3 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	328
Fat	13g
Saturated	2g
Polyunsaturated	2g
Carbs	49g
Fiber	7g
Sugar	10g
Protein	9g
Sodium	193mg
Potassium	475mg
Vitamin C	5mg
Calcium	153mg
Iron	2mg
Vitamin D	25IU
Vitamin B6	0.3mg
Folate	26µg
Vitamin B12	0µg
Phosphorous	67mg
Magnesium	49mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Add the steel cut oats, water, milk, cinnamon, half of the banana, and sea salt to your pressure cooker and close the lid.
- 2 Set to "sealing," then press manual/pressure cooker. Cook for five minutes on high pressure. Once it is done, press cancel, and let the pressure release naturally for ten minutes. Do a quick release for any remaining pressure.
- 3 Remove the lid carefully and stir. Divide into bowls and top with the peanut butter and remaining banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add the toppings just before enjoying.

Serving Size: One serving is approximately 3/4 cup of oats with toppings.

More Flavor: Add vanilla extract.

Additional Toppings: Drizzle with maple syrup, top with chopped nuts/seeds or berries.



Kiwi Green Smoothie

1 serving

5 minutes

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

Directions

1

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

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.

Nutrition

Amount per serving	
Calories	245
Fat	5g
Saturated	1g
Polyunsaturated	3g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g
Sodium	77mg
Potassium	807mg
Vitamin C	80mg
Calcium	278mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.5mg
Folate	110µg
Vitamin B12	0.6µg
Phosphorous	375mg
Magnesium	109mg
Zinc	2mg
Selenium	8µg



Strawberry & Blueberry Parfait

2 servings

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Granola
- 1/2 cup Strawberries
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	386
Fat	19g
Saturated	5g
Polyunsaturated	5g
Carbs	47g
Fiber	9g
Sugar	18g
Protein	9g
Sodium	41mg
Potassium	412mg
Vitamin C	25mg
Calcium	304mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	62µg
Vitamin B12	1.4µg
Phosphorous	276mg
Magnesium	109mg
Zinc	3mg
Selenium	16µg

Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

Notes

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

Additional Toppings: Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



Crackers & Hummus

1 serving

5 minutes

Ingredients

50 grams Whole Grain Crackers

1/4 cup Hummus

Directions

1

Dip the crackers into the hummus and enjoy!

Nutrition

Amount per serving	
Calories	387
Fat	21g
Saturated	3g
Polyunsaturated	11g
Carbs	43g
Fiber	5g
Sugar	6g
Protein	8g
Sodium	703mg
Potassium	277mg
Vitamin C	0mg
Calcium	36mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	81µg
Vitamin B12	0µg
Phosphorous	257mg
Magnesium	61mg
Zinc	1mg
Selenium	16µg



Carrot Sticks

1 serving

5 minutes

Ingredients

1 Carrot (medium)

Nutrition

Amount per serving	
Calories	25
Fat	0g
Saturated	0g
Polyunsaturated	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Sodium	42mg
Potassium	195mg
Vitamin C	4mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	12µg
Vitamin B12	0µg
Phosphorous	21mg
Magnesium	7mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.



Pecans & Blueberries

1 serving

5 minutes

Ingredients

1 cup Blueberries

1/4 cup Pecans

Nutrition

Amount per serving	
Calories	255
Fat	18g
Saturated	2g
Polyunsaturated	6g
Carbs	25g
Fiber	6g
Sugar	16g
Protein	3g
Sodium	1mg
Potassium	215mg
Vitamin C	15mg
Calcium	26mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	14µg
Vitamin B12	0µg
Phosphorous	86mg
Magnesium	39mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Serve the blueberries with pecans and enjoy!

Notes

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

Additional Toppings: Sprinkle some cinnamon on top.



Coconut Yogurt with Strawberries

2 servings

10 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/2 tsp Cinnamon
- 1/2 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	68
Fat	4g
Saturated	3g
Polyunsaturated	0g
Carbs	9g
Fiber	3g
Sugar	2g
Protein	1g
Sodium	25mg
Potassium	58mg
Vitamin C	21mg
Calcium	262mg
Iron	0mg
Vitamin D	0IU
Vitamin B6	0mg
Folate	9µg
Vitamin B12	1.4µg
Phosphorous	9mg
Magnesium	5mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

Notes

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

Additional Toppings: Add nuts and seeds.



Japanese Eggplant & Tofu Stir Fry

3 servings

20 minutes

Ingredients

- 3 tbsps Avocado Oil (divided)
- 3 Eggplant (Japanese, large, cut into 3-inch pieces)
- 241 grams Tofu (extra firm, drained and crumbled)
- 3 Garlic (cloves, thinly sliced)
- 1 tbsp Sesame Seeds
- 1/2 cup Thai Basil (roughly chopped)
- 1 1/2 Red Hot Chili Pepper (chopped)
- 2 1/4 tbsps Lime Juice
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	366
Fat	21g
Saturated	3g
Polyunsaturated	5g
Carbs	38g
Fiber	18g
Sugar	21g
Protein	15g
Sodium	353mg
Potassium	1505mg
Vitamin C	50mg
Calcium	329mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0.7mg
Folate	143µg
Vitamin B12	0µg
Phosphorous	267mg

Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

Notes

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

Serving Size: One serving is roughly 1 cup of eggplant and tofu.

Like it Sweet: Add a touch of maple syrup or honey.

No Lime Juice: Use rice vinegar instead.

Additional Toppings: Serve over top of rice, cauliflower rice or quinoa.

Magnesium	129mg
Zinc	2mg
Selenium	14µg



Apple with Peanut Butter

2 servings

3 minutes

Ingredients

2 Apple
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	287
Fat	17g
Saturated	3g
Polyunsaturated	4g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Sodium	7mg
Potassium	375mg
Vitamin C	8mg
Calcium	27mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	34µg
Vitamin B12	0µg
Phosphorous	128mg
Magnesium	63mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Watermelon Sticks with Yogurt

2 servings

10 minutes

Ingredients

1/4 Seedless Watermelon (cut into sticks)

1 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	225
Fat	4g
Saturated	3g
Polyunsaturated	0g
Carbs	49g
Fiber	4g
Sugar	36g
Protein	4g
Sodium	30mg
Potassium	633mg
Vitamin C	46mg
Calcium	289mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	17µg
Vitamin B12	1.4µg
Phosphorous	62mg
Magnesium	56mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Dip the watermelon sticks into the coconut yogurt. Enjoy!

Notes

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

Serving Size: One serving equals approximately 10 to 12 watermelon sticks and half a cup of yogurt.



Hazelnut Truffles

3 servings

3 hours 30 minutes

Ingredients

36 grams Dark Chocolate (chopped)
 2 1/2 tbsps Canned Coconut Milk (full fat)
 1/8 tsp Vanilla Extract
 1/16 tsp Sea Salt
 2 1/2 tbsps Hazelnuts (finely chopped, divided)

Nutrition

Amount per serving	
Calories	141
Fat	12g
Saturated	5g
Polyunsaturated	1g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	2g
Sodium	27mg
Potassium	156mg
Vitamin C	0mg
Calcium	18mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0mg
Folate	8µg
Vitamin B12	0µg
Phosphorous	58mg
Magnesium	40mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Add the chopped chocolate to a heatproof bowl.
- 2 Heat the coconut milk, vanilla, and salt in a saucepan over medium heat. Bring to a simmer then turn off the heat.
- 3 Pour the heated coconut milk into the bowl of chocolate and cover with a tea towel for about five minutes. Remove the towel then stir until well combined and the chocolate has melted. If it hasn't melted completely, microwave for 10 to 15 seconds, in intervals.
- 4 Stir in half of the chopped hazelnuts. Tightly cover with plastic wrap and place in the fridge for two to three hours or until hardened.
- 5 Add the remaining hazelnuts to a plate. Remove the truffle mixture from the fridge and scoop to form into balls, about 2 tbsp in size. Roll into the hazelnuts then place back into the fridge for 15 to 20 minutes to set. Enjoy!

Notes

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

Serving Size: One serving is one truffle.

More Flavor: Use flavored chocolate bars like orange chocolate or mint chocolate.



Watermelon Fruit Salad

2 servings

5 minutes

Ingredients

1/4 Seedless Watermelon (small, cut into cubes)

1 Mango (cut into cubes)

1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	291
Fat	2g
Saturated	0g
Polyunsaturated	0g
Carbs	73g
Fiber	6g
Sugar	62g
Protein	5g
Sodium	8mg
Potassium	943mg
Vitamin C	110mg
Calcium	60mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.5mg
Folate	91µg
Vitamin B12	0µg
Phosphorous	90mg
Magnesium	75mg
Zinc	1mg
Selenium	3µg

Directions

1

Add the watermelon, mango, and blueberries to a bowl and stir to combine. Enjoy!

Notes

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

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

More Flavor: Add honey, lime juice, or fresh mint.

Fruit: Use strawberries, peaches, kiwi, or cantaloupe instead.



Mason Jar Lentil Salad with Tahini Dressing

2 servings

30 minutes

Ingredients

- 1/4 cup Tahini
- 1/3 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1 cup Purple Cabbage (chopped)
- 1/2 cup Watermelon Radish (sliced thinly)
- 2/3 cup Lentils (cooked)
- 1 1/2 cups Baby Kale

Nutrition

Amount per serving	
Calories	352
Fat	24g
Saturated	3g
Polyunsaturated	8g
Carbs	28g
Fiber	11g
Sugar	5g
Protein	13g
Sodium	361mg
Potassium	715mg
Vitamin C	39mg
Calcium	222mg
Iron	6mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	168µg
Vitamin B12	0µg
Phosphorous	360mg
Magnesium	66mg

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to two days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings: Add hemp seeds or pumpkin seeds.

No Baby Kale: Use baby spinach, arugula or romaine instead.

No Watermelon Radish: Use regular radish instead.

Likes it Sweet: Add a little bit of maple syrup to the tahini dressing.

Zinc	2mg
Selenium	13µg



Cabbage, Carrots & Mushroom Rice Bowl

2 servings

40 minutes

Ingredients

- 3/4 cup Brown Rice (dry, uncooked)
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Lime Juice
- 1 1/2 tsps Water
- 1/2 tsp Ginger (fresh, grated)
- 1/4 cup Vegetable Broth
- 6 Cremini Mushrooms (sliced)
- 1 Carrot (medium, shredded)
- 1 cup Purple Cabbage (thinly sliced)
- 1 cup Lentils (cooked, rinsed)

Nutrition

Amount per serving	
Calories	418
Fat	3g
Saturated	1g
Polyunsaturated	1g
Carbs	83g
Fiber	13g
Sugar	8g
Protein	17g
Sodium	258mg
Potassium	928mg
Vitamin C	31mg
Calcium	59mg
Iron	5mg
Vitamin D	4IU
Vitamin B6	0.7mg
Folate	219µg
Vitamin B12	0µg
Phosphorous	466mg
Magnesium	133mg

Directions

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

Notes

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

Serving Size: One serving equals approximately two cups.

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

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

Zinc	3mg
Selenium	20µg



Teriyaki Tofu Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice
 227 grams Tofu (extra-firm, pressed, and cubed)
 1 1/2 tsps Avocado Oil
 2 1/2 tsps Tamari (divided)
 1 1/2 tsps Arrowroot Powder
 1 tbsp Rice Vinegar
 2 1/4 tsps Coconut Sugar
 1/4 tsp Ginger (minced)
 2 tsps Water

Nutrition

Amount per serving	
Calories	369
Fat	11g
Saturated	2g
Polyunsaturated	4g
Carbs	52g
Fiber	3g
Sugar	5g
Protein	18g
Sodium	1265mg
Potassium	340mg
Vitamin C	0mg
Calcium	331mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0.4mg
Folate	28µg
Vitamin B12	0µg
Phosphorous	335mg
Magnesium	116mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar: Use another type of sugar, such as honey, maple syrup or brown sugar.

More Flavor: Add chili flakes or sriracha to the sauce.

Additional Toppings: Top with sesame seeds and/or green onions.

Zinc	3mg
Selenium	25µg



Carrots & Broccoli

2 servings

15 minutes

Ingredients

- 1/4 tsp Sea Salt (optional)
- 2 Carrot (peeled, chopped)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	56
Fat	0g
Saturated	0g
Polyunsaturated	0g
Carbs	12g
Fiber	4g
Sugar	4g
Protein	3g
Sodium	367mg
Potassium	483mg
Vitamin C	85mg
Calcium	63mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Phosphorous	81mg
Magnesium	26mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!

Notes

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

Additional Toppings: Serve with butter, ghee or olive oil and salt and pepper.

Vegetables: Use fresh or frozen vegetables.



Roasted Cabbage, Broccoli & Tofu

3 servings

30 minutes

Ingredients

- 3/4 cup Brown Rice (uncooked)
- 2 1/4 tsps Maple Syrup
- 2 1/4 tsps Tamari
- 2 1/4 tbsps Avocado Oil (divided)
- 340 grams Tofu (extra-firm, pressed and cubed)
- 1 1/8 tbsps Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 3 3/4 cups Purple Cabbage (sliced in wedges)
- 3 3/4 cups Broccoli (chopped)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Saturated	3g
Polyunsaturated	5g
Carbs	59g
Fiber	8g
Sugar	10g
Protein	20g
Sodium	326mg
Potassium	913mg
Vitamin C	165mg
Calcium	433mg
Iron	5mg
Vitamin D	0IU
Vitamin B6	0.8mg
Folate	113µg
Vitamin B12	0µg
Phosphorous	384mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 3 On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
- 4 Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

Notes

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

More Flavor: Add chili flakes.

Additional Toppings: Serve with a peanut sauce or other dipping sauce on top or on the side.

Magnesium	138mg
Zinc	3mg
Selenium	26µg



Eggplant & Crispy Chickpeas with Tahini

2 servings
40 minutes

Ingredients

2 Eggplant (cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 3/4 cups Chickpeas (cooked)
1/2 tsp Sea Salt (divided)
1/2 tsp Cumin
1 1/2 tbsps Tahini
1 tsp Lemon Juice
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	568
Fat	25g
Saturated	3g
Polyunsaturated	7g
Carbs	75g
Fiber	29g
Sugar	26g
Protein	20g
Sodium	629mg
Potassium	1773mg
Vitamin C	25mg
Calcium	183mg
Iron	7mg
Vitamin D	0IU
Vitamin B6	0.7mg
Folate	391µg
Vitamin B12	0µg
Phosphorous	462mg
Magnesium	162mg
Zinc	4mg
Selenium	11µg

Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor: Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.



Easy Peach Crumble

3 servings

30 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 cup Oats (rolled, divided)
- 1/4 cup Unsweetened Applesauce
- 2 tsps Maple Syrup
- 2 Peach (pit removed, sliced)

Nutrition

Amount per serving	
Calories	205
Fat	4g
Saturated	2g
Polyunsaturated	1g
Carbs	39g
Fiber	4g
Sugar	19g
Protein	5g
Sodium	4mg
Potassium	331mg
Vitamin C	7mg
Calcium	34mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	13µg
Vitamin B12	0µg
Phosphorous	132mg
Magnesium	50mg
Zinc	1mg
Selenium	8µg

Directions

- 1 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 2 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 3 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 4 Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 cup.

More Flavor: Add cinnamon, nutmeg, lemon juice and/or lemon zest.

Additional Toppings: Ice cream, yogurt, whipped coconut cream or crushed nuts.

No Oat Flour: Use any flour on hand.

No Applesauce: Use mashed banana instead with a few tablespoons of water as needed.



Tahini Dipped Pretzels with Apple

2 servings

15 minutes

Ingredients

2 tbsps Sesame Seeds
58 grams Pretzels
1/4 cup Tahini
2 Apple (small, seeds removed, sliced)

Nutrition

Amount per serving	
Calories	437
Fat	22g
Saturated	3g
Polyunsaturated	9g
Carbs	57g
Fiber	9g
Sugar	20g
Protein	10g
Sodium	400mg
Potassium	426mg
Vitamin C	9mg
Calcium	234mg
Iron	6mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	92µg
Vitamin B12	0µg
Phosphorous	334mg
Magnesium	78mg
Zinc	2mg
Selenium	15µg

Directions

- 1 Pour the sesame seeds onto a plate.
- 2 Dip each pretzel in the tahini, gently tapping or scraping off any excess. Transfer to the sesame seeds and coat evenly. Repeat until all pretzels are coated.
- 3 Divide the tahini-dipped pretzels and apple slices onto plates. Enjoy!

Notes

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

Serving Size: One serving equals one small apple and four tahini-dipped pretzels.

Gluten-Free: Use gluten-free pretzels or crackers.

More Flavor: Stir honey and cardamom into the tahini before dipping.



Date & Chocolate Pudding

2 servings

1 hour 10 minutes

Ingredients

2/3 cup Pitted Dates
 85 grams Dark Chocolate (plus more for optional garnish)
 2/3 cup Oat Milk
 1/4 cup Raspberries (optional, for garnish)

Nutrition

Amount per serving	
Calories	440
Fat	20g
Saturated	11g
Polyunsaturated	1g
Carbs	63g
Fiber	10g
Sugar	44g
Protein	6g
Sodium	43mg
Potassium	778mg
Vitamin C	4mg
Calcium	171mg
Iron	6mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	13µg
Vitamin B12	0.5µg
Phosphorous	255mg
Magnesium	121mg
Zinc	2mg
Selenium	4µg

Directions

- 1 Add the dates, chocolate, and milk to a saucepan. Bring to a boil then reduce the heat down to simmer. Simmer for two to three minutes or just until the chocolate has melted and the dates are soft. Stir well.
- 2 Remove the pan from the heat. Let it cool down for about five minutes then transfer the mixture to a food processor.
- 3 Process until smooth. Pour the mixture into a serving bowl. Cover the bowl with plastic wrap and transfer it to the fridge. Chill for at least one hour before serving. Top with raspberries and dark chocolate if using. Enjoy!

Notes

Leftovers: Cover the bowl with plastic wrap and refrigerate for up to three days.

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

No Oat Milk: Use almond milk or cow's milk instead.

More Flavor: Add vanilla and cardamom.