



Plant-Based Simple Balanced
Meal Plan

<https://appetitefornutrition.com.au/>

Welcome to Your Simple, Balanced Plant-Based Meal Plan!

This guide is perfect for anyone looking to simplify their eating routine and incorporate more wholesome, plant-based foods. Whether you're new to plant-based eating or a seasoned pro, this plan offers balanced nutrition with simple recipes that support your health, immune system, and bone strength.

How to Use This Guide

- **Explore Recipes:** This plan includes 21 recipes—5 breakfasts, 8 snacks (with minimal preparation, such as whole fruits), and 7 dinners. Dinners are repurposed as next-day lunches to save time in the kitchen.
- **Customize Your Plan:** Choose meals that fit your preferences and schedule. Aim for 3 meals and 2 snacks daily.
- **Grocery List:** A categorized shopping list (e.g., fruits, vegetables, grains, legumes, nuts, and seeds) makes meal prep even easier.
- **Meal Prep:** Prep ingredients or cook in batches to save time during the week.

A balanced, plant-based diet is an ongoing journey. Feel free to adjust and reach out with any questions!

Key Features of Your Program

This meal plan was created with the following considerations:

Macronutrient Balance

This plan provides over 45% of calories from carbohydrates, over 10% from protein, and under 40% from fats. Nutrient-dense foods like whole grains, legumes, soy, fruits, and vegetables offer sustained energy and support overall health.

Bone-Building Nutrients

To support strong bones, this plan includes calcium-rich foods like fortified milk beverages and tofu and magnesium from leafy greens and legumes. These nutrients also help reduce inflammation.

Iron-Rich Foods

Iron is critical for energy and oxygen transport. This plan features iron-rich ingredients like lentils, chickpeas, tofu, and spinach, paired with vitamin C sources (e.g., broccoli and citrus) to boost absorption.

Immune Support

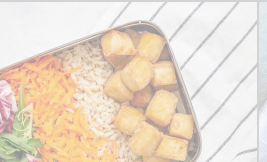
Zinc, selenium, and vitamin C are essential for a healthy immune system. You'll find zinc in seeds and legumes, selenium in oats and brown rice, and vitamin C in fruits and vegetables like strawberries and bell peppers.

Program Overview

- **7 Day Meal Plan:** Provides 3 meals and 2 snacks per day, utilizing leftovers from dinners as next-day lunches for convenience.
- **21 Recipes:** Includes 5 breakfasts, 8 snacks (minimal prep), and 7 dinners.
- **Daily Averages:** Balanced energy from carbohydrates, protein, and fats to support health and wellness.
- **Full Nutritional Information:** Recipes include details on calories, macronutrients, and key vitamins and minerals.
- **Dairy-Free, Egg-Free, Pescatarian, Vegan, and Vegetarian:** Suitable for a range of dietary preferences.

Get Started

This plan simplifies plant-based eating with wholesome, balanced recipes. Start planning, cooking, and enjoying delicious meals today!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Blueberry Chia Oats	 Peanut Butter & Blueberry Chia Oats	 Apple & Peanut Butter Smoothie	 Earl Grey Chia Pudding	 Earl Grey Chia Pudding	 Tofu Veggie Scramble  Sourdough Bread	 Cinnamon Pear Overnight Oats
Snack 1	 Banana	 Apple Slices & Hummus	 Cucumber Hummus Bites	 Avocado	 Blueberry Banana Protein Smoothie	 Banana & Pecans	 Peanut Butter & Blueberry Toast
Lunch	 Crispy Tofu & Broccoli on Rice	 Lemony Lentil & Spinach Pasta	 Crispy Tofu & Broccoli on Rice	 Maple Roasted Lentil & Sweet Potato Salad	 Crispy Tofu, Carrot & Rice	 Crispy Tofu, Carrot & Rice	 Tofu Broccoli Pasta
Snack 2	 Apple Slices & Hummus	 Banana	 Peanut Butter Toast & Fruit Snack Box	 Peanut Butter Toast & Fruit Snack Box	 Apple	 Blueberry Banana Protein Smoothie	 Banana & Pecans
Dinner	 Lemony Lentil & Spinach Pasta	 Crispy Tofu & Broccoli on Rice	 Maple Roasted Lentil & Sweet Potato Salad	 Crispy Tofu, Carrot & Rice	 Avocado & Hummus Cucumber Sandwich	 Tofu Broccoli Pasta	 Avocado & Hummus Cucumber Sandwich

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	32%	Fat	32%	Fat	38%	Fat	42%	Fat	34%	Fat	35%	Fat	39%
Carbs	54%	Carbs	54%	Carbs	48%	Carbs	47%	Carbs	50%	Carbs	46%	Carbs	46%
Protein	14%	Protein	14%	Protein	14%	Protein	11%	Protein	16%	Protein	19%	Protein	15%
Calories	1888	Calories	1888	Calories	1855	Calories	1755	Calories	1753	Calories	1881	Calories	1969
Fat	70g	Fat	70g	Fat	84g	Fat	87g	Fat	70g	Fat	77g	Fat	89g
Saturated	12g	Saturated	12g	Saturated	12g	Saturated	13g	Saturated	12g	Saturated	11g	Saturated	13g
Polyunsaturated	19g	Polyunsaturated	19g	Polyunsaturated	22g	Polyunsaturated	26g	Polyunsaturated	28g	Polyunsaturated	22g	Polyunsaturated	30g
Carbs	268g	Carbs	268g	Carbs	236g	Carbs	215g	Carbs	229g	Carbs	227g	Carbs	240g
Fiber	50g	Fiber	50g	Fiber	47g	Fiber	49g	Fiber	46g	Fiber	37g	Fiber	53g
Sugar	79g	Sugar	79g	Sugar	89g	Sugar	77g	Sugar	84g	Sugar	61g	Sugar	55g
Protein	71g	Protein	71g	Protein	67g	Protein	52g	Protein	73g	Protein	92g	Protein	76g
Sodium	1053mg	Sodium	1053mg	Sodium	1261mg	Sodium	1262mg	Sodium	1846mg	Sodium	2287mg	Sodium	2218mg
Potassium	3671mg	Potassium	3671mg	Potassium	3406mg	Potassium	3002mg	Potassium	2760mg	Potassium	3207mg	Potassium	3128mg
Vitamin C	173mg	Vitamin C	173mg	Vitamin C	161mg	Vitamin C	61mg	Vitamin C	59mg	Vitamin C	207mg	Vitamin C	121mg
Calcium	936mg	Calcium	936mg	Calcium	1177mg	Calcium	1029mg	Calcium	1665mg	Calcium	1734mg	Calcium	1067mg
Iron	19mg	Iron	19mg	Iron	16mg	Iron	17mg	Iron	14mg	Iron	18mg	Iron	16mg
Vitamin D	63IU	Vitamin D	63IU	Vitamin D	101IU	Vitamin D	50IU	Vitamin D	176IU	Vitamin D	126IU	Vitamin D	76IU
Vitamin B6	17.2mg	Vitamin B6	17.2mg	Vitamin B6	6.0mg	Vitamin B6	1.6mg	Vitamin B6	1.9mg	Vitamin B6	9.9mg	Vitamin B6	5.6mg
Folate	572µg	Folate	572µg	Folate	540µg	Folate	513µg	Folate	296µg	Folate	257µg	Folate	364µg
Vitamin B12	67.6µg	Vitamin B12	67.6µg	Vitamin B12	17.2µg	Vitamin B12	1.5µg	Vitamin B12	2.1µg	Vitamin B12	34.4µg	Vitamin B12	17.2µg
Phosphorous	1069mg	Phosphorous	1069mg	Phosphorous	1271mg	Phosphorous	973mg	Phosphorous	1234mg	Phosphorous	1168mg	Phosphorous	1242mg
Magnesium	470mg	Magnesium	470mg	Magnesium	508mg	Magnesium	404mg	Magnesium	464mg	Magnesium	431mg	Magnesium	482mg
Zinc	9mg	Zinc	9mg	Zinc	10mg	Zinc	8mg	Zinc	9mg	Zinc	8mg	Zinc	9mg
Selenium	47µg	Selenium	47µg	Selenium	55µg	Selenium	45µg	Selenium	66µg	Selenium	63µg	Selenium	79µg

Fruits

- ☐ 6 Apple
- ☐ 1 Avocado
- ☐ 7 Banana
- ☐ 5 1/3 cups Blueberries
- ☐ 1/3 cup Lemon Juice
- ☐ 1 Pear

Breakfast

- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 2 tsps Earl Grey Tea
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 2 tsps Cinnamon
- ☐ 1 1/4 tsps Garlic Powder
- ☐ 2 tsps Ground Flax Seed
- ☐ 1/2 tsp Herbes De Provence
- ☐ 1 cup Pecans
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/8 tsp Turmeric

Frozen

- ☐ 1 cup Frozen Blueberries
- ☐ 4 Ice Cubes

Vegetables

- ☐ 11 1/2 cups Baby Spinach
- ☐ 5 3/4 cups Broccoli
- ☐ 1 1/2 Carrot
- ☐ 1 Cucumber
- ☐ 4 Garlic
- ☐ 3 cups Mixed Greens
- ☐ 2 tsps Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 1 Sweet Potato
- ☐ 1/4 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Brown Rice
- ☐ 2 cups Lentils
- ☐ 3 1/16 cups Whole Wheat Penne

Baking

- ☐ 2 tsps Arrowroot Powder
- ☐ 1/3 cup Nutritional Yeast
- ☐ 1 2/3 cups Oats
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 50 grams Sourdough Bread
- ☐ 937 grams Tofu
- ☐ 7 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 1/2 tsps Avocado Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Tamari

Cold

- ☐ 2 cups Hummus
- ☐ 1 cup Plain Coconut Milk
- ☐ 5 1/2 cups Unsweetened Almond Milk

Other

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



Peanut Butter & Blueberry Chia Oats

2 servings

8 hours

Ingredients

- 1/3 cup All Natural Peanut Butter (divided)
- 3 tbsps Maple Syrup (divided)
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 2 cups Blueberries

Nutrition

Amount per serving	
Calories	619
Fat	29g
Saturated	5g
Polyunsaturated	8g
Carbs	82g
Fiber	12g
Sugar	38g
Protein	18g
Sodium	116mg
Potassium	612mg
Vitamin C	14mg
Calcium	402mg
Iron	4mg
Vitamin D	63IU
Vitamin B6	0.3mg
Folate	59µg
Vitamin B12	0µg
Phosphorous	328mg
Magnesium	154mg
Zinc	3mg
Selenium	14µg

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least three hours or overnight.
- 3 To prepare the blueberries, add them to a bowl with the remaining maple syrup. Stir to coat the blueberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened blueberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Peanut Butter: Use almond butter, cashew butter, or sunflower seed butter instead.



Apple & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp All Natural Peanut Butter
- 3/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

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

Nutrition

Amount per serving	
Calories	411
Fat	12g
Saturated	2g
Polyunsaturated	3g
Carbs	66g
Fiber	12g
Sugar	35g
Protein	17g
Sodium	186mg
Potassium	849mg
Vitamin C	19mg
Calcium	558mg
Iron	2mg
Vitamin D	101IU
Vitamin B6	0.7mg
Folate	50µg
Vitamin B12	0.3µg
Phosphorous	303mg
Magnesium	124mg
Zinc	2mg

Selenium

8µg



Earl Grey Chia Pudding

2 servings

1 hour 30 minutes

Ingredients

- 1 cup Plain Coconut Milk (from the carton)
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 2 tps Earl Grey Tea (loose leaf or in tea bags)
- 1/4 cup Chia Seeds
- 1 cup Frozen Blueberries

Nutrition

Amount per serving	
Calories	251
Fat	10g
Saturated	3g
Polyunsaturated	6g
Carbs	37g
Fiber	10g
Sugar	22g
Protein	4g
Sodium	25mg
Potassium	210mg
Vitamin C	2mg
Calcium	406mg
Iron	2mg
Vitamin D	50IU
Vitamin B6	0mg
Folate	6µg
Vitamin B12	1.5µg
Phosphorous	9mg
Magnesium	8mg
Zinc	0mg
Selenium	0µg

Directions

- 1 In a small saucepan, add the coconut milk and stir in the maple syrup and vanilla. Bring to a low simmer.
- 2 Add the loose leaf tea or tea bags. Remove from the heat and let the tea steep for three to five minutes. If using tea bags, discard the bags. If using loose leaf, strain the tea.
- 3 Let the steeped tea mixture cool for five to ten minutes before pouring into a bowl.
- 4 Stir in the chia seeds. Let it sit for five to ten minutes then stir again. Refrigerate for at least one hour or until the chia seeds have set.
- 5 Once the pudding is ready to serve, top with frozen blueberries. Enjoy!

Notes

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

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

No Frozen Blueberries: Use any other frozen berry or fresh fruit.



Tofu Veggie Scramble

1 serving
15 minutes

Ingredients

110 grams Tofu (firm)
1 1/2 tsps Avocado Oil
1/4 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/2 Red Bell Pepper (sliced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Nutritional Yeast
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Saturated	2g
Polyunsaturated	4g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Sodium	33mg
Potassium	507mg
Vitamin C	81mg
Calcium	348mg
Iron	5mg
Vitamin D	0IU
Vitamin B6	4.1mg
Folate	67µg
Vitamin B12	16.9µg
Phosphorous	151mg
Magnesium	59mg
Zinc	1mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.

Selenium

15µg



Sourdough Bread

1 serving

1 minute

Ingredients

50 grams Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Saturated	0g
Polyunsaturated	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g
Sodium	239mg
Potassium	0mg
Vitamin C	1mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Phosphorous	0mg
Magnesium	0mg
Zinc	0mg
Selenium	0µg

Directions

1

Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

Notes

Leftovers: Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

Serving Size: Each serving equals one slice of bread.

Gluten-Free: Use gluten-free bread, tortillas or pitas instead.

Additional Toppings: Spread or dip in coconut oil, olive oil or flaxseed oil.



Cinnamon Pear Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats (rolled)
- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1 Pear (chopped)

Nutrition

Amount per serving	
Calories	377
Fat	9g
Saturated	1g
Polyunsaturated	5g
Carbs	62g
Fiber	15g
Sugar	18g
Protein	18g
Sodium	145mg
Potassium	494mg
Vitamin C	8mg
Calcium	516mg
Iron	3mg
Vitamin D	76IU
Vitamin B6	0.2mg
Folate	29µg
Vitamin B12	0.3µg
Phosphorous	348mg
Magnesium	105mg
Zinc	2mg
Selenium	15µg

Directions

- 1 Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
- 2 Divide the oats evenly between bowls or containers and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Additional Toppings: Drizzle with maple syrup and/or nut butter.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Saturated	0g
Polyunsaturated	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Sodium	1mg
Potassium	422mg
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Vitamin B6	0.4mg
Folate	24µg
Vitamin B12	0µg
Phosphorous	26mg
Magnesium	32mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Apple Slices & Hummus

1 serving

5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Nutrition

Amount per serving	
Calories	240
Fat	11g
Saturated	2g
Polyunsaturated	6g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g
Sodium	264mg
Potassium	387mg
Vitamin C	8mg
Calcium	40mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	131mg
Magnesium	55mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Cucumber Hummus Bites

1 serving
10 minutes

Ingredients

1/4 Cucumber (large)
1/4 cup Hummus
1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	158
Fat	11g
Saturated	2g
Polyunsaturated	5g
Carbs	12g
Fiber	4g
Sugar	2g
Protein	5g
Sodium	264mg
Potassium	307mg
Vitamin C	2mg
Calcium	43mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	130mg
Magnesium	57mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour: Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



Avocado

1 serving

5 minutes

Ingredients

1/2 Avocado

Nutrition

Amount per serving	
Calories	161
Fat	15g
Saturated	2g
Polyunsaturated	2g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Sodium	7mg
Potassium	487mg
Vitamin C	10mg
Calcium	12mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	81µg
Vitamin B12	0µg
Phosphorous	52mg
Magnesium	29mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



Blueberry Banana Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Blueberries
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	490
Fat	19g
Saturated	3g
Polyunsaturated	6g
Carbs	59g
Fiber	11g
Sugar	32g
Protein	29g
Sodium	246mg
Potassium	838mg
Vitamin C	25mg
Calcium	714mg
Iron	2mg
Vitamin D	126IU
Vitamin B6	0.8mg
Folate	62µg
Vitamin B12	0.6µg
Phosphorous	445mg
Magnesium	150mg
Zinc	3mg
Selenium	9µg

Directions

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

Notes

Nut-Free: Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

No Almond Milk: Use any other milk.

Consistency: For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.



Banana & Pecans

1 serving

5 minutes

Ingredients

- 1 Banana
- 1/4 cup Pecans

Nutrition

Amount per serving	
Calories	276
Fat	18g
Saturated	2g
Polyunsaturated	5g
Carbs	30g
Fiber	5g
Sugar	15g
Protein	4g
Sodium	1mg
Potassium	524mg
Vitamin C	11mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.5mg
Folate	29µg
Vitamin B12	0µg
Phosphorous	95mg
Magnesium	62mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Slice the banana if desired and add to a plate with the pecans. Enjoy!

Notes

Serving Size: One serving is equal to one banana and 1/4 cup of pecans.



Peanut Butter & Blueberry Toast

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 slice Whole Grain Bread (toasted)
- 1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	234
Fat	10g
Saturated	2g
Polyunsaturated	3g
Carbs	29g
Fiber	5g
Sugar	9g
Protein	9g
Sodium	161mg
Potassium	223mg
Vitamin C	5mg
Calcium	53mg
Iron	1mg
Vitamin D	0IU
Vitamin B6	0.2mg
Folate	44µg
Vitamin B12	0µg
Phosphorous	154mg
Magnesium	62mg
Zinc	1mg
Selenium	14µg

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.



Crispy Tofu & Broccoli on Rice

3 servings

35 minutes

Ingredients

3/4 cup Brown Rice (dry)
 1 1/2 tbsps Tamari
 2 1/4 tbsps Extra Virgin Olive Oil
 (divided)
 3/4 tsp Garlic Powder
 1 1/2 tbsps Nutritional Yeast (divided)
 319 grams Tofu (extra firm, pressed,
 crumbled)
 3 3/4 cups Broccoli (florets, chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	411
Fat	18g
Saturated	3g
Polyunsaturated	4g
Carbs	47g
Fiber	7g
Sugar	3g
Protein	21g
Sodium	560mg
Potassium	736mg
Vitamin C	101mg
Calcium	362mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	4.4mg
Folate	94µg
Vitamin B12	16.9µg
Phosphorous	352mg
Magnesium	119mg

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease one sheet pan with oil. Line the second sheet pan with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 In a large bowl, whisk together the tamari, half of the oil, garlic powder, and half of the nutritional yeast. Add the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 4 Meanwhile, in the same bowl, combine the broccoli with the remaining oil, remaining nutritional yeast, salt, and pepper.
- 5 Transfer the broccoli to the second sheet pan, spreading out evenly. Place in the oven and bake for 15 to 17 minutes, until fork tender and browned.
- 6 Divide the rice, broccoli, and tofu evenly between bowls. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup tofu, one cup broccoli, and 1/2 cup cooked rice.

Additional Toppings: Top with cubed avocado and/or tahini or peanut sauce.

Zinc	3mg
Selenium	25µg



Peanut Butter Toast & Fruit Snack Box

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 slice Whole Grain Bread (toasted)
- 1/2 cup Blueberries
- 1 Apple (sliced)

Nutrition

Amount per serving	
Calories	343
Fat	11g
Saturated	2g
Polyunsaturated	3g
Carbs	57g
Fiber	10g
Sugar	31g
Protein	10g
Sodium	163mg
Potassium	437mg
Vitamin C	16mg
Calcium	65mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	51µg
Vitamin B12	0µg
Phosphorous	177mg
Magnesium	73mg
Zinc	1mg
Selenium	14µg

Directions

- 1 Spread the peanut butter on top of the toasted bread and cut it in half.
- 2 Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Blueberries: Use another berry or fresh fruit instead.

Gluten-Free: Use gluten-free bread.

No Peanut Butter: Use another nut or seed butter.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Saturated	0g
Polyunsaturated	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Sodium	2mg
Potassium	195mg
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Vitamin B6	0.1mg
Folate	5µg
Vitamin B12	0µg
Phosphorous	20mg
Magnesium	9mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Slice into wedges, or enjoy whole.



Lemony Lentil & Spinach Pasta

2 servings

20 minutes

Ingredients

1 1/2 cups Whole Wheat Penne
 1 1/2 tbsps Extra Virgin Olive Oil
 (divided)
 3 Garlic (cloves, minced)
 6 cups Baby Spinach
 1 cup Lentils (cooked)
 1/4 cup Lemon Juice
 3 tbsps Nutritional Yeast
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
- 3 Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

Nutrition

Amount per serving	
Calories	513
Fat	12g
Saturated	2g
Polyunsaturated	1g
Carbs	78g
Fiber	20g
Sugar	5g
Protein	26g
Sodium	112mg
Potassium	1514mg
Vitamin C	40mg
Calcium	126mg
Iron	9mg
Vitamin D	0IU
Vitamin B6	11.9mg
Folate	360µg
Vitamin B12	50.7µg
Phosphorous	232mg
Magnesium	110mg
Zinc	2mg

Notes

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

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

More Flavor: Add smoked paprika.

Selenium

4µg



Maple Roasted Lentil & Sweet Potato Salad

2 servings

25 minutes

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	532
Fat	32g
Saturated	3g
Polyunsaturated	7g
Carbs	54g
Fiber	14g
Sugar	18g
Protein	14g
Sodium	88mg
Potassium	1077mg
Vitamin C	23mg
Calcium	149mg
Iron	6mg
Vitamin D	0IU
Vitamin B6	0.5mg
Folate	310µg
Vitamin B12	0µg
Phosphorous	309mg
Magnesium	135mg
Zinc	3mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
- 3 Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
- 4 Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

Notes

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

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

Selenium

5µg



Crispy Tofu, Carrot & Rice

3 servings

40 minutes

Ingredients

- 3/4 cup Brown Rice (dry)
- 338 grams Tofu (extra-firm, pressed and cubed)
- 2 tbsps Tamari
- 2 tbsps Arrowroot Powder
- 3 cups Mixed Greens
- 1 1/2 Carrot (medium, shredded)
- 1 1/2 tbsps Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	310
Fat	8g
Saturated	1g
Polyunsaturated	3g
Carbs	46g
Fiber	4g
Sugar	3g
Protein	17g
Sodium	715mg
Potassium	484mg
Vitamin C	8mg
Calcium	354mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0.4mg
Folate	30µg
Vitamin B12	0µg
Phosphorous	296mg
Magnesium	102mg
Zinc	2mg
Selenium	23µg

Directions

- 1 Cook the rice according to package directions. Let the rice cool slightly.
- 2 While the rice cooks, 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 tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 4 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 5 Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

Notes

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

More Flavor: Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

Additional Toppings: Sliced green onions, sauerkraut, or other pickled veggies.

No Brown Rice: Use white rice, quinoa, cauliflower rice or omit completely.

No Tamari: Use soy sauce or coconut aminos instead.

No Arrowroot Powder: Use tapioca flour or corn starch instead.

Tofu: This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.



Avocado & Hummus Cucumber Sandwich

1 serving

10 minutes

Ingredients

- 1/2 cup Hummus
- 1/4 Avocado
- 1 tbsp Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Grain Bread (toasted)
- 1/2 cup Baby Spinach
- 1/4 Cucumber (small, sliced)

Nutrition

Amount per serving	
Calories	607
Fat	33g
Saturated	5g
Polyunsaturated	13g
Carbs	62g
Fiber	17g
Sugar	8g
Protein	23g
Sodium	858mg
Potassium	1033mg
Vitamin C	16mg
Calcium	180mg
Iron	6mg
Vitamin D	0IU
Vitamin B6	0.6mg
Folate	193µg
Vitamin B12	0µg
Phosphorous	464mg
Magnesium	195mg
Zinc	4mg
Selenium	34µg

Directions

- 1 In a large bowl, add the hummus and avocado. Mash well until everything is combined. Add the parsley and season with salt and pepper to taste. Mix well once more.
- 2 Spread the hummus and avocado mixture on one slice of toast, top with spinach, cucumber, and the second slice of toast. Repeat for each sandwich.
- 3 Slice the sandwich in half and enjoy!

Notes

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

Serving Size: One serving is equal to one sandwich.

More Flavor: Add microgreens and/or fresh herbs. Use a wrap instead of bread.



Tofu Broccoli Pasta

2 servings

15 minutes

Ingredients

- 1 1/2 cups Whole Wheat Penne (dry)
- 2 cups Broccoli (chopped into florets)
- 1/2 cup Water (reserved from cooking pasta)
- 2 tbsps Tamari
- 1/2 tsp Garlic Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 170 grams Tofu (extra-firm, pressed, cubed)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Herbes de Provence

Nutrition

Amount per serving	
Calories	475
Fat	19g
Saturated	3g
Polyunsaturated	4g
Carbs	57g
Fiber	11g
Sugar	5g
Protein	22g
Sodium	1053mg
Potassium	854mg
Vitamin C	81mg
Calcium	295mg
Iron	5mg
Vitamin D	0IU
Vitamin B6	4.1mg
Folate	69µg
Vitamin B12	16.9µg
Phosphorous	181mg

Directions

- 1 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 2 In a small bowl, mix the tamari and the garlic powder to combine.
- 3 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 4 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 5 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add more vegetables like onions and bell peppers.

Additional Toppings: Top with your favorite toasted nuts and/or seeds.

Magnesium	58mg
Zinc	1mg
Selenium	14µg