

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	
Snack 1	 Guacamole Rollups	 Peanut Butter Banana Oat Smoothie	 Hummus & Veggies Snack Box	 Creamy Peanut Butter Banana Rollup	 Blueberries	 Almond Milk & Banana	 Roasted Edamame	
Lunch	 Hummus Pasta	 Maple Roasted Tofu & Rutabaga Bowl	 Hummus Pasta	 Grilled Tofu Pineapple Skewers with Arugula	 Creamy Pasta with Kale	 Maple Mustard Kale Salad with Crispy Tofu	 Brown Rice	 Hummus & Veggie Wrap
Snack 2	 Peanut Butter Banana Oat Smoothie	 Guacamole Rollups	 Creamy Peanut Butter Banana Rollup	 Hummus & Veggies Snack Box	 Creamy Peanut Butter Banana Rollup	 Roasted Edamame	 Almond Milk & Banana	
Dinner	 Maple Roasted Tofu & Rutabaga Bowl	 Hummus Pasta	 Grilled Tofu Pineapple Skewers with Arugula	 Creamy Pasta with Kale	 Maple Mustard Kale Salad with Crispy Tofu	 Hummus & Veggie Wrap	 Maple Mustard Kale Salad with Crispy Tofu	 Brown Rice

Fruits

- 2 Avocado
- 7 Banana
- 1 1/2 cups Blackberries
- 1 2/3 cups Blueberries
- 1/3 cup Lemon Juice
- 1 tsp Lime Juice
- 1 1/2 cups Pineapple
- 2 1/2 cups Strawberries

Breakfast

- 1 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 3/4 cup Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1 1/2 tsps Everything Bagel Seasoning
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 2 1/2 cups Frozen Edamame

Vegetables

- 5 cups Arugula
- 4 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1 3/4 Cucumber
- 2/3 Garlic
- 13 cups Kale Leaves
- 2 3/4 Red Bell Pepper
- 4 leaves Romaine
- 2 2/3 cups Rutabaga
- 1/2 Tomato

Boxed & Canned

- 1 1/16 cups Brown Rice
- 10 ozs Chickpea Pasta

Baking

- 2 3/4 tbsps Arrowroot Powder
- 2 tsps Nutritional Yeast
- 3 cups Oats

Bread, Fish, Meat & Cheese

- 1 1/2 cups Hummus
- 1 3/4 lbs Tofu
- 7 Whole Wheat Tortilla

Condiments & Oils

- 1 1/2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Miso Paste
- 3 1/2 tbsps Tamari

Cold

- 7 1/4 cups Unsweetened Almond Milk
- 2 1/3 cups Unsweetened Coconut Yogurt

Other

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



Blackberry Protein Overnight Oats

3 servings

8 hours

Ingredients

3 cups Unsweetened Almond Milk
1 1/2 cups Oats (quick or rolled)
3 tbsps Chia Seeds
1/3 cup Vanilla Protein Powder
1 tbsp Cinnamon
1 1/2 cups Blackberries

Directions

- 1 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 2 To serve, stir well and top with blackberries. Enjoy!

Notes

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

Nut-Free: Use another milk or milk alternative instead.

Additional Toppings: Stir in additional almond milk or top with a dollop of greek yogurt.

No Blackberries: Use other fresh berries fruit instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Coconut Chia Seed Yogurt

2 servings

30 minutes

Ingredients

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

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Peanut Butter & Jam Overnight 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 (quick)
- 1 tbsp Chia Seeds
- 2 cups Strawberries (finely chopped)

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 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries 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 strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

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



Guacamole Rollups

2 servings

10 minutes

Ingredients

- 1 Avocado (mashed)
- 2 tbsps Cilantro (finely chopped)
- 1 tsp Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 1/2 Tomato (small, diced)
- 2 Whole Wheat Tortilla (large)

Directions

- 1 In a bowl, combine the avocado, cilantro, lime juice, salt, and tomatoes. Spread onto each tortilla and roll tightly into wraps. Slice into quarters and enjoy!

Notes

Leftovers: For best results, assemble the wrap just before eating.

Serving Size: One serving is one full tortilla.

More Flavor: Add red onions and minced garlic.

Additional Toppings: Add spinach, chickpeas, tofu, or chicken breast.



Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

Directions

1

Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Hummus & Veggies Snack Box

2 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

- 1 Wash the berries and enjoy!



Almond Milk & Banana

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk

2 Banana

Directions

- 1 Serve the almond milk with the banana. Enjoy!



Hummus Pasta

3 servings

15 minutes

Ingredients

6 ozs Chickpea Pasta (dry)
1/2 cup Frozen Edamame
3/4 tsp Extra Virgin Olive Oil
1/2 cup Cherry Tomatoes (halved)
2 cups Arugula
2 1/4 tsps Lemon Juice
1/2 cup Hummus
1 1/2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Directions

1

Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.

2

In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of pasta.

Additional Toppings: Top with chopped parsley and a drizzle of olive oil.



Creamy Peanut Butter Banana Rollup

3 servings

10 minutes

Ingredients

- 1/3 cup All Natural Peanut Butter
- 1/3 cup Unsweetened Coconut Yogurt
- 3 Whole Wheat Tortilla
- 3 Banana

Directions

- 1 In a small bowl, whisk together the peanut butter and coconut yogurt. Spread an even layer over the tortilla.
- 2 Place the banana on one end of the tortilla. Roll it up and slice into bite-size pieces. Enjoy!

Notes

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

Gluten-Free: Use gluten-free tortilla.

Additional Toppings: Maple syrup, honey, hemp seeds, chia seeds, or raisins.

No Coconut Yogurt: Use Greek yogurt instead.



Roasted Edamame

2 servings

45 minutes

Ingredients

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Maple Roasted Tofu & Rutabaga Bowl

2 servings

1 hour

Ingredients

- 1/3 cup Brown Rice (dry)
- 1 1/3 tbsps Maple Syrup
- 1 1/3 tbsps Tamari
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (to taste)
- 2 2/3 cups Rutabaga (peeled, diced)
- 8 1/4 ozs Tofu (extra-firm, pressed and cubed)
- 1 1/3 tbsps Arrowroot Powder
- 1 1/3 cups Kale Leaves (tough stems removed, chopped)
- 1 1/3 tbsps Lemon Juice (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, oil, and salt.
- 3 Arrange the diced rutabaga in a glass baking dish and toss with half of the marinade. Cover with a lid or foil and bake for 30 minutes.
- 4 Meanwhile, add the tofu cubes to a bowl and gently toss with the remaining marinade. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 5 Remove the rutabaga from the oven and gently stir. Lower the temperature to 375°F (190°C) and return the rutabaga to the oven, uncovered. At this time, place the tofu in the oven as well. Cook both for an additional 25 minutes, flipping the tofu halfway.
- 6 Divide the kale, brown rice, rutabaga, and crispy tofu into bowls. Top with lemon juice and salt to taste (optional). Enjoy!

Notes

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

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

No Rutabaga: Use sweet potato, parsnip, or squash and adjust cooking times accordingly.

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.



Grilled Tofu Pineapple Skewers with Arugula

2 servings

45 minutes

Ingredients

- 1 tbsp Miso Paste
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 1/4 tsps Tamari
- 2 1/4 tsps Maple Syrup
- 10 1/2 ozs Tofu (extra firm, drained and pat dry)
- 1/2 Red Bell Pepper (medium, chopped)
- 1 1/2 cups Pineapple (chopped)
- 3 cups Arugula
- 1/2 Cucumber (medium, sliced)

Directions

- 1 In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
- 2 Pierce the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers over the arugula and cucumber slices. Enjoy!

Notes

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

Serving Size: One serving equals approximately two 12-inch skewers with two cups of salad.

Additional Toppings: Sprinkle sesame seeds over the tofu before grilling. Drizzle olive oil or your favorite dressing overtop.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Avocado

1 serving

5 minutes

Ingredients

1/2 Avocado

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.



Creamy Pasta with Kale

2 servings

40 minutes

Ingredients

4 ozs Chickpea Pasta
2 2/3 cups Kale Leaves (sliced thin into ribbons)
2/3 Garlic (clove, minced)
1/2 cup Cashews (soaked for 30 minutes and drained)
1/3 cup Water
2 tsps Nutritional Yeast (optional)
2 tsps Lemon Juice
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale: Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers: Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta: Use lentil, quinoa, brown rice or whole wheat pasta instead.



Maple Mustard Kale Salad with Crispy Tofu

3 servings

35 minutes

Ingredients

- 10 1/2 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Arrowroot Powder
- 9 cups Kale Leaves (finely chopped)
- 3 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Dijon Mustard
- 1 1/2 tbsps Maple Syrup
- 3/4 Cucumber (chopped)
- 3/4 Red Bell Pepper (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the tamari. 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. Let the tofu cool slightly.
- 3 Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.
- 4 In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.
- 5 To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

Notes

Leftovers: Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

Additional Toppings: Add tomato, grated carrot, green onion, or red onion.

No Tamari: Use coconut aminos instead.

No Maple Syrup: Use honey or other liquid sweetener instead.



Brown Rice

3 servings

45 minutes

Ingredients

3/4 cup Brown Rice (uncooked)

1 1/2 cups Water

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Hummus & Veggie Wrap

2 servings

5 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Notes

Gluten-Free: Use a brown rice tortilla instead.

Oil-Free: Use an oil-free hummus.

More Flavor: Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating: Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.