

BREAKFAST
B1 ***Berry Flax Overnight Oats***

Makes about 1¼ cups (about 1–2 servings) • 5 min + overnight



INGREDIENTS

- ½ cup rolled oats
- ½ cup unsweetened soy milk
- 2 Tbsp plain soy or plant yogurt
- 1 Tbsp ground flaxseed
- 1 tsp chia seeds
- ½ tsp cinnamon
- ½ cup berries (fresh or frozen)
- 1 tsp maple syrup (optional)

DIRECTIONS

1. Stir oats, soy milk, yogurt, flax, chia and cinnamon together in a jar.
2. Cover and refrigerate overnight (or at least 4 hours).
3. In the morning, stir, top with berries and a drizzle of maple if you like.
4. Enjoy cold, or warm it for 1 minute in the microwave.

BREAKFAST
B2 ***Turmeric Tofu Veggie Scramble***

Makes about 4 cups (about 4 servings) • 15 min



INGREDIENTS

- 1 block (14 oz) firm tofu, drained
- ½ onion, diced
- 1 bell pepper, diced
- 2 cups baby spinach
- 2 Tbsp nutritional yeast
- ½ tsp turmeric
- ½ tsp garlic powder
- Salt and pepper to taste
- 2–3 Tbsp water or veggie broth

DIRECTIONS

1. Sauté onion and pepper in a splash of water or broth over medium heat, 4–5 min.
2. Crumble tofu into the pan with your hands.
3. Add turmeric, garlic powder, nutritional yeast, salt and pepper; stir 4–5 min.
4. Fold in spinach until just wilted. Serve with whole-grain toast or salsa.

BREAKFAST
B3 ***Green Glow Smoothie***

Makes about 2½ cups (about 2-3 servings) • 5 min



INGREDIENTS

- 1 cup unsweetened soy milk
- 1 frozen banana
- 1 cup spinach or kale
- ½ cup frozen mango or pineapple
- 1 Tbsp ground flaxseed
- 1 Tbsp peanut or almond butter (optional)
- A few ice cubes

DIRECTIONS

- 1.** Add soy milk to the blender first, then the greens.
- 2.** Add banana, mango, flax and nut butter.
- 3.** Blend on high until completely smooth, about 1 minute.
- 4.** Add ice or a splash more milk to reach your favorite thickness.

BREAKFAST
B4 ***PB Banana Crunch Toast***

Makes 2 toasts (about 1-2 servings) • 5 min



INGREDIENTS

- 2 slices whole-grain bread
- 2 Tbsp natural peanut butter
- 1 small banana, sliced
- 1 tsp hemp hearts or chia seeds
- 1 tsp ground flaxseed
- Pinch of cinnamon

DIRECTIONS

- 1.** Toast the bread.
- 2.** Spread each slice with peanut butter.
- 3.** Layer banana slices on top.
- 4.** Sprinkle with hemp or chia, flax and cinnamon. Eat right away.

BREAKFAST**B5****Blueberry Baked Oatmeal Cups**

Makes 12 oatmeal cups • 10 min + 25 min bake

**INGREDIENTS**

- 2 cups rolled oats
- 2 ripe bananas, mashed
- 1 cup unsweetened soy milk
- 2 Tbsp ground flaxseed
- 2 Tbsp maple syrup (optional)
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla
- ¾ cup blueberries

DIRECTIONS

1. Heat oven to 350°F. Line a 12-cup muffin tin with silicone or paper liners.
2. Mix mashed banana, soy milk, flax, maple and vanilla.
3. Stir in oats, baking powder and cinnamon, then fold in blueberries.
4. Divide into cups and bake 22–25 min until set. Keeps 5 days in the fridge.

LUNCH**L1****Chickpea “Tuna” Salad**

Makes about 2½ cups (about 3–4 servings) • 10 min

**INGREDIENTS**

- 1 can (15 oz) chickpeas, drained
- 2 Tbsp hummus or tahini
- 1 Tbsp Dijon mustard
- 1 Tbsp lemon juice
- 1 celery stalk, diced
- 2 Tbsp red onion, minced
- 1 Tbsp dill relish or capers
- Salt and pepper to taste

DIRECTIONS

1. Mash chickpeas with a fork or potato masher, leaving some texture.
2. Stir in hummus, mustard and lemon juice.
3. Mix in celery, onion and relish. Season to taste.
4. Serve on greens, in a whole-grain wrap or on toast.

LUNCH
L2 *Rainbow Quinoa Bowl*

Makes about 7 cups (about 4–6 bowls) • 20 min



INGREDIENTS

- 1½ cups cooked quinoa
- 1 cup shelled edamame, thawed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 carrot, shredded
- 2 cups spinach or mixed greens
- Dressing: ¼ cup tahini, 2 Tbsp lemon juice, 1 garlic clove (grated), 4–6 Tbsp water

DIRECTIONS

1. Whisk dressing ingredients until smooth and pourable.
2. Divide greens among your bowls.
3. Top with quinoa, edamame, tomatoes, cucumber and carrot.
4. Drizzle with dressing. Packs well for lunch on the go.

LUNCH
L3 *Sweet Potato Black Bean Wraps*

Makes about 4–6 wraps • 30 min



INGREDIENTS

- 1 large sweet potato, diced small
- 1 can (15 oz) black beans, drained
- 1 tsp cumin
- ½ tsp chili powder
- ½ cup salsa
- 1 avocado, sliced
- 2 cups romaine or spinach
- 4–6 whole-grain tortillas

DIRECTIONS

1. Heat oven to 400°F. Roast sweet potato on a parchment-lined pan 20–25 min until tender.
2. Warm black beans with cumin and chili powder; mash lightly.
3. Fill tortillas with beans, sweet potato, salsa, avocado and greens.
4. Roll up and enjoy. Leftover filling keeps 4 days.

LUNCH

L4 *Hearty Lentil & Kale Soup*

Makes about 10 cups (about 10 servings) • 45 min



INGREDIENTS

- 1 cup dry brown or green lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (15 oz) diced tomatoes
- 6 cups low-sodium veggie broth
- 1 tsp cumin + 1 tsp thyme
- 2 cups chopped kale
- 1 Tbsp lemon juice

DIRECTIONS

1. Sauté onion, carrot and celery in a splash of broth 5 min; add garlic for 1 min.
2. Add lentils, tomatoes, broth, cumin and thyme. Bring to a boil.
3. Lower heat and simmer 30–35 min, until lentils are tender.
4. Stir in kale for 3 min, add lemon and season. Freezes well.

LUNCH

L5 *Sesame Edamame Noodle Salad*

Makes about 8 cups (about 8 servings) • 20 min



INGREDIENTS

- 8 oz soba or whole-wheat spaghetti
- 1½ cups shelled edamame
- 2 cups shredded cabbage
- 1 carrot, shredded
- 2 green onions, sliced
- Sauce: 2 Tbsp peanut butter, 2 Tbsp low-sodium soy sauce, 1 Tbsp rice vinegar, 1 tsp maple syrup, 1 tsp grated ginger, 2–3 Tbsp warm water
- Sesame seeds to garnish

DIRECTIONS

1. Cook noodles per package; add edamame for the last 3 minutes.
2. Drain and rinse under cold water.
3. Whisk sauce until smooth.
4. Toss noodles with cabbage, carrot, onion and sauce. Top with sesame seeds.

DINNER
D1 *Sheet-Pan Teriyaki Tofu & Veggies*

Makes about 5 cups, plus rice (about 5–6 servings) • 40 min



INGREDIENTS

- 1 block (14 oz) extra-firm tofu, pressed and cubed
- 3 cups broccoli florets
- 1 red bell pepper, chopped
- 1 red onion, cut in wedges
- 3 Tbsp low-sodium soy sauce
- 1 Tbsp maple syrup
- 1 tsp garlic powder + 1 tsp ground ginger
- 1 Tbsp cornstarch
- Cooked brown rice to serve

DIRECTIONS

1. Heat oven to 425°F and line a sheet pan with parchment.
2. Toss tofu with 1 Tbsp soy sauce and the cornstarch; spread on pan.
3. Bake 15 min. Add veggies, drizzle with remaining soy sauce, maple and spices.
4. Bake 15 min more, tossing once. Serve over brown rice.

DINNER
D2 *Chickpea Spinach Curry*

Makes about 7 cups, plus rice (about 7–8 servings) • 25 min



INGREDIENTS

- 1 onion, diced
- 3 garlic cloves, minced
- 1 Tbsp fresh ginger, grated
- 2 Tbsp curry powder
- 2 cans (15 oz each) chickpeas, drained
- 1 can (15 oz) diced tomatoes
- 1 can (13.5 oz) light coconut milk
- 4 cups baby spinach
- Salt to taste; brown rice to serve

DIRECTIONS

1. Sauté onion in a splash of water 4–5 min; add garlic, ginger and curry powder for 1 min.
2. Stir in chickpeas, tomatoes and coconut milk.
3. Simmer 12–15 min until slightly thickened.
4. Stir in spinach until wilted, season, and serve over brown rice.

DINNER
D3 ***Black Bean Burrito Bowls***

Makes about 6½ cups (about 3-4 bowls) • 20 min



INGREDIENTS

- 1½ cups cooked brown rice
- 1 can (15 oz) black beans, drained
- ½ cup corn (frozen is fine)
- ½ tsp cumin + ½ tsp chili powder
- ½ cup salsa
- 2 cups chopped romaine
- ½ avocado, diced
- ½ lime, cut in wedges
- Cilantro (optional)

DIRECTIONS

- 1.** Warm beans and corn with cumin, chili powder and a splash of water, 5 min.
- 2.** Squeeze a lime wedge over the rice and fluff.
- 3.** Build bowls: romaine, rice, beans and corn.
- 4.** Top with salsa, avocado, cilantro and a lime wedge.

DINNER
D4 ***Lentil Bolognese Pasta***

Makes about 10 cups (about 8-10 servings) • 30 min



INGREDIENTS

- 8 oz whole-wheat pasta
- 1 onion, diced
- 1 carrot, finely diced
- 2 garlic cloves, minced
- 1½ cups cooked lentils (or 1 can, drained)
- 1 jar (24 oz) marinara sauce
- 1 tsp Italian seasoning
- 2 cups baby spinach
- Nutritional yeast to top

DIRECTIONS

- 1.** Cook pasta per package directions.
- 2.** Meanwhile, sauté onion and carrot in a splash of water 5 min; add garlic 1 min.
- 3.** Add lentils, marinara and Italian seasoning; simmer 10 min.
- 4.** Stir in spinach, then toss with pasta. Sprinkle with nutritional yeast.

DINNER
D5 *Easy Veggie-Loaded Chili*

Makes about 10 cups (about 10 servings) • 40 min



INGREDIENTS

- 1 onion, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 can (15 oz) black beans, drained
- 1 can (15 oz) kidney beans, drained
- 1 can (28 oz) crushed tomatoes
- 1 cup veggie broth
- 2 Tbsp chili powder + 1 tsp cumin + 1 tsp smoked paprika

DIRECTIONS

1. Sauté onion and pepper in a splash of broth 5 min.
2. Add zucchini, garlic and spices; cook 2 min.
3. Add beans, tomatoes and broth. Simmer 25 min, stirring now and then.
4. Season to taste. Top with avocado or green onion. Freezes well.

SNACK / DESSERT
S1 *5-Minute Hummus & Veggie Plate*

Makes about 1¾ cups (about 7 snack servings) • 5 min



INGREDIENTS

- 1 can (15 oz) chickpeas, drained (save 2-3 Tbsp liquid)
- 3 Tbsp tahini
- 2 Tbsp lemon juice
- 1 garlic clove
- ½ tsp cumin
- Salt to taste
- Dippers: carrots, cucumber, bell pepper, snap peas

DIRECTIONS

1. Blend chickpeas, tahini, lemon, garlic, cumin and salt.
2. Add reserved chickpea liquid a spoonful at a time until creamy.
3. Spoon into a bowl and sprinkle with paprika.
4. Serve with crunchy veggies. Keeps 5 days in the fridge.

SNACK / DESSERT

S2 *Smoky Roasted Chickpeas*

Makes about 1¼ cups (about 3–4 snack servings) • 35 min



INGREDIENTS

- 1 can (15 oz) chickpeas, drained and patted dry
- 1 tsp olive oil (optional)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp salt

DIRECTIONS

1. Heat oven to 400°F and line a pan with parchment.
2. Spread chickpeas out and bake 15 min.
3. Toss with oil (if using) and seasonings; bake 10–15 min more until crunchy.
4. Cool on the pan; they crisp more as they cool. Best eaten same day.

SNACK / DESSERT

S3 *Chocolate Banana “Nice” Cream*

Makes about 1½ cups (about 2 servings) • 5 min



INGREDIENTS

- 2 ripe bananas, sliced and frozen
- 1 Tbsp unsweetened cocoa powder
- 2–3 Tbsp unsweetened soy milk
- Toppings: berries, chopped walnuts or cacao nibs

DIRECTIONS

1. Add frozen banana, cocoa and 2 Tbsp soy milk to a food processor or blender.
2. Blend, scraping down the sides, until smooth like soft-serve.
3. Add a splash more milk only if needed.
4. Scoop and top with berries or walnuts. Eat right away.

SNACK / DESSERT

S4

No-Bake Energy Bites

Makes about 14 bites • 10 min + 30 min chill



INGREDIENTS

- 1 cup rolled oats
- ½ cup natural peanut butter
- ¼ cup maple syrup
- 2 Tbsp ground flaxseed
- 1 Tbsp chia seeds
- ¼ cup mini dark chocolate chips
- 1 tsp vanilla

DIRECTIONS

1. Stir all ingredients together in a bowl until well combined.
2. Chill the mixture 15 min so it is easier to roll.
3. Roll into 1-inch balls.
4. Chill 30 min. Store in the fridge up to 1 week or freeze.

SNACK / DESSERT

S5

Warm Cinnamon Baked Apples

Makes about 2 cups (about 2-3 servings) • 30 min



INGREDIENTS

- 2 apples, cored and sliced
- 1 tsp cinnamon
- 2 Tbsp chopped walnuts
- 1 Tbsp maple syrup
- 2 Tbsp water
- 2 Tbsp plain soy yogurt to serve (optional)

DIRECTIONS

1. Heat oven to 375°F.
2. Toss apple slices with cinnamon and maple in a small baking dish; add water.
3. Sprinkle with walnuts and bake 20-25 min until tender.
4. Serve warm with a spoonful of soy yogurt.