

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Peanut Butter & Blueberry Chia Oats	Peanut Butter & Blueberry Chia Oats	Apple & Peanut Butter Smoothie	Apple & Peanut Butter Smoothie	Protein Cinnamon & Apple Oats	Protein Cinnamon & Apple Oats	Protein Cinnamon & Apple 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



## 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

### 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.



## Protein Cinnamon & Apple Oats

3 servings

10 minutes

### Ingredients

- 3 cups Water
- 1 1/2 cups Oats
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Ground Flax Seed
- 1/3 tsp Cinnamon
- 3 Apple (diced)

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

### Notes

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

**Additional Toppings:** Chopped pecans, walnuts, and/or banana.



## Banana

1 serving

1 minute

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### Ingredients

1 Banana

### 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

### 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

### 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

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### 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.



## 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

### 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

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### Ingredients

1 Banana  
1/4 cup Pecans

### 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

### 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)  
11 1/4 ozs Tofu (extra firm, pressed, crumbled)  
3 3/4 cups Broccoli (florets, chopped)  
Sea Salt & Black Pepper (to taste)

### 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.



## 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)

### 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

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### Ingredients

1 Apple

### 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

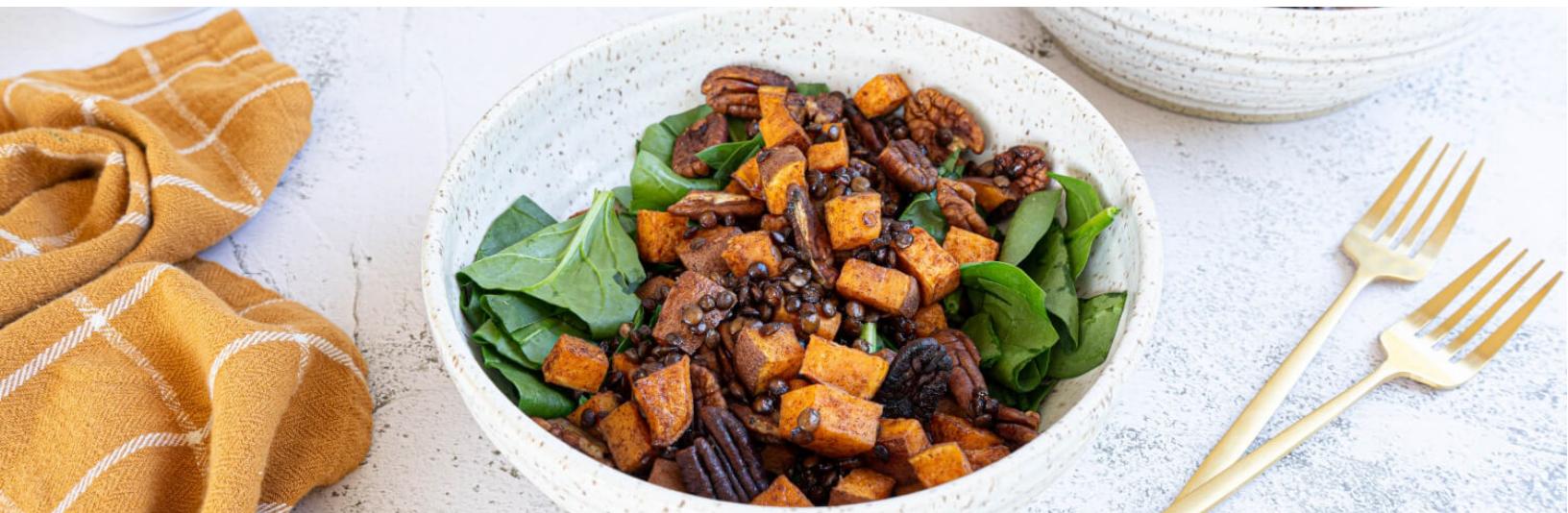
- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
- 3 Add the pasta and lentils to the pan. Add the remaining oil, lemon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

### 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.



## 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

### 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.



## Crispy Tofu, Carrot & Rice

3 servings

40 minutes

### Ingredients

3/4 cup Brown Rice (dry)  
12 ozs 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)

### 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)

### 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)  
6 ozs Tofu (extra-firm, pressed, cubed)  
1 tbsp Nutritional Yeast  
1/2 tsp Herbes de Provence

### 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.