



NUTRITION BY AMY

Reset: Bonus Plant Based Meals

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Amy's Chickpea Waldorf Salad

4 servings

15 minutes

Ingredients

- 1/2 Avocado (or whole avocado if small)
- 1 tbsp Rice Vinegar (or any vinegar)
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 4 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Red Onion (finely diced)
- 1/4 cup Parsley

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion & parsley in a large bowl. Stir in the dressing and toss until evenly coated.

Notes

- Extras:** Add walnuts or sunflower seeds.
Need more?: Serve in a wrap or with rice.
Animal Protein: Use chicken in place of chickpeas.



Amy's Lentil & Sweet Potato Salad

3 servings
35 minutes

Ingredients

2 Sweet Potato (medium, diced)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Tahini
1/4 cup Water
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
4 cups Arugula (or other greens)
2 cups Lentils (cooked)

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils: Use chickpeas or ground meat instead.

No Tahini: Use sunflower seed butter instead.

No Arugula: Use baby spinach, kale or mixed greens instead.

Likes it Spicy: Add cajun spice or hot sauce into the tahini dressing.

Need More?: Add chicken breast/thighs or use rice as a base



Vegan Broccoli Slaw with Peanut Sauce

3 servings

15 minutes

Ingredients

- 1/2 cup All Natural Peanut Butter
- 2 tbsps Tamari
- 2 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (clove, minced)
- 1/2 cup Water
- 4 cups Broccoli Slaw (10 oz bag)
- 1 Red Bell Pepper (sliced)
- 1 cup Black Beans
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped, optional)
- 1/2 cup Peanuts (chopped)

Directions

- 1 In a food processor, combine peanut butter, tamari, 1/2 the lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 2 In a large salad bowl, combine broccoli slaw, black beans, red pepper and green onion.
- 3 Mix the slaw well with HALF the sauce. To serve top with cilantro, chopped peanuts & additional sauce if desired. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Animal Protein: Add chicken breasts.

Leftovers: Store in an airtight container in the fridge up to 3 days, if you have leftover sauce you can freeze this for future use.



Amy's Mango, Edamame & Cabbage Salad with Peanut Sauce

3 servings
15 minutes

Ingredients

2 tbsps Peanut Butter
2 tbsps Extra Virgin Olive Oil
1 tbsp Rice Vinegar
1 1/2 tps Soy Sauce
1 tbsp Honey
2 cups Coleslaw Mix (finely sliced)
1 cup Frozen Edamame (thawed)
1 Mango (Sliced)
2 tbsps Peanuts (roughly chopped)

Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, soy sauce and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free: Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Coleslaw: Use cabbage, mixed greens, kale or spinach instead.

No Rice Vinegar: Use apple cider vinegar instead.

Extra Flavour: Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers: Refrigerate in an air-tight container up to 3 to 4 days.



Amy's Sweet Potato Black Bean Quinoa Bake

4 servings

55 minutes

Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

No Green Onion: Use a white or red onion instead.

No Red Bell Pepper: Use a green or yellow bell pepper instead.

Leftovers: Keeps well in the fridge for up to four days.

More Flavor: Top with chopped cilantro, add hot sauce, salsa or mix in some corn.

Animal Protein: Serve with eggs.



Lentil, Kale & Mushroom Pasta

3 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced, ~1 cup)
- 3 cups Mushrooms (chopped)
- 2 Garlic (cloves, diced)
- 2 cups Pasta Sauce (no added sugar)
- 1 cup Water (more if needed)
- 1 cup Lentils
- 3 cups Kale Leaves (chopped)
- 2 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 227 grams Chickpea Pasta

Directions

- 1 Heat oil in a large pan over low heat, saute onions and mushrooms until soft (~10 mins), add garlic and stir another 2 mins
- 2 Add pasta sauce, water, lentils, kale & nutritional yeast, stir well and let simmer for 20 mins (or more, the longer the better!) when done taste and adjust salt & pepper
- 3 Cook chickpea pasta according to box directions, top with sauce & enjoy!
(Note: the ratio of pasta to sauce might be different than what you're used to!)

Notes

No Kale?: Use spinach or basil instead (if using basil reduce to 1 cup)
No Chickpea Pasta?: Use lentil pasta or another bean/legume based pasta
Feel Okay With Wheat?: Use whole wheat pasta
Feel Okay with Dairy?: Add some grated cheese or parm on top
Extra Veg: Bell peppers, spinach, carrot, zucchini & tomato all work well here too!
Leftover Sauce?: Freeze it! It's also delicious with a couple eggs cracked in it for breakfast!
Meat Lover?: Use 1/2 lb ground beef instead of lentils.
Need More?: Double the amount of pasta.



Amy's Roasted Broccoli & Pecans

3 servings

30 minutes

Ingredients

- 5 cups Broccoli (cut into florets)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 1 clove Garlic (diced)
- 1/4 tsp Sea Salt
- 1/3 cup Pecans (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 3 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 4 Remove from the oven and divide between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to one cup.

No Pecans: Use almonds or walnuts instead.

More Flavor: Add garlic powder or chilli powder.



Vegan Blueberry French Toast

1 serving

20 minutes

Ingredients

- 1/2 Banana (ripe)
- 1 1/2 tsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil
- 2 slices Whole Grain Bread (or other bread of choice)
- 1 cup Frozen Blueberries

Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. They're done when they're crispy and brown on both sides.
- 3 While the french toast is cooking, add the frozen blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with blueberry sauce. Enjoy!

Notes

No Blueberries: Use raspberries, strawberries, blackberries or peaches instead.

Optional: Add a small drizzle of maple syrup or coconut whip.

Too Much?: Have 1 slice or 1 slice with 2 pieces of turkey bacon.



Mediterranean Salad with Hummus Dressing (L)

2 servings
10 minutes

Ingredients

2 cups Chickpeas (cooked, from the can)
1 Cucumber (1 cup chopped)
1 Red Bell Pepper (chopped)
1/3 cup Red Onion (finely chopped)
1/2 cup Pitted Kalamata Olives
1 head Romaine Hearts (chopped)
1/2 cup Hummus
1/2 Lemon (1 tbsp juice)
1 tsp Italian Seasoning
1/4 cup Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 In a large bowl mix together chickpeas, cucumber, red bell pepper, red onion & olives.
- 2 Mix hummus with 1 tbsp water, olive oil, lemon juice, italian seasoning & salt.
- 3 Serve the chickpea mix over romaine and top with hummus dressing.

Notes

Need More?: Add quinoa, rice or serve in a wrap.

Extras: Add tomatoes, fresh basil/parsley.

More Flavour: Serve with a lemon wedge, black pepper and/or hot sauce.

No Hummus: Use guacamole instead.

Animal Protein: Top with crumbled feta cheese or sliced chicken breast.



Amy's Crispy Tofu Bowls + Mango Slaw

2 servings

20 minutes

Ingredients

- 1/4 cup All Purpose Gluten-Free Flour
- 1/4 tsp Salt (to taste)
- 1/8 tsp Black Pepper
- 397 grams Extra Firm Tofu (firm, sliced and patted dry)
- 1 1/2 tbsps Sesame Oil
- 3 cups Coleslaw Mix
- 1 tbsp Extra Virgin Olive Oil
- 2 tps Balsamic Vinegar
- 2 tps Soy Sauce
- 2 tps Maple Syrup
- 1 Mango (frozen or fresh, sliced)
- 2 tps Sesame Seeds

Directions

- 1 Prep Tofu: press out as much moisture as possible with paper towel or a dry dish towel, slice into 1/2 inch thick slices, and press out the moisture again (not essential but this will help your tofu get crispy!)
- 2 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture, tap off excess and set aside.
- 3 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 4 Meanwhile, combine coleslaw, olive oil, balsamic vinegar, soy sauce, maple syrup & mango in a large bowl. Mix well.
- 5 Serve with tofu slices and sprinkle everything with sesame seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 4 days.

No Tofu: Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.



Mango Black Bean Salad

3 servings

15 minutes

Ingredients

- 1 cup Black Beans
- 1 Mango (chopped)
- 1 Orange Bell Pepper (chopped)
- 1/2 cup Corn
- 1 stalk Green Onion (chopped)
- 1/2 Tomato (add day of*)
- 1/4 cup Cilantro (optional)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juice of)
- 1/2 tsp Cumin (ground)
- 1/4 tsp Sea Salt
- Chili Flakes (to taste)

Directions

- 1 Mix together all ingredients except tomato & cilantro. Place in the fridge.
- 2 Add tomato & cilantro before serving.



Vegan Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

113 grams Tolerant Lentil Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
2 tbsps Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

Optional: Top with dairy free cheese.



Smashed Chickpea Salad Wrap

1 serving
10 minutes

Ingredients

- 3/4 cup Chickpeas
- 1 tsp Dijon Mustard
- 1/4 Lemon (1 tbsp juice)
- 1 tbsp Mayonnaise
- 1 tbsp Red Onion (finely chopped)
- 2 tbsps Parsley (finely chopped)
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper
- 1 Whole Wheat Tortilla (large)
- 2 leaves Romaine (chopped)

Directions

- 1 Add the chickpeas, mustard, lemon juice, mayo, red onion, parsley, salt & pepper to a bowl and roughly mash with a fork.
- 2 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers: Store components separately in the fridge until ready to assemble and serve.

Gluten-Free: Use a gluten-free or brown rice tortilla.

Serving Size: One serving is equal to one wrap.



Buffalo Tofu Wings

4 servings

1 hour

Ingredients

- 350 grams Tofu (extra firm)
- 1/4 cup Corn Starch
- 1/4 cup Oat Milk
- 3/4 cup Bread Crumbs
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3/4 cup Hot Sauce (vinegar-based)

Directions

- 1 Drain the tofu, wrap in a paper towel and place on a plate. Lay a cutting board and something heavy (like a can of beans) over top to press out excess moisture. Press for 25 minutes.
- 2 Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Cut tofu into 0.5-inch x 3-inch sticks. In one bowl add the arrowroot powder. In a second bowl add the oat milk. In a third bowl add the breadcrumbs, garlic powder, and sea salt.
- 4 Dredge the tofu by dipping the sticks first in the arrowroot, then the oat milk, and finally the breadcrumb mixture. Lay dredged tofu onto the baking sheet. Bake for 25 minutes.
- 5 Toss the tofu in hot sauce, and bake for an additional 10 minutes. Serve immediately and enjoy!

Notes

Additional Toppings: Serve with your favorite dipping sauce, top onto a salad or make into a wrap!

Not a Buffalo Sauce Fan?: Use your favourite wing sauce instead! BBQ sauce or honey garlic would also be great.



Lentil Taco Bowl

4 servings

35 minutes

Ingredients

- 1 1/2 cups Dry Green Lentils (rinsed)
- 3 cups Water
- 1/2 cup Tomato Sauce (plain)
- 1 1/2 tbsps Taco Seasoning
- 1/2 tsp Sea Salt
- 2 heads Romaine Hearts (finely chopped)
- 2 Tomato (large, diced)
- 1 Jalapeno Pepper (large, finely chopped)
- 1/2 Yellow Onion (finely chopped)
- 2 Lime (cut into wedges)

Directions

- 1 Combine the lentils, water, tomato sauce, taco seasoning, and salt in the pot of the pressure cooker.
- 2 Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 12 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Stir the lentils well and season with additional salt if needed.
- 4 Meanwhile, in a small bowl combine the tomato, jalapeno, and onion.
- 5 When ready to serve, divide the lettuce and lentils evenly between bowls and top with the tomato-jalapeno mixture. Squeeze fresh lime juice over top and enjoy!

Notes

Leftovers: Refrigerate the lentils in an airtight container for up to four days. Assemble the salad just before serving.

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

More Flavor: Add fresh garlic, lime juice, or other dried herbs and spices to taste. Use vegetable broth instead of water.

Additional Toppings: Avocado, onions, jalapeno, cheese, sour cream, tortilla chips, or your favorite taco topping.

No Bowl: Serve with tortillas or as lettuce wraps instead.



Citrusy Kale & Carrot Salad

4 servings
10 minutes

Ingredients

- 1/3 cup Extra Virgin Olive Oil
- 1 Lemon (juice & zest)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Garlic (diced)
- 2 tbsps Nutritional Yeast
- 8 cups Kale Leaves (finely chopped)
- 2 Navel Orange (medium)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Directions

- 1 In a small bowl combine the oil, lemon juice, salt, pepper, garlic and Dijon mustard.
- 2 Remove kale leaves from stems and finely chop - the smaller the better! Add the dressing and massage in for a minute or until kale is wilted and tender.
- 3 Peel and roughly chop the orange segments (I find it easiest to cut the top and bottom off, then cut away the peel). Mix in with carrots & top with walnuts.

Notes

Nut-Free: Omit the walnuts or use pumpkin seeds instead.

More Flavor: Use roasted walnuts and add fresh parsley. Season with salt and pepper.

More Protein: Add chickpeas, cooked chicken, shrimp, or salmon.



Tofu Fajita Rice Bowl

4 servings
45 minutes

Ingredients

1 cup Basmati Rice
510 grams Tofu (2 x 400g blocks of extra-firm)
2 tbsps Extra Virgin Olive Oil (divided)
2 Red Bell Pepper (diced)
1 cup Red Onion (diced, ~1/2 onion)
4 cups Baby Spinach (chopped)
2 tbsps Soy Sauce
1/2 cup Water
1/4 cup Taco Seasoning (24g package)
1 cup Salsa

Directions

- 1 Cook the rice according to the package directions. If no directions, in a large pot combine 1 cup rice, 2 cups water and a pinch of salt, bring it to a boil, turn down to a simmer, cover for 15 minutes then turn off heat. Allow to sit covered for 5 mins before fluffing with a fork.
- 2 Using paper towel or a clean dish towel (or tofu press), squeeze out as much moisture from your tofu as you can. Crumble it into large chunks.
- 3 Heat half of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for 8 to 10 minutes, stirring often until the tofu is browned. Transfer to a plate and set aside.
- 4 Add the remaining oil to the pan and cook the bell pepper & red onion for 5 minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 5 Add the soy sauce, water and then taco seasoning to the pan and stir well.
- 6 To serve, divide the rice between plates and top with the tofu mixture & salsa. Enjoy!

Notes

More Flavor: Add lime juice or hot sauce.

Additional Toppings: Avocado, cheese, tortilla strips, cilantro, or green onion.

No Red Bell Pepper: Use a yellow or orange bell pepper instead.

Low Carb: Use cauliflower rice.

No Tofu: Use lentils, ground beef or chicken instead.



Curried Chickpea & Carrot Burgers

4 servings

1 hour

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Carrot (2 cups chopped or shredded)
- 1/2 Yellow Onion (1/2 cup diced)
- 1 1/2 cups Chickpeas (drained & rinsed, 19oz can)
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Garlic Powder
- 1 tsp Sea Salt (to taste)
- 1/2 cup Rolled Oats
- 2 Egg
- 1/3 cup Basmati Rice (1 cup cooked)
- 3 tbsps Avocado Oil

Directions

- 1 If rice isn't cooked yet, cook rice.
- 2 Heat oil in a large pan, add carrots, onion, chickpeas and all spices & salt, stirring well to combine. Saute 5-10 mins or until veggies are soft.
- 3 In a food processor pulse oats (you don't want a flour, but close, there should be some chunks).
- 4 Add eggs & veggie to the food processor and pulse a few times. You want to keep some chunkiness.
- 5 Pour mixture into a bowl and add the rice. Combine and place in the fridge to let it cool.
- 6 Roll mixture into balls then press into patties.
- 7 Heat avocado oil in a pan over medium heat (should cover the bottom), cook patties ~10 mins per side waiting until they're golden brown to flip.

Notes

Time Saver: This recipe is a bit more complicated than most of mine, so if you're using it in a meal plan & are short on time, it's fine to buy veggie burgers instead and make this another time!

Freeze: Leftovers.

Prep: Prep your rice ahead of time.



Lemon Quinoa Chickpea Salad

3 servings

40 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 1 cup Chickpeas
- 1/2 Cucumber (1 cup chopped)
- 1 Red Bell Pepper (chopped)
- 1/4 Red Onion (finely diced)
- 1 cup Parsley (finely chopped)
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juice + zest)
- 1 tbsp Honey
- 1 Garlic Cloves (minced)
- 3/4 tsp Sea Salt
- 1/4 tsp Black Pepper (to taste)

Directions

- 1 Cook quinoa according to package directions (if no directions: combine quinoa & water, bring to a boil, reduced to simmer and cook covered for 15 mins, fluff with a fork).
- 2 In a large bowl combine the chickpeas, cucumber, bell pepper, onion and parsley.
- 3 In a small bowl or jar mix the olive oil, lemon juice & zest, honey, garlic, salt & pepper.
- 4 Mix in 3 cups quinoa (if you have more save it for your soup!) with veggies & dressing.

Notes

Optional Add-Ins: Feta, sundried tomato, additional lemon juice or sea salt.

Need More?: Add avocado, more chickpeas or feta cheese.

Serving Size: About 2 cups.



Lentil & Potato Fritters

4 servings
50 minutes

Ingredients

- 4 Russet Potato (medium, peeled and cut into large cubes)
- 1 cup Dry Green Lentils (rinsed well)
- 1 tsp Garlic Powder
- 1 tbsp Curry Powder
- 1 tsp Paprika
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the potatoes and lentils to a pot of salted water. Bring to a boil and cook for about 15 minutes or until the potatoes are soft and the lentils are just tender. Drain the potatoes and lentils then place them back in the same pot while warm.
- 3 Add the garlic powder, curry powder, paprika, salt and pepper to the pot then mash with a vegetable masher until mostly smooth (some lentils may remain whole). Let the mixture rest until cool enough to handle.
- 4 Form the potato lentil mixture into thin patties, using approximately two tablespoons of the mixture per patty. Place on the baking sheet.
- 5 Bake for 15 minutes then flip and continue to bake for 10 minutes or until both sides of the fritters are brown and the outside is crispy. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat in a dry pan or the oven until just warmed through.

Serving Size: One serving is six to seven fritters.

Serve it With: Favorite dipping sauce, on salads, in bowls, or in a wrap or pita.



Thai Red Lentil & Spinach Curry

3 servings
25 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/4 cup Thai Red Curry Paste
- 1 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Dry Red Lentils (rinsed)
- 2 cups Baby Spinach (chopped)
- 1/2 Lime (juiced)

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

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

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

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.



Roasted Carrots, Peppers & Onion

3 servings

30 minutes

Ingredients

- 3 Carrot (1.5 cups cubed)
- 1/2 cup Red Onion (sliced)
- 1 Red Bell Pepper (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Directions

- 1 Preheat oven to 425°F and line a baking sheet with parchment paper.
- 2 Mix veggies and oil in a bowl, add spices, mix well then spread out on your prepared baking sheet.
- 3 Bake for 25 minutes.



Quinoa Tabbouleh

3 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Parsley (stems removed, finely chopped)
- 2 stalks Green Onion (finely chopped)
- 1 Garlic Cloves (diced)
- 2 Tomato (medium, chopped)
- 1/2 Cucumber (1 cup cubed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 tsp Sea Salt (to taste)
- 1/4 tsp Black Pepper

Directions

1

Cook the quinoa according to the directions on the package, and set aside to cool. If no package directions see the notes. (Keep an eye on your quinoa and add more water if needed - I have a gas stove and find I need to add a few tbsps more).

2

Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

Serving Size: One serving equals approximately two cups.

No Quinoa: Use bulgur, cauliflower rice, or lentils instead.

Making Quinoa: Follow package directions or combine 1/2 cup quinoa and 1 cup water together in a small pot. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid, let simmer for 12 minutes. Remove lid and fluff with a fork.

Extras: Add in some mint, cucumber and/or more lemon juice.



Winter Salad + Maple Vinaigrette

4 servings

1 minute

Ingredients

1 1/2 cups Chickpeas (398mL can drained)
 2 Sweet Potato (chopped in 1/2" cubes ~3 cups)
 3 tbsps Extra Virgin Olive Oil (divided)
 1/2 tsp Smoked Paprika
 1/2 tsp Garlic Powder
 1/2 tsp Sea Salt (divided)
 2 tbsps Maple Syrup
 1 tbsp Dijon Mustard
 1 tbsp Balsamic Vinegar
 1/4 tsp Black Pepper
 8 cups Mixed Greens (I like to chop them!)
 2 Pear (sliced)
 1/4 cup Dried Cranberries
 1/4 cup Goat Cheese
 1/3 cup Pecans

Directions

- 1 Preheat oven to 425°F. Place chickpeas and cubed sweet potato on a parchment lined baking tray, toss with 1 tbsp olive oil, paprika, garlic powder & half your salt. Bake 30 mins flipping halfway through.
- 2 Make dressing: in a small bowl or mason jar mix 2 tbsp olive oil, maple syrup, mustard, vinegar, remaining salt & pepper.
- 3 Prep your salads! In 4 containers top greens with your chickpea & sweet potato mix, 1/2 sliced pear, 1 tbsp dried cranberries, 1 tbsp goat cheese and ~2 tbsp pecans. Keep dressing separate until right before you eat.

Notes

Mix it Up: Swap the pears for apples, peaches or any other fruit you enjoy.

No Pecans: Use another nut or seed.

Need More: Add chicken, avocado, quinoa or more chickpeas.

Dairy Free: Skip the cheese and add more nuts!

Time Saver: Buy a dressing instead of making it.

No Balsamic Vinegar: Any type of vinegar will work - apple cider, wine, etc.

Not a Chickpea Fan: Use chicken instead (but if you haven't tried roasted chickpeas I recommend giving this a try!)

To Peel or Not To Peel: Whether you keep the skin on the sweet potato is up to you. I keep it on for added nutrients AND it's quicker!

Prefer it Warm: If you have access to a microwave or stove at lunch you can always keep the sweet potato and chickpea mix separate and heat before adding.

Toast Your Pecans: Toasted pecans have more flavour, roast at 350°F for 5-10 mins keeping a close eye to make sure they don't burn.



Tomato Chickpea Soup

3 servings
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (peeled & cubed)
- 2 cloves Garlic (diced)
- 1 Red Bell Pepper (chopped)
- 1 1/2 cups Chickpeas (398mL can)
- 3 Tomato (cubed)
- 1 tbsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 liter Vegetable Broth (divided)
- 1 cup Whole Grain Fusilli
- 1 cup Baby Spinach (chopped)

Directions

- 1 Heat olive oil in a large pot over medium heat. Add the onion, carrot, garlic & bell peppers. Cook for 3 to 5 minutes or until the onions have softened. Stir in the chickpeas, tomatoes, Italian seasoning, salt & pepper. Continue to cook for 2 to 3 minutes more.
- 2 (Note: You can skip this step to save time, but it'll make a creamier soup) Transfer about half of the chickpea and vegetable mixture to a blender along with 2 cups of the vegetable broth. Blend until mostly smooth then pour back into the pot with the remaining broth.
- 3 Bring the soup to a boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 4 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed (if using low sodium broth you'll likely want to add more). Divide between bowls and enjoy!

Notes

No Fusilli: Use another short-cut pasta.

Consistency: Add more broth if needed, it'll absorb a bit overnight.

More Protein: Use chickpea or lentil pasta (adjust cook time based on box directions) or add chicken.

Leftovers: If you don't use it all up (the servings are big) you can freeze any soup that's left.

If You Have an Immersion Blender: You can also use that for Step 2.



Carrot Cake Protein Overnight Oats

1 serving

8 hours

Ingredients

- 3/4 cup Oats (rolled)
- 1/2 Carrot (grated, 1/2 cup)
- 1/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Raisins (optional)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Pecans (roughly chopped)

Directions

- 1 In a jar or container mix together oats, grated carrot, cinnamon, almond milk, raisins and protein powder (you can prep 5 servings for the week at once). Cover and place in the fridge overnight, or for at least 4 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with pecans. Enjoy cold or warm.

Notes

Hot or Cold: I prefer these warm but they can be eaten either way. Reheat cold oats in the microwave or on the stove.

Stove Top Option: You can make this in the morning on the stove instead of doing overnight oats (one at a time or a big batch for the week).

Nut-Free: Omit, or use pumpkin seeds.

No Almond Milk: Use any other type of milk instead.

Don't Love Protein Powder: Omit and serve with 1/2 cup greek yogurt.



Banana Cinnamon Green Smoothie

1 serving
5 minutes

Ingredients

1/2 Banana (frozen)
1 cup Unsweetened Almond Milk (cold)
1/4 Avocado
1 cup Baby Spinach (a handful)
1/4 tsp Cinnamon
1/4 cup Vanilla Protein Powder

Directions

1 Add all ingredients into a blender and blend until smooth.

Notes

No Spinach: Use kale instead.

No Protein Powder: Use greek yogurt or add a few spoonfuls of hemp seeds or collagen powder.

Not a Cinnamon Fan: Skip It

Add Ins: This is also great with frozen berries, chia, flax and/or cacao.

No Almond Milk: Any milk works, or even water in a pinch!

Need More: Use the whole banana, more avocado, oats, greek yogurt, hemp, flax and/or chia.



Lentil Tortilla Soup

5 servings

20 minutes

Ingredients

- 900 milliliters Vegetable Broth (low sodium)
- 400 milliliters Canned Coconut Milk (light)
- 2 cups Medium Salsa (1 x 430mL jar)
- 1 tsp Smoked Paprika
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/4 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1 cup Dry Red Lentils
- 425 grams Black Beans (1.5 cups)
- 1 cup Frozen Corn
- 1 Lime (juiced)
- 1 cup Tortilla Strips
- 1/2 Avocado (Peeled and cubed)
- 1/2 cup Cilantro (chopped, optional)

Directions

- 1 Add broth, coconut milk, salsa, spices and lentils to a large pot and bring to a boil. Cover and turn down to simmer for 5 minutes.
- 2 Add black beans, corn & half of the lime juice to the pot. Cook for 5 minutes longer or until lentils are soft.
- 3 Serve topped with 1/4 cup tortilla strips, avocado, cilantro and remaining lime juice.

Notes

No Lentils: Use shredded chicken instead.

Okay with Dairy: Add a bit of cheese and/or sour cream on top.

Leftovers: Freeze them for Week 3.

Serving Size: Each serving is ~1.5 cups.



Berry Salad with Grapefruit Vinaigrette

1 serving
10 minutes

Ingredients

- 1/4 Grapefruit (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Honey
- 1/16 tsp Sea Salt (a pinch)
- 1/16 tsp Black Pepper (a pinch)
- 2 cups Mixed Greens
- 2 tbsps Pecans
- 1/4 Avocado (peeled and diced)
- 1/4 cup Strawberries (quartered)
- 1/4 cup Blueberries
- 2 tbsps Basil Leaves (finely diced)

Directions

- 1 Create your dressing (double it to save this step when you make it again on Thursday) by combining your grapefruit juice, olive oil, honey, salt and pepper in a bowl and stir.
- 2 Fill your bowl with greens, pecans, avocado, strawberries and blueberries, sprinkle with chopped basil and pour dressing on top.

Notes

More Flavour: Toast the pecans, add feta or goat's cheese.

Mix It Up: Any berries work! This salad is also great with peaches and/or pears.

No Mixed Greens: Spinach or any lettuce work.



Mediterranean Chickpea Salad

3 servings
10 minutes

Ingredients

2 cups Chickpeas (19 oz, rinsed)
1/3 Cucumber (1 cup chopped)
1/4 Red Onion (1/2 cup diced)
1 Red Bell Pepper (diced)
1 cup Cherry Tomatoes (quartered)
1/4 cup Pitted Kalamata Olives (sliced, optional)
1/2 cup Parsley (finely chopped)
3 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/3 cup Feta Cheese (crumbled)
1/4 tsp Sea Salt
1/4 tsp Black Pepper

Directions

1 Combine all ingredients in a large bowl, mix well and enjoy!

Notes

Love Lemon: Double it.
Serving Size: 2 cups.



Tofu Rice Bowl

2 servings
30 minutes

Ingredients

300 grams Extra Firm Tofu
1 1/2 tbsps Soy Sauce
1 tsp Hot Sauce
2 tbsps Corn Starch
1 tbsp Sesame Oil
1/2 Avocado (sliced)
1 cup Baby Spinach (chopped)
1 Red Bell Pepper (sliced)
1 tbsp Sesame Seeds

Directions

- 1 Press out tofu: wrap in a dry dish cloth or paper towel and place a cutting board with something heavy on top to help squeeze out the moisture. Cut it into cubes.
- 2 Toss tofu with soy sauce & hot sauce, then toss with corn starch.
- 3 Heat sesame oil over medium high heat, once oil is hot add tofu and cook until brown (~ 3 mins) then flip and cook and brown the other side.
- 4 Top 3/4 cup rice with tofu, spinach, bell pepper, avocado & sesame seeds. Top with tahini sauce (or soy sauce or spicy mayo).

Notes

Crispy Tofu: The more moisture you press out of the tofu the crispier it will get.

No Tofu: Use shredded chicken or chickpeas.

Meal Prep: If you prefer the rice and tofu warm for this meal, keep the veggies separate. I usually just wrap them in some saran wrap so I can keep everything in one container.

Air Fryer: If you have an air fryer you can also make your tofu in that. Follow the same initial steps (press out the moisture, toss in soy sauce & hot sauce then corn starch), then bake in air fryer for 10 mins @ 400°F.



Broccoli Pesto Pasta

2 servings

20 minutes

Ingredients

- 1 1/2 cups Chickpea Pasta (uncooked)
- 1 cup Basil Leaves (packed)
- 1 clove Garlic (minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 cup Nutritional Yeast
- 1/3 cup Water
- 3 cups Broccoli (chopped into florets)
- 1 Red Bell Pepper (medium, sliced)

Directions

- 1 Cook the pasta according to the directions on the package.
- 2 Make your pesto: add the basil, garlic, 2 tbsp oil, salt, nutritional yeast and water to the blender and blend until smooth.
- 3 In a skillet, heat the remaining tbsp of oil over medium-high heat. Add the broccoli and bell pepper, cover and cook until tender, about 10 minutes stirring often (add some water if they're sticking). Remove from heat.
- 4 Add the pasta and half the pesto to the skillet and stir until well combined. Divide into bowls and top with extra pesto if desired. Enjoy!

Notes

Texture: Bean based pastas have a different texture and if it isn't for you stick with whole wheat and add another protein source!

Extra Basil: Double the pesto and freeze it!

Traditional: Add pine nuts to your pesto and parmesan instead of nutritional yeast.

Additional Toppings: Add red pepper flakes, lemon juice or black pepper.

No Chickpea Pasta: Use any pasta you'd like. Lentil & whole wheat are great options as well and the shape isn't important.

Low Carb: Use zucchini noodles! Keep in mind this will drop the calories quite a bit so you'll want to add more protein & fat. Try blending some avocado into the pesto and add chicken or shrimp.

Why Chickpea Pasta: It's high in protein, fiber and iron! I love the chickpea and tolerant brands and buy them at Kelly's Nutrition.



Lemon Pepper Asparagus

2 servings
20 minutes

Ingredients

1 bunch Asparagus (see notes)
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/4 tsp Black Pepper
1/8 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Toss the asparagus with the oil and half the lemon juice & bake for 30 mins.
- 3 Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

Notes

More Flavor: Add lemon zest or garlic powder.

Prepping Asparagus: Hold asparagus and bend, the hard end should snap off, discard it and use the top of the spear. You can also just cut the ends off. If your asparagus is really thick I recommend cutting in half lengthwise as well.



Apple Cinnamon Porridge

1 serving
15 minutes

Ingredients

1/3 cup Oats (quick or rolled)
1 cup Unsweetened Almond Milk
1/2 Apple (finely chopped or grated)
1 tsp Cinnamon
1 tsp Maple Syrup
1 tbsp Almond Butter

Directions

- 1 Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently & turn down heat to a simmer.
- 2 When apples are tender and porridge has thickened transfer to a bowl, stir in maple syrup and top with almond butter. Enjoy!

Notes

Meal Prep: Overnight oats option: in a jar mix all ingredients, except the almond butter - BUT use only 1/2 cup of milk & shred apples rather than chop. Enjoy cold or heat in the microwave or stove top with a splash of almond milk, then top with almond butter. I recommend doing 3-4 days at once.

No Almond Butter: Use peanut butter or if nut free sunflower seed butter.

More Protein: Stir in some protein powder.

Prefer Less Sweet: Skip the maple syrup.

More Variety: Mix up the fruit you use! I love this recipe with peaches, raspberries, strawberries & bananas too.

Add-Ins: Chia seeds, hemp hearts, more fruit, nuts.

No Almond Milk: Use any type of milk you'd like.