
































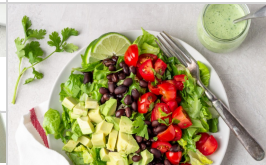

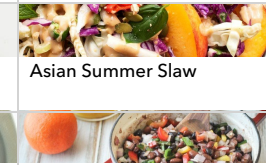







**Bangin' Body Bites: Add  
Muscle/Toning**

---

**Carolyn Brown MS RD**

<http://www.indigowellnessgroup.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Yogurt Overnight Oats with Strawberries	 Coconut Yogurt Overnight Oats with Strawberries	 Queen JJ's Acai Bowl	 Protein-Packed Avocado Toast on Sprouted Grain...	 Queen JJ's Acai Bowl	 Protein-Packed Avocado Toast on Sprouted Grain...	 Queen JJ's Acai Bowl
Snack 1	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Banana Coconut Protein Bars	 Post Workout Green Smoothie	 Banana Coconut Protein Bars	 Post Workout Green Smoothie	 Banana Coconut Protein Bars
Lunch	 Meal Prep Broccoli & Quinoa Salad	 Meal Prep Broccoli & Quinoa Salad	 "Sweetgreeny" Detox Salad	 "Sweetgreeny" Detox Salad	 Black Bean & Tomato Salad with Creamy Cilantro...	 Maple Mustard Kale Salad with Crispy Tofu	 Asian Summer Slaw
Snack 2	 DIY BBB Trail Mix	 Apple with Peanut Butter & Cinnamon	 DIY BBB Trail Mix	 Bell Peppers with Guacamole	 Apple with Peanut Butter & Cinnamon	 DIY BBB Trail Mix	 Bell Peppers with Guacamole
Dinner	 Portobello Mushroom Pizzas	 Mushroom & Kale Stuffed Sweet Potato	 Mexican Black Bean Salad	 Black Bean & Tomato Salad with Creamy Cilantro...	 Lentil Meatballs & Pasta	 Asian Summer Slaw	 Mushroom & Kale Stuffed Sweet Potato
Snack 3	 Peaches with Cinnamon		 Peaches with Cinnamon		 Peaches with Cinnamon		 Peaches with Cinnamon



**Fruits**

- ☐ 2 Apple
- ☐ 7 Avocado
- ☐ 8 Banana
- ☐ 1/4 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 1/2 cup Lime Juice
- ☐ 6 Peach
- ☐ 1 cup Strawberries

**Breakfast**

- ☐ 1 cup All Natural Peanut Butter
- ☐ 1/3 cup Almond Butter
- ☐ 1 1/2 tbsps Maple Syrup
- ☐ 14 scoops Plant Based Protein Powder
- ☐ 1/2 cup Toppings Of Your Choice
- ☐ 1/3 cup Vanilla Protein Powder

**Seeds, Nuts & Spices**

- ☐ 1 1/2 cups Almonds
- ☐ 1 1/4 tsps Black Pepper
- ☐ 1/4 cup Cashew Or Peanut Butter
- ☐ 1 cup Cashews
- ☐ 2 tbsps Chia Seeds
- ☐ 1 1/4 tsps Chili Powder
- ☐ 3 tbsps Cinnamon
- ☐ 1/4 tsp Cumin
- ☐ 1/8 tsp Garlic Powder
- ☐ 1/4 cup Goji Berries
- ☐ 1 tsp Grated Ginger
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 tsps Oregano
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 1/2 cup Sunflower Seeds
- ☐ 1/4 cup Toasted Peanuts, Pepitas
- ☐ 5 Vegan Bouillian Cube
- ☐ 1/2 cup Walnuts

**Frozen****Vegetables**

- ☐ 4 cups Arugula
- ☐ 1 cup Baby Kale
- ☐ 6 cups Baby Spinach
- ☐ 7 cups Broccoli
- ☐ 4 Carrot
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/2 cup Chopped Cilantro
- ☐ 2 1/2 cups Cilantro
- ☐ 1/2 Cucumber
- ☐ 1/2 cup Fresh Basil, Thai Basil
- ☐ 6 Garlic
- ☐ 3/4 tsp Ginger
- ☐ 4 cups Green Beans
- ☐ 1 Green Bell Pepper
- ☐ 4 stalks Green Onion
- ☐ 8 cups Kale Leaves
- ☐ 6 cups Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 12 ozs Portobello Mushroom Caps
- ☐ 6 1/2 Red Bell Pepper
- ☐ 1 1/4 cups Red Onion
- ☐ 1 1/2 heads Romaine Hearts
- ☐ 2 Scallions
- ☐ 1/3 cup Shallot
- ☐ 6 cups Shredded Red And/Or Green Cabbage
- ☐ 1 Sweet Onion
- ☐ 4 Sweet Potato
- ☐ 2 Thai Chiles Or 1 Serrano Pepper
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 4 Zucchini

**Boxed & Canned**

- ☐ 3 cups Black Beans
- ☐ 10 ozs Chickpea Pasta
- ☐ 1/2 cup Dry Green Lentils
- ☐ 1/2 cup Quinoa
- ☐ 2 lbs Red Kidney Beans
- ☐ 1 cup Vegetable Broth
- ☐ 1 cup White Navy Beans

**Bread, Fish, Meat & Cheese**

- ☐ 4 slices Bread
- ☐ 7 1/16 ozs Tofu
- ☐ 1/2 cup Vegan Mozzarella Cheese

**Condiments & Oils**

- ☐ 1/3 cup Balsamic Vinegar
- ☐ 1 tbsp Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1 tsp Sesame Oil
- ☐ 2 tbsps Tahini (Runny Is Ideal!)
- ☐ 1 tbsp Tamari
- ☐ 2 cups Tomato Sauce
- ☐ 2 tbsps White Miso Paste

**Cold**

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

**Other**

- ☐ 1 1/2 cups Ice Cubes
- ☐ 9 2/3 cups Water

- ☐ 3 Acai Packet
- ☐ 2 cups Frozen Berries
- ☐ 3/4 cup Frozen Spinach

### Baking

- ☐ 1 tbsp Arrowroot Powder
- ☐ 2 tbsps Honey
- ☐ 1/2 cup Nutritional Yeast
- ☐ 2 1/4 cups Oats
- ☐ 1/4 cup Pitted Dates
- ☐ 1/3 cup Raw Honey
- ☐ 1 cup Unsweetened Coconut Flakes





## Coconut Yogurt Overnight Oats with Strawberries

**4 servings****8 hours**

### Ingredients

1 cup Unsweetened Almond Milk  
(unsweetened, plain)  
1 cup Oats (rolled)  
1 1/3 cups Unsweetened Coconut  
Yogurt  
2 tbsps Chia Seeds  
2 tbsps Honey  
1 tbsp Cinnamon  
1 cup Strawberries (chopped)

### Directions

- 1 Add the milk, oats, yogurt, chia seeds, honey, and cinnamon in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with strawberries and enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt instead of Greek yogurt.

**Additional Toppings:** Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter or chia jam.

**No Oat Milk:** Use any kind of milk or milk alternative instead.



## Queen JJ's Acai Bowl

1 serving

10 minutes

### Ingredients

- 1 Acai Packet (unsweetened)
- 1/4 cup Frozen Spinach (1 large handful)
- 1 Banana (frozen)
- 2 tbsps All Natural Peanut Butter
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Ice Cubes
- 2 scoops Plant Based Protein Powder
- 3 tbsps Toppings Of Your Choice (coconut flakes, cacao nibs, banana slices, chia seeds, berries)

### Directions

1

Blend all the ingredients except the toppings together. Use less liquid to start (when it comes to acai or smoothie bowls, the thicker the better so you can add all the toppings!)

2

Pour into a bowl once at desired consistency. Add your favorite toppings and enjoy like it's ice cream!



## Protein-Packed Avocado Toast on Sprouted Grain Bread

1 serving  
15 minutes

### Ingredients

1/2 Avocado  
1/2 cup White Navy Beans (cooked)  
1/8 Lemon (juiced)  
1/8 tsp Sea Salt  
2 slices Bread (sprouted grain like Ezekiel or Gluten Free)  
2 tbsps Hemp Seeds

### Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

### Notes

No White Beans: Use chickpeas instead.

Likes it Spicy: Add hot sauce or chili flakes into the avocado bean mixture.





## Post Workout Green Smoothie

1 serving

5 minutes

### Ingredients

2 scoops Plant Based Protein Powder  
(vanilla is our favorite)  
1 tbsp All Natural Peanut Butter  
1 Banana (frozen)  
1/2 cup Frozen Berries  
1 cup Baby Spinach  
1/2 cup Unsweetened Almond Milk (or  
more as needed for desired texture)

### Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Spinach:** Use kale instead.

**No Protein Powder:** Add a few spoonfuls of hemp seeds.



## Banana Coconut Protein Bars

12 servings

20 minutes

### Ingredients

1 Banana (mashed)  
1 1/4 cups Oats  
2/3 cup Unsweetened Coconut Flakes  
1/3 cup Raw Honey  
1/3 cup Almond Butter  
1 tsp Cinnamon  
1/3 cup Protein Powder

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.



## Meal Prep Broccoli & Quinoa Salad

6 servings

20 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Broccoli (stalk end trimmed)
- 1/4 cup Pitted Dates (chopped)
- 3 stalks Green Onion (chopped)
- 1/3 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 3 tbsps Lemon Juice
- 1/4 cup Extra Virgin Olive Oil

### Directions

- 1 Combine quinoa 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 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork and set aside.
- 2 Shave the broccoli florets thinly into a large bowl. Using a vegetable peeler, remove the outer layer of stalk until you get to the tender light green inside. Chop up the stalk and add to the bowl.
- 3 Add the dates, green onion, pumpkin seeds, quinoa, and salt and mix well. Then add the lemon juice, and extra virgin olive oil. Toss well to combine. Let the salad sit in a sealed container for at least 30 minutes to allow everything to combine. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 4 days. Refresh with extra lemon or olive oil as needed.

**Serving Size:** One serving is equal to about 1 cup.

**More Flavor:** Add a pinch of red pepper flakes.

**Make it Vegan:** Omit the cheese and use a vegan cheese or cubed avocado.





## JJ's Red Bean Meal Prep

12 servings

5 hours

### Ingredients

2 lbs Red Kidney Beans (dry, or mixed beans: black beans, red beans, pinto beans, etc)  
7 1/2 cups Water  
3 tbsps Extra Virgin Olive Oil  
1 Red Bell Pepper  
1 Green Bell Pepper  
1 Yellow Bell Pepper  
5 Vegan Bouillion Cube (use up to 7, depending on desired flavor)  
3 Garlic (minced)  
1 tsp Chili Powder  
1/2 tsp Black Pepper (to taste)

### Directions

- 1 Making these beans is a little 2 day project, but it will pay off big time! First, put the beans in a large bowl or pot and fill with water to cover. Soak for 2 days and then change the water on the second day (they will soak it up). You want to see some of the seeds starting to sprout.
- 2 Once you're ready to cook them, put the beans in a large slow cooker/crock pot and cover them with water (~7.5 cups). Put the slow cooker on for 8 hours. Go on with your day!
- 3 Sauté all the veggies in a pan for about 7 minutes (or until desired tenderness) then add them to the crockpot to simmer for about an hour. Add the boullion cubes, chili pepper and black pepper too. Ideally, add around the 7th hour so all the flavors can combine. (After 8 hours, the crockpot auto switches to "warm" mode).
- 4 Use to top EVERYTHING! Salads, grains, roasted veggies etc. One batch typically lasts 1-2 weeks and lasts 2 months frozen.



## Mexican Black Bean Salad

4 servings

15 minutes

### Ingredients

2 cups Black Beans (cooked)  
1 Red Bell Pepper (chopped)  
1/4 cup Red Onion (chopped)  
1 Avocado (diced)  
1/4 cup Lime Juice  
1/4 tsp Chili Powder  
1/4 tsp Cumin  
1/8 tsp Sea Salt

### Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

### Notes

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

**Serving Size:** One serving is approximately 1 cup.

**More Flavor:** Add cilantro, tomato, corn or hot sauce.

**No Black Beans:** Use cooked lentils or chickpeas instead.



## "Sweetgreeny" Detox Salad

3 servings

50 minutes

### Ingredients

3 cups Broccoli (chopped into small florets)  
1 tbsp Extra Virgin Olive Oil (optional)  
1 Peach (or nectarine or pear, diced)  
1/2 cup Walnuts (raw)  
1 tbsp Nutritional Yeast  
2 Avocado (diced)  
1 cup Red Onion (finely chopped)  
1 cup Baby Kale  
4 cups Arugula  
2 cups Cilantro (roughly chopped)

### Directions

- 1 To make the baked broccoli, preheat the oven to 350°F and line a large baking sheet with parchment paper.
- 2 Add the broccoli florets to a large bowl and toss lightly with olive oil, salt and pepper.
- 3 Bake the broccoli for 25- 30 minutes, until fork tender. Remove from the oven, allow to cool slightly, then refrigerate until ready to incorporate into the salad.
- 4 To toast the walnuts, spread them in a thin layer on a parchment covered baking sheet and spray with optional avocado oil. Toss with nutritional yeast and bake at 350 degrees F for 8-10 minutes, until fragrant and browned. (Alternatively, you can skip this step and add them in raw, but the nutritional yeast adds depth of flavor.)
- 5 While your items are baking, chop up all fruits and veggies.
- 6 To assemble your "Sweetgreeny" Detox Salad, fill bowls with a blend of kale and arugula and top with baked broccoli, chopped peach/pear, walnuts, avocado, red onion, and cilantro. Drizzle with Detox Tahini Dressing (2+ tbsp) and serve immediately.
- 7 Store leftovers and dressing separately in the fridge for reassembly for 3-5 days, though best when fresh.





## Detox Tahini Dressing

**3 servings**

**50 minutes**

### Ingredients

2 tbsps Tahini (Runny Is Ideal!)  
1/4 cup Water (more as needed)  
2 tbsps Lemon Juice  
3/4 tsp Ginger ( (ground or fresh))  
1/8 tsp Garlic Powder  
1/2 tsp Sea Salt (to taste)  
1/4 tsp Black Pepper

### Directions

1

To create the Detox Tahini Dressing, combine all ingredients in a high speed blender or food processor and blend until well combined, adding more water as needed to reach desired consistency. Start with 2 Tablespoons of lemon juice, taste, and add more for brightness and tartness.

2

Pour over your "Sweetgreeny" Detox Salad, or drizzle over any salad or bowl.



## Black Bean & Tomato Salad with Creamy Cilantro Dressing

**4 servings****15 minutes**

### Ingredients

- 1/3 cup Unsweetened Coconut Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Black Beans (or Red Beans from JJ's Red Bean Recipe)
- 1 cup Cherry Tomatoes (chopped)
- 2 Avocado (small, diced)

### Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing, if necessary. Season with additional salt or lime juice if needed.
- 2 Divide the romaine lettuce, black beans, tomatoes and avocado between plates, drizzle with the dressing and serve immediately. Enjoy!

### Notes

**Leftovers:** Transfer the dressing and salad ingredients to separate airtight containers and refrigerate until ready to use. The dressing will keep in the fridge for up to five days. Wait to dice the avocado and dress salad until just before serving.

**More Flavor:** Add roughly chopped jalapeno pepper to the dressing for a spicy kick.

**Additional Toppings:** Add chopped cilantro, extra lime wedges or sliced jalapenos.

**Make it Vegan:** Use a non-dairy Greek-style yogurt instead.



## Maple Mustard Kale Salad with Crispy Tofu

2 servings

35 minutes

### Ingredients

7 1/16 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)  
1 tbsp Tamari  
1 tbsp Arrowroot Powder  
6 cups Kale Leaves (finely chopped)  
2 tbsps Lemon Juice  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Dijon Mustard  
1 tbsp Maple Syrup  
1/2 Cucumber (chopped)  
1/2 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.





## Asian Summer Slaw

4 servings

24 minutes

### Ingredients

- 1/4 cup Cashew Or Peanut Butter
- 2 tbsps White Miso Paste
- 2 tbsps Lime Juice
- 1 tsp Sesame Oil
- 1 tsp Grated Ginger
- 2 tbsps Water (or as needed)
- 6 cups Shredded Red And/Or Green Cabbage
- 2 Red Bell Pepper
- 2 Scallions (chopped)
- 1/2 cup Chopped Cilantro (including stems)
- 1/2 cup Fresh Basil, Thai Basil (and/or mint)
- 2 Thai Chiles Or 1 Serrano Pepper (diced)
- 1/4 cup Toasted Peanuts, Pepitas (and/or sesame seeds)
- 1 Peach (ripe, thinly sliced)

### Directions

1

Make the dressing: In a small bowl, whisk together the cashew butter, miso paste, lime juice, sesame oil, and ginger. Whisk in enough water to create a drizzable consistency. Set aside.

2

In a dry cast-iron skillet over medium heat, char the peppers whole, rotating until the edges have a little char, about 2 minutes per side. Remove. When cool to the touch, slice in half lengthwise, remove the stem, ribbing, and seeds and slice horizontally into thin strips.

3

In a large bowl, combine the cabbage, peppers, scallions, cilantro, basil, chiles, and  $\frac{3}{4}$  of the dressing. Toss until combined. Add the remaining dressing, if desired, and season to taste with a few pinches of sea salt. Serve topped with the toasted nuts, seeds, and sliced peaches.



## DIY BBB Trail Mix

8 servings

5 minutes

### Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1/4 cup Goji Berries
- 1/4 cup Unsweetened Coconut Flakes
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt

### Directions

- 1 Combine ingredients in a large bowl and mix well.
- 2 Store in a mason jar. Will keep up to one month!



## Apple with Peanut Butter & Cinnamon

1 serving

3 minutes

### Ingredients

1 Apple  
2 tbsps All Natural Peanut Butter  
1/8 tsp Cinnamon

### Directions

1

Cut apple into slices and remove the core. Sprinkle cinnamon over the apples and peanut butter, and dip the apple slices into the peanut butter. Enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.





## Bell Peppers with Guacamole

1 serving

5 minutes

### Ingredients

- 1/2 Avocado (medium)
- 2 tsps Lemon Juice
- 1/8 tsp Sea Salt (or more to taste)
- 1 Red Bell Pepper (medium, sliced)

### Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

### Notes

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

**More Flavor:** Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

**No Red Bell Pepper:** Use cucumber slices, carrot sticks, or crackers instead.



## Portobello Mushroom Pizzas

**4 servings****30 minutes**

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1 Sweet Onion (diced)  
2 Garlic (cloves, minced)  
2 cups Cherry Tomatoes  
1 1/2 tbsps Balsamic Vinegar  
2 cups Baby Spinach  
12 ozs Portobello Mushroom Caps  
1/2 cup Vegan Mozzarella Cheese (optional)

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 3 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 4 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with optional vegan cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 5 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!





## Mushroom & Kale Stuffed Sweet Potato

2 servings

50 minutes

### Ingredients

2 Sweet Potato (medium, pierced with a fork)  
1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (chopped)  
1 cup Mushrooms (sliced)  
1 cup Kale Leaves (chopped)  
1 tbsp Nutritional Yeast

### Directions

- 1 Preheat the oven to 400°F (204°C) and place each sweet potato on a baking sheet. Bake for 40 to 45 minutes, or until cooked through.
- 2 About 10 minutes before the sweet potatoes are done cooking, heat the olive oil in a skillet over medium heat. Add in the onions and mushrooms and cook for 5 minutes or until soft. Add the kale and nutritional yeast and cook for another 3 minutes or until the kale is cooked down.
- 3 Once the potatoes are cooked through, slice them down the middle and top with the mushrooms, kale and onion mix. Enjoy!

### Notes

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

**Serving Size:** One serving equals one stuffed sweet potato.

**Meal Prep:** Cook the sweet potatoes ahead of time for a quick weeknight meal.

**No Kale:** Use spinach or Swiss chard instead.

**Additional Toppings:** Top with pumpkin seeds or sunflower seeds.





## Roasted Veggies

4 servings

40 minutes

### Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.



## Lentil Meatballs & Pasta

5 servings

35 minutes

### Ingredients

- 1/2 cup Dry Green Lentils
- 1 cup Vegetable Broth
- 1/2 tsp Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/4 cup Nutritional Yeast
- 1/2 cup Almonds (chopped)
- 3/4 tsp Sea Salt
- 1/2 cup Parsley (divided, chopped)
- 10 ozs Chickpea Pasta (shells)
- 2 cups Tomato Sauce

### Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

### Notes

**Leftovers:** For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

**Serving Size:** One serving is approximately three lentil meatballs balls with roughly one cup of pasta.



## Peaches with Cinnamon

1 serving

5 minutes

### Ingredients

- 1 tsp Cinnamon
- 1 Peach (sliced, pit removed)

### Directions

- 1 In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

**Additional Toppings:** Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.