












































Bangin' Body Bites Week 2/4

---

Carolyn Brown MS RD

<http://www.indigowellnessgroup.com>



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Queen JJ's Acai Bowl	 Post Workout Green Smoothie	 Queen JJ's Acai Bowl	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats
Lunch	 Quinoa Tabbouleh	 Quinoa Tabbouleh	 Lentil Beet Veggie Burgers	 Lentil Beet Veggie Burgers	 Spring Carrot, Radish and Quinoa Salad with Herbed...	 Lentil & Mushroom Lettuce Wraps	 Cilantro Lime Black Bean Rice Bowl
	 JJ's Red Bean Meal Prep	 JJ's Red Bean Meal Prep	 Citrusy Kale & Carrot Salad	 Citrusy Kale & Carrot Salad	 Crispy Baked Tofu	 Avocado	 Cilantro Lime Black Bean Rice Bowl
Snack 2	 Everything Bagel Hummus & Veggies	 DIY BBB Trail Mix	 Apple with Peanut Butter & Cinnamon	 DIY BBB Trail Mix	 Everything Bagel Hummus & Veggies	 Apple with Peanut Butter & Cinnamon	 DIY BBB Trail Mix
Dinner	 Spicy Edamame Fried Cauliflower Rice	 Tofu & Broccoli Salad with Peanut Sauce	 Tofu & Broccoli Salad with Peanut Sauce	 Tempeh Buddha Bowl	 Lentil & Mushroom Lettuce Wraps	 Cilantro Lime Black Bean Rice Bowl	 Mexican Spiced Tofu with Cauliflower Rice
	 Avocado				 Avocado		
Snack 3	 Raspberries		 Raspberries		 Raspberries		 Raspberries

**Fruits**

- ☐ 2 Apple
- ☐ 7 Avocado
- ☐ 5 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 Lemon
- ☐ 2/3 cup Lemon Juice
- ☐ 3 Lime
- ☐ 2 Navel Orange
- ☐ 4 cups Raspberries

**Breakfast**

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

**Seeds, Nuts & Spices**

- ☐ 1 cup Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1 cup Cashews
- ☐ 1 tbsp Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 3/4 tsps Cinnamon
- ☐ 2 tsps Cumin
- ☐ 1 1/3 tbsps Everything Bagel Seasoning
- ☐ 2/3 tsp Garlic Powder
- ☐ 1/4 cup Goji Berries
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1/4 tsp Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1/4 cup Raw Peanuts
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 2/3 tsps Smoked Paprika
- ☐ 1 cup Sunflower Seeds
- ☐ 5 Vegan Bouillian Cube
- ☐ 1 1/8 cups Walnuts

**Frozen****Vegetables**

- ☐ 10 cups Arugula
- ☐ 5 cups Baby Spinach
- ☐ 4 Beet
- ☐ 2 heads Boston Lettuce
- ☐ 3 cups Broccoli
- ☐ 6 Carrot
- ☐ 3 Carrots
- ☐ 9 cups Cauliflower Rice
- ☐ 3 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/3 cup Cilantro
- ☐ 16 Cremini Mushrooms
- ☐ 1 Cucumber
- ☐ 1/4 bulb Fennel
- ☐ 10 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 1 Green Bell Pepper
- ☐ 3 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 16 cups Kale Leaves
- ☐ 1/4 cup Mint Leaves
- ☐ 3 tbsps Packed Fresh Herbs, Like Mint, Cilantro, Parsley
- ☐ 2 1/2 cups Parsley
- ☐ 2 1/3 cups Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 tbsp Red Onion
- ☐ 2 Tomato
- ☐ 2 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

**Boxed & Canned**

- ☐ 1 cup Black Beans
- ☐ 1/2 cup Brown Rice
- ☐ 1 cup Dry Green Lentils
- ☐ 1 cup Lentils
- ☐ 1 cup Quinoa
- ☐ 2 lbs Red Kidney Beans

**Baking**

- ☐ 2 tbsps Arrowroot Powder

**Bread, Fish, Meat & Cheese**

- ☐ 1 cup Hummus
- ☐ 9 ozs Tempeh
- ☐ 3 1/2 lbs Tofu

**Condiments & Oils**

- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 2 1/3 tbsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Rice Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 1 1/2 tsps Sriracha
- ☐ 1/3 cup Tahini
- ☐ 1/2 cup Tamari

**Cold**

- ☐ 3 1/2 cups Unsweetened Almond Milk

**Other**

- ☐ 1 cup Ice Cubes
- ☐ 10 cups Water

- 
- |  |   |
|--|---|
| <input type="checkbox"/> 2 Acai Packet             | <input type="checkbox"/> 1/2 cup Oats                       |
| <input type="checkbox"/> 1 1/2 cups Frozen Berries | <input type="checkbox"/> 1/4 cup Unsweetened Coconut Flakes |
| <input type="checkbox"/> 1 1/2 cups Frozen Edamame |   |
| <input type="checkbox"/> 1/2 cup Frozen Spinach    |   |





## 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!



## 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!





## Blackberry Protein Overnight Oats

1 serving

8 hours

### Ingredients

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



## Quinoa Tabbouleh

4 servings

25 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
2 cups Parsley (stems removed, finely chopped)  
1/4 cup Mint Leaves (stems removed, finely chopped)  
2 stalks Green Onion (finely chopped)  
2 Tomato (medium, chopped)  
1 tbsp Extra Virgin Olive Oil  
1/4 cup Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Directions

1

Cook the quinoa according to the directions on the package, and set aside to cool.

2

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





## 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.



## Lentil Beet Veggie Burgers

6 servings

1 hour 15 minutes

### Ingredients

4 Beet (medium-size, peeled, cut into small cubes)  
3 tbsps Water (optional)  
2 tbsps Tahini (optional)  
1 tbsp Balsamic Vinegar (optional)  
1 cup Lentils (cooked, rinsed)  
1/2 cup Walnuts (roughly chopped)  
1/2 cup Parsley (chopped)  
1/4 cup Ground Flax Seed  
1/2 tsp Sea Salt  
2 Garlic (clove, minced)

### Directions

- 1 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 2 Meanwhile, make the balsamic tahini drizzle, if using. Add the water, tahini and balsamic vinegar to a jar with a lid and shake until mixed. Transfer to the fridge to thicken until ready to use, at least 30 minutes.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 5 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 6 To serve, divide burgers between plates and top with the balsamic tahini drizzle. Enjoy!





## Citrusy Kale & Carrot Salad

**4 servings**

**10 minutes**

### Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

### Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!



## Spring Carrot, Radish and Quinoa Salad with Herbed Avocado

2 servings

35 minutes

### Ingredients

1/2 cup Quinoa (rinsed under running water in a fine mesh colander)  
2 Garlic (pressed or minced)  
1 tbsp Extra Virgin Olive Oil  
4 cups Arugula  
2 cups Radishes (sliced into super thin strips or rounds)  
3 Carrots (peeled and then sliced into ribbons with a vegetable peeler)  
1/4 bulb Fennel (optional, cored and sliced super thin)  
3 tbsps Sunflower Seeds  
3/4 tsp Extra Virgin Olive Oil  
1 Lemon (preferably organic, zested and juiced)  
1 tsp Dijon Mustard  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 Avocado (diced)  
1 Lime (juiced)  
3 tbsps Packed Fresh Herbs, Like Mint, Cilantro, Parsley (finely chopped)  
1/8 tsp Sea Salt

### Directions

1

To cook the quinoa: In a saucepan, combine the rinsed quinoa and 1 cup water. Bring the mixture to a boil, then cover and reduce heat to a simmer. Cook for 15 minutes, remove the pot from heat and let it rest, covered, for 5 minutes. Use a fork to fluff up the quinoa and mix in the garlic and olive oil. Season to taste with sea salt.

2

To toast the sunflower seeds: Pour the seeds into a small pan. Heat the seeds over medium heat, stirring frequently, until they are fragrant and turning golden on the edges. Remove from heat.

3

To make the vinaigrette: In a small bowl, whisk together the olive oil, lemon juice and zest, and mustard until emulsified. Season with sea salt and black pepper, to taste.

4

To prepare the avocado: In a small bowl, combine the chunks of avocado, lemon or lime juice, chopped fresh herbs, coriander and sea salt. Mash with a fork until the mixture is blended and no longer chunky.

5

Assemble the salads: Divide the arugula and quinoa between two large salad bowls. Drizzle lightly with vinaigrette (you will have leftover vinaigrette) and toss to coat. Divide the radishes, carrots and fennel between the two bowls. Top with a sprinkling of sunflower seeds. Add a big ol' dollop of herbed avocado. Serve & enjoy!





## Crispy Baked Tofu

4 servings

40 minutes

### Ingredients

1 lb Tofu ((organic, extra firm))  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Tamari  
1 tbsp Arrowroot Powder (or  
cornstarch)

### Directions

- 1 Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper to prevent the tofu from sticking.
- 2 To prepare the tofu: Drain the tofu and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows (see photos).
- 3 Line a cutting board with a lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel(s). Fold the towel(s) over the cubed tofu, then place something heavy on top (like another cutting board, topped with a cast iron pan or large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes (preferably more like 30 minutes, if you have the time).
- 4 Transfer the pressed tofu to a medium mixing bowl and drizzle with the olive oil and tamari. Toss to combine. Sprinkle the starch over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining.
- 5 Tip the bowl of tofu over onto your prepared baking sheet and arrange the tofu in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges. Use as desired.



## Lentil & Mushroom Lettuce Wraps

2 servings

25 minutes

### Ingredients

1/2 cup Dry Green Lentils  
1 cup Water  
3/4 tsp Sea Salt (divided)  
1/2 Yellow Onion (chopped)  
8 Cremini Mushrooms (chopped)  
1 tsp Smoked Paprika (divided)  
3/4 tsp Cumin (divided)  
1/2 Jalapeno Pepper (thinly sliced, optional)  
1 head Boston Lettuce

### Directions

1

Add lentils, water and 1/4 of the salt to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 25 minutes or until just tender. Add more water if needed to ensure the lentils remain just barely covered. When cooked, drain the excess liquid and set aside on a plate.

2

Meanwhile, heat a skillet over medium heat. Add a splash of water to the skillet and then add the onion. Cook for 2 minutes, until softened. Then add the mushrooms, half of the smoked paprika and half of the cumin. Add the jalapeno and stir, continuing to add water if needed to ensure it isn't sticking. Cook over medium heat for 5 to 6 minutes, until the mushrooms have released water and are cooked.

3

Add the remaining smoked paprika and cumin to the plate with the lentils and toss to combine. Add the lentils to the pan with the mushrooms and season with the remaining salt and stir to combine.

4

Divide the Boston lettuce evenly between plates and top with the mushroom and lentil mixture. Enjoy!



## Avocado

2 servings

5 minutes

---

### Ingredients

1 Avocado

### Directions

1

Cut avocado into slices or chunks. Enjoy!





## Cilantro Lime Black Bean Rice Bowl

2 servings

45 minutes

### Ingredients

- 1/2 cup Brown Rice
- 1 cup Black Beans (cooked, rinsed / jji's beans)
- 1 Lime (juiced, plus more for serving)
- 1 stalk Green Onion
- 1 tbsp Cilantro (finely chopped)
- 1/8 tsp Smoked Paprika
- 1/8 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1 Red Bell Pepper (sliced)
- 1/2 cup Cherry Tomatoes (chopped)

### Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Meanwhile, add the black beans to a bowl with the lime juice, green onion, cilantro, paprika, and garlic powder. Stir to combine and season with salt and pepper to taste.
- 3 To serve, divide the baby spinach between bowls then add cooked rice, black beans, peppers and tomatoes. Season with additional lime juice or salt and pepper. Enjoy!



## Everything Bagel Hummus & Veggies

2 servings

5 minutes

### Ingredients

1/2 cup Hummus  
2 tsps Everything Bagel Seasoning  
2 Carrot (medium, peeled and cut into sticks)  
1/2 Cucumber (medium, sliced)

### Directions

1

Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!



## 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!



## Spicy Edamame Fried Cauliflower Rice

2 servings

15 minutes

### Ingredients

- 1 1/2 tsps Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 cups Frozen Edamame
- 6 1/8 ozs Tofu (extra firm, crumbled)
- 3 tsps Tamari
- 2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

### Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!



## Tofu & Broccoli Salad with Peanut Sauce

4 servings

50 minutes

### Ingredients

1 1/16 lbs Tofu (extra-firm, pressed, cubed)  
2 tbsps Tamari (divided)  
2 tbsps Rice Vinegar (divided)  
1 1/2 tbsps Sesame Oil (divided)  
1 tbsp Arrowroot Powder  
1/4 cup All Natural Peanut Butter  
2 tbsps Water  
3 cups Broccoli (chopped into tiny florets)  
1/3 cup Radishes (thinly sliced)  
1/4 cup Raw Peanuts (roughly chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!





## Tempeh Buddha Bowl

3 servings

30 minutes

### Ingredients

- 9 ozs Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!



## Mexican Spiced Tofu with Cauliflower Rice

4 servings

40 minutes

### Ingredients

1 1/16 lbs Tofu (extra firm, drained and cubed)  
1 1/2 tsps Avocado Oil  
1/2 tsp Cumin  
1/2 tsp Chili Powder  
1/2 tsp Smoked Paprika  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
4 cups Cauliflower Rice  
2 Avocado  
1 tbsp Red Onion (diced very small)  
1 Garlic (clove, minced)  
1 Lime (juiced, divided, plus additional slices for garnish)  
3 stalks Celery (roughly chopped)  
1/4 cup Cilantro (for garnish, roughly chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the tofu with oil, cumin, chili powder, smoked paprika, garlic powder and half the salt. Bake in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more. Remove and set aside.
- 3 Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often. Cook for 5 minutes or until the cauliflower is cooked through.
- 4 In a small bowl, add the avocado and mash with a fork. Then add the red onion, garlic, 1/4 of the lime juice and the remaining salt.
- 5 Divide the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro. Squeeze the remaining lime juice on top of each bowl and serve with lime slices, if using. Enjoy!





## Raspberries

**1 serving**  
**3 minutes**

---

### Ingredients

1 cup Raspberries

### Directions

- 1 Wash berries and enjoy!