















	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 <p>Cucumber Tomato Chickpea Salad with Sumac Dressing</p>	 <p>Falafel Tahini Salad</p>	 <p>Smashed Chickpea Salad with Tahini Dressing</p>				
Dinner	 <p>Creamy Pasta with Kale</p>	 <p>Smoky Lentils &amp; Roasted Vegetables</p>	 <p>Vegan Minestrone Soup</p>	 <p>Vegan Ramen Soup</p>	 <p>Lemon Kale Salad with Chickpeas &amp; Avocado</p>	 <p>Buckwheat Sweet Potato Bowl</p>	 <p>Lentil Salad with Maple Roasted Squash</p>

### Fruits

- 1 Apple
- 2 Avocado
- 1/3 cup Lemon Juice
- 1 Lime

### Breakfast

- 1/2 cup Almond Butter
- 2 cups Buckwheat Groats
- 1/4 cup Maple Syrup

### Seeds, Nuts & Spices

- 1 cup Cashews
- 1/4 tsp Cinnamon
- 2 tsps Cumin
- 2 tsps Dried Basil
- 1 tbsp Ground Sumac
- 1 tbsp Italian Seasoning
- 1/4 cup Pumpkin Seeds
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tsps Smoked Paprika

### Frozen

- 1 cup Frozen Green Beans

### Vegetables

- 2 cups Baby Spinach
- 2 cups Butternut Squash
- 1 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1 1/8 cups Cilantro
- 1 Cucumber
- 11 1/3 Garlic
- 1 tsp Ginger
- 4 stalks Green Onion
- 15 1/3 cups Kale Leaves
- 8 cups Mixed Greens
- 3 cups Mushrooms
- 1/4 cup Parsley
- 6 Sweet Potato
- 2 Yellow Onion

### Boxed & Canned

- 1 1/2 cups Brown Rice Pasta Shells
- 8 ozs Chickpea Pasta
- 7 cups Chickpeas
- 3 1/2 cups Diced Tomatoes
- 1 cup Dry Green Lentils
- 10 ozs Gluten Free Ramen Noodles
- 2 2/3 cups Green Lentils
- 2 cups Lentils
- 3/4 cup Lite Coconut Milk
- 2 cups Red Kidney Beans
- 1/4 cup Tomato Paste
- 11 1/2 cups Vegetable Broth

### Baking

- 1 tbsp Coconut Sugar
- 1/4 cup Dried Unsweetened Cranberries
- 1 1/3 tsps Nutritional Yeast

### Condiments & Oils

- 3 1/2 tsps Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 3 tsps Coconut Aminos
- 1 1/16 cups Extra Virgin Olive Oil
- 1 cup Sauerkraut
- 1/2 cup Tahini
- 1 tbsp Thai Red Curry Paste

### Cold

- 1/4 cup Unsweetened Coconut Yogurt

### Other

- 5 1/16 cups Water



## Cucumber Tomato Chickpea Salad with Sumac Dressing

2 servings

10 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 1 tbsp Ground Sumac
- 1 1/2 tps Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1 Cucumber (chopped)
- 2 cups Chickpeas (cooked)
- 1 cup Cherry Tomatoes (halved)

### Directions

- 1 In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
- 2 Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing ovetop and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 1/2 to 3 cups.

**More Flavor:** Let the salad marinate in the dressing overnight before serving.

**Additional Toppings:** Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.





## Falafel Tahini Salad

4 servings

30 minutes

### Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)  
1/3 cup Tahini (divided)  
1/2 cup Cilantro (finely chopped)  
1 tsp Cumin  
1 tbsp Apple Cider Vinegar  
1 tsp Sea Salt (divided)  
1/4 cup Unsweetened Coconut Yogurt  
1/4 cup Water  
8 cups Mixed Greens  
1 cup Sauerkraut

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

**Serving Size:** One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

**Additional Toppings:** Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

**No Sauerkraut:** Use pickled cabbage instead.



## Smashed Chickpea Salad with Tahini Dressing

2 servings

10 minutes

### Ingredients

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1 Apple (finely chopped)
- 2 stalks Celery (finely chopped)
- 2 tbsps Tahini
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1 Garlic (clove, small, minced)

### Directions

- 1 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 2 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 3 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

### Notes

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

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

**More Flavor:** Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

**Apple:** This recipe was created using Granny Smith apples.

**Serve it With:** Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.





## Creamy Pasta with Kale

4 servings

40 minutes

### Ingredients

8 ozs Chickpea Pasta  
5 1/3 cups Kale Leaves (sliced thin into ribbons)  
1 1/3 Garlic (clove, minced)  
1 cup Cashews (soaked for 30 minutes and drained)  
2/3 cup Water  
1 1/3 tbsps Nutritional Yeast (optional)  
1 1/3 tbsps Lemon Juice  
2 2/3 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

### Notes

**No Kale:** Use another green instead such as spinach, collard greens or Swiss chard.

**Leftovers:** Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

**No Chickpea Pasta:** Use lentil, quinoa, brown rice or whole wheat pasta instead.



## Smoky Lentils & Roasted Vegetables

4 servings

35 minutes

### Ingredients

- 4 Sweet Potato (small, cubed and peeled)
- 1/2 head Cauliflower (small, cut into florets)
- 2 tbsps Coconut Aminos
- 3 1/2 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Smoked Paprika
- 1 tsp Cumin
- 1 tsp Sea Salt
- 1 cup Dry Green Lentils (rinsed)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and cauliflower to a large bowl. Add the coconut aminos and toss to coat the vegetables. Transfer to the baking sheet and bake for about 30 minutes, stirring halfway through. Season the roasted vegetables with salt, if needed.
- 3 Meanwhile, add a splash of the broth to a pot over medium heat along with the onions and garlic. Bring to a gentle boil and cook until the onions have softened, about 3 to 5 minutes.
- 4 Add the smoked paprika, cumin, and salt to the onion mixture and stir to combine. Cook for another minute. Stir in the lentils and the remaining vegetable broth and let the lentils simmer covered with a lid for about 20 minutes or until tender and the liquid has absorbed. If the lentils are not cooked through add a little more broth and continue to cook for a few more minutes. Season with additional salt, if needed.
- 5 To serve, divide the lentils between bowls and top with the roasted sweet potato and cauliflower. Enjoy!

### Notes

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

**More Flavor:** Add chili powder, chipotle chili powder, red pepper flakes, or cayenne pepper for spicier lentils.

**Additional Toppings:** Fresh herbs like cilantro.

**More Veggies:** Serve with fresh or wilted greens like spinach.

**No Cauliflower:** Use broccoli instead.

**No Sweet Potato:** Use squash instead.





## Vegan Minestrone Soup

4 servings

1 hour

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 cup Frozen Green Beans (chopped)
- 1 1/2 cups Brown Rice Pasta Shells (dry)

### Directions

- 1 Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
- 2 Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
- 3 Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
- 4 Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
- 5 To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 cups of soup.

**Grain-Free:** Omit the pasta or use chickpea pasta instead.

**Additional Toppings:** Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

**More Flavor:** Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

**Consistency:** Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.



## Vegan Ramen Soup

3 servings

25 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup Almond Butter
- 1 tbsp Coconut Aminos
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 10 ozs Gluten Free Ramen Noodles (dry)
- 2 cups Baby Spinach

### Directions

- 1 Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
- 2 Add the vegetable broth, coconut milk, almond butter, aminos, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
- 3 While the soup simmers, cook the noodles according to the directions on the package and set aside.
- 4 During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

### Notes

**Optional Garnishes:** Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

**No Peanut Butter:** Use almond butter instead.

**Nut-Free:** Use tahini instead of peanut butter.

**Leftovers:** Store in an airtight container in the fridge for up to three to five days.

**More Protein:** Add tofu or a boiled egg.

**No Coconut Sugar:** Sweeten with honey instead.

**No Red Curry Paste:** Use green curry paste instead.

**No Ramen Noodles:** Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.





## Lemon Kale Salad with Chickpeas & Avocado

4 servings  
20 minutes

### Ingredients

8 cups Kale Leaves (stem removed, thinly sliced)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
1/2 tsp Sea Salt  
3 1/2 cups Chickpeas (cooked)  
2 Avocado (cubed)  
1/4 tsp Smoked Paprika  
1/4 cup Pumpkin Seeds

### Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

**More Flavor:** Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

**Additional Toppings:** Add sliced onion, peppers or roasted vegetables such as sweet potato.



## Buckwheat Sweet Potato Bowl

4 servings  
30 minutes

### Ingredients

- 4 cups Water
- 2 cups Buckwheat Groats
- 1/4 cup Extra Virgin Olive Oil
- 2 Sweet Potato (chopped into small cubes)
- 2 cups Kale Leaves (chopped)
- 2 tsps Sea Salt
- 2 tsps Dried Basil
- 2/3 cup Cilantro (chopped)

### Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 2 cups.

**More Flavor:** Add diced onions or minced garlic.





## Lentil Salad with Maple Roasted Squash

4 servings  
30 minutes

### Ingredients

2 cups Butternut Squash (chopped into 1 cm cubes)  
1 1/2 tsps Avocado Oil  
1/4 tsp Sea Salt (divided)  
2 tsps Maple Syrup  
1/4 cup Extra Virgin Olive Oil  
2 tsps Apple Cider Vinegar  
1/4 tsp Cinnamon  
2 cups Lentils (cooked, from the can)  
4 stalks Green Onion (chopped)  
1/4 cup Dried Unsweetened Cranberries  
1/4 cup Parsley (chopped)

### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
- 3 In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to 5 days.

**No Maple Syrup:** Use honey instead.

**No Butternut Squash:** Use sweet potato or carrots instead.

**Save Time:** Buy pre-sliced butternut squash.