

MOCK “TUNA” SALAD

Serves 2

Meal A

Ingredients:

1 can or 1 cup of garbanzo beans (chickpeas), drained and rinsed

3 Tbsp of vegan mayo

1 stalk of celery, diced

2 green onions, diced

1 small dill pickle, diced

½ tsp dry mustard powder

½ tsp sea salt

4 slices whole grain bread or GF bread or tortilla

Lettuce, optional

Red onion, optional

Tomato, optional

Directions:

1. Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
2. Add mayo, celery, onions, dry mustard and salt to the mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
3. Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).
4. Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, layer lettuce, sliced onion and tomato, if using and top with second slice of bread.

Per serving: 322 calories, 8.4g fat, 45.4g carbs, 10g fiber, 11.9g sugars, 10.4g protein

Prep Notes: Prepare mixture ahead of time and store up to 7 days in the refrigerator.

Add Calories: Serve with veggies and hummus

Lower Calories: Serve on a lettuce wrap.

Up Your Greens: Add spinach to your sandwich.

ROASTED CHICKPEA AND BROCCOLI BURRITOS

Inspired by Thug Kitchen

Serves 2

Meal B

Ingredients:

1 large onion, diced
1 red bell pepper, diced
1 large crown of broccoli, small chop
1 ¾ cups of chickpeas (1-15oz can, drained and rinsed)
3 Tbsp low sodium soy sauce (gluten-free tamari or soy-free coconut aminos)
2 tsp chili powder
1 tsp ground cumin
1 tsp smoked paprika
½ tsp ground coriander (or more cumin if you don't have coriander)
Cayenne pepper to taste
4 cloves of garlic, minced
½ lime, juiced
4 flour tortillas or gluten-free tortillas
Burrito fillings such as spinach, cilantro, avocado, salsa, optional

Directions:

1. Preheat oven to 425F.
2. Chop the onion, bell pepper, and broccoli until they are the size of a chickpea. Place all the chopped veggies in a large bowl with chickpeas. Pour in soy sauce and give it a stir. Then, add in the spices. Mix together until thoroughly coated.
3. Place on a parchment lined baking sheet and bake for 20 minutes.
4. Remove from oven and add garlic. Stir it around. Bake for another 15 minutes. The broccoli might look like it is burning, but that is what we are going for..
5. Remove from oven and squeeze lime juice all over the veggies and chickpeas. Then, give them a stir.
6. Taste to see if you need to add any more spices.
7. Assemble your burrito adding your favorite fillings.

Per Serving: 356 Calories, 3.8g Fat, 66.1g Carbs, 40g Fiber, 17.7g protein

Prep Notes: Cut veggies ahead of time. Bake vegetable/chickpea mixture and store until ready to eat.

Kid-Friendly: Offer up their favorite toppings or dressings.

Add Calories: Serve with side of rice or quinoa and additional salsa.

Up Your Greens: Top your burrito with fresh spinach, kale, or mixed greens.

BLACK BEAN TORTAS WITH COCONUT CHIPOTLE MAYO

Inspired by Thug Kitchen

Serves 2

Meal C

Ingredients:

Coconut Chipotle Mayo

½ cup canned coconut milk

¼ cup of your favorite hot sauce

½ tsp chipotle powder

1 tsp honey or maple syrup

1 tsp chia seeds, ground optional (easily grind in Ninja or coffee grinder)

½ tsp lemon juice

½ tsp garlic powder

Pinch of salt

Creamy Black Beans

1 small yellow onion, diced

1 clove garlic, minced

1 ½ tsp chili powder

¼ tsp cumin

15 oz can black beans, drained and rinsed or 1 ½ cups prepared black beans

¾ cup low sodium vegetable broth

Juice of 1 lime

Salt to taste

Torta Trimmings

2 crusty rolls, split and toasted or gluten-free tortillas

Lettuce

Sliced tomatoes

Sliced red onion

Sliced avocado

Directions:

To make Coconut Chipotle Mayo: Throw all the ingredients into your blender and blend until creamy and smooth. Set aside.

1. In a pot on medium heat, saute onions in a small amount of water until they start look a little brown and wilted.
2. Add in garlic, chili powder and cumin. Cook for another 30 seconds.
3. Add beans and broth and stir everything together. Let it come to a simmer.

4. With a potato masher or big spoon, mash up all the beans the best you can. Add the lime juice and taste. Add more salt or spices as needed.
5. Toast Rolls. Slather Coconut Chipotle Mayo and pile on a bunch of beans. Add whatever toppings you would like. Serve right away.

Per serving: 416 Calories, 20.1g Fat, 88.1g carbohydrates, 5.9g Fiber, 28.2g Protein

Prep Notes: Can be made to order quickly. Alternatively, prepare Coconut Chipotle Mayo and Bean mixture, storing separately until ready to use.

Kid-Friendly: Serve with favorite vegetables, fruit, and/or baked fries. Alternatively, serve "Nachos" style with toasted corn tortillas and favorite toppings.

Lower Calories: Eliminate the mayo and serve with your favorite mustard, veggie toppings or additional salsa.

Up Your Greens: Top with spinach or mixed greens, serve with a side of broccoli.

BUFFALO CHICKPEA CHOWDER

Inspired by Happy Herbivore

Serves 2

Meal D

Ingredients:

2 cups low sodium vegetable broth
½ small onion, diced
1 garlic clove, minced
2 carrots, sliced
2 celery stalks, sliced
2 cups cauliflower florets (I buy frozen)
1 potato, diced
15 oz canned chickpeas or 1 ½ cups prepared chickpeas
¾ cup non dairy milk, unsweetened
4 Tbsp original Frank's Hot Sauce (NOT the wing sauce)

Directions:

1. Line large pot with ¼ cup vegetable broth.
2. Saute onion and garlic until translucent.
3. Add carrots and celery and cook until just tender.
4. Add remaining vegetable broth, cauliflower and potato and cook until potato is tender.
5. Transfer ½ to blender and process until smooth and creamy.
6. Return to pot and add chickpeas and non dairy milk to thin.
7. Add hot sauce 2 Tbsp at a time until desired flavor is achieved.
8. Salt and pepper to taste.

Per serving: 345 calories, 4.5g fat, 70.1g carbs, 19.4g fiber, 15.5g protein

Prep Notes: Make entire dish ahead and store in fridge.

Kid Friendly: Omit chickpeas, add vegan chikin' alternative or soy curls. Alternatively serve with vegan chikin' nuggets and steamed veg. Blend all chowder before adding chickpeas or chikin'.

Add calories: Serve with crackers and steamed broccoli.

Up Your Greens: Serve with side salad or add spinach or kale to chowder at Step 6, cooking until greens turn bright and wilt slightly.

BARLEY STUFFED PEPPERS

Serves 2

Meal E

Ingredients:

1 small onion, diced
2 ribs celery, diced
1 carrot, diced
3 cloves of garlic, minced
2 tsp dried thyme
1 tsp oregano
1 cup pearled barley, rinsed
1 tomato, chopped
2 Tbsp red wine vinegar
2 cups vegetable broth
½ tsp salt
¼ tsp ground black pepper
4 bell peppers
1 ½ cups or 1 can-15 oz red kidney or white beans
Garnish: ¼ cup chopped fresh parsley

Directions:

1. In a medium pot, heat a few tablespoons of water on medium heat. Add the onion and cook until tender, about 3 minutes.
2. Add celery, carrot, garlic, thyme, and oregano and cook another 2 minutes. Add in barley, tomato, and vinegar and stir. Add broth, salt, and pepper and let it come to a low simmer. Cook uncovered until all the broth is absorbed and the barley is tender, about 15 minutes.
3. While the barley is simmering, preheat oven to 375 F. Cut the top off of the peppers and scrape out any seeds. Place them in a deep baking dish lined with parchment paper.
4. When the barley is done, fold in the beans and turn off the heat. Fill the bell peppers up to the top with the filling, cover them tightly with foil, and bake until the peppers are tender, about 45 minutes to 1 hour.
5. Let them rest for 5 minutes before serving. Top with parsley to serve.

Per Serving: 475 Calories, 1.7g Fat, 102g Carbs, 45.2g Fiber, 17.2g Protein

Prep Notes: Prepare the filling ahead of time. Store in fridge until ready to use.

Kid-Friendly: Serve with ketchup and applesauce on the side.

Add Calories: Serve with side of baked sweet potato and steamed vegetable.

Lower Calories: Replace pearled barley with riced cauliflower

Up Your Greens: Serve with a side of broccoli or steamed greens or alternatively stir spinach into barley mixture.

5-SPICE FRIED RICE

Serves 2

Meal F

Ingredients:

- 1 medium sweet potato, peeled and cubed
- 2 Tbsp water, plus more if needed
- 1 small yellow onion, diced
- 1 carrot, diced
- ½ tsp Chinese 5-spice powder (see Chef's Note below)
- 2 cloves of garlic, minced
- 1 ½ Tbsp low sodium soy sauce, GF-tamari, SF-liquid aminos
- 1 Tbsp rice vinegar
- 1 tsp chili paste or Sriracha
- 3 cups of chilled brown rice (best if chilled for a few hours or overnight)
- 1 cup of Arugula (or spinach or kale)
- ½ cup sliced green onions
- 1 cup frozen green peas, thawed

Directions:

1. Preheat oven to 425F. Peel and cube sweet potatoes. Place on parchment paper lined baking sheet and bake for 20-25 minutes or until soft and tender.
2. While the sweet potatoes cook, heat a large wok or skillet on medium-high heat. Add onions and carrots. Cook 5 minutes or until tender. Add in garlic and 5-spice powder and cook 2 more minutes, stirring well.
3. Remove veggies from pan and set aside.
4. Dump rice into hot wok and stir-fry until it warms.
5. Whisk together soy sauce, vinegar, and chili paste; pour over rice and mix well. Then, add the cooked veggies. Stir-fry for another minute until everything is well combined.
6. Fold in the greens, green onions, and peas. Turn off the heat and serve immediately.

Per serving: 432 Calories, 3g Fat, 97.7g Carbs, 17.8g Fiber, 13.6g Protein

Chef's Note: Chinese 5 spice powder can be found in the Asian section of most grocery stores. You can also make your own with the recipe that follows (ingredients are not included in grocery list):

Chinese 5 Spice Powder

- 2 Tbsp whole black peppercorns
- 36 whole cloves
- 12 inches of stick cinnamon
- 2 Tbsp fennel seed

12 whole star anise

Directions: Put all ingredients in blender and pulverize into a powder. Store in air-tight container.

Prep Notes: Cook rice and prep vegetables ahead of time storing separately until ready to use.

Kid-Friendly: Serve arugula on side as green salad. Serve cooked peas or favorite veg on side instead of in dish.

Lower Calories: Replace brown rice with riced cauliflower or other riced vegetable.

SOBA NOODLE BOWL WITH PEANUT SAUCE & VEGGIES

Serves 2

Meal G

Ingredients:

- 1 bundle (3 oz.) soba noodles or gluten-free spaghetti
- 8 oz. crimini mushrooms, sliced
- 1/8 tsp salt
- 1/8 tsp ground pepper
- 1 1/2 cup broccoli florets (I buy frozen)
- 1/2 cup steamed & shelled edamame or peas (I buy frozen)

Peanut Sauce

- 1 Tbsp natural peanut butter (crunchy or smooth)
- 2 Tbsp vegetable broth, low-sodium
- 1 Tbsp low-sodium soy sauce, or GF tamari or SF coconut aminos
- 1 tsp rice vinegar
- 1/2 tsp agave nectar
- 1 tsp grated ginger (or 1/4 tsp ground)
- 1/2 tsp Sriracha chili sauce

Directions:

1. Cook the soba noodles according to package directions. Drain and rinse with cold water. Set aside.
2. Heat a few tablespoons of water in a large nonstick skillet set over medium-high heat. Add the mushrooms and cook, stirring occasionally, until the mushrooms are tender and starting to brown, 4 to 5 minutes. Season with salt and pepper, and transfer to a plate.
3. Add the broccoli and cook until just tender, 4 to 5 minutes. Stir in the edamame and remove from heat.
4. Divide the noodles, mushrooms and broccoli between two bowls. Drizzle with the peanut sauce. Serve.

To make Peanut Sauce: In a small bowl, whisk together the peanut butter, vegetable broth, soy sauce, rice vinegar, agave nectar, ginger and sriracha.

Per Serving: 438 Calories, 6.5g Fat, 90.8g Carbs, 3.9g Fiber 22.2g Protein

Prep Notes: Prep mushrooms and broccoli, if using fresh, and whisk Peanut Sauce ahead, storing separately in fridge until ready to use.

Kid-Friendly: Deconstruct noodle bowl by serving preferred veggies on the side and garnishing with crushed peanuts or cashews. Eat with chopsticks!

Lower Calories: Sub PB2 or powdered peanut butter for regular, thinning with additional veg broth or warm water as needed. Prepare with Shirataki noodles or riced vegetable in lieu of soba noodles.

Up Your Greens: Add a handful of spinach when stirring in edamame.

SOURDOUGH FRENCH TOAST

Serves 2

Meal H

Ingredients:

1 ½ tsp ground chia or flax seeds

2 Tbsp whole wheat pastry flour (or flour of choice)

1 cup vanilla non dairy milk (or add ½ tsp vanilla extract to regular unsweetened)

½ loaf day old sourdough bread (or whatever crusty bread you have)

1 ½ Tbsp nutritional yeast

Directions:

1. In a pie pan or similar shallow dish, mix together the chia/flax seeds and flour.
2. Slowly whisk in the milk until there are no lumps.
3. Allow to sit for 15 minutes while you get a non-stick griddle or pan hot on medium high heat.
4. Whisk batter again and then, slowly add the nutritional yeast and stir.
5. Soak bread slices in batter for a couple of seconds on each side.
6. Then place them on the griddle. Cook each side 1-2 minutes or until golden brown.
Serve with hot maple syrup or jam.

Per Serving: 478 Calories, 4.7g Fat, 89.7g Carbs, 5.8g Fiber, 20.1g Protein

Prep Notes: Best made to order.

MOCHA LATTE SMOOTHIE

Serves 1

Meal 1

Ingredients:

1 frozen banana

½ cup cold coffee

½ cup non dairy milk

2 Tbsp unsweetened cocoa powder

1-2 Tbsp maple syrup (to taste)

1 Tbsp almond butter (can buy packets of Justin's brand for small portion)

½ tsp vanilla extract

Directions: Place all ingredient in blender and blend until smooth.

Per Serving: 287 Calories, 10.9g Fat, 49.5g Carbs, 10.9g Fiber, 7g Protein

Prep Notes: Best made to order