

GRILLED CHEESE & AVOCADO SANDWICH

Meal A

Serves 2

Cheese

½ cup non-dairy milk

1 Tbsp nutritional yeast

½ tsp salt

¼ tsp dry mustard

½ tsp apple cider vinegar

2 Tbsp tapioca starch/flour (do not substitute flour or corn starch)

4 slices of whole grain bread or gluten-free tortillas (quesadilla-style)

½ avocado

Optional: vegan buttery spread

Directions

1. Heat a pan over medium. Add in all cheese ingredients and whisk together. Stirring constantly. The cheese will begin to thicken immediately. Continue stirring and cooking until the cheese becomes very thick and stretchy. Remove from heat.
2. Thinly slice ½ an avocado.
3. Heat a non-stick pan. Spread vegan butter over four slices of bread (optional). On opposite side of butter, spread cheese and add avocado slices.
4. Butter side down, grill the sandwich. Grill until brown and then flip to the other side.
5. Serve immediately

Per Serving: 334 Calories, 18g Fat, 39.3g Carbs, 8.2g Fiber, 4.6g Sugar, 8.2g Protein

Prep Notes: Best made to order.

Kid-Friendly: Omit avocado and serve with tomato soup.

Lower Fat: Omit avocado. Add thinly sliced tomato and/or onion.

Up Your Greens: Layer sandwich with fresh spinach before grilling.

SAVORY SUN-DRIED TOMATO SOUP

Meal B

Serves 2

Ingredients:

3 cups vegetable broth
¼ cup sun-dried tomatoes, roughly chopped
2 cloves garlic, minced
⅛ tsp red pepper flakes, plus more to taste, optional
1 small onion, diced
½ tsp salt
1 (14.5 ounce) can diced tomatoes (with their juices)
½ tsp dried thyme
½ tsp dried rosemary or ½ Tbsp of fresh rosemary
¾ cup cooked chickpeas, rinsed and drained
1 cup kale or spinach, chopped
¼ cup green onion, finely chopped
Freshly ground black pepper

Directions:

1. Pour 1 cup of the vegetable broth into your blender with the sun-dried tomatoes, 1 clove garlic, and the red pepper blend on high for 30 to 60 seconds, until smooth. Set aside.
2. In a large pot, heat a small amount of water over medium heat and sauté the onion and remaining clove garlic with 1/4 teaspoon of salt for about 5 minutes, until soft and translucent. Add the crushed tomatoes, rosemary, and thyme and sauté for a few minutes, until fragrant.
3. Add the blended mixture, the remaining 2 cups of broth, and ¼ teaspoon of salt. Increase the heat to high and bring to a boil. Reduce the heat to medium-low, and add the chickpeas. Simmer, partially covered, for about 10 minutes to allow the flavors to mesh.
4. Stir in the kale or spinach, and allow the greens to wilt as the soup is cooling slightly. Add the green onion right before serving (so they retain their vibrant green color), and season with remaining salt and pepper to taste.

Per Serving: 395 Calories, 6.8g Fat, 61.4g Carbs, 16g Fiber, 14.5g Sugar, 24.6g Protein

Prep Notes: Made dish ahead. Alternatively, prep vegetables according to prep sheet, storing in fridge until ready to use.

Kid-Friendly: Omit greens and/or green onion garnish and serve with crackers or toast.

Add Calories: Serve with side sweet potato.

Up Your Greens: Serve with side salad.

BLACK BEAN TOSTADAS

Meal C

Serves 2

Ingredients:

¾ cup canned black beans (reserve ½ can of juices)

1/4 small onion, diced

5 oz shredded cabbage or lettuce

4 corn tortillas

5-7 grape or cherry tomatoes, sliced

¼ avocado or 4 oz guacamole, diced

Salsa

Hot sauce, optional

Directions:

1. Heat oven to 375F. Line baking sheet with parchment paper. Bake tortillas 5-7 minutes, flip, bake 5-7 minutes more or until lightly browned and crispy. Alternatively, toast corn tortillas in toaster, watching carefully to avoid burning.
2. Saute onions in a few tablespoons of water over medium heat until translucent, adding water as needed to prevent sticking. In blender, process black beans, cooked onion and ½ can juices until pureed. Return bean mixture to pan and saute until bean mixture has thickened, folding regularly with spoon or spatula. Taste, adding salt, if desired.
3. Spread beans onto crisped tortillas.
4. Top with cabbage or lettuce, tomatoes, guacamole or avocado, salsa and drizzle of hot sauce, if desired.

Per serving: 339 calories, 10.4g fat, 52.3g carbs, 11.8g fiber, 3.8g sugars, 9.5g protein

Prep Notes: Toast tortillas and prepare beans, shred cabbage, dice onion ahead and store all ingredients separately.

Shortcut: Purchase store-bought black refried beans, warm and use in recipe at step 3.

Kid Friendly: Serve beans as dip. Slice tortillas into triangles and bake as chips. Serve bean dip and chips with favorites sliced veggies for dipping such as cucumbers and red bell pepper or side salad.

Add Calories: Serve with a side of rice or serve as “potato bowl”, layering ingredients over cooked potato and crumble crisped tortillas over top.

Lower Fat: Omit guacamole. Top with mashed sweet potato and/or additional salsa.

Up Your Greens: Add chopped baby spinach to bean mixture when warming or layer on tostada.

BUFFALO CHICKPEA SALAD SAMMIE

Meal D

Serves 2

Ingredients:

½ can or ¾ cup chickpeas, drained and rinsed
2 Tbsp reserved chickpea juice from can (or water)
1-3 Tbsp hot sauce (such as Frank's Red Hot Original)
½ tsp onion powder
½ tsp garlic powder
½ tsp Italian seasoning, optional
1 stalk celery, chopped
4 slices whole grain bread or 2 gluten-free tortillas
Optional toppings: tomato, lettuce, pickles

Directions:

1. Pulse all ingredients in a blender until well-incorporated and broken down, but not totally mushy. You still want some texture in there!
2. Mix in chopped celery.
3. Top with pickles, lettuce, tomatoes, if using.
4. Divide mixture into 2 servings and create sandwich or gluten-free wrap.

Per Serving: 183 Calories, 3.2g Fat, 33.5g Carbs, 6.6g Fiber, 5.3g Sugar, 8.6g Protein

Prep Notes: Prepare chickpea filling ahead, storing in refrigerator until ready to use.

Add Calories: Serve with side of celery, carrots & hummus.

Up Your Greens: Serve with side salad or alternatively layer mixed salad greens on sammie.

FETTUCCINE ALFREDO

Meal E

Serves 2

Ingredients:

½ package fettuccine

1 small onion, diced

2 small cloves garlic, minced

½ cup raw cashews or blanched almonds (soak for a few hours or overnight if not using a high speed blender)

1 Tbsp nutritional yeast

1 cup nondairy milk

1 Tbsp lemon juice

1 tsp sea salt

¼ tsp freshly ground black pepper

1 cup broccoli florets

Red pepper flakes for garnish

Directions:

1. Bring a large pot of water to a boil. Add fettuccine and cook according to package directions. Drain and return to pot.
2. Meanwhile, heat water in a medium skillet over medium-high heat. Add onions and let cook until soft. Add garlic and let cook a few more minutes. Remove from heat.
3. In a blender, combine onions and garlic, cashews, nutritional yeast, milk, lemon juice, salt and pepper. Process on high until very smooth, about 2 minutes.
4. Steam broccoli for 5 minutes.
5. Toss hot pasta with broccoli and sauce until noodles are evenly coated. Adjust seasoning to taste. If sauce gets too thick, add a little water, 1 tablespoon at a time.
Garnish red pepper flakes to serve.

Per Serving: 461 Calories, 18.3g Fat, 60.6g Carbs, 5.2g Fiber, 4.4g Sugar, 16.4g Protein

Prep Notes: Prepare sauce and pasta ahead, storing separately in fridge until ready to use.

Kid-Friendly: Prepare steamed broccoli and serve separately on the side. Garnish with vegan parmesan.

Lower Calories/Fat: Omit fettuccini and substitute shirataki noodles or serve broccoli and alfredo sauce over baked potato.

SWEET POTATO & BLACK BEAN TACOS

Meal F

Serves 2

For the Tacos:

2 large sweet potatoes
1 tsp garlic powder
1 tsp chili powder
½ tsp ground cumin
salt
pepper
4 tortillas - corn or flour
¾ cup or ½ can black beans, drained and rinsed

For the salsa:

1 ripe avocados
1 Tbsp lime juice
¼ cup cilantro or parsley
Generous pinch of kosher salt

Directions:

1. Heat oven to 400F. Line baking sheet with parchment paper.
2. Dice the sweet potato into small pieces. Place the pieces onto a parchment lined baking sheet.
3. Add garlic powder, chili powder, cumin, and salt and pepper and toss to coat.
4. Bake for 20 minutes or until soft.
5. Remove pan from oven and set aside.
6. Heat black beans on stove top.

For the Salsa:

1. Cut avocados in half and remove the pit.
2. Score the inside of the avocados with a knife and scoop the pieces out with a spoon. Place in a small bowl.
3. Mince 1/2 cup of cilantro and add to avocados along with the juice of 1 lime and a generous amount of salt.

To assemble Tacos:

1. Heat tortillas in microwave or stove top.
2. Top with black beans, sweet potatoes, and salsa.
3. Finish topping with extras such as radishes, spinach, extra lime, extra cilantro, and hot sauce.

Per Serving: 434 Calories, 2.1g Fat, 72g Carbs, 16.3g Fiber, 8.7g Sugar, 9.6g Protein

Prep Notes: Roast sweet potatoes in advance. Store in fridge to reheat for later use.

Kid-Friendly: Allow kids to create their own taco combinations with fun favorites such as black beans or seasoned meat crumbles.

Lower Calories: Omit avocados and sub fresh diced tomato and/or onion.

GENERAL TSO'S TOFU

Meal G

Serves 2

Ingredients:

- 1 cup cooked brown rice
- ½ block firm to extra firm organic tofu, very well drained and pressed or chickpeas
- 2 cups broccoli (or vegetable of choice i.e. snow peas, carrots, red cabbage, etc)
- 2 green onions, thinly sliced
- 1 tsp grated ginger
- 2 small cloves of garlic, minced
- 2 Tbsp maple syrup
- 2 Tbsp soy sauce or liquid aminos
- 2 Tbsp ketchup
- 1 tsp Sriracha or red pepper paste

Directions:

1. Prepare rice according to package directions.
2. Heat non-stick skillet or wok on medium heat. (If not using a high quality non-stick pan use a very small amount of oil to prevent sticking)
3. Cube tofu and add to pan. Allow to cook for several minutes before stirring. The tofu should begin to brown before needing stirred.
4. Cut your veggies and prepare sauce while tofu cooks. In a medium bowl add ginger, maple syrup, soy sauce or liquid aminos, ketchup, and Sriracha or red pepper paste and whisk together.
5. When tofu has browned on all sides add in veggies, green onions, and garlic. Allow to cook until softened to desired consistency 6-8 minutes.
6. Pour sauce over the tofu and veggies and simmer for 5 minutes until sauce thickens.
7. Remove from heat. Plate the rice and spoon tofu and veggies over the top.

Per Serving: 243 Calories, 1.7g Fat, 50.7g Carbs, 6.4g Fiber, 19.9g Sugar, 8.4g Protein

Prep Notes: Prepare rice and whisk sauce in advance, storing separately until ready to use.

Add Calories: Add additional rice and veggies.

Up Your Greens: Serve with broccoli.

BUFFALO CAULIFLOWER WINGS

Meal H

Serves 2

Ingredients:

- 1 medium head cauliflower, chopped into florets
- ½ cup white rice flour or regular flour
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp paprika
- ½ cup water
- ½ cup Frank's Red Hot Buffalo Wing Sauce or traditional Red Hot

Directions:

1. Preheat oven to 450 F. Line baking sheet with parchment paper.
2. In a mixing bowl, whisk together flour, garlic powder, salt, paprika, and about half of the water. Whisk together and add small amounts of water until batter is a thick liquid.
3. Dip each cauliflower floret into the flour batter. Then, place on a parchment lined baking sheet.
4. Bake for 18-20 minutes or until lightly browned. Remove from oven.
5. Dip each baked piece into Buffalo Sauce and replace back on baking sheet.
6. Bake for another 5 minutes.
7. Serve immediately.

Per Serving: 163 Calories, 2.8g Fat, 35.2g Carbs, 2.2g Fiber, 1.6g Sugar, 3.6g Protein

THE EASIEST GRANOLA BARS

Meal 1

Makes 14

Inspired by It Doesn't Taste Like Chicken

Ingredients:

1 Cup Medjool Dates

¼ Cup Nut Butter (peanut butter, almond butter, cashew butter, whatever you like!)

1¼ Cup Old Fashioned Rolled Oats

1 Cup Nuts (almonds, peanuts, cashews, hazelnuts, whatever you like!)

Optional, ½ Cup Extras (chocolate chips, dried fruit like cranberries, raisins, apricots, coconut)

Optional, ½ teaspoon vanilla extract, cinnamon, pumpkin pie spice mix, or salt

Directions:

1. If you are toasting the oats and nuts (see step 5) preheat your oven to 350F.
2. Line a baking tray with parchment paper or plastic wrap, and leave excess hanging over the sides so you have little handles to pick the bars up when you are done. Set that aside.
3. Pit the dates. If you find your dates are a bit hard or dry, soak them in hot water for 10 minutes before tossing in the food processor. They need to be moist in order for the bars to stick together.
4. Toss those dates in your food processor and pulse until it forms a gooey paste ball.
5. Optional: Heat your oven to 350F (180C) and toast the oats and nuts for 10 – 15 mins. Toasting will enhance the flavours, but feel free to stick this step if you are short on time.
6. In a small sauce pan, heat up the nut butter just until it is heated through and becomes a bit runny.
7. Add all the ingredients to a bowl and mix. If you are adding chocolate chips or anything else melty, let the mixture cool a bit before adding them so they don't melt. You may need to get in there with your fingers to really finish mixing it all up. Be careful, it may be hot!
8. Scoop the granola mixture into the parchment lined pans and smooth and pack the bars down until they are firmly packed into the bottom of the pan. Really pack them down, so they hold together.
9. Toss them in the freezer to set for 20 minutes or as long as you like. When ready to chop the bars, pop them out of the pan and using a sharp knife slice them up into bar shapes.
10. Store in an airtight container in the fridge or freezer.

Per Serving: 138 Calories, 6.1g Fat, 19.4g Carbs, 2.9g Fiber, 11.5g Sugar, 3.7g Protein

