

Ingredients

Rolled Oats
Peanut Butter, creamy unsalted
Honey
Level-1 Cinnamon Cookie Batter Protein
Powder

Measurements

1.5 cup
1 cup
1/4 Cup
2 scoops



MACRO BREAKDOWN:

Calories: 144
Total Fat: 7.9g
Total Carbohydrates : 12.7g
Dietary Fiber: 2.2g
Protein: 6.8g

METHOD:

Servings: 18

Serving Size: 1

1. In a large mixing bowl, combine all ingredients until thoroughly combined. Use hands to kneed the mixture until completely combine. If your mixture seems too dry, add a little bit of water at a time or as needed until mixture sticks together.
2. Use a scooper or portion into 1oz balls.
3. Store in the refrigerator for 1 week or freezer up to 2 months

NO BAKE PROTEIN BALLS

Ingredients

Coconut Oil
Onion, Small Diced
Ginger, Fresh, Minced/grated
Garlic, Minced
Curry Powder
Turmeric, ground
Cayenne Pepper
Light Coconut Milk (Can)
Broccoli, chopped
Red Pepper, julienne
Lentils, prepared

Measurements

1 TBSP
1/4 cup
2 TBSP
2 TBSP
1 TBSP
1 tsp
1 tsp
1.5 cups
3 cups
1 large
2.5 cup

MACRO BREAKDOWN:

Calories: 144
Total Fat: 7.9g
Total Carbohydrates : 12.7g
Dietary Fiber: 2.2g
Protein: 6.8g

METHOD:

Servings: 4
Serving Size: 2 cups

1. Heat a large rimmed skillet over medium heat. Add your coconut oil, onion, ginger and garlic. Saute for 2-3 minutes stirring frequently.
2. Add your salt, curry powder, turmeric and cayenne pepper and continue to cook for 1 more minute.
3. Pour in your coconut milk and stir well to combine. Allow to cook over low heat for 2-3 minutes.
4. Add your broccoli, peppers and well drained cooked lentils. Stir well and allow to cook for about 2-3 minutes until broccoli is bright green and flavors have blended. If needed, add more seasoning.
5. Serve hot over rice or quinoa of choice

COCONUT CURRIED LENTILS

Ingredients

Unsweetened Almond Milk (or other milk of choice)
Maple Syrup
Vanilla
Chia Seeds
Lemon Zest
Raspberries
Shredded Coconut

Measurements

3/4 cup
1 TBSP
1 tsp
3 TBSP
1 lemon
1/4 cup + more for garnish
1 TBSP

METHOD:

Servings: 2

Serving Size: 4 oz



MACRO BREAKDOWN:

Calories:	132
Total Fat:	6.5g
Total Carbohydrates :	15.3g
Dietary Fiber:	6.4g
Protein:	3.4g

1. In a bowl, combine almond milk, maple syrup, vanilla, chia seeds and most of the lemon zest. Allow to sit at room temperature for 15-20 minutes or until thickened.
2. In the bottom of your jar or serving bowl, mash 1/2 of the raspberries in each dish.
3. Spoon the thickened chia pudding over the raspberries. Garnish with more raspberries, coconut and the remaining lemon zest. Enjoy!

Ingredients

Chickpeas, Drained and rinsed
White Miso Paste
Toasted Sesame Oil
Sambal (Garlic Chili Paste)
Edamame, shelled
Green Onion, sliced
Salt & peper
Ezekiel Bread, Toasted

Measurements

1/2 cup
2 tsp
2 tsp
1/2 tsp
1/4 cup
1 tbsp
TT
2 slices



METHOD:

Servings: 1

Serving Size: 4 oz

1. In a bowl, smash the chickpeas with the back of a fork or potato masher leaving some larger peices
2. In a small bowl, stir together your miso paste, sesame oil and sambal
3. Combine the smashed chickpeas, miso mixture, edamame and green onion. Season with Salt and pepper to taste
4. Serve on toasty bread!

MACRO BREAKDOWN:

Calories: 352
Total Fat: 9g
Total Carbohydrates : 50g
Dietary Fiber: 12g
Protein: 18g

MISO SMASHED CHICKPEA SANDWICH

Ingredients

Asparagus
Orange Pepper
Yellow Pepper
Whole Wheat Tortilla
Hummus
Lentils, Prepared
Arugula

Measurements

5 Small Spears
1/4 each
1/4 each
1 each
2 TBSP
1/4 cup
1/4 cup

MACRO BREAKDOWN:

Calories: 315
Total Fat: 10g
Total Carbohydrates : 45g
Dietary Fiber: 11g
Protein: 14g

METHOD:

Serving: 1

1. Heat your grill on high. Spray your veggies with Coconut Oil or Olive Oil spray and season with salt & pepper.
2. Once hot, grill your veggies until tender. Remove from the grill and cool. Cut your asparagus in half and your peppers into strips.
3. Heat your tortilla in a saute pan until soft and warm
4. Spread your hummus evenly on the tortilla. Add your lentils then neatly top with your grilled veggies and arugula.
5. Tightly roll your tortilla and cut in half. Enjoy!



Ingredients

- Extra Firm Tofu
- Walnuts
- Pine Nuts
- Garlic, Minced
- Lemon Juice
- Nutritional Yeast
- Kosher Salt
- Basil, large stems removed
- Olive Oil
- Water

Measurements

- 10 oz Pkg
- 2 TBSP
- 1 TBSP
- 2 tsp
- 2 TBSP
- 3 TBSP
- 1/4 tsp + more to taste
- 2 cups
- 2 TBSP + 1 tsp
- 3 TBS + 2 TBSP

METHOD:

Serving: 1

1. Remove the tofu from the packaging. Wrap in an absorbant towel. Place tofu between 2 sheet pans and add weight on top of the top pan using cans or other heavy kitchen items. The goal is to press out the excess liquid. Press for at least 15-20 minutes
2. Preheat the oven to 400°F. Line baking sheet with parchment paper or tin foil.
3. Cut pressed tofu into 1/2" cubes and arrange on a baking sheet in a single layer. Do not overlap or they will not crisp up. Bake the tofu for 20-25 minutes until dry and firm. If you like the tofu more chewy, stick to 20 minutes, if you want it more crispy, closer to 25 minutes!
4. While the tofu bakes, combine walnuts, pine nuts, garlic, lemon juice, nutritional yeast, salt and basil to a food processor or blender. Pulse until well combined. Slowly add in 2 TBSP oil and pulse to combine. Add your water 1 TBSP at a time until desired consistency is reached (pourable but slightly thick). Pesto can be stored in the refrigerator for 1 week
5. Remove tofu and put in a bowl with 4 TBS of the pesto sauce. Allow to marinade for 15 minutes

MACRO BREAKDOWN:

Pesto Tofu

Calories:	135
Total Fat:	8
Total Carbohydrates :	4
Dietary Fiber:	1
Protein:	11

Ingredients

- Olive Oil
- Broccoli
- Red Pepper Flakes
- Tomatoes
- Pesto Marinated Tofu
- Quinoa, cooked
- Pesto Sauce

Measurements

- 1 tsp
- 1 cup
- 1/8 tsp
- 1 cup
- 1 serving
- 1/2 cup
- 1 TBSP

METHOD:

Serving: 1

1. In a saute pan, heat 1 tsp olive oil over medium heat. Add your broccoli and red pepper flakes and saute until bright green and slight browning.
2. Add your tomatoes and marinated tofu and sautee for about 1-2 minutes
3. In the bottom of your bowl, place your warm cooked quinoa. Top with your broccoli, tomatoes and tofu. Drizzel with 1 TBSP pesto and enjoy!

MACRO BREAKDOWN:

Pesto Sauce:

Yields: 15 TBSP

Serving Size: 1 TBSP

Servings per Recipe: 15

Calories:	35
Total Fat:	3
Total Carbohydrates :	1
Dietary Fiber:	0.4
Protein:	1

MACRO BREAKDOWN:

Pesto Tofu Bowl

Calories:	676
Total Fat:	33g
Total Carbohydrates :	67g
Dietary Fiber:	19g
Protein:	37g

SPRING PEA SALMON WITH FENNEL AND ASPARAUS SLAW

PEA PESTO SAUCE

PEA PESTO

Ingredients

Fresh English Peas

basil

Garlic

Walnuts

Pine nuts

Olive oil

salt

Water

Ingredients

Lemon Juice

Garlic, grated

Dijon Mustard

Maple Syrup

Olive Oil

Kosher Salt

Black Pepepr

Ingredients

Wild Sockey Salmon Filets

Asparagus, 1" pieces

Olive Oil

Garlic, grated

Fennel Bulb, shaved

Arugula

Lemon Viniagrette

Spring Pea Pesto

Measurements

1 cup

1/2 cup (1.25 oz pk no stems)

2 cloves

1/4 cup

1 tbsp

1/2 c

1/8 tsp

1/4 cup

Measurements

1/4 c

1 clove

1 tsp

1/2 tsp

1/3 c

1/4 tsp

1/8 tsp

Measurements

2x 6oz pieces

1 cup

1 tsp

1 clove

2 cups

2 cups

2 floz

2 floz

METHOD:

1. Bring a pot of water to a boil. Throw in your peas and allow to cook until they float to the top.

Remove from the hot water and transfer to an icebath to stop the cooking. Strain once cooled.

2. Combine peas and remaining ingredients in a blender until sauce-like consistency and bright green

METHOD:

1. In a bowl, whisk together the lemon juice, garlic, dijon mustard and maple syrup.

2. Slowly whisk in the olive oil until emoulsified

3. Season with salt and pepper

METHOD:

1. Preheat oven to 450*. Line a baking sheet with foil or parchment paper. Drizzel 1/2 tsp on the pan and spread. Lay your salmon skin side down on one side of the pan. Put your asparagus on the other side.

2. Drizzle the remaining olive oil over the asparagus. Season your salmon and asparagus with salt & peper and your garlic.

3. Roast for 7 minutes or until the asparagus is tender with a touch of browning. Remove your asparagus from the pan and return your salmon to the oven for another 3-6 minutes. Cooking times will vary depending on the fat content of the salmon, the thickness of the filets and the variety. Sockeye salmon has less fat and is a thinner filet so total cooking time was at the lower number.

4. While your salmon continues to cook, combine the shaved fennel, roasted asparagus and arugula in a bowl. Toss with the lemon viniagrette to coat.

5. When your salmon is just about finished cooking, top with your Spring Pea Pesto (about 1floz/filet) and cook for 1-2 more minutes.

6. Mound your fennel salad and serve your salmon across the top!

MACRO BREAKDOWN:

Pea Pesto

Calories:	294
Total Fat:	35.9g
Total Carbohydrates :	13.7g
Dietary Fiber:	5.4g
Protein:	54.7g

MACRO BREAKDOWN:

Pea Pesto Sauce

Yields: 1 Cup

Serving Size: 1 floz

Servings per Recipe: 8

Calories:	164
Total Fat:	17g
Total Carbohydrates :	3g
Dietary Fiber:	1g
Protein:	1.5g

MACRO BREAKDOWN:

Lemon Viniagrette

Yields: 3/4 cup

Serving Size: 1 floz

Servings per Recipe: 8

Calories:	8
Total Fat:	1g
Total Carbohydrates :	1g
Dietary Fiber:	0g
Protein:	0g

FAJITA VEGGIES

Ingredients

Olive Oil
Onion, sliced
Garlic, Minced
Bell Peppers
Cumin
Coriander
Chili Powder
Kosher Salt

Measurements

1 TBSP
1/2 small
2 cloves
2 large
1/4 tsp
1/4 tsp
1/4 tsp
1/2 tsp

MACRO BREAKDOWN:

Fajita Veggies
Yields: 2 cup
Serving Size: .5 cup

Calories: 80
Total Fat: 4g
Total Carbohydrates : 10.5g
Dietary Fiber: 2.7g
Protein: 1.5g

METHOD:

1. Heat oil in a large skillet
2. Add Onion, garlic and pepper.
- 3, Season with remaining ingredients
4. Saute until peppers and onions are tender, about 4 mins

SOFRITAS

Ingredients

Tofu, Extra Firm
Chipotle Peppers in Adobo Sauce
Adobo Sauce
Tomato Paste
Lime Juice
Coconut Sugar
Kosher Salt
Dried Oregano
Coriander
Cumin
Water
Olive Oil
Onion, small diced
Garlic, minced
Black beans, drained & rinsed

Measurements

14oz pkg
2 peppers
2 TBSP
2 TBSP
1.5 TBSP
2 tsp
1 tsp
3/4 tsp
1/2 tsp
1/2 tsp
3/4 cup
1 tbsp
3/4 cup
1 tsp (1 clove)
1.5 cup

MACRO BREAKDOWN:

Sofritas
Servings: 4

Calories: 617
Total Fat: 14g
Total Carbohydrates : 90g
Dietary Fiber: 16g
Protein: 33g

METHOD:

1. Remove the tofu from the packaging. Wrap in an absorbant towel. Place tofu between 2 sheet pans and add weight on top of the top pan using cans or other heavy kitchen items. The goal is to press out the excess liquid. Press for at least 15-20 minutes
2. Preheat the oven to 375°F. Line baking sheet with parchment paper or tin foil.
3. Tear the pressed tofu into 1/2" pieces and arrange on a baking sheet in a single layer. Do not overlap or they will not crisp up. Bake the tofu for 25 mins.
4. While the tofu bakes, combine chipotles, sauce, tomato paste, lime juice, salt, oregano, coriander, cumin and water in a food processor or blender. Blend until smooth and well combined.
5. Heat oil in a large pan. Add you ronion and garlic and saute until onion is transluscent.
6. Remove tofu from the oven and add to the saute pan breaking up the peices into smaller crumbles
Add your sauce and beans. Cook for about 10 minutes, stiring often

SOFRITAS FAJITA BOWL

Ingredients

Brown Rice
Cilantro, chopped
Lime Juice
Tofu Sofritas
Fajita Veggies
Lime Wedge

Measurements

1/2 cup
1 TBSP
1 tsp
1 cup
1 cup
1

MACRO BREAKDOWN:

Tofu Sofritas
Yields: 1 cup
Servings per Recipe: 4

Calories: 445
Total Fat: 9g
Total Carbohydrates : 65g
Dietary Fiber: 16g
Protein: 30g

METHOD:

1. Mix together your brown rice, 1/2 of the cilantro and lime juice
2. Top Cilantro Lime Rice with your Sofritas and Fajita Veggies
3. Garnish with the remaining cilantro and lime wedge.
Enjoy!