



Plant-Based Cancer Support Program

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Plant-Based Cancer Support Program

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Plant-Based Cancer Support Program is a plant-based, immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment. Cancer treatments often come with side effects that make cooking and eating a challenge. This approachable plan contains simple meals and snacks to help clients increase calorie and protein intake. It provides the proper nutrients and foods to mitigate nutrition-related side effects, help the body rebuild tissue, and boost energy and strength.

This program was created by a Registered Dietician with the following key considerations:

ANTIOXIDANTS

Antioxidants support your body's ability to fight and heal from disease and protect the body from the damaging effects of free radicals. Colorful varieties of fruits and vegetables such as grapes, apples, artichokes, blackberries, leafy greens, and pinto beans are particularly good sources and are included daily in this plan. Nuts, seeds, and oils are antioxidant-rich foods added to provide healthy fats and additional calories, which can help with low appetite from cancer treatment.

SUGAR-FREE & HIGH FIBER FOODS

This program limits added sugars and contains higher fiber foods such as whole grains, fruits, vegetables, nuts, and legumes to help you feel fuller and prevent constipation, a common treatment side effect. Nutrient-dense grains provide complex carbohydrates for energy and B vitamins which have been associated with the reduction of cancer symptoms.

IMMUNE SUPPORT

Cancer and cancer treatment can weaken your immune system and make you more prone to infection. Foods containing protein, iron, zinc, and vitamins A and C can help surgery wounds heal more quickly and repair and rebuild damaged tissue. High-quality plant-based protein sources such as tofu, edamame, quinoa, beans, and hummus are incorporated into this plan and paired with fruits and vegetables to foster a healthy immune system.

MANAGING SIDE EFFECTS



Treatment side effects can get in the way of getting enough food and fluids. Moistened foods with sauces and broths are added to this plan to help with dry mouth, along with fluids like tea and shakes to prevent dehydration. It can be easier to eat soft, mild foods, such as hummus, coconut yogurt, rice, oats and soups, well-cooked beans, and vegetables if you have mouth sores or pain. To prevent nausea, meals and snacks are scheduled every few hours, as an empty stomach can worsen nausea. Chamomile, mint, ginger, and lemon teas are added to soothe digestion and ease nausea and vomiting.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Grape & Coconut Protein Chia Pudding



SNACK 1
Whole Grain Crackers with Edamame



LUNCH
Carrot, Hummus & Arugula Wrap



SNACK 2
Blended Butternut Squash, Apple & Quinoa



DINNER
Squash & Pinto Bean Soup, Brown Rice



SNACK 3
Cinnamon Mint Tea

TUE



BREAKFAST
Grape & Coconut Protein Chia Pudding



SNACK 1
Blended Butternut Squash, Apple & Quinoa



LUNCH
Squash & Pinto Bean Soup, Brown Rice



SNACK 2
Crackers & Hummus



DINNER
Crispy Tofu & Broccoli on Rice



SNACK 3
Ginger Mint Tea

WED



BREAKFAST
Tofu Breakfast Quesadilla



SNACK 1
Whole Grain Crackers with Edamame



LUNCH
Crispy Tofu & Broccoli on Rice



SNACK 2
Peanut Butter Protein Yogurt with Blackberries



DINNER
Butternut Squash & Spinach Pasta



SNACK 3
Chamomile Tea

THU



BREAKFAST
Tofu Breakfast Quesadilla



SNACK 1
Apple with Peanut Butter



LUNCH
Butternut Squash & Spinach Pasta



SNACK 2
Grapes & Walnuts, Simple Vanilla Protein Shake



DINNER
Carrot, Hummus & Arugula Wrap



SNACK 3
Lemon Ginger Tea

FRI



BREAKFAST
Creamy Coconut Yogurt Oats with Peaches



SNACK 1
Roasted Edamame



LUNCH
Carrot, Hummus & Arugula Wrap



SNACK 2
Coconut Yogurt with Grapes & Walnuts



DINNER
Pinto Beans, Broccoli & Brown Rice



SNACK 3
Chamomile Tea

SAT



BREAKFAST
Creamy Coconut Yogurt Oats with Peaches



SNACK 1
Grapes & Walnuts, Simple Vanilla Protein Shake



LUNCH
Pinto Beans, Broccoli & Brown Rice



SNACK 2
Apple with Peanut Butter



DINNER
Squash & Pinto Bean Soup



SNACK 3
Fresh Mint Tea

SUN



BREAKFAST
Creamy Coconut Yogurt Oats with Peaches



SNACK 1
Roasted Edamame



LUNCH
Squash & Pinto Bean Soup



SNACK 2
Peanut Butter Protein Yogurt with Blackberries



DINNER
Pinto Beans, Broccoli & Brown Rice



SNACK 3
Cinnamon Mint Tea

MON**FAT 30%** **CARBS 54%** **PROTEIN 16%**

Calories 1704 Cholesterol 4mg
 Fat 59g Sodium 1325mg
 Carbs 237g Vitamin A 45015IU
 Fiber 62g Vitamin C 81mg
 Sugar 39g Calcium 1225mg
 Protein 70g Iron 19mg

TUE**FAT 31%** **CARBS 53%** **PROTEIN 16%**

Calories 1815 Cholesterol 4mg
 Fat 64g Sodium 1522mg
 Carbs 251g Vitamin A 34901IU
 Fiber 52g Vitamin C 172mg
 Sugar 35g Calcium 1397mg
 Protein 76g Iron 19mg

WED**FAT 39%** **CARBS 45%** **PROTEIN 16%**

Calories 1896 Cholesterol 4mg
 Fat 84g Sodium 2026mg
 Carbs 222g Vitamin A 17515IU
 Fiber 40g Vitamin C 169mg
 Sugar 28g Calcium 2342mg
 Protein 79g Iron 17mg

THU**FAT 45%** **CARBS 40%** **PROTEIN 15%**

Calories 1756 Cholesterol 4mg
 Fat 91g Sodium 1568mg
 Carbs 186g Vitamin A 27501IU
 Fiber 34g Vitamin C 59mg
 Sugar 50g Calcium 1725mg
 Protein 68g Iron 15mg

FRI**FAT 40%** **CARBS 44%** **PROTEIN 16%**

Calories 1618 Cholesterol 1mg
 Fat 74g Sodium 1059mg
 Carbs 186g Vitamin A 12397IU
 Fiber 44g Vitamin C 112mg
 Sugar 34g Calcium 1112mg
 Protein 67g Iron 16mg

SAT**FAT 34%** **CARBS 49%** **PROTEIN 17%**

Calories 1713 Cholesterol 5mg
 Fat 68g Sodium 489mg
 Carbs 219g Vitamin A 20888IU
 Fiber 45g Vitamin C 142mg
 Sugar 64g Calcium 1224mg
 Protein 76g Iron 15mg

SUN**FAT 32%** **CARBS 48%** **PROTEIN 20%**

Calories 1719 Cholesterol 5mg
 Fat 64g Sodium 755mg
 Carbs 216g Vitamin A 21135IU
 Fiber 64g Vitamin C 169mg
 Sugar 39g Calcium 1752mg
 Protein 87g Iron 18mg



FRUITS

- 3 Apple
- 2 cups Blackberries
- 3 1/8 cups Grapes
- 1/4 Lemon
- 3 Peach

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 2 cups Chamomile Tea

SEEDS, NUTS & SPICES

- 2/3 cup Chia Seeds
- 3/4 tsp Cinnamon
- 2 servings Cinnamon Stick
- 2 1/2 tsps Cumin
- 1/2 tsp Garlic Powder
- 3 tbsps Hemp Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/4 tsps Turmeric
- 2/3 cup Walnuts

FROZEN

- 2 2/3 cups Frozen Edamame
- 12 Ice Cubes

VEGETABLES

- 3 cups Arugula
- 5 cups Baby Spinach
- 5 1/2 cups Broccoli
- 7 cups Butternut Squash
- 5 Carrot
- 5 Garlic
- 3 tbsps Ginger
- 1/2 cup Mint Leaves
- 1 1/4 Yellow Onion

BOXED & CANNED

- 1 3/4 cups Brown Rice
- 4 ozs Brown Rice Fettuccine
- 3 1/2 cups Pinto Beans
- 1/3 cup Quinoa
- 5 1/2 cups Vegetable Broth, Low Sodium
- 5 3/4 ozs Whole Grain Crackers

BAKING

- 1 tbsp Nutritional Yeast
- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 15 1/2 ozs Tofu
- 5 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

COLD

- 1 cup Hummus
- 1 3/4 cups Unsweetened Almond Milk
- 6 cups Unsweetened Coconut Yogurt
- 4 ozs Vegan Cheese Shreds

OTHER

- 1 3/4 cups Vanilla Protein Powder
- 11 cups Water

Grape & Coconut Protein Chia Pudding

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Chia Seeds
1 cup Unsweetened Coconut Yogurt
2/3 cup Water
1/2 tsp Cinnamon
1/2 cup Vanilla Protein Powder
2/3 cup Grapes (halved)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 389 | Cholesterol | 4mg |
| Fat | 19g | Sodium | 72mg |
| Carbs | 33g | Vitamin A | 33IU |
| Fiber | 19g | Vitamin C | 1mg |
| Sugar | 5g | Calcium | 689mg |
| Protein | 28g | Iron | 4mg |

DIRECTIONS

- 01 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- 02 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is 3/4 cup of chia pudding.

MORE FLAVOR

Add maple syrup.

ADDITIONAL TOPPINGS

Nuts and seeds.

Tofu Breakfast Quesadilla

1 SERVING 15 MINUTES



INGREDIENTS

1/4 tsp Extra Virgin Olive Oil
1/8 Yellow Onion (medium, chopped)
1/8 tsp Turmeric (ground, divided)
1/8 tsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
4 ozs Tofu (extra firm, pressed, crumbled)
1 Whole Wheat Tortilla (large)
2 ozs Vegan Cheese Shreds (divided)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 401 | Cholesterol | 0mg |
| Fat | 23g | Sodium | 826mg |
| Carbs | 34g | Vitamin A | 5IU |
| Fiber | 8g | Vitamin C | 0mg |
| Sugar | 3g | Calcium | 934mg |
| Protein | 16g | Iron | 5mg |

DIRECTIONS

- 01 Heat the oil in a large nonstick pan over medium heat. Once warm, add the onion along with half of the turmeric, half the cumin, salt, and pepper. Cook until softened, about five minutes. Remove the onion and set aside.
- 02 Add the tofu to the pan. Season with the remaining turmeric, cumin, salt, and pepper. Cook, stirring often, until slightly browned, about seven to eight minutes. Remove the tofu and set aside with the onions. Mix to combine.
- 03 Place the tortilla on the skillet and cover half of it with half of the cheese. Add tofu mixture on top of the cheese followed by the remaining cheese. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

NOTES

LEFTOVERS

Best enjoyed when made fresh.

SERVING SIZE

One serving is one tortilla.

MORE FLAVOR

Season the tofu with black salt (kala namak) for an egg-like flavor, and/or add nutritional yeast or smoked paprika.

ADDITIONAL TOPPINGS

Add chopped bell pepper or sautéed greens.

GLUTEN-FREE

Use a gluten-free tortilla.

Creamy Coconut Yogurt Oats with Peaches

3 SERVINGS 8 HOURS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Oats (rolled)
- 1 1/2 tbsps Chia Seeds
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Coconut Yogurt
- 1/2 cup Unsweetened Almond Milk
- 3 Peach (chopped)
- 3 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 429 | Cholesterol | 1mg |
| Fat | 17g | Sodium | 72mg |
| Carbs | 55g | Vitamin A | 572IU |
| Fiber | 11g | Vitamin C | 10mg |
| Sugar | 15g | Calcium | 444mg |
| Protein | 19g | Iron | 3mg |

DIRECTIONS

- 01 Add the oats, chia seeds, protein powder, yogurt, and milk to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 02 When ready to eat, top with peaches and peanut butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Drizzle with maple syrup.

NUT-FREE

Use tahini or sunflower seed butter.

Whole Grain Crackers with Edamame

1 SERVING 10 MINUTES



INGREDIENTS

1/3 cup Frozen Edamame
2 ozs Whole Grain Crackers

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 336 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 504mg |
| Carbs | 43g | Vitamin A | 157IU |
| Fiber | 5g | Vitamin C | 3mg |
| Sugar | 8g | Calcium | 40mg |
| Protein | 10g | Iron | 3mg |

DIRECTIONS

01 Bring a pot of water to a boil. Add a steaming basket and steam the edamame for one minute or until bright green. Serve with the crackers and enjoy.

NOTES

LEFTOVERS

Refrigerate the edamame in an airtight container for up to three days. Store the crackers in a container on the counter and combine with the edamame when ready to serve.

SERVING SIZE

One serving is approximately 1/3 cup of crackers and 1/3 cup of edamame.

MORE FLAVOR

Add salt, pepper, chili flakes, and/or olive oil to the edamame.

ADDITIONAL TOPPINGS

Chili flakes.

GLUTEN-FREE

Use gluten-free crackers.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 287 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 7mg |
| Carbs | 32g | Vitamin A | 98IU |
| Fiber | 6g | Vitamin C | 8mg |
| Sugar | 22g | Calcium | 27mg |
| Protein | 8g | Iron | 1mg |

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Roasted Edamame

2 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 247 | Cholesterol | 0mg |
| Fat | 15g | Sodium | 304mg |
| Carbs | 14g | Vitamin A | 462IU |
| Fiber | 8g | Vitamin C | 9mg |
| Sugar | 3g | Calcium | 98mg |
| Protein | 18g | Iron | 4mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Grapes & Walnuts

1 SERVING 3 MINUTES



INGREDIENTS

1 cup Grapes (washed)

1/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 258 | Cholesterol | 0mg |
| Fat | 20g | Sodium | 2mg |
| Carbs | 20g | Vitamin A | 92IU |
| Fiber | 3g | Vitamin C | 4mg |
| Sugar | 16g | Calcium | 42mg |
| Protein | 5g | Iron | 1mg |

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NOTES

NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Simple Vanilla Protein Shake

1 SERVING 5 MINUTES



INGREDIENTS

2/3 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
6 Ice Cubes (large)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 105 | Cholesterol | 4mg |
| Fat | 2g | Sodium | 145mg |
| Carbs | 2g | Vitamin A | 333IU |
| Fiber | 1g | Vitamin C | 0mg |
| Sugar | 0g | Calcium | 414mg |
| Protein | 20g | Iron | 1mg |

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Use frozen fruit instead of ice cubes.

NO VANILLA PROTEIN POWDER

Use chocolate or another flavor instead.

NUT-FREE

Use oat milk, rice milk, or dairy instead of almond milk.

ICE

Six ice cubes is approximately one cup of ice.

PROTEIN POWDER

A plant-based protein powder was used to create and test this recipe.

Carrot, Hummus & Arugula Wrap

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Carrot (large, grated)
- 1/4 cup Hummus
- 1 tbsp Hemp Seeds
- 1 Whole Wheat Tortilla (large)
- 1 cup Arugula

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 358 | Cholesterol | 0mg |
| Fat | 20g | Sodium | 563mg |
| Carbs | 35g | Vitamin A | 10683... |
| Fiber | 10g | Vitamin C | 7mg |
| Sugar | 5g | Calcium | 188mg |
| Protein | 13g | Iron | 4mg |

DIRECTIONS

- 01 In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
- 02 Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

NOTES

LEFTOVERS

Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

MORE FLAVOR

Add everything bagel seasoning or your choice of herbs and spices.

ADDITIONAL TOPPING

Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.

Blended Butternut Squash, Apple & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Butternut Squash (cubed)
1 Apple (medium, peeled, cored, chopped)
1 cup Water
1/4 tsp Cinnamon
1/3 cup Quinoa (dry)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 215 | Cholesterol | 0mg |
| Fat | 2g | Sodium | 10mg |
| Carbs | 47g | Vitamin A | 14936... |
| Fiber | 7g | Vitamin C | 34mg |
| Sugar | 13g | Calcium | 101mg |
| Protein | 6g | Iron | 2mg |

DIRECTIONS

- 01 Add all the ingredients to a pot and bring to a boil. Reduce to a simmer, cover, and cook for 12 to 15 minutes or until the quinoa is cooked through.
- 02 Add the mixture to a food processor and blend until smooth, being careful to vent for heat to escape as needed.
- 03 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Use bone broth or vegetable broth instead of water.

Crackers & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 3/4 ozs Whole Grain Crackers
1/4 cup Hummus

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 387 | Cholesterol | 0mg |
| Fat | 21g | Sodium | 703mg |
| Carbs | 43g | Vitamin A | 17IU |
| Fiber | 5g | Vitamin C | 0mg |
| Sugar | 6g | Calcium | 36mg |
| Protein | 8g | Iron | 3mg |

Peanut Butter Protein Yogurt with Blackberries

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 cup Blackberries
1 tbsp All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 409 | Cholesterol | 4mg |
| Fat | 20g | Sodium | 116mg |
| Carbs | 37g | Vitamin A | 308IU |
| Fiber | 14g | Vitamin C | 30mg |
| Sugar | 10g | Calcium | 913mg |
| Protein | 26g | Iron | 2mg |

DIRECTIONS

01 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
02 Top with the blackberries and swirl in the peanut butter. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days, keeping the berries separate.

SERVING SIZE

One serving is approximately 2 1/2 cups.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Granola, hemp seeds, and/or ground flax seeds.

Coconut Yogurt with Grapes & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
1/2 cup Grapes (halved)
2 tbsps Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 184 | Cholesterol | 0mg |
| Fat | 13g | Sodium | 26mg |
| Carbs | 16g | Vitamin A | 46IU |
| Fiber | 3g | Vitamin C | 2mg |
| Sugar | 8g | Calcium | 271mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

01 Add the yogurt and grapes to a bowl. Top with chopped walnuts. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

MORE PROTEIN

Stir protein powder into the yogurt before serving.

LIKES IT SWEET

Add maple syrup or agave.

Squash & Pinto Bean Soup

4 SERVINGS 35 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
1 Yellow Onion (small, diced)
3 cups Butternut Squash (peeled, seeds removed, cubed)
2 Carrot (medium, peeled, chopped)
2 tps Turmeric
Sea Salt & Black Pepper (to taste)
4 cups Vegetable Broth, Low Sodium
2 cups Water
2 cups Pinto Beans (cooked)
4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 234 | Cholesterol | 0mg |
| Fat | 3g | Sodium | 164mg |
| Carbs | 44g | Vitamin A | 19070... |
| Fiber | 12g | Vitamin C | 35mg |
| Sugar | 8g | Calcium | 154mg |
| Protein | 10g | Iron | 5mg |

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and sauté for two to three minutes.
- 02 Add the squash and carrot. Cook for about five minutes and stir occasionally. Add the turmeric, salt, and pepper. Cook for another minute, then add the broth and water.
- 03 Stir and bring the mixture to a simmer. Cover the pot with a lid and simmer for about 20 minutes or until the vegetables are soft.
- 04 Add the beans to the pot. Simmer for another five minutes uncovered. Add the spinach, stir, and cook for two minutes or until wilted. Adjust the seasoning to your taste and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add garlic and/or paprika. Roughly blend 1/4 of the soup before adding the spinach for a thicker consistency.

Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 170 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 5mg |
| Carbs | 35g | Vitamin A | 0IU |
| Fiber | 2g | Vitamin C | 0mg |
| Sugar | 0g | Calcium | 16mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Crispy Tofu & Broccoli on Rice

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 tbsp Tamari
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Garlic Powder
1 tbsp Nutritional Yeast (divided)
7 1/2 ozs Tofu (extra firm, pressed, crumbled)
2 1/2 cups Broccoli (florets, chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 411 | Cholesterol | 0mg |
| Fat | 18g | Sodium | 560mg |
| Carbs | 47g | Vitamin A | 709IU |
| Fiber | 7g | Vitamin C | 101mg |
| Sugar | 3g | Calcium | 362mg |
| Protein | 21g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and lightly grease one sheet pan with oil. Line the second sheet pan with parchment paper.
- 02 Cook the rice according to the package directions.
- 03 In a large bowl, whisk together the tamari, half of the oil, garlic powder, and half of the nutritional yeast. Add the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 04 Meanwhile, in the same bowl, combine the broccoli with the remaining oil, remaining nutritional yeast, salt, and pepper.
- 05 Transfer the broccoli to the second sheet pan, spreading out evenly. Place in the oven and bake for 15 to 17 minutes, until fork tender and browned.
- 06 Divide the rice, broccoli, and tofu evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup tofu, one cup broccoli, and 1/2 cup cooked rice.

ADDITIONAL TOPPING

Top with cubed avocado and/or tahini or peanut sauce.

Butternut Squash & Spinach Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Butternut Squash (peeled, seeds removed, cubed)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
4 ozs Brown Rice Fettuccine
2 Garlic (cloves, sliced)
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 337 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 18mg |
| Carbs | 61g | Vitamin A | 16289... |
| Fiber | 6g | Vitamin C | 35mg |
| Sugar | 4g | Calcium | 88mg |
| Protein | 6g | Iron | 3mg |

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Toss the squash with half of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
- 02 Meanwhile, cook the pasta according to the package directions. Once the pasta is cooked, strain and run cold water over the pasta.
- 03 Warm the remaining oil in a pan. Add the garlic and sauté for a minute. Add the pasta to the pan along with spinach and mix well.
- 04 Adjust the seasoning to your taste. Divide the pasta between serving dishes and top with squash. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

MORE FLAVOR

Add lemon juice, chili flakes, parmesan cheese, and/or reserved pasta water. Add cooked protein of choice.

Pinto Beans, Broccoli & Brown Rice

3 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry)
1 1/2 tbsps Extra Virgin Olive Oil
3 Garlic (clove, finely chopped)
2 1/4 tsps Cumin
1 1/2 cups Pinto Beans (cooked, rinsed, and drained)
3 cups Broccoli (finely chopped)
1 1/2 cups Vegetable Broth, Low Sodium
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 398 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 92mg |
| Carbs | 66g | Vitamin A | 587IU |
| Fiber | 12g | Vitamin C | 84mg |
| Sugar | 3g | Calcium | 106mg |
| Protein | 14g | Iron | 4mg |

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Heat the oil in a pan over medium heat. Add the garlic and cumin and cook for 30 seconds.
- 03 Add the pinto beans, broccoli, and broth. Season with salt and pepper. Cook for two to four minutes, stirring, until the broccoli is tender.
- 04 Add the cooked rice and stir until well combined. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

NO BROWN RICE

Use basmati rice, jasmine rice, or quinoa, and adjust the cooking time and water as needed.

Cinnamon Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
2 tbsps Mint Leaves
1 serving Cinnamon Stick

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|-------------|-------|
| Calories | 2 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 7mg |
| Carbs | 0g | Vitamin A | 136IU |
| Fiber | 7g | Vitamin C | 1mg |
| Sugar | 0g | Calcium | 37mg |
| Protein | 0g | Iron | 0mg |

DIRECTIONS

01 Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

NOTES

LEFTOVERS

Best enjoyed right away.

SERVING SIZE

One serving is 1 1/4 cups.

NO MINT LEAVES

Use a peppermint or spearmint tea bag.

Ginger Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

- 1 1/4 cups Water
- 1 1/2 tbsps Ginger (peeled, sliced)
- 2 tbsps Mint Leaves (stems removed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|-------------|-------|
| Calories | 9 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 8mg |
| Carbs | 2g | Vitamin A | 136IU |
| Fiber | 0g | Vitamin C | 1mg |
| Sugar | 0g | Calcium | 39mg |
| Protein | 0g | Iron | 0mg |

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

NO MINT LEAVES

Use spearmint leaves instead.

Chamomile Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Chamomile Tea (brewed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|-------------|------|
| Calories | 2 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 2mg |
| Carbs | 0g | Vitamin A | 47IU |
| Fiber | 0g | Vitamin C | 0mg |
| Sugar | 0g | Calcium | 5mg |
| Protein | 0g | Iron | 0mg |

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKE IT SWEET

Add sweetener of choice to taste.

MORE FLAVOR

Add milk of choice to taste.

Lemon Ginger Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
1 1/2 tbsps Ginger (peeled, sliced)
1/4 Lemon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|-------------|------|
| Calories | 10 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 7mg |
| Carbs | 2g | Vitamin A | 1IU |
| Fiber | 0g | Vitamin C | 5mg |
| Sugar | 0g | Calcium | 32mg |
| Protein | 0g | Iron | 0mg |

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

Fresh Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
2 tbsps Mint Leaves (stems removed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|-------------|-------|
| Calories | 2 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 7mg |
| Carbs | 0g | Vitamin A | 136IU |
| Fiber | 0g | Vitamin C | 1mg |
| Sugar | 0g | Calcium | 37mg |
| Protein | 0g | Iron | 0mg |

DIRECTIONS

01 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 1 3/4 cup.

MORE FLAVOR

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.





NO MINT LEAVES




Use peppermint or spearmint leaves instead.




ENJOY IT COLD



Add ice cubes.

| Day | | Task | Notes |
|----------|---|---|---|
| 0 Sun |  | Grocery shop. | Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have. |
| |  | Make Grape & Coconut Chia Protein Pudding. | Divide between containers and store in the fridge for breakfast. |
| | | Portion Whole Grain Crackers with Edamame. | Store in a container for a snack. |
| | | Make Blended Butternut Squash, Apple & Quinoa. | Divide between containers and store in the fridge for snacks. |
| 1 Mon |  | Make Carrot, Hummus & Arugula Wrap. | Store in a container for lunch. |
| | | Pack your meals if you are on-the-go. | Grape & Coconut Chia Protein Pudding, Whole Grain Crackers with Edamame, Carrot, Hummus & Arugula Wrap, Blended Butternut Squash, Apple & Quinoa. |
| |  | Make Squash & Pinto Bean Soup with Brown Rice for dinner. | Divide soup between containers. Freeze half the portions for later in the week and store half in the fridge. |
| | | Make Cinnamon Mint Tea. | Enjoy. |

| | | | |
|------------------|---|---|---|
| | | Portion Crackers & Hummus. | Store in a container for a snack. |
| 2 Tue |  | Pack your meals if you are on-the-go. | Grape & Coconut Chia Protein Pudding, Blended Butternut Squash, Apple & Quinoa, Squash & Pinto Bean Soup with Brown Rice, Crackers & Hummus. |
| |  | Make Crispy Tofu & Broccoli on Rice for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Make Ginger Mint Tea. | Enjoy. |
| | | Portion Whole Grain Crackers with Edamame. | Store in a container for a snack. |
| | | Portion Peanut Butter Protein Yogurt with Blackberries. | Store in a container for a snack. |
| 3 Wed |  | Make Tofu Breakfast Quesadilla. | Enjoy immediately or pack if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Tofu Breakfast Quesadilla, Whole Grain Crackers with Edamame, Crispy Tofu & Broccoli on Rice, Peanut Butter Protein Yogurt with Blackberries. |
| |  | Make Butternut Squash & Spinach Pasta for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Make Chamomile Tea. | Enjoy. |
| | | Portion Apple with Peanut Butter. | Store in a container for a snack. |

| | | | |
|------------------|---|---|--|
| | | Portion Grapes & Walnuts with Simple Vanilla Protein Shake. | Store in a container and portable cup for a snack. |
| 4 Thu |  | Make Tofu Breakfast Quesadilla. | Enjoy immediately or pack if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Tofu Breakfast Quesadilla, Apple with Peanut Butter, Butternut Squash & Spinach Pasta, Grapes & Walnuts with Simple Vanilla Protein Shake. |
| |  | Make Carrot, Hummus & Arugula Wrap for dinner. | Enjoy. |
| | | Make Lemon Ginger Tea. | Enjoy. |
| | | Make Creamy Coconut Yogurt Oats with Peaches. | Divide between containers and store in the fridge for breakfast. |
| | | Make Roasted Edamame. | Divide between containers and store for snacks. |
| | Portion Coconut Yogurt with Grapes & Walnuts. | Store in a container for a snack. | |
| 5 Fri |  | Make Carrot, Hummus & Arugula Wrap. | Store in a container for lunch. |
| | | Pack your meals if you are on-the-go. | Creamy Coconut Yogurt Oats with Peaches, Roasted Edamame, Carrot, Hummus & Arugula Wrap, Coconut Yogurt with Grapes & Walnuts. |

| | | | |
|------------------|---|--|--|
| |  | Make Pinto Beans, Broccoli & Brown Rice for dinner. | Enjoy and divide and store leftovers in the fridge for meals. |
| | | Make Chamomile Tea. | Enjoy. |
| | | Portion Grapes & Walnuts with Simple Vanilla Protein Shake. | Store in a container and portable cup for a snack. |
| | | Portion Apple with Peanut Butter. | Store in a container for a snack. |
| | | Take one portion of Squash & Pinto Bean Soup out of the freezer. | Thaw in the fridge for dinner tomorrow. |
| 6 Sat |  | Pack your meals if you are on-the-go. | Creamy Coconut Yogurt Oats with Peaches, Grapes & Walnuts with Simple Vanilla Protein Shake, Pinto Beans, Broccoli & Brown Rice, Apple with Peanut Butter. |
| |  | Enjoy Squash & Pinto Bean Soup for dinner. | Reheat in the microwave or in a pot. |
| | | Make Fresh Mint Tea. | Enjoy. |
| | | Portion Peanut Butter Protein Yogurt with Blackberries. | Store in a container for a snack. |
| | | Take the remaining portion of Squash & Pinto Bean Soup out of the freezer. | Thaw in the fridge for lunch tomorrow. |

| | | | |
|----------|---|---|---|
| 7 Sun |  | Pack your meals if you are on-the-go. | Creamy Coconut Yogurt Oats with Peaches, Roasted Edamame, Squash & Pinto Bean Soup, Peanut Butter Protein Yogurt with Blackberries. |
| |  | Shop and prep for next week. | |
| | | Enjoy leftover Pinto Beans, Broccoli & Brown Rice for dinner. | Reheat in the microwave or in a pan. |
| | | Make Cinnamon Mint Tea. | Enjoy. |

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