



Plant-Based Consistent Carbohydrate Diet

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HEAVY METAL FITNESS

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

This plant-based Consistent Carbohydrate plan maintains regularity in timing and spacing of carbohydrate intake to optimize glycemic control. A consistent (or controlled) carbohydrate diet helps people with diabetes keep their carbohydrate consumption at a steady level, through every meal and snack. This plan is free from added sugar and uses high fiber, low glycemic carbohydrate sources. To reduce the risk of cardiovascular disease saturated fat and sodium are kept to a minimum.

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

CARBOHYDRATE SPACING

The macronutrient distribution as a percentage of total energy in this plan ranges from 45% to 50% for carbohydrates daily and provides similar amounts of carbohydrates at each meal and snack to promote a more even and stable blood sugar response.

SUGAR-FREE & LOW GLYCEMIC INDEX FOODS

In addition to the amounts of carbohydrates eaten, having the proper type of carbohydrate is important to help balance insulin levels. This meal plan is sugar-free and uses low glycemic foods with a score below 55 to optimize blood sugars and energy levels. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

HIGH FIBER

Getting enough dietary fiber intake is associated with several health benefits including lower blood pressure, blood cholesterol, and weight management. Guidelines for adults with diabetes recommend 30 to 50 grams of dietary fiber daily. This plan meets the requirement of fiber from fruits, vegetables, legumes, and whole grains.

HEART HEALTH

Guidelines recommend restricting sodium to less than 2000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. Total fat is kept to the recommended level of <35% as a percentage of daily calories.



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
Triple Berry Protein Bowl



SNACK 1
Blueberries & Almonds



LUNCH
Crispy Tofu, Carrot & Rice



SNACK 2
Simple Vanilla Protein Shake, Apple



DINNER
Slow Cooker Bean & Quinoa Chili,
Carrots & Broccoli

TUE



BREAKFAST
Triple Berry Protein Bowl



SNACK 1
Simple Vanilla Protein Shake, Apple



LUNCH
Slow Cooker Bean & Quinoa Chili,
Carrots & Broccoli



SNACK 2
Blueberries & Almonds



DINNER
Crispy Tofu, Carrot & Rice

WED



BREAKFAST
Mashed Sweet Potato Breakfast Bowl



SNACK 1
Blueberries & Almonds



LUNCH
Crispy Tofu, Carrot & Rice



SNACK 2
Steamed Edamame with Tamari



DINNER
Crispy Baked Tofu, Cheezy Broccoli
Quinoa

THU



BREAKFAST
Mashed Sweet Potato Breakfast Bowl



SNACK 1
Steamed Edamame with Tamari



LUNCH
Crispy Baked Tofu, Cheezy Broccoli
Quinoa



SNACK 2
Apple with Almond Butter



DINNER
Slow Cooker Bean & Quinoa Chili,
Shredded Sweet Potatoes

FRI



BREAKFAST
Mashed Sweet Potato Breakfast Bowl



SNACK 1
Apple with Almond Butter



LUNCH
Slow Cooker Bean & Quinoa Chili,
Shredded Sweet Potatoes



SNACK 2
Steamed Edamame with Tamari



DINNER
Tempeh, Quinoa & Broccoli

SAT



BREAKFAST
Oatmeal with Blueberries



SNACK 1
Salty Edamame



LUNCH
Tempeh, Quinoa & Broccoli



SNACK 2
Applesauce & Berries



DINNER
Lemony Chickpea & Herb Salad

SUN



BREAKFAST
Oatmeal with Blueberries



SNACK 1
Applesauce & Berries



LUNCH
Lemony Chickpea & Herb Salad



SNACK 2
Salty Edamame



DINNER
Tempeh, Quinoa & Broccoli

MON

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

Calories 1433 Cholesterol 4mg
Fat 54g Sodium 1925mg
Carbs 184g Vitamin A 18266IU
Fiber 41g Vitamin C 194mg
Sugar 63g Calcium 1289mg
Protein 74g Iron 16mg

TUE

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

Calories 1433 Cholesterol 4mg
Fat 54g Sodium 1925mg
Carbs 184g Vitamin A 18266IU
Fiber 41g Vitamin C 194mg
Sugar 63g Calcium 1289mg
Protein 74g Iron 16mg

WED

FAT 34% **CARBS 44%** **PROTEIN 22%**

Calories 1422 Cholesterol 0mg
Fat 57g Sodium 1859mg
Carbs 168g Vitamin A 23999IU
Fiber 36g Vitamin C 94mg
Sugar 38g Calcium 1141mg
Protein 82g Iron 19mg

THU

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 1440 Cholesterol 0mg
Fat 58g Sodium 1832mg
Carbs 176g Vitamin A 29714IU
Fiber 43g Vitamin C 96mg
Sugar 47g Calcium 907mg
Protein 76g Iron 19mg

FRI

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 1511 Cholesterol 0mg
Fat 61g Sodium 1625mg
Carbs 182g Vitamin A 30042IU
Fiber 42g Vitamin C 137mg
Sugar 50g Calcium 690mg
Protein 80g Iron 18mg

SAT

FAT 29% **CARBS 50%** **PROTEIN 21%**

Calories 1441 Cholesterol 0mg
Fat 49g Sodium 1948mg
Carbs 188g Vitamin A 6876IU
Fiber 41g Vitamin C 177mg
Sugar 56g Calcium 679mg
Protein 80g Iron 21mg

SUN

FAT 29% **CARBS 50%** **PROTEIN 21%**

Calories 1441 Cholesterol 0mg
Fat 49g Sodium 1948mg
Carbs 188g Vitamin A 6876IU
Fiber 41g Vitamin C 177mg
Sugar 56g Calcium 679mg
Protein 80g Iron 21mg



FRUITS

- 4 Apple
- 1 cup Blackberries
- 6 1/2 cups Blueberries
- 1/3 cup Lemon Juice
- 1 1/2 cups Strawberries

BREAKFAST

- 1/2 cup Almond Butter

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 1 1/2 tbsps Chili Powder
- 2 1/4 tsps Cumin
- 1/3 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds

FROZEN

- 10 cups Edamame Pods
- 12 Ice Cubes

VEGETABLES

- 4 cups Baby Spinach
- 6 cups Broccoli
- 3 1/2 Carrot
- 2 tbsps Chives
- 5 Garlic
- 3 cups Mixed Greens
- 2 tbsps Parsley
- 1/2 cup Red Onion
- 4 Sweet Potato

BOXED & CANNED

- 3/4 cup Brown Rice
- 2 cups Chickpeas
- 1 1/2 cups Diced Tomatoes
- 2 cups Mixed Beans
- 1 1/2 cups Quinoa
- 1 1/2 tbsps Tomato Paste
- 1 3/4 cups Vegetable Broth

BAKING

- 3 1/3 tbsps Arrowroot Powder
- 1 1/8 tbsps Nutritional Yeast
- 1 cup Oats
- 2 cups Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 9 ozs Tempeh
- 1 1/4 lbs Tofu

CONDIMENTS & OILS

- 1/4 cup Balsamic Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Tamari

COLD

- 2 1/4 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Vanilla Protein Powder
- 14 3/4 cups Water

Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Strawberries (sliced)
1 cup Blueberries
1 cup Blackberries
2 tbsps Almond Butter
2 tbsps Hemp Seeds
1/4 cup Slivered Almonds
1/2 cup Unsweetened Almond Milk

DIRECTIONS

01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	0mg
Fat	24g	Sodium	44mg
Carbs	31g	Vitamin A	329IU
Fiber	11g	Vitamin C	65mg
Sugar	16g	Calcium	256mg
Protein	13g	Iron	3mg



Mashed Sweet Potato Breakfast Bowl

3 SERVINGS 35 MINUTES



INGREDIENTS

3 Sweet Potato (medium sized, cut in half)
1/3 cup Unsweetened Almond Milk
1 cup Blueberries
3 tbsps Almond Butter
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	11g	Sodium	93mg
Carbs	37g	Vitamin A	18533...
Fiber	7g	Vitamin C	8mg
Sugar	11g	Calcium	155mg
Protein	7g	Iron	2mg

DIRECTIONS

- 01 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 02 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 03 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

MORE FLAVOR

Add a dash of cinnamon to the sweet potato.

SAVE TIME

Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.

Oatmeal with Blueberries

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Water
1 cup Oats (quick or rolled)
1 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	196	Cholesterol	0mg
Fat	3g	Sodium	8mg
Carbs	38g	Vitamin A	40IU
Fiber	6g	Vitamin C	7mg
Sugar	8g	Calcium	49mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

NOTES

EXTRA TOPPINGS

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

NO BLUEBERRIES

Top with raspberries, strawberries, peaches or bananas.

NO STOVE TOP

Cook oats in the microwave instead.

Blueberries & Almonds

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 cup Almonds
3 cups Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	29g	Vitamin A	81IU
Fiber	8g	Vitamin C	14mg
Sugar	16g	Calcium	105mg
Protein	9g	Iron	2mg

DIRECTIONS

01 Serve the almonds with the blueberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

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.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Salty Edamame

2 SERVINGS 15 MINUTES



INGREDIENTS

12 cups Water
1 tsp Sea Salt
4 cups Edamame Pods

NUTRITION

AMOUNT PER SERVING

Calories	257	Cholesterol	0mg
Fat	11g	Sodium	1223mg
Carbs	18g	Vitamin A	0IU
Fiber	11g	Vitamin C	23mg
Sugar	6g	Calcium	284mg
Protein	26g	Iron	5mg

DIRECTIONS

- 01 Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
- 02 Drain, rinse with cold water and transfer to a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add finishing coarse salt or toss in tamari.

Crispy Tofu, Carrot & Rice

3 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry)
12 ozs Tofu (extra-firm, pressed and cubed)
2 tbsps Tamari
2 tbsps Arrowroot Powder
3 cups Mixed Greens
1 1/2 Carrot (medium, shredded)
1 1/2 tbsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	0mg
Fat	8g	Sodium	715mg
Carbs	46g	Vitamin A	5096IU
Fiber	4g	Vitamin C	8mg
Sugar	3g	Calcium	354mg
Protein	17g	Iron	4mg

DIRECTIONS

- 01 Cook the rice according to package directions. Let the rice cool slightly.
- 02 While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 04 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 05 Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

ADDITIONAL TOPPINGS

Sliced green onions, sauerkraut, or other pickled veggies.

NO BROWN RICE

Use white rice, quinoa, cauliflower rice or omit completely.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO ARROWROOT POWDER

Use tapioca flour or corn starch instead.

TOFU

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Steamed Edamame with Tamari

3 SERVINGS 10 MINUTES



INGREDIENTS

6 cups Edamame Pods
1 tbsp Tamari

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	0mg
Fat	11g	Sodium	349mg
Carbs	18g	Vitamin A	0IU
Fiber	11g	Vitamin C	23mg
Sugar	6g	Calcium	143mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Bring a pot of water to a boil.
- 02 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add sesame oil, finishing salt, and/or sesame seeds.

Apple with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

DIRECTIONS

01 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Applesauce & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Applesauce
1/2 cup Strawberries (chopped)
1/2 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	0mg
Fat	0g	Sodium	6mg
Carbs	36g	Vitamin A	95IU
Fiber	4g	Vitamin C	27mg
Sugar	28g	Calcium	18mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Divide the applesauce into bowls and top with strawberries and blueberries.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Sliced banana, crushed nuts, or granola.

Slow Cooker Bean & Quinoa Chili

4 SERVINGS 3 HOURS



INGREDIENTS

2 cups Mixed Beans (from the can, rinsed well)
1 1/2 cups Diced Tomatoes (from the can with juices)
1 1/2 cups Vegetable Broth
1/2 cup Red Onion (finely chopped)
1/3 cup Quinoa (dry)
2 Garlic (large clove, minced)
1 1/2 tbsps Tomato Paste
1 1/2 tbsps Chili Powder
2 1/4 tsps Cumin
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	2g	Sodium	650mg
Carbs	39g	Vitamin A	1571IU
Fiber	9g	Vitamin C	14mg
Sugar	5g	Calcium	86mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 Add all of the ingredients to the pot of a slow cooker and mix well to combine.
- 02 Cook on high for two and a half to three hours or on low for five to six hours.
- 03 Stir well and season with additional salt if needed. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

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

MORE FLAVOR

Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

ADDITIONAL TOPPINGS

Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

MORE VEGGIES

Add corn kernels or bell pepper. Wilt in spinach or kale.

NO MIXED BEANS

Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.

Carrots & Broccoli

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1/4 tsp Sea Salt (optional)
- 2 Carrot (peeled, chopped)
- 2 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	56	Cholesterol	0mg
Fat	0g	Sodium	367mg
Carbs	12g	Vitamin A	10758...
Fiber	4g	Vitamin C	85mg
Sugar	4g	Calcium	63mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Bring a pot of water to a boil and add the salt, if using.
- 02 Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
- 03 Drain and serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

ADDITIONAL TOPPINGS

Serve with butter, ghee or olive oil and salt and pepper.

VEGETABLES

Use fresh or frozen vegetables.

Crispy Baked Tofu

2 SERVINGS 40 MINUTES



INGREDIENTS

8 1/4 ozs Tofu (extra-firm, pressed and cubed)
1 1/3 tbsps Tamari
1 1/3 tbsps Arrowroot Powder

NUTRITION

AMOUNT PER SERVING

Calories	122	Cholesterol	0mg
Fat	6g	Sodium	675mg
Carbs	7g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	1g	Calcium	331mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 03 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

MORE FLAVOR

Season with salt before serving.

SERVE IT WITH

Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO ARROWROOT POWDER

Use corn starch instead.

TOFU

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Cheezy Broccoli Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
1 cup Water
1 cup Broccoli (chopped into florets)
1 1/2 tsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	180	Cholesterol	0mg
Fat	3g	Sodium	25mg
Carbs	31g	Vitamin A	289IU
Fiber	5g	Vitamin C	41mg
Sugar	1g	Calcium	53mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 02 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
- 03 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

FREEZER TIPS

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

LESS BITTER

Rinse your quinoa before cooking.

MORE FLAVOUR

Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.

Shredded Sweet Potatoes

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Sweet Potato (medium, peeled and grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	116	Cholesterol	0mg
Fat	7g	Sodium	36mg
Carbs	13g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat.
- 02 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

Tempeh, Quinoa & Broccoli

3 SERVINGS 55 MINUTES



INGREDIENTS

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 9 ozs Tempeh (cut into thin pieces)
- 3/4 cup Quinoa (uncooked)
- 3 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	12g	Sodium	493mg
Carbs	44g	Vitamin A	617IU
Fiber	5g	Vitamin C	82mg
Sugar	5g	Calcium	167mg
Protein	26g	Iron	5mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 04 Meanwhile, cook the quinoa according to the package directions.
- 05 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO QUINOA

Use rice instead.

NO ITALIAN SEASONING

Use any combination of dried herbs.

MORE FLAVOR

Drizzle the broccoli with extra virgin olive oil.

BROCCOLI

Use fresh or frozen broccoli or substitute other vegetable instead.

Lemony Chickpea & Herb Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Chickpeas
2 tbsps Parsley
2 tbsps Chives
1/4 cup Lemon Juice
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, small, minced)
2 tsp Nutritional Yeast
1/8 tsp Sea Salt
4 cups Baby Spinach
2 tbsps Hemp Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	480	Cholesterol	0mg
Fat	23g	Sodium	218mg
Carbs	52g	Vitamin A	6124IU
Fiber	15g	Vitamin C	38mg
Sugar	9g	Calcium	161mg
Protein	21g	Iron	8mg

DIRECTIONS

- 01 In a mixing bowl, combine the chickpeas, parsley, chives, lemon juice, oil, garlic, nutritional yeast, and salt. Mix well. Season with additional lemon juice or salt if needed.
- 02 Divide the baby spinach between plates or bowls and top with the chickpea salad mixture and any excess dressing. Add the hemp seeds on top (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Assemble the salad just before serving.

MORE FLAVOR


Add other fresh herbs, red pepper flakes, or parmesan cheese.





NO CHICKPEAS







Use whites beans or lentils instead.



NO BABY SPINACH

Use romaine lettuce, mixed greens, or arugula instead.

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.
		Portion Blueberries & Almonds.	Divide between containers and store in the fridge for snacks.
		Make Slow Cooker Bean & Quinoa Chili.	Divide between containers and store in the fridge for meals. Freeze two portions for later in the week.
		Make Crispy Tofu, Carrot & Rice.	Divide between containers and store in the fridge for meals.
1 Mon		Make Triple Berry Protein Bowl.	Enjoy immediately or pack if you're on the go.
		Make Simple Vanilla Protein Shake & Apple.	Pour into a portable cup for a snack.
		Pack your meals if you are on the go.	Triple Berry Protein Bowl, Blueberries & Almonds, Crispy Tofu, Carrot & Rice, Simple Vanilla Protein Shake & Apple.
		Make Carrots & Broccoli and enjoy with Slow Cooker Bean & Quinoa Chili for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Make Simple Vanilla Protein Shake & Apple.	Pour in a portable cup for a snack.
		Pack your meals if you are on the go.	Triple Berry Protein Bowl, Simple Vanilla Protein Shake & Apple, Slow Cooker Bean & Quinoa Chili with Carrots & Broccoli, Blueberries & Almonds.
		Enjoy leftover Crispy Tofu, Carrot & Rice for dinner.	Reheat in the microwave.
		Make Mashed Sweet Potato Breakfast Bowl.	Divide between containers and store in the fridge for breakfasts.
		Make Steamed Edamame with Tamari.	Divide between containers and store in the fridge for snacks.
3 Wed		Pack your meals if you are on the go.	Mashed Sweet Potato Breakfast Bowl, Blueberries & Almonds, Crispy Tofu, Carrot & Rice, Steamed Edamame with Tamari.
		Make Crispy Baked Tofu with Cheezy Broccoli Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Apple with Almond Butter.	Divide between containers and store in the fridge for snacks.
		Defrost remaining servings of Slow Cooker Bean & Quinoa Chili.	

4 Thu		Pack your meals if you are on the go.	Mashed Sweet Potato Breakfast Bowl, Steamed Edamame with Tamari, Crispy Baked Tofu with Cheezy Broccoli Quinoa, Apple with Almond Butter.
		Make Shredded Sweet Potatoes and enjoy with Slow Cooker Bean & Quinoa Chili for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Pack your meals if you are on the go.	Mashed Sweet Potato Breakfast Bowl, Apple with Almond Butter, Slow Cooker Bean & Quinoa Chili with Shredded Sweet Potatoes, Salt Edamame.
		Make Tempeh, Quinoa & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
		Make Salty Edamame.	Divide between containers and store in the fridge for snacks.
		Portion Applesauce & Berries.	Divide between containers and store in the fridge for snacks.
6 Sat		Make Oatmeal with Blueberries for breakfast.	Enjoy immediately or pack if you're on the go.
		Pack your meals if you are on the go.	Oatmeal with Blueberries, Salty Edamame, Tempeh, Quinoa & Broccoli, Applesauce & Berries.
		Make Lemony Chickpea & Herb Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

7 Sun		Pack your meals if you are on the go.	Oatmeal with Blueberries, Applesauce & Berries, Lemony Chickpea & Herb Salad, Salty Edamame.
		Shop and prep for next week.	
		Enjoy leftover Tempeh, Quinoa & Broccoli for dinner.	Reheat in the microwave or in a pan.

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-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

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Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

WAIVER

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