



# Plant-Based Gout Program

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# Plant-Based Gout Program

HEAVY METAL FITNESS

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

Plant-Based Gout Program - A plant-based, low purine plan with targeted nutrition to lower the risk of recurrent gout attacks. This plant-based program focuses on low purine protein options, plenty of vegetables, and high fiber foods. Citrus fruits provide adequate daily vitamin C and cherries are included for their powerful antioxidant and anti-inflammatory properties. Soy products are added to prevent gout attacks by reducing blood uric acid levels.

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

## LOW PURINE

Eating purine-rich foods frequently can increase uric acid levels, which results in gout. Also, some plant-based food sources can contain a higher purine load. This plan uses low purine proteins like soy products, quinoa, and chickpeas as they don't raise uric acid levels and may even protect you from gout attacks.

## FIBER

Diets high in fiber trigger microorganisms in the gut to produce short-chain fatty acids which resolve gout-associated inflammation. This plan provides up to 60 grams of daily fiber from vegetables, whole grains, nuts, and legumes.

## VITAMIN C

Low levels of vitamin C are found to increase the risk of arthritis development. Getting enough vitamin C in your diet provides antioxidants and helps the kidneys remove uric acid in the urine and the risk of gout. Oranges, strawberries, lemons, and lime are included in this plan as they are high in vitamin C and lower in fructose.

## NO ADDED SUGARS

Fructose and sugar-sweetened beverages can increase the risk of gout and gout attacks, even though they're not purine-rich. This plan is sugar-free and uses low fructose fruits.



## **CHERRIES**

Cherries are included as they help prevent attacks by lowering uric acid levels and reducing inflammation. Cherries also contain anthocyanins which have powerful antioxidant and anti-inflammatory properties and are thought to provide protection against gout.

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## **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**  
Chocolate Peanut Butter Overnight N'Oats



**SNACK 1**  
Coconut Yogurt Parfait



**LUNCH**  
Chickpea Tikka Masala with Couscous



**SNACK 2**  
Orange



**DINNER**  
Tempeh Taco Bowl

## TUE



**BREAKFAST**  
Chocolate Peanut Butter Overnight N'Oats



**SNACK 1**  
Orange



**LUNCH**  
Tempeh Taco Bowl



**SNACK 2**  
Coconut Yogurt Parfait



**DINNER**  
Chickpea Tikka Masala with Couscous

## WED



**BREAKFAST**  
Chocolate Peanut Butter Overnight N'Oats



**SNACK 1**  
Ginger Lemon Juice



**LUNCH**  
Chickpea Tikka Masala with Couscous



**SNACK 2**  
Chocolate Cherry Overnight Oats



**DINNER**  
Broccoli Pesto Pasta

## THU



**BREAKFAST**  
Lemon Tart Smoothie



**SNACK 1**  
Chocolate Cherry Overnight Oats



**LUNCH**  
Broccoli Pesto Pasta



**SNACK 2**  
Ginger Lemon Juice



**DINNER**  
Mediterranean Buddha Bowl

## FRI



**BREAKFAST**  
Lemon Tart Smoothie



**SNACK 1**  
Grapes & Walnuts



**LUNCH**  
Mediterranean Buddha Bowl



**SNACK 2**  
Chocolate Cherry Overnight Oats



**DINNER**  
Tempeh, Quinoa & Broccoli

## SAT



**BREAKFAST**  
Chocolate Cherry Green Smoothie



**SNACK 1**  
Coconut Chia Seed Yogurt



**LUNCH**  
Tempeh, Quinoa & Broccoli



**SNACK 2**  
Grapes & Walnuts



**DINNER**  
Creamy Lemon Garlic Pasta

## SUN



**BREAKFAST**  
Chocolate Cherry Green Smoothie



**SNACK 1**  
Grapes & Walnuts



**LUNCH**  
Creamy Lemon Garlic Pasta



**SNACK 2**  
Coconut Chia Seed Yogurt



**DINNER**  
Tempeh, Quinoa & Broccoli

**MON****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1718                      Cholesterol 0mg  
 Fat 85g                              Sodium 1653mg  
 Carbs 197g                        Vitamin A 9940IU  
 Fiber 54g                         Vitamin C 320mg  
 Sugar 38g                         Calcium 1636mg  
 Protein 75g                        Iron 22mg

**TUE****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1718                      Cholesterol 0mg  
 Fat 85g                              Sodium 1653mg  
 Carbs 197g                        Vitamin A 9940IU  
 Fiber 54g                         Vitamin C 320mg  
 Sugar 38g                         Calcium 1636mg  
 Protein 75g                        Iron 22mg

**WED****FAT 33%**    **CARBS 53%**    **PROTEIN 14%**

Calories 1766                      Cholesterol 0mg  
 Fat 69g                              Sodium 1681mg  
 Carbs 249g                        Vitamin A 5895IU  
 Fiber 62g                         Vitamin C 335mg  
 Sugar 40g                         Calcium 1313mg  
 Protein 66g                        Iron 21mg

**THU****FAT 36%**    **CARBS 50%**    **PROTEIN 14%**

Calories 1747                      Cholesterol 4mg  
 Fat 73g                              Sodium 1116mg  
 Carbs 231g                        Vitamin A 5068IU  
 Fiber 47g                         Vitamin C 295mg  
 Sugar 46g                         Calcium 1358mg  
 Protein 64g                        Iron 16mg

**FRI****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1838                      Cholesterol 4mg  
 Fat 89g                              Sodium 1261mg  
 Carbs 209g                        Vitamin A 3615IU  
 Fiber 43g                         Vitamin C 219mg  
 Sugar 57g                         Calcium 1470mg  
 Protein 80g                        Iron 19mg

**SAT****FAT 36%**    **CARBS 47%**    **PROTEIN 17%**

Calories 1689                      Cholesterol 4mg  
 Fat 71g                              Sodium 943mg  
 Carbs 208g                        Vitamin A 4333IU  
 Fiber 38g                         Vitamin C 130mg  
 Sugar 45g                         Calcium 1647mg  
 Protein 72g                        Iron 15mg

**SUN****FAT 36%**    **CARBS 47%**    **PROTEIN 17%**

Calories 1689                      Cholesterol 4mg  
 Fat 71g                              Sodium 943mg  
 Carbs 208g                        Vitamin A 4333IU  
 Fiber 38g                         Vitamin C 130mg  
 Sugar 45g                         Calcium 1647mg  
 Protein 72g                        Iron 15mg



## FRUITS

- 2 Banana
- 3 1/2 cups Cherries
- 3 cups Grapes
- 3 1/3 Lemon
- 1 Lime
- 3 Navel Orange
- 1 1/2 cups Strawberries

## BREAKFAST

- 1/3 cup All Natural Peanut Butter

## SEEDS, NUTS & SPICES

- 1 1/8 cups Chia Seeds
- 1 tsp Chili Powder
- 2 tsps Cinnamon
- 1 3/4 tsps Cumin
- 2 1/4 tsps Curry Powder
- 1 1/2 tsps Garam Masala
- 1/4 cup Ground Flax Seed
- 1 1/4 tsps Italian Seasoning
- 1/2 tsp Oregano
- 2 1/4 tsps Pine Nuts
- 1/16 tsp Red Pepper Flakes
- 1 3/4 tsps Sea Salt
- 1 cup Walnuts

## FROZEN

- 2 cups Frozen Cauliflower

## VEGETABLES

- 2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 7 3/4 cups Broccoli
- 1/2 Cucumber
- 2 2/3 Garlic
- 3 tsps Ginger
- 2/3 stalk Green Onion
- 1 Jalapeno Pepper
- 2 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 4 leaves Romaine
- 1/2 head Romaine Hearts
- 1 Tomato

## BOXED & CANNED

- 3 1/8 cups Brown Rice Fusilli
- 3 1/2 cups Chickpeas
- 1/3 cup Couscous
- 1 1/8 cups Crushed Tomatoes
- 1 3/4 cups Quinoa
- 1 1/3 cups Vegetable Broth

## BAKING

- 2/3 cup Cocoa Powder
- 2 tsps Nutritional Yeast
- 1 1/2 cups Oats
- 3/4 tsp Stevia Powder
- 1/4 cup Unsweetened Shredded Coconut

## BREAD, FISH, MEAT & CHEESE

- 2/3 cup Hummus
- 1 1/16 lbs Tempeh

## CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/4 cup Balsamic Vinegar
- 1/4 cup Coconut Butter
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives

## COLD

- 9 3/4 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt

## OTHER

- 1/2 cup Chocolate Protein Powder
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Water

# Chocolate Peanut Butter Overnight N'Oats

3 SERVINGS 3 HOURS



## INGREDIENTS

3 cups Unsweetened Almond Milk  
1/3 cup All Natural Peanut Butter  
1/3 cup Cocoa Powder  
3/4 tsp Stevia Powder (or to taste)  
1/2 cup Chia Seeds  
1/4 cup Ground Flax Seed  
1/4 cup Unsweetened Shredded Coconut  
(plus more for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	529	Cholesterol	0mg
Fat	41g	Sodium	171mg
Carbs	35g	Vitamin A	499IU
Fiber	19g	Vitamin C	0mg
Sugar	4g	Calcium	697mg
Protein	19g	Iron	6mg

## DIRECTIONS

- 01 Add all ingredients to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 02 Stir well before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NUT-FREE

Use oat milk instead of almond milk and sunflower seed butter instead of peanut butter.

### ADDITIONAL TOPPINGS

Cacao nibs, chopped peanuts, chopped strawberries, and/or sea salt.

### NO STEVIA POWDER

Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.



# Lemon Tart Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 Lemon (juiced)  
1 Banana (frozen)  
1 cup Frozen Cauliflower  
2 tbsps Coconut Butter  
1/4 cup Vanilla Protein Powder  
1 1/2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	488	Cholesterol	4mg
Fat	26g	Sodium	323mg
Carbs	48g	Vitamin A	845IU
Fiber	15g	Vitamin C	85mg
Sugar	20g	Calcium	830mg
Protein	27g	Iron	3mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Enjoy!

## NOTES

### WHAT IS COCONUT BUTTER?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.



# Chocolate Cherry Green Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Cherries (fresh and pitted, or frozen)  
1/4 cup Chocolate Protein Powder  
1 cup Baby Spinach  
1 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Cholesterol	4mg
Fat	3g	Sodium	222mg
Carbs	28g	Vitamin A	3411IU
Fiber	6g	Vitamin C	19mg
Sugar	20g	Calcium	615mg
Protein	22g	Iron	2mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LIKES IT SWEET

Add more cherries.

### EXTRA CHOCOLATE

Add some cacao or cocoa powder.

### EXTRA THICK

Add ground flax seeds or chia seeds.

### NO PROTEIN POWDER

Use a blend of hemp seeds and cocoa powder instead.

# Coconut Yogurt Parfait

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt (divided)

1/4 cup Walnuts (roughly chopped, divided)

1 cup Strawberries (chopped, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	231	Cholesterol	0mg
Fat	17g	Sodium	51mg
Carbs	20g	Vitamin A	9IU
Fiber	5g	Vitamin C	43mg
Sugar	5g	Calcium	526mg
Protein	4g	Iron	1mg

## DIRECTIONS

01 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### NUT-FREE

Use sunflower seeds instead of walnuts.

### ADDITIONAL TOPPINGS

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

# Orange

1 SERVING 2 MINUTES



## INGREDIENTS

1 Navel Orange

## DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	18g	Vitamin A	346IU
Fiber	3g	Vitamin C	83mg
Sugar	12g	Calcium	60mg
Protein	1g	Iron	0mg

# Ginger Lemon Juice

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Ginger (peeled, chopped)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	43	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	11g	Vitamin A	174IU
Fiber	2g	Vitamin C	51mg
Sugar	7g	Calcium	32mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Combine all ingredients in a high-speed blender. Blend until very smooth.
- 02 Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

### SERVING SIZE

One serving is approximately 1/3 cup.

### MORE FLAVOR

Add turmeric root or powder.

### MAKE IT THINNER

Add water as needed to thin the juice or to make more.

# Grapes & Walnuts

3 SERVINGS 3 MINUTES



## INGREDIENTS

3 cups Grapes (washed)  
3/4 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!

# Coconut Chia Seed Yogurt

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt  
1/2 cup Chia Seeds  
2 tsps Cinnamon  
1/2 cup Strawberries (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Cholesterol	0mg
Fat	23g	Sodium	50mg
Carbs	37g	Vitamin A	12IU
Fiber	17g	Vitamin C	21mg
Sugar	3g	Calcium	799mg
Protein	9g	Iron	5mg

## DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

### ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

# Chickpea Tikka Masala with Couscous

3 SERVINGS 45 MINUTES



## INGREDIENTS

1 1/2 tbsps Ginger (grated)  
2 1/4 tsps Curry Powder  
3/4 tsp Cumin  
1 1/2 tsps Garam Masala  
3 cups Chickpeas  
3 cups Broccoli (chopped into florets)  
1 1/2 Red Bell Pepper (stem and seeds removed, chopped)  
1 1/8 cups Crushed Tomatoes  
1 1/8 cups Vegetable Broth  
3/4 tsp Sea Salt  
1/3 cup Couscous (dry, uncooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	444	Cholesterol	0mg
Fat	6g	Sodium	1055m...
Carbs	82g	Vitamin A	2873IU
Fiber	21g	Vitamin C	168mg
Sugar	16g	Calcium	179mg
Protein	23g	Iron	8mg

## DIRECTIONS

- 01 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 02 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 03 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 04 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

## NOTES

### GLUTEN-FREE

Omit the couscous and serve with quinoa or brown rice instead.

### STORAGE

Refrigerate in an airtight container up to 5 days.

### MAKE IT CREAMY

Add coconut milk.



# Chocolate Cherry Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (rolled)  
1/4 cup Cocoa Powder  
2 1/4 tps Chia Seeds  
2 cups Unsweetened Almond Milk  
1 1/2 cups Cherries

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	6g	Sodium	105mg
Carbs	46g	Vitamin A	36IU
Fiber	10g	Vitamin C	5mg
Sugar	10g	Calcium	340mg
Protein	9g	Iron	4mg

## DIRECTIONS

- 01 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

### NUT-FREE

Use a nut-free milk such as oat, coconut, dairy, or soy.

### LIKES IT SWEETER

Use maple syrup or honey to taste.



# Tempeh Taco Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 cup Quinoa
- 1 tbsp Avocado Oil
- 7 1/16 ozs Tempeh (crumbled)
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt
- 1 Jalapeno Pepper (small, seeds removed and finely chopped)
- 1 Tomato (large, diced)
- 1 Lime (juiced, divided)
- 4 leaves Romaine (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	445	Cholesterol	0mg
Fat	21g	Sodium	375mg
Carbs	42g	Vitamin A	6213IU
Fiber	6g	Vitamin C	26mg
Sugar	1g	Calcium	174mg
Protein	28g	Iron	7mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 03 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 04 To serve, divide the lettuce, quinoa, and tempeh between bowls and drizzle with the remaining lime juice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Add other dried herbs and spices to the tempeh or use taco seasoning instead.

### ADDITIONAL TOPPINGS

Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

### NO QUINOA

Use white or brown rice or cauliflower rice instead.

# Broccoli Pesto Pasta

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 cups Brown Rice Fusilli (uncooked)  
1/2 cup Basil Leaves  
2 1/4 tsps Pine Nuts  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/4 tsp Sea Salt (divided, to taste)  
2 tbsps Nutritional Yeast (plus more for garnish)  
1 tbsp Water  
1 3/4 cups Broccoli (chopped into florets)  
1/2 Red Bell Pepper (medium, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	497	Cholesterol	0mg
Fat	16g	Sodium	348mg
Carbs	75g	Vitamin A	1988IU
Fiber	10g	Vitamin C	111mg
Sugar	3g	Calcium	65mg
Protein	14g	Iron	3mg

## DIRECTIONS

- 01 Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
- 03 In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
- 04 Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 2 1/2 cups.

### NUT-FREE

Use sunflower seeds instead of pine nuts.

### MORE FLAVOR

Add garlic and toast the pine nuts.

### ADDITIONAL TOPPINGS

Add red pepper flakes, lemon juice, black pepper, or chopped parsley.

# Mediterranean Buddha Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, uncooked)  
1/2 head Romaine Hearts (chopped)  
1/2 cup Chickpeas (cooked, from the can)  
1/2 Cup Cucumber (chopped)  
1/2 Red Bell Pepper (chopped)  
1/4 cup Red Onion (finely chopped)  
1/4 cup Hummus  
1/4 cup Pitted Kalamata Olives  
2 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Apple Cider Vinegar  
1/4 tsp Italian Seasoning  
1/16 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	466	Cholesterol	0mg
Fat	25g	Sodium	338mg
Carbs	51g	Vitamin A	1700IU
Fiber	10g	Vitamin C	43mg
Sugar	6g	Calcium	91mg
Protein	13g	Iron	6mg

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## NOTES

### LEFTOVERS

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

### NO HUMMUS

Use tzatziki instead.

### MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

### PREP AHEAD

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### MORE FLAVOUR

Serve with a lemon wedge and black pepper.

# 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.

# Creamy Lemon Garlic Pasta

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 2/3 cups Brown Rice Fusilli
- 1 tsp Extra Virgin Olive Oil
- 2/3 stalk Green Onion (sliced)
- 2/3 Garlic (clove, minced)
- 1/16 tsp Red Pepper Flakes (optional, or to taste)
- 1/3 cup Hummus
- 1/3 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	472	Cholesterol	0mg
Fat	13g	Sodium	176mg
Carbs	79g	Vitamin A	201IU
Fiber	7g	Vitamin C	4mg
Sugar	1g	Calcium	24mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions. Reserve some of the starchy cooking liquid for later. Drain and set aside.
- 02 Heat the oil in a pan over medium heat. Add the green onion and cook for 2 to 3 minutes. Add the garlic and red pepper flakes, if using, and cook for a minute more until very fragrant.
- 03 Remove the pan from the heat and add the hummus and lemon juice. Stir to combine then stir in the reserved starchy cooking liquid one tablespoon at a time until your desired consistency is reached. Add the cooked pasta to the pan and toss until evenly coated. Season with salt if necessary.
- 04 Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with a splash of water.

### ADDITIONAL TOPPINGS

Lemon wedges, sliced green onion, red pepper flakes, fresh ground black pepper, nutritional yeast or fresh herbs.

### MORE VEGGIES

Serve with roasted vegetables or sautéed greens.

### NO FUSILLI




Use another short-cut pasta instead.







### HUMMUS





Classic or garlic flavor hummus works best for this recipe.

### NO GREEN ONION

Use red onion 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.
		Make Chocolate Peanut Butter Overnight N'Oats.	Divide between containers and store in the fridge for breakfast.
		Make Coconut Yogurt Parfaits.	Divide between containers and store in the fridge for snacks.
		Make Chickpea Tikka Masala with Couscous.	Divide between containers and store in the fridge for meals.
		Portion out Orange Slices.	Divide between containers and store in the fridge for snacks.
1 Mon		Pack your meals if you are on-the-go.	Chocolate Peanut Butter Overnight N'Oats, Coconut Yogurt Parfait, Chickpea Tikka Masala with Couscous, Orange.
		Make Tempeh Taco Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Chocolate Peanut Butter Overnight N'Oats, Orange, Tempeh Taco Bowl, Coconut Yogurt Parfait.
		Enjoy leftover Chickpea Tikka Masala with Couscous for dinner.	Reheat in the microwave or in a pan.
		Make Chocolate Cherry Overnight Oats.	Divide between containers and store in the fridge for snacks.
3 Wed		Make Ginger Lemon Juice.	Pour into two portable cups and store for snacks.
		Pack your meals if you are on-the-go.	Chocolate Peanut Butter Overnight N'Oats, Ginger Lemon Juice, Chickpea Tikka Masala with Couscous, Chocolate Cherry Overnight Oats.
		Make Broccoli Pesto Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
4 Thu		Make Lemon Tart Smoothie.	Enjoy immediately or pour into a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Lemon Tart Smoothie, Chocolate Cherry Overnight Oats, Broccoli Pesto Pasta, Ginger Lemon Juice.
		Make Mediterranean Buddha Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Portion out Grapes & Walnuts.	Divide between containers and store in the fridge for snacks.
<b>5 Fri</b>		Make Lemon Tart Smoothie.	Enjoy immediately or pour into a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Lemon Tart Smoothie, Grapes & Walnuts, Mediterranean Buddha Bowl, Chocolate Cherry Overnight Oats.
		Make Tempeh, Quinoa & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
		Make Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for snacks.
<b>6 Sat</b>		Make Chocolate Cherry Green Smoothie.	Enjoy immediately or pour into a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Chocolate Cherry Green Smoothie, Coconut Chia Seed Yogurt, Tempeh, Quinoa & Broccoli, Grapes & Walnuts.
		Make Creamy Lemon Garlic Pasta for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Chocolate Cherry Green Smoothie.	Enjoy immediately or pour into a portable cup if you're on-the-go.



<b>Sun</b>		Pack your meals if you are on-the-go.	Chocolate Cherry Green Smoothie, Grapes & Walnuts, Creamy Lemon Garlic Pasta, Coconut Chia Seed Yogurt.
		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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 **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.

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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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