



Plant-Based Liver Support Diet

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Plant-Based Liver Support Diet

HEAVY METAL FITNESS

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

Plant-Based Liver Support: a nutritious eating plan that includes low glycemic, anti-inflammatory foods while limiting sugar, fat, and salt to help keep the liver functioning optimally. Some foods and drinks can help protect the liver, while others can be harder for the liver to digest. This plan provides the best foods to support liver health including berries, cruciferous vegetables, legumes, nuts, green tea, and whole grains.

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

ANTIOXIDANTS

Antioxidants help protect the liver from injury by reducing inflammation and protecting the liver cells. Foods like grapefruit reduce oxidative stress, and blueberries and raspberries increase antioxidant capability in the liver and may also help slow the growth of cancerous liver cells. Nuts like almond butter, peanut butter, and pecans are included for unsaturated fatty acids, vitamin E, fiber, and antioxidants which prevent non-alcoholic fatty liver disease.

ANTI-INFLAMMATORY FOODS

Green tea contains catechins which have anti-inflammatory effects, help lower the risk of non-alcoholic fatty liver disease, and may also help prevent liver cancer. Curcumin in turmeric may help prevent or reverse inflammation and reduce liver enzymes. Garlic powder is included as it may help reduce body weight and fat in people with fatty liver disease.

CRUCIFEROUS VEGETABLES

Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, and kale. These cruciferous vegetables are also a great source of fiber and phytochemicals and help prevent liver cancer.

SUGAR-FREE & LOW GLYCEMIC INDEX FOODS

This plan is free of added sugars and uses low glycemic index foods which are beneficial for liver enzymes, insulin resistance, fasting blood glucose levels, and blood lipid panels. The plan is rich in fruits, vegetables,



legumes, nuts, and whole grains and certain high-fiber foods like barley contain beta-glucans which are associated with a reduced risk of liver disease.

PROTEIN & HEALTHY FATS

This plan limits saturated fat and salt which have been linked to liver disease. Instead, healthy protein options like beans, lentils, and soy are incorporated to help protect the liver by lowering triglyceride levels. The main oil in the plan is olive oil which helps reduce oxidative stress and improve liver function

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
Coconut Yogurt Chia Pudding



SNACK 1
Bell Peppers with Hummus, Green Tea



LUNCH
Edamame & Barley Spinach Salad



SNACK 2
Raspberry Vanilla Protein Yogurt Parfait



DINNER
Spiced Cauliflower Rice & Beans,
Sautéed Spinach with Toasted Pecans

TUE



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Kiwi Yogurt Parfait



LUNCH
Spiced Cauliflower Rice & Beans,
Sautéed Spinach with Toasted Pecans



SNACK 2
Hummus & Veggies Snack Box



DINNER
Edamame & Barley Spinach Salad

WED



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Edamame & Barley Spinach Salad



SNACK 2
Raspberry Vanilla Protein Yogurt Parfait



DINNER
Baked Tofu & Cabbage with Peanut
Ginger Sauce

THU



BREAKFAST
Tofu Scramble with Lentils & Spinach



SNACK 1
Kiwi & Pecans



LUNCH
Baked Tofu & Cabbage with Peanut
Ginger Sauce



SNACK 2
Edamame Hummus & Veggies



DINNER
Citrus, Edamame & Kale Salad

FRI



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Edamame Hummus & Veggies



LUNCH
Citrus, Edamame & Kale Salad



SNACK 2
Grapefruit, Green Tea



DINNER
Pesto Barley & Tofu Bowl

SAT



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Edamame Hummus & Veggies



LUNCH
Pesto Barley & Tofu Bowl



SNACK 2
Pecans & Blueberries



DINNER
Slow Cooker Kidney Bean & Barley Chili

SUN



BREAKFAST
Raspberry Pecan Warm Chia Pudding



SNACK 1
Bell Peppers with Hummus, Green Tea



LUNCH
Slow Cooker Kidney Bean & Barley Chili



SNACK 2
Kiwi Yogurt Parfait



DINNER
Pesto Barley & Tofu Bowl

MON

FAT 44% **CARBS 39%** **PROTEIN 17%**

Calories 1770 Cholesterol 4mg
Fat 91g Sodium 1210mg
Carbs 180g Vitamin A 12898IU
Fiber 69g Vitamin C 334mg
Sugar 30g Calcium 1946mg
Protein 80g Iron 20mg

TUE

FAT 43% **CARBS 43%** **PROTEIN 14%**

Calories 1777 Cholesterol 0mg
Fat 90g Sodium 1199mg
Carbs 198g Vitamin A 11452IU
Fiber 64g Vitamin C 298mg
Sugar 45g Calcium 1349mg
Protein 64g Iron 21mg

WED

FAT 36% **CARBS 40%** **PROTEIN 24%**

Calories 1710 Cholesterol 4mg
Fat 72g Sodium 1605mg
Carbs 182g Vitamin A 12032IU
Fiber 64g Vitamin C 299mg
Sugar 38g Calcium 2141mg
Protein 109g Iron 26mg

THU

FAT 47% **CARBS 30%** **PROTEIN 23%**

Calories 1748 Cholesterol 0mg
Fat 97g Sodium 1400mg
Carbs 142g Vitamin A 14993IU
Fiber 58g Vitamin C 338mg
Sugar 43g Calcium 1464mg
Protein 110g Iron 29mg

FRI

FAT 48% **CARBS 36%** **PROTEIN 16%**

Calories 1785 Cholesterol 0mg
Fat 101g Sodium 631mg
Carbs 171g Vitamin A 13225IU
Fiber 62g Vitamin C 338mg
Sugar 46g Calcium 1461mg
Protein 76g Iron 18mg

SAT

FAT 42% **CARBS 44%** **PROTEIN 14%**

Calories 1786 Cholesterol 0mg
Fat 87g Sodium 738mg
Carbs 204g Vitamin A 3619IU
Fiber 68g Vitamin C 201mg
Sugar 38g Calcium 1347mg
Protein 68g Iron 19mg

SUN

FAT 39% **CARBS 47%** **PROTEIN 14%**

Calories 1814 Cholesterol 0mg
Fat 81g Sodium 830mg
Carbs 223g Vitamin A 6732IU
Fiber 67g Vitamin C 348mg
Sugar 42g Calcium 1546mg
Protein 65g Iron 19mg



FRUITS

- 1 2/3 cups Blueberries
- 2 Grapefruit
- 3 Kiwi
- 1/3 cup Lemon Juice
- 1 1/2 tsps Lime Juice
- 3 1/2 cups Raspberries

BREAKFAST

- 1 tbsp All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 cup Granola
- 3 cups Green Tea

SEEDS, NUTS & SPICES

- 1 Bay Leaf
- 1/2 tsp Black Pepper
- 1 cup Chia Seeds
- 1/4 tsp Chili Powder
- 1 1/2 tsps Cumin
- 2 1/4 tsps Garlic Powder
- 1/2 tsp Oregano
- 1 1/2 cups Pecans
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/4 tsps Turmeric

FROZEN

- 3 cups Cauliflower Rice
- 5 3/4 cups Frozen Edamame
- 1 cup Frozen Strawberries

VEGETABLES

- 8 cups Baby Spinach
- 4 1/2 cups Broccoli
- 1 Carrot
- 5 stalks Celery
- 2 Garlic
- 1 tsp Ginger
- 2 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 3 tsps Parsley
- 5 cups Purple Cabbage
- 1 1/2 cups Radishes
- 3 3/4 Red Bell Pepper
- 2/3 cup Red Onion
- 1/4 cup Shallot

BOXED & CANNED

- 2 cups Diced Tomatoes
- 2 cups Lentils
- 2 1/4 cups Pearl Barley
- 2 cups Red Kidney Beans
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1/3 cup Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 1 3/4 lbs Tofu

CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 2 tsps Tamari

COLD

- 1 1/2 cups Hummus
- 2 3/4 cups Unsweetened Almond Milk
- 5 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water



Coconut Yogurt Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1/3 cup Chia Seeds
1/2 cup Unsweetened Almond Milk
1 cup Frozen Strawberries
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	415	Cholesterol	0mg
Fat	28g	Sodium	74mg
Carbs	36g	Vitamin A	175IU
Fiber	18g	Vitamin C	46mg
Sugar	7g	Calcium	692mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.

Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
14 ozs Tofu (crumbled)
1 tbsp Nutritional Yeast
1 tsp Turmeric
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	462	Cholesterol	0mg
Fat	15g	Sodium	52mg
Carbs	48g	Vitamin A	3316IU
Fiber	20g	Vitamin C	14mg
Sugar	6g	Calcium	649mg
Protein	42g	Iron	13mg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately to two cups.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Raspberry Pecan Warm Chia Pudding

3 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Chia Seeds
2 1/4 cups Unsweetened Almond Milk
1 1/2 cups Raspberries
3 tbsps Pecans
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	0mg
Fat	26g	Sodium	127mg
Carbs	27g	Vitamin A	398IU
Fiber	19g	Vitamin C	16mg
Sugar	4g	Calcium	642mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
- 02 Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

NO HEAT

Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

MORE FLAVOR

Add a dash of cinnamon.

Bell Peppers with Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Red Bell Pepper (medium, sliced)
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	11g	Sodium	267mg
Carbs	16g	Vitamin A	3740IU
Fiber	6g	Vitamin C	152mg
Sugar	5g	Calcium	37mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Divide the red bell pepper slices and hummus onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Sprinkle paprika over the hummus.

NO RED BELL PEPPER

Use cucumber slices, celery, carrots, or rice cakes instead.

Green Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Green Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	2	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	0g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	0mg
Protein	1g	Iron	0mg

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

LIKE IT SWEET

Add sweetener of choice to taste.

Kiwi Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Granola

1 Kiwi (peeled, diced)

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	19g	Sodium	43mg
Carbs	49g	Vitamin A	72IU
Fiber	9g	Vitamin C	65mg
Sugar	19g	Calcium	320mg
Protein	10g	Iron	3mg

DIRECTIONS

01 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Nuts, shredded coconut, hemp seeds, or chia seeds.

Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (sliced)
2 stalks Celery (cut into small stalks)
1/3 cup Blueberries
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	11g	Sodium	329mg
Carbs	22g	Vitamin A	2263IU
Fiber	7g	Vitamin C	83mg
Sugar	9g	Calcium	68mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO HUMMUS

Use guacamole or a ready-made dip instead.

Kiwi & Pecans

1 SERVING 2 MINUTES



INGREDIENTS

1 Kiwi (sliced or chopped)
1/4 cup Pecans (whole or chopped)

NUTRITION

AMOUNT PER SERVING

Calories	213	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	14g	Vitamin A	74IU
Fiber	4g	Vitamin C	64mg
Sugar	7g	Calcium	41mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Place the kiwi and nuts on a plate and enjoy!

NOTES

NO PECANS

Use another nut or seed instead.

NO KIWI

Use another fruit instead.

Edamame & Barley Spinach Salad

3 SERVINGS 35 MINUTES



INGREDIENTS

3/4 cup Pearl Barley (uncooked, rinsed and drained)
1/3 cup Red Onion (finely chopped)
3 3/4 tbsps Lemon Juice (divided)
3/4 Red Bell Pepper (medium, diced)
3/4 cup Frozen Edamame (thawed)
2 1/4 tbsps Extra Virgin Olive Oil
3 tbsps Parsley (chopped)
3/4 tsp Garlic Powder
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	343	Cholesterol	0mg
Fat	13g	Sodium	36mg
Carbs	49g	Vitamin A	4193IU
Fiber	12g	Vitamin C	63mg
Sugar	4g	Calcium	82mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 Cook the barley according to the package directions.
- 02 In a large bowl, mix the onions in 2/3 of the lemon juice and set aside.
- 03 Once cooked, add the barley to the bowl of onions and set aside to cool to room temperature.
- 04 Once the barley has cooled, add the remaining ingredients and stir to coat. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Cook the barley in broth instead of water.

ADDITIONAL TOPPINGS

Basil, green onions, chives, seeds and/or other roasted nuts.

GLUTEN-FREE

Use brown rice or quinoa instead of barley.

Raspberry Vanilla Protein Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 cup Raspberries
1 tbsp Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	4mg
Fat	20g	Sodium	114mg
Carbs	37g	Vitamin A	41IU
Fiber	15g	Vitamin C	32mg
Sugar	8g	Calcium	948mg
Protein	25g	Iron	2mg

DIRECTIONS

01 In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
02 In a jar, add half of the yogurt mixture, then half of the raspberries. Repeat with the remaining yogurt mixture and raspberries. Top with almond butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add maple syrup or honey.

NO ALMOND BUTTER

Use other nut butter of choice.

Edamame Hummus & Veggies

3 SERVINGS 5 MINUTES



INGREDIENTS

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	0mg
Fat	18g	Sodium	219mg
Carbs	21g	Vitamin A	605IU
Fiber	10g	Vitamin C	55mg
Sugar	4g	Calcium	132mg
Protein	17g	Iron	4mg

DIRECTIONS

- 01 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 02 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

NOTES

LEFTOVERS

Refrigerate the edamame hummus in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

MORE FLAVOR

Add fresh herbs like mint or dill.

MAKE IT SPICY

Add chili flakes or cayenne powder.

Grapefruit

1 SERVING 5 MINUTES



INGREDIENTS

1 Grapefruit

NUTRITION

AMOUNT PER SERVING

Calories	82	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	21g	Vitamin A	2373IU
Fiber	3g	Vitamin C	88mg
Sugar	18g	Calcium	31mg
Protein	2g	Iron	0mg

DIRECTIONS

01 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

NOTES

CUT THE FLAVOUR

Sprinkle with a pinch of sea salt.

Pecans & Blueberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blueberries

1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	255	Cholesterol	0mg
Fat	18g	Sodium	1mg
Carbs	25g	Vitamin A	94IU
Fiber	6g	Vitamin C	15mg
Sugar	16g	Calcium	26mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Serve the blueberries with pecans and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Sprinkle some cinnamon on top.

Spiced Cauliflower Rice & Beans

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (chopped)
1 cup Purple Cabbage (thinly sliced)
2 cups Cauliflower Rice
1 tsp Cumin
1/4 tsp Turmeric
1/2 tsp Garlic Powder
1/2 tsp Oregano
Sea Salt & Black Pepper (to taste)
1 cup Red Kidney Beans (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	226	Cholesterol	0mg
Fat	7g	Sodium	41mg
Carbs	32g	Vitamin A	518IU
Fiber	12g	Vitamin C	28mg
Sugar	5g	Calcium	120mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat the oil in a large pan over medium heat. Add the shallots and cabbage. Cook stirring regularly for three to five minutes or until the shallot has softened.
- 02 Add the cauliflower rice, cumin, turmeric, garlic powder, and oregano. Season with salt and pepper. Cook for three minutes then add the kidney beans and cook for three more minutes or until warmed through.
- 03 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Chopped cilantro and green onions.

Sautéed Spinach with Toasted Pecans

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 tps Extra Virgin Olive Oil
3 cups Baby Spinach
1/4 cup Nutritional Yeast
1/4 cup Pecans
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	196	Cholesterol	0mg
Fat	12g	Sodium	676mg
Carbs	10g	Vitamin A	4231IU
Fiber	6g	Vitamin C	13mg
Sugar	1g	Calcium	67mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 02 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pecans.

MORE FLAVOR

Add minced garlic or garlic powder.

ADDITIONAL TOPPINGS

Top with hemp seeds or flaxseeds.

NO SPINACH

Use arugula, Swiss chard, or collard greens instead.

NO NUTRITIONAL YEAST

Use parmesan cheese or a dairy-free cheese.

Baked Tofu & Cabbage with Peanut Ginger Sauce

2 SERVINGS 40 MINUTES



INGREDIENTS

6 1/8 ozs Tofu (extra firm, cubed)
1 cup Frozen Edamame
2 tbsps Tamari (divided)
4 cups Purple Cabbage (cut into 1-inch strips)
1 tbsp All Natural Peanut Butter
1 tsp Ginger (fresh, grated)
1 1/2 tbsps Lime Juice
1 1/2 tbsps Water
1 cup Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	293	Cholesterol	0mg
Fat	13g	Sodium	1074mg
Carbs	26g	Vitamin A	2219IU
Fiber	10g	Vitamin C	107mg
Sugar	11g	Calcium	394mg
Protein	25g	Iron	6mg

DIRECTIONS

- 01 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 04 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 05 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

MORE FLAVOR

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

NO TAMARI

Use coconut aminos instead.

MORE CARBS

Serve with rice or quinoa instead of cauliflower rice.



Citrus, Edamame & Kale Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Frozen Edamame
4 cups Kale Leaves (finely chopped)
1 Carrot (large, grated)
1 Grapefruit (peeled, seeded, chopped)
1/2 cup Pecans
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	488	Cholesterol	0mg
Fat	33g	Sodium	53mg
Carbs	33g	Vitamin A	8779IU
Fiber	14g	Vitamin C	98mg
Sugar	15g	Calcium	248mg
Protein	23g	Iron	5mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
- 02 Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add fresh parsley or cilantro.

Pesto Barley & Tofu Bowl

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/8 cups Pearl Barley (dry, rinsed well)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
9 1/4 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)
Sea Salt & Black Pepper (to taste)
3 cups Broccoli (finely chopped)
1/3 cup Pesto

NUTRITION

AMOUNT PER SERVING

Calories	559	Cholesterol	0mg
Fat	24g	Sodium	230mg
Carbs	69g	Vitamin A	1070IU
Fiber	16g	Vitamin C	81mg
Sugar	5g	Calcium	408mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
- 02 Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
- 03 Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
- 04 Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

GLUTEN-FREE

Use brown rice instead of barley.

MORE FLAVOR

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

NO BROCCOLI

Use cauliflower, bell pepper, or zucchini instead.

NO TOFU

Use beans or lentils instead.



Slow Cooker Kidney Bean & Barley Chili

2 SERVINGS 4 HOURS 10 MINUTES



INGREDIENTS

1/3 cup Pearl Barley (uncooked, rinsed and drained)
1/4 cup Red Onion (medium, finely chopped)
1 stalk Celery (chopped)
1 tsp Garlic Powder
1/4 tsp Chili Powder
1 Bay Leaf
1 cup Red Kidney Beans (cooked)
1/2 cup Kale Leaves (stems removed and leaves chopped)
2 cups Diced Tomatoes (from the can, with the juices)
1 1/2 cups Vegetable Broth, Low Sodium

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	1g	Sodium	161mg
Carbs	62g	Vitamin A	1452IU
Fiber	17g	Vitamin C	34mg
Sugar	9g	Calcium	139mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Place all the ingredients in the slow cooker and stir the mixture. Cover and cook for four hours on high or six hours on low.
- 02 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

SERVING SIZE

One serving is equal to approximately two cups.





MORE FLAVOR


Add carrots, red onions, mixed beans.








ADDITIONAL TOPPING


Fresh parsley, chives, basil and/or cilantro.



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 Coconut Yogurt Chia Pudding.	Divide between containers and store in the fridge for breakfast.
		Portion Bell Peppers with Hummus.	Store in a container for a snack.
		Make Edamame & Barley Spinach Salad.	Divide between containers and store in the fridge for meals.
		Portion Raspberry Vanilla Protein Yogurt Parfait.	Store in a container for a snack.
1 Mon		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Bell Peppers with Hummus & Green Tea, Edamame & Barley Spinach Salad, Raspberry Vanilla Protein Yogurt Parfait.
		Make Spiced Cauliflower Rice & Beans with Sautéed Spinach with Toasted Pecans for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Kiwi Yogurt Parfait.	Store in a container for a snack.
		Portion Hummus & Veggies Snack Box.	Store in a container for a snack.

2 Tue		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Kiwi Yogurt Parfait, Spiced Cauliflower Rice & Beans with Sautéed Spinach with Toasted Pecans, Hummus & Veggies Snack Box.
		Enjoy Edamame & Barley Spinach Salad for dinner.	
		Portion Hummus & Veggies Snack Box.	Store in a container for a snack.
		Portion Raspberry Vanilla Protein Yogurt Parfait.	Store in a container for a snack.
3 Wed		Make Tofu Scramble with Lentils & Spinach.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Tofu Scramble with Lentils & Spinach, Hummus & Veggies Snack Box, Edamame & Barley Spinach Salad, Raspberry Vanilla Protein Yogurt Parfait.
		Make Baked Tofu & Cabbage with Peanut Ginger Sauce for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Kiwi & Pecans.	Store in a container for a snack.
		Make Edamame Hummus with Veggies.	Divide between containers and store in the fridge for snacks.

4 Thu		Pack your meals if you are on-the-go.	Tofu Scramble with Lentils & Spinach, Kiwi & Pecans, Baked Tofu & Cabbage with Peanut Ginger Sauce, Edamame Hummus with Veggies.
		Make Citrus, Edamame & Kale Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make Raspberry Pecan Warm Chia Pudding.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Edamame Hummus with Veggies, Citrus, Edamame & Kale Salad, Grapefruit with Green Tea.
		Make Pesto Barley & Tofu Bowl for dinner.	Enjoy and store leftovers in the fridge.
		Portion Pecans & Blueberries.	Store in a container for a snack.
6 Sat		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Edamame Hummus with Veggies, Pesto Barley & Tofu Bowl, Pecans & Blueberries.
		Make Slow Cooker Kidney Bean & Barley Chili for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion Bell Peppers with Hummus.	Store in a container for a snack.

		Portion Kiwi Yogurt Parfait.	Store in a container for a snack.
7 Sun		Pack your meals if you are on-the-go.	Raspberry Pecan Warm Chia Pudding, Bell Peppers with Hummus & Green Tea, Slow Cooker Kidney Bean & Barley Chili, Kiwi Yogurt Parfait.
		Shop and prep for next week.	
		Enjoy leftover Pesto Barley & Tofu Bowl for dinner.	Reheat in the microwave or in a pan.

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