



Plant-Based Menopause Support Program



Natural Menopause Support
[https://natural-menopause-
support.teachable.com/](https://natural-menopause-support.teachable.com/)

Welcome to your 1 week, Plant-Based Menopause Support Meal Plan. The meal plan includes plant-based sources of calcium, magnesium, and protein, with phytoestrogens to help reduce hot flashes.

For optimal health, we recommend eating a wide variety of fresh and seasonal produce. Aim to eat the rainbow for maximum nutrient exposure.

Don't forget to tag us in your photos on [instagram](#) and [facebook](#) and use the tag #NMSrecipe so we can see your creations.

If you know someone who would love this meal plan, please send them a link to our website so they can purchase their own copy.

On the next pages, you will find Meal Plan, along with an itemised grocery list and delicious recipes.

Grocery List Tips

We have included 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 organised into categories based on how a typical supermarket is laid out. This will allow you to do your grocery shopping in an organised 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.


















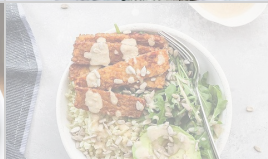





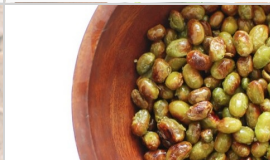
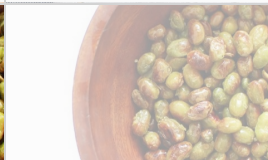
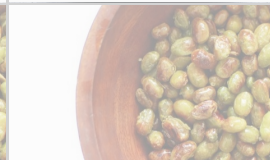



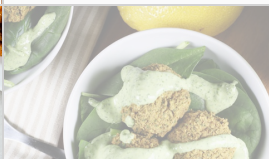
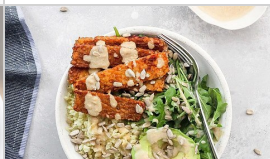

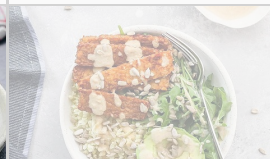
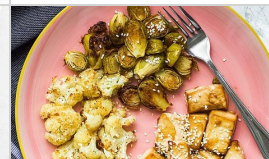
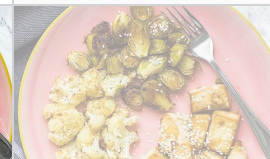
Leftovers

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!
























The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Brownie Protein Pancakes	 Brownie Protein Pancakes
Snack 1	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Clean Trail Mix	 Clean Trail Mix	 Clean Trail Mix
Lunch	 Falafel Salad with Green Tahini Sauce	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Buddha Bowl	 Creamy Pasta with Kale	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars
Snack 2	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers	 Roasted Edamame	 Roasted Edamame	 Roasted Edamame	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers
Dinner	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Buddha Bowl	 Creamy Pasta with Kale	 Tempeh Buddha Bowl	 One Pan Tofu, Brussels Sprouts & Cauliflower	 One Pan Tofu, Brussels Sprouts & Cauliflower



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  46%	Fat  46%	Fat  49%	Fat  50%	Fat  51%	Fat  44%	Fat  44%
Carbs  34%	Carbs  35%	Carbs  29%	Carbs  28%	Carbs  29%	Carbs  38%	Carbs  38%
Protein  20%	Protein  19%	Protein  22%	Protein  22%	Protein  20%	Protein  18%	Protein  18%
Calories 1982	Calories 1963	Calories 1841	Calories 1853	Calories 1985	Calories 2071	Calories 2071
Fat 107g	Fat 105g	Fat 105g	Fat 110g	Fat 121g	Fat 105g	Fat 105g
Carbs 181g	Carbs 184g	Carbs 142g	Carbs 141g	Carbs 154g	Carbs 208g	Carbs 208g
Fiber 68g	Fiber 68g	Fiber 58g	Fiber 52g	Fiber 41g	Fiber 49g	Fiber 49g
Sugar 29g	Sugar 37g	Sugar 28g	Sugar 39g	Sugar 29g	Sugar 44g	Sugar 44g
Protein 103g	Protein 100g	Protein 109g	Protein 108g	Protein 106g	Protein 99g	Protein 99g
Sodium 2309mg	Sodium 2193mg	Sodium 2813mg	Sodium 2310mg	Sodium 2497mg	Sodium 2550mg	Sodium 2550mg
Vitamin A 12023IU	Vitamin A 12063IU	Vitamin A 9803IU	Vitamin A 4001IU	Vitamin A 3710IU	Vitamin A 5608IU	Vitamin A 5608IU
Vitamin C 278mg	Vitamin C 312mg	Vitamin C 135mg	Vitamin C 123mg	Vitamin C 78mg	Vitamin C 324mg	Vitamin C 324mg
Calcium 1717mg	Calcium 1675mg	Calcium 1738mg	Calcium 1607mg	Calcium 1280mg	Calcium 1940mg	Calcium 1940mg
Iron 29mg	Iron 28mg	Iron 27mg	Iron 23mg	Iron 23mg	Iron 23mg	Iron 23mg
Vitamin B12 1.0µg	Vitamin B12 4.0µg	Vitamin B12 1.0µg	Vitamin B12 15.3µg	Vitamin B12 12.0µg	Vitamin B12 0.6µg	Vitamin B12 0.6µg
Magnesium 780mg	Magnesium 683mg	Magnesium 714mg	Magnesium 569mg	Magnesium 673mg	Magnesium 628mg	Magnesium 628mg
Zinc 13mg	Zinc 13mg	Zinc 12mg	Zinc 10mg	Zinc 11mg	Zinc 14mg	Zinc 14mg
Selenium 41µg	Selenium 40µg	Selenium 41µg	Selenium 27µg	Selenium 25µg	Selenium 67µg	Selenium 67µg





Fruits

- 4 1/2 Avocado
- 1 1/2 Banana
- 2 1/2 Lemon
- 40 milliliters Lemon Juice
- 58 milliliters Lime Juice
- 185 grams Raspberries

Breakfast

- 47 grams Almond Butter
- 33 grams Maple Syrup

Seeds, Nuts & Spices

- 68 grams Cashews
- 156 grams Chia Seeds
- 5 grams Chili Powder
- 225 grams Clean Trail Mix
- 4 grams Cumin
- 3 grams Garlic Powder
- 13 grams Ground Flax Seed
- 575 milligrams Paprika
- 21 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 6 grams Sesame Seeds
- 1 gram Smoked Paprika
- 24 grams Sunflower Seeds

Frozen

- 187 grams Frozen Berries
- 90 grams Frozen Cauliflower
- 465 grams Frozen Edamame

Vegetables

- 120 grams Arugula
- 120 grams Baby Spinach
- 88 grams Brussels Sprouts
- 1/2 head Cauliflower
- 340 grams Cauliflower Rice
- 98 grams Cherry Tomatoes
- 145 grams Fresh Peas
- 4 2/3 Garlic
- 1 Green Bell Pepper
- 55 grams Kale Leaves
- 84 grams Matchstick Carrots
- 122 grams Parsley
- 176 grams Purple Cabbage
- 1 Red Bell Pepper
- 2/3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 1/2 Zucchini

Boxed & Canned

- 112 grams Chickpea Pasta
- 325 grams Chickpeas
- 396 grams Lentils
- 200 grams Seed Crackers
- 59 milliliters Vegetable Broth

Baking

- 8 grams Arrowroot Powder
- 14 grams Baking Powder
- 8 grams Cacao Nibs
- 15 grams Cacao Powder
- 46 grams Chickpea Flour
- 5 grams Cocoa Powder
- 60 grams Dark Chocolate Chips
- 6 grams Nutritional Yeast
- 61 grams Oats
- 20 grams Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 510 grams Tempeh
- 450 grams Tofu

Condiments & Oils

- 30 milliliters Avocado Oil
- 7 milliliters Coconut Oil
- 76 milliliters Extra Virgin Olive Oil
- 155 grams Tahini
- 54 grams Tamari

Cold

- 480 milliliters Plain Coconut Milk
- 1.4 liters Unsweetened Almond Milk

Other

- 121 grams Chocolate Protein Powder
- 97 grams Vanilla Protein Powder
- 305 milliliters Water



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 240 milliliters Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 24 grams Chocolate Protein Powder
- 1/2 Banana (frozen)
- 12 grams Chia Seeds
- 16 grams Almond Butter
- 5 grams Cacao Powder
- 3 grams Cacao Nibs (optional)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	28g
Sodium	209mg
Vitamin A	733IU
Vitamin C	23mg
Calcium	716mg
Iron	4mg
Vitamin B12	0.6µg
Magnesium	216mg
Zinc	2mg
Selenium	8µg

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

240 milliliters Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
45 grams Frozen Cauliflower
93 grams Frozen Berries
1/4 Avocado
12 grams Chia Seeds
24 grams Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	370
Fat	17g
Carbs	33g
Fiber	12g
Sugar	18g
Protein	25g
Sodium	93mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Iron	3mg
Vitamin B12	3.6µg
Magnesium	119mg
Zinc	2mg
Selenium	7µg

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 13 grams Ground Flax Seed
- 89 milliliters Water
- 46 grams Chickpea Flour
- 49 grams Chocolate Protein Powder
- 5 grams Cocoa Powder
- 14 grams Baking Powder
- 240 milliliters Unsweetened Almond Milk (or water)
- 60 grams Dark Chocolate Chips
- 7 milliliters Coconut Oil

Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Sodium	866mg
Vitamin A	259IU
Vitamin C	0mg
Calcium	773mg
Iron	4mg
Vitamin B12	0.6µg
Magnesium	110mg
Zinc	2mg
Selenium	9µg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Raspberry Chia Protein Pudding

4 servings

30 minutes

Ingredients

- 96 grams Chia Seeds
- 480 milliliters Unsweetened Almond Milk
- 49 grams Vanilla Protein Powder
- 185 grams Raspberries (divided)
- 20 grams Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	234
Fat	13g
Carbs	18g
Fiber	11g
Sugar	2g
Protein	15g
Sodium	101mg
Vitamin A	265IU
Vitamin C	12mg
Calcium	428mg
Iron	3mg
Vitamin B12	0.3µg
Magnesium	112mg
Zinc	1mg
Selenium	3µg

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Clean Trail Mix

3 servings

2 minutes

Ingredients

225 grams Clean Trail Mix

Nutrition

Amount per serving	
Calories	347
Fat	22g
Carbs	34g
Fiber	0g
Sugar	0g
Protein	10g
Sodium	172mg
Vitamin A	14IU
Vitamin C	1mg
Calcium	59mg
Iron	2mg
Vitamin B12	0µg
Magnesium	119mg
Zinc	2mg
Selenium	0µg

Directions

1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.

2

Pour into bowl and snack away!



Falafel Salad with Green Tahini Sauce

3 servings
30 minutes

Ingredients

- 61 grams Oats (quick or traditional)
- 396 grams Lentils (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 3 grams Sea Salt
- 122 grams Parsley (divided)
- 1 Lemon (juiced and divided)
- 30 milliliters Extra Virgin Olive Oil (divided)
- 60 grams Tahini
- 59 milliliters Water
- 120 grams Baby Spinach (or mixed greens)

Nutrition

Amount per serving	
Calories	459
Fat	22g
Carbs	50g
Fiber	17g
Sugar	4g
Protein	20g
Sodium	476mg
Vitamin A	7190IU
Vitamin C	74mg
Calcium	223mg
Iron	11mg
Vitamin B12	0µg
Magnesium	148mg
Zinc	4mg
Selenium	17µg

Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Notes

Speed It Up: Skip making the tahini sauce and serve with hummus instead.



Rainbow Chopped Salad Jars

2 servings

15 minutes

Ingredients

- 50 grams Tahini
- 1 1/3 Lemon (juiced)
- 2 grams Sea Salt
- 20 milliliters Water
- 328 grams Chickpeas (cooked, from the can)
- 99 grams Cherry Tomatoes
- 85 grams Matchstick Carrots
- 2/3 Yellow Bell Pepper (chopped)
- 178 grams Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	495
Fat	18g
Carbs	69g
Fiber	19g
Sugar	16g
Protein	22g
Sodium	494mg
Vitamin A	4579IU
Vitamin C	189mg
Calcium	252mg
Iron	8mg
Vitamin B12	0µg
Magnesium	132mg
Zinc	4mg
Selenium	15µg

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Smashed Peacamole with Crackers

2 servings

10 minutes

Ingredients

- 73 grams Fresh Peas
- 1 Avocado
- 1 Garlic (cloves, minced)
- 1/8 Lemon (juiced)
- 750 milligrams Sea Salt (or more to taste)
- 100 grams Seed Crackers

Nutrition

Amount per serving	
Calories	416
Fat	23g
Carbs	47g
Fiber	17g
Sugar	3g
Protein	10g
Sodium	450mg
Vitamin A	424IU
Vitamin C	26mg
Calcium	136mg
Iron	3mg
Vitamin B12	0µg
Magnesium	141mg
Zinc	3mg
Selenium	11µg

Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

Serving Size: There is approximately 1/3 cup of peacamole per serving.

Likes it Spicy: Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

No Fresh Peas: Use frozen peas, corn or edamame instead.

No Lemon Juice: Use apple cider vinegar instead.



Roasted Edamame

3 servings

45 minutes

Ingredients

- 465 grams Frozen Edamame
- 22 milliliters Extra Virgin Olive Oil
- 9 grams Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Sodium	1189mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Iron	4mg
Vitamin B12	0µg
Magnesium	99mg
Zinc	2mg
Selenium	1µg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 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.
- 3 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.



Chili Lime Tempeh & Veggies

2 servings

1 hour 40 minutes

Ingredients

- 5 grams Chili Powder (divided)
- 4 grams Cumin (divided)
- 3 grams Garlic Powder (divided)
- 5 grams Sea Salt (divided)
- 1 gram Smoked Paprika
- 58 milliliters Lime Juice
- 59 milliliters Vegetable Broth
- 7 grams Maple Syrup
- 255 grams Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 15 milliliters Water
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	484
Fat	30g
Carbs	36g
Fiber	11g
Sugar	10g
Protein	30g
Sodium	1073mg
Vitamin A	3411IU
Vitamin C	143mg
Calcium	214mg
Iron	8mg
Vitamin B12	0.1µg
Magnesium	163mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

Additional Toppings: Lime wedges or cilantro.

Serve it With: Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



Zinc	3mg
Selenium	2µg



Tempeh Buddha Bowl

3 servings

30 minutes

Ingredients

- 255 grams Tempeh (sliced into strips)
- 36 grams Tamari
- 575 milligrams Paprika
- 15 milliliters Avocado Oil
- 340 grams Cauliflower Rice
- 45 grams Tahini
- 20 grams Maple Syrup
- 30 milliliters Lemon Juice
- 44 milliliters Water
- 750 milligrams Sea Salt
- 120 grams Arugula
- 1 Avocado (sliced)
- 24 grams Sunflower Seeds

Nutrition

Amount per serving	
Calories	512
Fat	36g
Carbs	30g
Fiber	10g
Sugar	9g
Protein	28g
Sodium	838mg
Vitamin A	1153IU
Vitamin C	17mg
Calcium	273mg
Iron	5mg
Vitamin B12	0.1µg
Magnesium	139mg
Zinc	3mg
Selenium	12µg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

Notes

Leftovers: Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

More Flavor: Add chili flakes to the cauliflower rice.

Additional Toppings: Add cooked sweet potato or other veggies if desired.

No Avocado Oil: Use extra virgin olive oil or coconut oil.



Creamy Pasta with Kale

2 servings

40 minutes

Ingredients

113 grams Chickpea Pasta
56 grams Kale Leaves (sliced thin into ribbons)
2/3 Garlic (clove, minced)
69 grams Cashews (soaked for 30 minutes and drained)
79 milliliters Water
6 grams Nutritional Yeast (optional)
10 milliliters Lemon Juice
20 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	490
Fat	29g
Carbs	46g
Fiber	11g
Sugar	7g
Protein	22g
Sodium	89mg
Vitamin A	1348IU
Vitamin C	28mg
Calcium	134mg
Iron	8mg
Vitamin B12	11.3µg
Magnesium	100mg
Zinc	2mg
Selenium	4µg

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale: Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers: Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta: Use lentil, quinoa, brown rice or whole wheat pasta instead.



One Pan Tofu, Brussels Sprouts & Cauliflower

2 servings

45 minutes

Ingredients

- 450 grams Tofu (extra firm, drained)
- 18 grams Tamari
- 15 milliliters Avocado Oil
- 7 grams Maple Syrup
- 8 grams Arrowroot Powder
- 88 grams Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (chopped into florets)
- 5 milliliters Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 6 grams Sesame Seeds

Nutrition

Amount per serving	
Calories	369
Fat	23g
Carbs	21g
Fiber	7g
Sugar	8g
Protein	28g
Sodium	568mg
Vitamin A	332IU
Vitamin C	108mg
Calcium	720mg
Iron	6mg
Vitamin B12	0µg
Magnesium	126mg
Zinc	3mg
Selenium	32µg

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives: The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.