



High Protein Whole Foods Vegetarian Recipe Bundle

NOT A MEAT EATER, BUT NEED
MORE PROTEIN? THIS PLAN IS
PACKED WITH WHOLE FOODS TO
FUEL YOUR BODY!

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High Protein Whole Foods Vegetarian Breakfast

KICKSTART YOUR DAY

Frozen Granola and Yogurt Fruit Cups



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup dry** [48 g] Old Fashioned Oats
- **1 tbsp** [21 g] Honey
- **1 tbsp** [14 g] Chia Seeds
- **0.5 tsp** [1.15 g] Cinnamon
- **0.25 cup** [64 g] Peanut Butter
- **1 cup** [240 g] Plain Non Fat Greek Yogurt
- **2 medium (1-1/4" dia)** [24 g] Strawberries
- **1 serving (73g)** [73 g] Blueberries
- **1 serving (62g)** [62 g] Raspberries

DIRECTIONS

1. Add the oats, honey, chia seeds, cinnamon and peanut butter to a bowl and mix well.
2. Line a cupcake tin with 4 cupcake liners.
3. Evenly divide the oatmeal mixture to the four liners and press into the bottom.
4. Evenly pour the yogurt on top of the oatmeal mixture.
5. Slice the strawberries and add on top of the yogurt along with the blueberries and raspberries.
6. Place in the freezer for at least one hour. Thaw for 3-5 minutes before eating.

NUTRITION INFO

Energy : 439 kcal Fat : 20.4 g Carbs : 49.1 g Protein : 22.3 g Fiber : 9.2 g Sugar : 20.2 g

Chocolate Almond Overnight Quinoa



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.5 cup** [85 g] Quinoa (uncooked)
- **1.5 cup** [367.5 g] Soy Milk
- **0.25 cup** [59.25 g] Water
- **2 tbsp** [32 g] Almond Butter
- **1.5 tbsp** [9 g] Cocoa Powder
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **1 tsp** [4 g] Monk Fruit Sweetener
- **1 tsp** [4.2 g] Vanilla Extract
- **1 tbsp** [10.82 g] Dark Chocolate Chips
- **0.5 tbsp** [3.75 g] Slivered Almonds

DIRECTIONS

1. Add soy milk, water, almond butter, cocoa powder, protein powder, monk fruit sweetener, and vanilla extract to a blender and blend until smooth.
2. Add the quinoa and milk mixture to a saucepan and bring to a boil over medium-low heat, stirring constantly to prevent milk from scorching. Lower the heat to low and let simmer for 10-15 minutes until the quinoa is fully cooked, stirring frequently to prevent burning. Let the quinoa cool completely at room temperature, and then refrigerate overnight.
3. Top with slivered almonds and dark chocolate chips before serving.

NUTRITION INFO

Energy : 466 kcal

Fat : 19.3 g

Carbs : 51 g

Protein : 25.8 g

Fiber : 10.6 g

Sugar : 5.5 g

Pita Bread Pizza



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 medium pita (5-1/4" dia)** [45 g] Pita Bread
- **1 medium** [44 g] Egg
- **0.25 cup** [61.5 g] Ricotta Cheese
- **1 medium** Lemon (*Zested*)
- **2 tbsp** [10 g] Nutritional Yeast
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp** [1.2 g] Kosher Salt
- **0.25 medium (approx 2-3/4" long, 2-1/2" dia)** [28.5 g] Red Bell Pepper (*Thinly sliced*)
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **0.5 tbsp** [7 g] Pesto Sauce

DIRECTIONS

1. Preheat oven to 350 degrees F (176 degrees C).
2. Add the ricotta cheese, lemon zest, nutritional yeast, black pepper, and three-fourths of the salt to a bowl and mix until combined.
3. Spread the ricotta cheese mixture on top of the pita bread and top with bell peppers, red onions, and pesto.
4. Using a rubber spatula or butter knife, gently scrape the ricotta cheese off the center of the pita well to form a circular "well."
5. Crack the egg into the "well" on the center of the pita bread and top with the remaining salt.
6. Bake for 25-30 minutes in a non-stick baking pan until the egg is fully cooked.

NUTRITION INFO

Energy : 399 kcal

Fat : 15.4 g

Carbs : 41.3 g

Protein : 25.1 g

Fiber : 6.4 g

Sugar : 4.3 g

Peaches and Cream Chia Seed Pudding



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [183.75 g] Soy Milk
- **1 medium** [98 g] Peach (*Diced*)
- **0.5 tsp** [2 g] Monk Fruit Sweetener
- **1 tsp** [4.2 g] Vanilla Extract
- **2.5 tbsp** [35 g] Chia Seeds
- **1 medium** Lemon (*Zest*)
- **1 scoop** [24 g] Organic Vegan Protein Powder

DIRECTIONS

1. Add soy milk, peaches, monk fruit sweetener, vanilla extract, chia seeds, lemon zest, and protein powder to a bowl and mix until combined.
2. Refrigerate overnight before eating.

NOTES

1. **Thickness** : For a thicker pudding consistency, only add half a cup of soy milk for every two and a half tablespoons of chia seeds.

NUTRITION INFO

Energy : 402 kcal Fat : 18.4 g Carbs : 40.8 g Protein : 29.8 g Fiber : 18.8 g Sugar : 12.1 g

Tofu Breakfast Scramble



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **0.5 cup** [82.5 g] Fingerling Potatoes
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper
- **0.5 cup, chopped** [35 g] Mushrooms
- **0.66 cup** [158.4 g] Black Beans (Canned)
- **5 oz** [140 g] Firm Tofu
- **0.5 tbsp** [2.5 g] Nutritional Yeast
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Chop the potatoes, bell pepper and mushrooms. Strain and rinse the black beans.
2. Place a pan over medium heat with the olive oil. When hot, add the potatoes. Season with a dash of salt and pepper and cook for about 10 minutes.
3. Add the bell peppers and mushrooms to the pan and cook for about 5 minutes until soft.
4. Wrap the tofu in a paper or kitchen towel and squeeze the tofu to get as much water out as possible. Lightly mash the tofu apart to resemble scrambled eggs and add to the pan, along with salt, pepper, nutritional yeast, and garlic powder.
5. Cook for another 5 minutes then add the black beans. Stir and cook for another 2 minutes until heated throughout.

NUTRITION INFO

Energy : 483 kcal

Fat : 20.7 g

Carbs : 51 g

Protein : 25.9 g

Fiber : 17.7 g

Sugar : 3.1 g

Grain-Free Granola with Yogurt and Berries



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.5 cup, whole** [71.5 g] Almonds
- **0.5 cup, halves** [54 g] Pecans
- **0.5 cup** [68.5 g] Dry Roasted Cashew Nuts
- **4 tbsp** [40 g] Hemp Hearts
- **4 tbsp** [28 g] Pumpkin Seeds
- **1 tsp** [4.2 g] Vanilla Extract
- **3 tbsp** [60 g] Maple Syrup
- **1 tsp.** [1 g] Himalayan Pink Salt
- **3 cup** [366 g] Unsweetened Coconut Milk Yogurt
- **1.5 cup** [184.5 g] Raspberries
- **1.5 cup** [216 g] Blackberries

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In food processor, blend almonds, pecans, cashews, hemp hearts, and pumpkin seeds together.
3. In a bowl, mix the seeds/ nuts with vanilla extract, maple syrup and salt.
4. On a baking sheet add parchment paper, spread over nut mixture on the paper and bake for 10-12 minutes.
5. Add 3/4 cup (92 g) yogurt to each bowl for serving.
6. Once granola is cooled, divide the granola and berries evenly per serving to top the granola.

NOTES

1. **Granola** : Will last for up to 1 week in a sealed container.

NUTRITION INFO

Energy : 574 kcal

Fat : 43.1 g

Carbs : 43.6 g

Protein : 15.7 g

Fiber : 11.8 g

Sugar : 16.7 g

Banana Maple Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1.5 scoop** [36 g] Organic Pea Protein
- **1 tbsp** [14 g] Chia Seed
- **1 tbsp** [10 g] Hemp Seeds
- **1 tbsp** [20 g] Maple Syrup
- **0.5 medium** [59 g] Banana (*Sliced*)

DIRECTIONS

1. Mix/whisk pea protein and almond milk together well.
2. Add oats, chia seeds, hemp seeds, and maple syrup to milk mixture.
3. Store in an airtight container in the refrigerator overnight.
4. Before eating, mix oats together and top with banana slices.

NUTRITION INFO

Energy : 555 kcal

Fat : 19 g

Carbs : 64.4 g

Protein : 35.9 g

Fiber : 12.2 g

Sugar : 21.7 g

Bean Breakfast Fried Egg & Avocado



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.5 cup** [128 g] Kidney Beans (Canned)
- **0.5 medium** [55 g] Yellow Onions
- **2 clove** [6 g] Garlic
- **1 large** [50 g] Egg
- **0.25 avocado** [34 g] Avocado
- **1 medium** [148 g] Tomatoes (Roma)
- **0.25 cup** [46.25 g] White Rice (Uncooked)
- **1 tsp** [2.1 g] Cumin
- **1 tsp** [1.8 g] Red or Cayenne Pepper
- **1 tbsp** [1 g] Cilantro (Coriander)
- **1 tsp** [4.67 g] Avocado Oil
- **5 g** Clarified Butter Ghee
- **1 sprigs** [1 g] Parsley

DIRECTIONS

1. Wash the rice and cook with 0.5 cup of water. Bring to a boil without a lid, and once it starts to boil lower the heat to a simmer and cook with a lid for 15–20 minutes.
2. While the rice cooks, chop the onion into a small dice and mince the garlic and set aside. Rinse the canned beans in a strainer as well.
3. In a skillet, sauté the onions and garlic with the avocado oil on medium heat. Cook for 3 minutes and add the beans into the pan.
4. Add 3 tbsp. of water into the beans and mash 1/2 the mixture. Season with cumin, cayenne and salt and pepper to taste.
5. In another skillet fry an egg sunny side up with the ghee on medium heat.
6. Cut the tomato and avocado into slices and set aside. Chop the cilantro as well.
7. Once the beans and rice are ready. Serve with the avocado, tomato and fried egg. Option to top with parsley. Enjoy!

NUTRITION INFO

Energy : 583 kcal

Fat : 21.5 g

Carbs : 71.1 g

Protein : 20.1 g

Fiber : 11.1 g

Sugar : 9.9 g

Chickpea Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 cup** [92 g] Chickpea Flour
- **1 tbsp** [5 g] Nutritional Yeast
- **1 Dash** [1 g] Himalayan Pink Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)
- **1 medium** [148 g] Tomatoes (Roma)
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **1 sprigs** [1 g] Parsley

DIRECTIONS

1. Add the chickpea flour with 1 cup of water and nutritional yeast. Season with salt and pepper to taste. Mix well with a whisk.
2. Heat a skillet to medium heat and add the ghee and chickpea mixture. Stir the batter in the pan and cook for 5 minutes.
3. Serve with tomatoes. Option to top with fresh parsley. Enjoy!

NUTRITION INFO

Energy : 525 kcal

Fat : 19.9 g

Carbs : 57.3 g

Protein : 24.7 g

Fiber : 10.9 g

Sugar : 12 g

Banana Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 medium** [118 g] Banana (*Sliced*)
- **1.25 cup** [300 g] Plain Non Fat Greek Yogurt
- **1 tbsp** [16 g] Almond Butter
- **0.5 tbsp** [5 g] Hemp Hearts

DIRECTIONS

1. Top yogurt with sliced banana, drizzled almond butter, and hemp hearts.

NUTRITION INFO

Energy : 383 kcal

Fat : 12.4 g

Carbs : 39.6 g

Protein : 32.9 g

Fiber : 3.9 g

Sugar : 24 g

A top-down view of a light-colored ceramic bowl filled with a vegetarian meal. The bowl contains several golden-brown, roasted chickpeas, green beans, and sliced onions. A semi-transparent orange rectangular box is overlaid in the center of the bowl, containing text.

High Protein Whole Foods Vegetarian Lunch

RE-FUEL AND RE-ENERGIZE

Cherry Broccoli Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.5 cup** [375 g] Chickpeas (canned and drained) (*Rinsed and dried*)
- **4 cup, florets** [284 g] Broccoli (*Chopped*)
- **0.25 small** [37 g] Red Onions (*Diced*)
- **6 cherry** [40.8 g] Sweet Cherries (*Pitted and chopped*)
- **1.5 tbsp** [21 g] Olive Oil
- **0.5 tsp** [3 g] Sea Salt
- **0.5 tsp** [1.4 g] Garlic Powder

DIRECTIONS

1. Add chickpeas, chopped broccoli, chopped red onion, and chopped cherries to a large bowl.
2. In a separate bowl mix together olive oil, salt, and garlic powder. Then toss this dressing with the broccoli salad.
3. Enjoy immediately or store in the refrigerator for up to three days.

NUTRITION INFO

Energy : 361 kcal

Fat : 12.6 g

Carbs : 52.5 g

Protein : 13.5 g

Fiber : 11.5 g

Sugar : 3 g

Chickpeas and Cucumbers



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 cup** [250 g] Chickpeas (canned and drained) (*Rinsed*)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tsp** [1.3 g] Chili Powder
- **0.5 medium** [100.5 g] Cucumber (*Chopped*)
- **1 small** [43 g] Shallot (*Chopped*)
- **1 clove** [3 g] Garlic (*Minced*)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Mix drained and dried chickpeas with salt, pepper, chili powder, and half of the olive oil.
3. Place on a baking sheet in a single layer and roast for about 20 minutes.
4. Add cucumber, shallot, garlic and remaining olive oil to a bowl and mix well.
5. Top with chickpeas and enjoy.

NUTRITION INFO

Energy : 456 kcal

Fat : 16.6 g

Carbs : 65.4 g

Protein : 13.9 g

Fiber : 13.2 g

Sugar : 4.9 g

Corn Brussels Sprout Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [122 g] Unsweetened Coconut Milk Yogurt
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [1.2 g] Kosher Salt
- **1 tsp** [2.6 g] Chili Powder
- **0.5 tsp** [1.05 g] Black Pepper
- **2 tbsp** [10 g] Nutritional Yeast
- **2 tbsp** [29.6 g] Water
- **2 cup** [176 g] Brussels Sprouts (*Thinly shaved*)
- **1 can** [340 g] Yellow Sweet Corn (canned, 15.5 oz) (*Drained and rinsed*)
- **1 cup** [240 g] Black Beans (Canned) (*Drained and rinsed*)
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **1 cup** [135 g] Queso Fresco (*Crumbled*)

DIRECTIONS

1. Add yogurt, lime juice, onion powder, garlic powder, salt, black pepper, chili powder, nutritional yeast, and water to a bowl and mix until combined to make a dressing.
2. Add brussels sprouts, corn, black beans, red onion, queso fresco, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

NOTES

1. **Yogurt options:** The unsweetened coconut milk yogurt can be substituted with Greek or soy yogurt.
2. **Cheese options:** The queso fresco can be substituted with crumbled feta cheese or cotija cheese.

NUTRITION INFO

Energy : 478 kcal

Fat : 11.9 g

Carbs : 78.7 g

Protein : 26.7 g

Fiber : 18.1 g

Sugar : 10.1 g

Crispy Rice Rolls



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **0.5 cup** [92.5 g] White Rice (Uncooked)
- **2.5 tbsp** [12.5 g] Nutritional Yeast
- **6 oz** [170.1 g] Extra Firm Silken Tofu
- **0.5 avocado** [68 g] Avocado (*Sliced*)
- **0.25 cup** [4 g] Cilantro (Coriander) (*Chopped*)
- **0.25 medium** [28.5 g] Red Bell Pepper (*Thinly sliced*)
- **1 cup** [170 g] Edamame (Shelled)
- **2 tbsp** [17 g] Peanuts
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **4 medium paper** [56.8 g] Rice Paper
- **4 pumps** [4 g] Avocado Oil Cooking Spray

DIRECTIONS

1. Cook rice according to package instructions. Once done, mix rice with nutritional yeast until combined. Refrigerate and let cool completely before using.
2. Wrap tofu in a dry, clean kitchen or disposable paper towel and gently press down to remove excess water. Repeat this step four to five times until most of the water is removed. Slice tofu and set aside.
3. Soak 1 rice paper wrapper in lukewarm water until it is malleable or until the pattern is no longer visible.
4. Add rice, avocado, cilantro, bell pepper, peanuts, edamame, lime juice, and tofu to the center of the rice paper.
5. Fold one end of the rice paper over the filling, fold the sides in, and fold the other end over the folded sides. Set aside.
6. Grease a non-stick saucepan with the avocado oil cooking spray and pan fry each roll over medium heat until crispy on each side.

NOTES

1. **Cooking tip:** When exposed to the heat in the pan, the rice paper will become gummy and sticky. Allow each side to become crispy prior to flipping. You will know the roll is ready to flip when the rice paper is no longer sticking to the pan.

NUTRITION INFO

Energy : 478 kcal Fat : 14.7 g Carbs : 62.2 g Protein : 25.2 g Fiber : 10.9 g Sugar : 4.3 g

Mushroom Grilled Cheese



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **0.25 cup, chopped** [17.5 g] Mushrooms
- **1 tsp** [4.8 g] Olive Oil
- **2 slice** [84 g] Sprouted Grain Bread
- **2 oz** [56.7 g] Mozzarella Cheese (Part Skim Milk)
- **0.5 tbsp** [7 g] Pesto Sauce
- **1 cup** [20 g] Arugula (Rocket)

DIRECTIONS

1. Preheat oven to 350 degrees F (176 degrees C).
2. Cut mushrooms into fourths, add to a non-stick baking sheet, and toss in olive oil. Roast in the oven for 15-20 minutes until golden brown.
3. Spread pesto on both slices of bread. Top with sliced mozzarella and roasted mushrooms.
4. Oven bake the sandwich for 5-10 minutes until the cheese is melted.
5. Serve over a bed of arugula (rocket).

NUTRITION INFO

Energy : 430 kcal

Fat : 18.4 g

Carbs : 39 g

Protein : 25.9 g

Fiber : 8.5 g

Sugar : 5.2 g

Smashed Edamame Toast



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 cup** [170 g] Edamame (Shelled)
- **1.5 tbsp** [21 g] Soy Sauce
- **1 tsp** [11 g] Ginger
- **0.5 tsp** [1.4 g] Garlic Powder
- **1.5 tbsp** [7.5 g] Nutritional Yeast
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **1 cup** [240 ml] Apple Cider Vinegar
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp** [1.2 g] Kosher Salt
- **2 slice** [84 g] Sprouted Grain Bread

DIRECTIONS

1. Add the apple cider vinegar, black pepper, and salt to a small saucepan and bring to a boil. Once boiling, remove from the heat and transfer to a heat-safe bowl.
2. Add the red onion slices to the hot apple cider vinegar and let sit for at least 20 minutes. For more potent pickled onions, let sit overnight in the refrigerator.
3. Boil the edamame for 5-10 minutes until softened and strain once done.
4. Add the edamame, soy sauce, nutritional yeast, ginger, garlic powder, and lime juice to a bowl and smash with a fork until combined.
5. Toast the sprouted grain bread and top with edamame spread and pickled red onions.

NUTRITION INFO

Energy : 460 kcal

Fat : 9.3 g

Carbs : 63.6 g

Protein : 33.6 g

Fiber : 19.1 g

Sugar : 10 g

Harvest Lentil Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.75 cup** [144 g] Lentils
- **4 tbsp** [28 g] Pumpkin Seeds
- **0.5 apple** Apples
- **1 tsp** [4.7 g] Lemon Juice
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery (*Chopped*)
- **0.25 cup** [62 g] Apple Cider
- **0.25 tbsp** [3.75 g] Apple Cider Vinegar
- **0.25 tsp** [0.17 g] Sage (Ground)
- **2 cup** [40 g] Arugula (Rocket)

DIRECTIONS

1. Cook the lentils according to the package instructions.
2. Meanwhile, chop the apple and toss into a bowl with the lemon juice. Set aside.
3. When the lentils are done cooking, rinse them with cool water and set aside in the refrigerator to cool for several minutes.
4. Once the lentils have cooled, toss them with the apples, pumpkin seeds, chopped celery, and a dash of salt and pepper.
5. Wisk together the apple cider, apple cider vinegar, sage and salt/pepper. Pour over top of the lentil/apple mixture and toss until well combined.
6. Allow the salad to marinate in the refrigerator for about an hour before serving. Serve alone or over top of arugula.

NUTRITION INFO

Energy : 396 kcal Fat : 9.1 g Carbs : 55.2 g Protein : 24.4 g Fiber : 24.3 g Sugar : 10.3 g

Sourdough Veggie Sandwich



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 medium slice (4-3/4" x 4" x 1/2")** [50 g] Sour Dough Bread
- **2 pumps** [2 g] Avocado Oil Cooking Spray
- **1 cup** [30 g] Baby Spinach
- **1 slice (1 oz)** [28 g] Swiss Cheese
- **0.5 avocado** [68 g] Avocado (*sliced*)
- **1 medium** [148 g] Tomatoes (Roma) (*sliced*)
- **1 -** [74 g] Mandarin Orange (*peeled*)

DIRECTIONS

1. Warm a pan on medium heat, add avocado oil spray.
2. Add sour dough bread to the pan along with the spinach to slightly wilt it (1-2 minutes).
3. Once spinach is wilted, top the bread with spinach, swiss cheese, avocado and tomatoes.
4. Cook until desired likeness (about 3 minutes per side or once cheese starts to melt).
5. Serve warm with a side of oranges.

NUTRITION INFO

Energy : 451 kcal

Fat : 22.1 g

Carbs : 43 g

Protein : 15.8 g

Fiber : 38.9 g

Sugar : 9.9 g

Bean Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.5 cup** [375 g] Chickpeas (canned and drained) (*rinsed and drained*)
- **1 cup** [256 g] Kidney Beans (Canned) (*rinsed and drained*)
- **1 cup** [261 g] Canned White Beans (*rinsed and drained*)
- **1 medium** [201 g] Cucumber (*peeled and diced*)
- **1 small** [148 g] Red Onions (*chopped*)
- **1 medium** [114 g] Orange Bell Pepper (*chopped*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*chopped*)
- **1.5 tbsp** [21 g] Olive Oil
- **2 clove** [6 g] Garlic (*minced*)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Add all ingredients to a bowl and mix well together.
2. Let mix sit in refrigerator for up to 15 minutes before serving.
3. Serve cold.

NUTRITION INFO

Energy : 578 kcal

Fat : 13.6 g

Carbs : 90.9 g

Protein : 25.7 g

Fiber : 24.6 g

Sugar : 9.7 g

Pesto Panini With Eggplant, Pepper and Zucchini



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **2 slice** [84 g] Sprouted Grain Bread
- **1 eggplant, unpeeled (approx 1-1/4 lb)** [548 g] Eggplant
- **1 medium** [196 g] Zucchini
- **0.25 cup** [32.5 g] Roasted Red Pepper
- **0.25 cup, shredded** [28 g] Mozzarella Cheese (Whole Milk)
- **1 tbsp** [14 g] Pesto Sauce
- **1 Dash** [1 g] Himalayan Pink Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee

DIRECTIONS

1. Wash the eggplant and zucchini. Cut them lengthwise and set aside.
2. In a skillet turn the heat to medium high and add the ghee. Sauté the eggplant for 7-8 minutes per side or until the eggplant is soft. Repeat the same steps for the zucchini. Season with salt and pepper to taste.
3. Spread the pesto on the slices of bread and place the sautéed zucchini and eggplant. Top with the roasted red pepper and grated mozzarella cheese.
4. In a panini press or in a skillet, place the ready sandwich on high heat and cook for 1-2 minutes per side. Just until the cheese has melted and the sandwich is golden brown. Enjoy!

NUTRITION INFO

Energy : 599 kcal Fat : 22.5 g Carbs : 77.7 g Protein : 27.3 g Fiber : 29.4 g Sugar : 22.7 g



High Protein Whole Foods Vegetarian Dinner

FINISH STRONG

Cold Peanut Noodle Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz, dry, yields** [320 g] High Protein Spaghetti
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper (*Thinly sliced*)
- **1 cup** [170 g] Edamame (Shelled)
- **0.25 cup** [4 g] Cilantro (Coriander) (*Chopped*)
- **3 tablespoon** [48 g] Peanut Butter (*Creamy*)
- **1 tbsp** [5 g] Nutritional Yeast
- **2 tbsp** [28 g] Coconut Aminos
- **2 tsp** [9.58 g] Apple Cider Vinegar
- **0.5 tsp** [2 g] Monk Fruit Sweetener
- **0.5 tbsp** [2.5 g] Red Pepper Flakes
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **2 tbsp** [29.6 g] Water

DIRECTIONS

1. Cook the spaghetti according to package instructions. Once done, drain the water and refrigerate until cool.
2. Add peanut butter, nutritional yeast, coconut aminos, apple cider vinegar, monk fruit sweetener, red pepper flakes, lime juice, and water to a jar with a lid and vigorously shake until all ingredients are combined and the dressing is smooth. Refrigerate until ready to use.
3. Add the cooled spaghetti, red onions, bell peppers, edamame, and cilantro to a large bowl and toss until combined.
4. Add the peanut dressing to the bowl and toss all the ingredients together until everything is coated in the dressing. Refrigerate until ready to eat.

NOTES

1. **Spice options** : Do not add the red pepper flakes for a mild dressing. For a spicier dressing, substitute the red pepper flakes with chili oil.
2. **Dressing thickness** : Double the water for looser dressing. Cut the water in half for a thicker, creamier dressing.

NUTRITION INFO

Energy : 551 kcal

Fat : 17.9 g

Carbs : 75.6 g

Protein : 26.6 g

Fiber : 11.6 g

Sugar : 13.3 g

Black Bean Tacos with Slaw



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 cups** [56.7 g] Shredded Green & Red Cabbage with Carrots
- **2 tsp** [2.4 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **1 Juice of 1 lemon (2-1/8" dia)** [47 g] Fresh Lemon Juice
- **2 cup** [480 g] Black Beans (Canned)
- **0.5 cup** [112.5 g] 1% Low Fat Cottage Cheese
- **3 tbsp** [15 g] Nutritional Yeast
- **0.25 cup** [4 g] Cilantro (Coriander) (*Chopped*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **1 tbsp, minced** [8.5 g] Garlic
- **1 tsp** [1.8 g] Red Pepper Flakes
- **6 tortillas** [150 g] Cassava Flour Tortillas
- **0.5 tbsp** [7 g] Olive Oil

DIRECTIONS

1. Add the shredded green and red cabbage with carrots to a large bowl, half of the salt, half of the black pepper, and the lemon juice to a large bowl. Mix until combined and refrigerate until ready to eat.
2. Add the black beans, cottage cheese, nutritional yeast, cilantro, red onions, garlic, red pepper flakes, the remaining salt, and the remaining black pepper to a food processor and blend until smooth.
3. Evenly distribute the black bean mixture onto the tortillas and fold each in half.
4. Pan-fry the tacos in a large skillet, greased with olive oil over medium-low heat until they are crispy on both sides.
5. Add the slaw to the inside of each taco before eating.

NUTRITION INFO

Energy : 533 kcal

Fat : 9.3 g

Carbs : 84.5 g

Protein : 28.1 g

Fiber : 26 g

Sugar : 6.7 g

BBQ Tofu with Broccoli Slaw



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **8 oz** [224 g] Firm Tofu
- **0.25 cup (8 fl oz)** [62.5 g] Barbecue Sauce
- **4 cup** [340 g] Broccoli Slaw
- **1 cup** [261 g] Canned White Beans
(Drained and rinsed)
- **2 tbsp** [17 g] Peanuts
- **2 tbsp** [14 g] Pumpkin Seeds
- **1 cup** [122 g] Unsweetened Coconut Milk Yogurt
- **3 tbsp** [45 g] Apple Cider Vinegar
- **1 tbsp** [20 g] Maple Syrup
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper

DIRECTIONS

1. Add yogurt, apple cider vinegar, maple syrup, salt, and black pepper to a bowl and mix until combined to form a dressing. Set aside.
2. Add broccoli slaw, white beans, peanuts, and pumpkin seeds to a large bowl and mix until combined. Add the dressing and gently toss until all ingredients are coated. Refrigerate until ready to eat.
3. Wrap tofu in a dry, clean kitchen or disposable paper towel and gently press down to remove excess water. Repeat this step four to five times until most of the water is removed.
4. Cut the tofu into cubes and add to a large bowl with the BBQ sauce. Toss until all the tofu cubes are coated.
5. Set your air fryer to 375 degrees Fahrenheit and air fry tofu cubes for 20-25 minutes until slightly crispy. If you do not have an air fryer you can pan fry the tofu until crispy on each side.
6. Serve with broccoli slaw.

NUTRITION INFO

Energy : 437 kcal

Fat : 16.5 g

Carbs : 51.2 g

Protein : 26.1 g

Fiber : 12.9 g

Sugar : 13 g

Chickpea Meatballs



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 cup** [250 g] Chickpeas (canned and drained)
- **1.25 tbsp** [12.5 g] Flax Seed Meal
- **3 tbsp** [44.4 g] Water
- **0.25 cup** [27 g] Bread Crumbs
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.45 g] Italian Seasoning
- **1.5 cup, cooked** [210 g] High Protein Spaghetti
- **1 cup** [245 g] Tomato Sauce (no sugar added)

DIRECTIONS

1. Preheat your oven to 450 degrees F (230 degrees C).
2. Mix the flax seed meal with the water. Allow to sit for about 10 minutes.
3. Meanwhile, drain the chickpeas from the can and add to a food processor. Blend until mostly smooth and broken down.
4. Once your flax meal is ready, add to the food processor along with the breadcrumbs, garlic powder, Italian seasoning, and a dash of salt and pepper. Mix until combined.
5. Grease a baking sheet. Use your hands, roll the chickpea mixture into balls and place onto the baking sheet.
6. Bake for about 10 minutes, flip them, then bake another 10 minutes. They should be golden and crispy when finished.
7. While the chickpea balls bake, boil your spaghetti according to the instructions on the package.
8. Serve the chickpea meatballs over the spaghetti along with your favorite sauce.

NUTRITION INFO

Energy : 471 kcal

Fat : 10.6 g

Carbs : 77.5 g

Protein : 17.1 g

Fiber : 10.7 g

Sugar : 5.5 g

Vegan Tofu Tacos



SERVINGS: 1

PREP TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **6 oz** [168 g] Firm Tofu
- **0.5 tbsp** [7 g] Soy Sauce
- **0.5 tbsp** [2.5 g] Nutritional Yeast
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 cup** [120 g] Black Beans (Canned)
- **0.25 avocado** [34 g] Avocado
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper
- **1 tsp** [4.8 g] Olive Oil
- **3 tortillas** [75 g] Cassava Flour Tortillas

DIRECTIONS

1. Preheat your oven to 425 degrees F (218 degrees C).
2. Slice the bell pepper. Wrap the tofu in a paper or kitchen towel and squeeze the tofu to get as much water out as possible. Chop into small cubes.
3. Drain and rinse the black beans. Dice the avocado.
4. Toss the tofu with the soy sauce, nutritional yeast, garlic powder, and a dash of salt and pepper.
5. Line a baking sheet with parchment paper. Spread the seasoned tofu pieces to one side and the bell pepper slices to the other. Drizzle the olive oil over the bell peppers and season with salt and pepper. Bake for about 20 minutes.
6. Evenly divide the tofu, bell peppers, beans, and avocado on the three tortillas.

NUTRITION INFO

Energy : 580 kcal

Fat : 23.1 g

Carbs : 68.6 g

Protein : 26.7 g

Fiber : 22.3 g

Sugar : 7.1 g

Italian Marinated Tempeh, Asparagus and Sweet Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- **8 oz** [226.8 g] Tempeh
- **1 sweetpotato**, [130 g] Sweet Potato
- **2 tbsp** [28 g] Olive Oil
- **1 bundle** [100 g] Asparagus (*chopped*)
- **1 tbsp** [5.5 g] Italian Seasoning
- **2 clove** [6 g] Garlic (*minced*)
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pierce sweet potato with a knife then bake on an oven safe sheet for 50-60 minutes (or until soft all the way through).
3. Bake for 25-30 minutes, or until potatoes are thoroughly cooked.
4. Slice tempeh into thin slices.
5. Mix together half of the olive oil, Italian seasoning, half of the minced garlic cloves, red pepper flakes, salt, and pepper. Coat tempeh and with olive oil mixture.
6. Set aside for at least 15 minutes.
7. Add remaining olive oil to a pan on medium heat.
8. Add remaining minced garlic and cook until fragrant (about 2 minutes).
9. Add asparagus and cook for about 10 minutes until al dente.
10. Once asparagus is done cooking, set asparagus aside.
11. In the same pan, add marinated tempeh. Cook on each side for about 5 minutes until it begins to get crispy.
12. Add tempeh, asparagus, and sweet potatoes to a plate and serve warm.

NUTRITION INFO

Energy : 419 kcal

Fat : 28.1 g

Carbs : 26.6 g

Protein : 24.2 g

Fiber : 3.9 g

Sugar : 2.9 g

Tofu Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1 clove** [3 g] Garlic (*Minced*)
- **1 small** [43 g] Shallot (*Chopped*)
- **16 oz** [448 g] Firm Tofu
- **4 cup** [960 ml] Vegetable Broth
- **1 head** [85 g] Baby Bok Choy (*Chopped*)
- **2 tbsp** [28 g] Coconut Aminos
- **1 Dash** [1 g] Himalayan Pink Salt (*to taste*)
- **2 block (86 g)** [172 g] Plain Ramen Noodles
- **1 tbsp** [9 g] Sesame Seeds

DIRECTIONS

1. Add olive oil to a large pot or dutch oven. Warm on medium heat.
2. Add garlic, and cook until fragrant (about 2 minutes).
3. Add shallots to the pot and cook for about 3 minutes.
4. Add tofu and cook for about 5 minutes.
5. Add vegetable broth, bok choy, coconut aminos and salt.
6. Bring to a boil and add in ramen.
7. Boil for about 10 minutes and then remove from heat.
8. Place lid to keep contents warm.
9. Serve warm. Extra soup can be stored and frozen for up to 4 months.
10. Top with sesame seeds.

NUTRITION INFO

Energy : 566 kcal

Fat : 27.4 g

Carbs : 47.2 g

Protein : 21.8 g

Fiber : 9.9 g

Sugar : 8.2 g

Thai Tempeh Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **8 oz** [226.8 g] Tempeh
- **0.5 tbsp** [7 g] Avocado Oil
- **2 tbsp** [30 g] Tahini (*Cut into small chunks*)
- **0.5 tsp** [1.3 g] Chili Powder
- **2 tbsp** [28 g] Coconut Aminos
- **1.5 tsp** [16.5 g] Ginger (*Grated*)
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **1 tbsp** [14.8 g] Water (*Warm*)
- **0.5 cup** [28.35 g] Shredded Green Cabbage
- **0.5 cup** [28.35 g] Shredded Red Cabbage
- **1 cup** [113 g] Shredded Carrots
- **5 stalk** [75 g] Green Onions (*Chopped*)
- **2 tbsp** [28.5 g] Dry Roasted Cashew Nuts (*Chopped*)
- **1 tbsp** [9 g] Sesame Seeds

DIRECTIONS

1. Warm avocado oil in a medium skillet. Toss tempeh with chili powder and add to the skillet. Cook for approximately 5 minutes, flipping half way through.
2. In a small bowl, mix together the tahini, coconut aminos, grated ginger, and lime juice.
3. In a serving bowl add the cooked tempeh, cabbage, carrots, green onion, cashews, and tahini dressing. Toss until well mixed.
4. Top with sesame seeds and enjoy!

NUTRITION INFO

Energy : 466 kcal

Fat : 28.2 g

Carbs : 34.6 g

Protein : 27 g

Fiber : 5.8 g

Sugar : 10.7 g

Lentil Bean Burger



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **0.25 cup, dry** [50 g] Brown Lentils
- **0.5 cup, chopped** [35 g] Mushrooms
- **2 tbsp** [10 g] Nutritional Yeast
- **0.5 medium** [55 g] Yellow Onions
- **1 clove** [3 g] Garlic
- **0.25 cup** [22.75 g] Panko Bread Crumbs
- **1 tbsp** [7 g] Chopped Walnuts
- **0.5 medium** [74 g] Tomatoes (Roma)
- **0.5 avocado** [68 g] Avocado
- **0.5 tbsp** [6.8 g] Coconut Oil
- **1 sprigs** [1 g] Parsley

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Wash the lentils in a strainer to remove any debris. Bring a pot of 1 cup of water to boil and cook the lentils for 15 minutes.
3. Heat a skillet to medium heat with the coconut oil and sauté the mushrooms, onions and garlic for 5 minutes. Remove from heat and let cool for 5 minutes.
4. Once the lentils are soft, add them to a food processor with the cooked mushroom mixture, nutritional yeast, panko breadcrumbs, and walnuts. Blend until a paste forms.
5. Shape the lentil mixture into patties on a lined sheet tray. Bake for 15 minutes.
6. Serve alongside sliced tomatoes and avocado. Option to top with fresh parsley and enjoy!

NUTRITION INFO

Energy : 570 kcal Fat : 23.8 g Carbs : 66.1 g Protein : 25.5 g Fiber : 22.7 g Sugar : 7.6 g

Vegan Minestrone



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 medium** [61 g] Carrot
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery
- **1 cup** [240 g] Black Beans (Canned)
- **1 oz dry** [55 g] Gluten Free Pasta
- **0.5 medium** [55 g] Yellow Onions
- **2 clove** [6 g] Garlic
- **1 cup** [246.6 g] Canned Fire Roasted Tomatoes
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [2.1 g] Basil (Dried)
- **0.5 cup** [120 ml] Vegetable Broth
- **1 Dash** [1 g] Himalayan Pink Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)
- **1 sprigs** [1 g] Parsley

DIRECTIONS

1. Wash and peel the carrot and chop into a small dice alongside the onion and celery. Mince the garlic cloves as well and set aside.
2. Rinse the canned beans in a strainer to remove the water it was previously in. Set aside.
3. Bring a small pot of water to boil to cook the pasta. Boil the pasta for 7 minutes or until al dente.
4. In a pot, turn the heat to medium high and add the olive oil. Sauté the onion, celery and carrots for 5 minutes. Add the garlic and cook for 30 more seconds.
5. Add the canned tomatoes, vegetable broth, beans and dried basil and season with salt and pepper to taste. Cook for 5 more minutes.
6. Once the pasta is cooked add it to the soup. Option to top with fresh parsley. Enjoy!

NUTRITION INFO

Energy : 566 kcal Fat : 15.6 g Carbs : 78.8 g Protein : 20.6 g Fiber : 28.5 g Sugar : 14.1 g