



NOURISHING  
PERFORMANCE

## 5 Day Immune Support Program

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Hi,

Welcome to your meal plan! On the next few pages, you will find an immune support meal plan, along with an itemized grocery list and delicious recipes.

While no single food or nutrient can prevent or cure viral infections, consistently meeting requirements of certain key nutrients will support your immune system and reduce the risk of health complications.

This meal plan contains recipes high in nutrients known to support the immune system:

- Vitamin A
- Vitamin C
- Vitamin E
- Selenium
- Zinc

## Grocery List Tips

I 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 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.

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## Leftovers





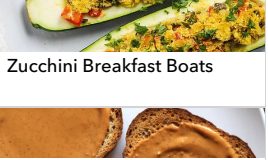


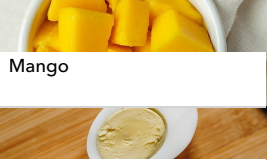
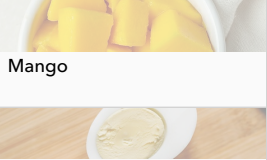
















You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Enjoy and let me know if you have any questions!




Stay healthy,

Tanya






	Mon	Tue	Wed	Thu	Fri
Breakfast	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Zucchini Breakfast Boats
Snack 1	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box	 Mango	 Mango	 Sardine Spread with Cucumbers
Lunch	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Kale Salad with Grilled Tofu	 Burrito Bowl with Quinoa Tofu Taco Filling	 Rainbow Chopped Salad Jars	 Grilled Vegetable & Lentil Salad
Snack 2	 Apple with Almond Butter	 Apple with Almond Butter	 Spinach Blender Crepes with Berries	 Spinach Blender Crepes with Berries	 Grapefruit
Dinner	 Kale Salad with Grilled Tofu	 Burrito Bowl with Quinoa Tofu Taco Filling	 Mango & Chickpea Quinoa Salad	 Grilled Vegetable & Lentil Salad	 Deluxe Portobello Pizzas




**Mon**

Fat  49%  
 Carbs  39%  
 Protein  12%




**Tue**

Fat  50%  
 Carbs  37%  
 Protein  13%




**Wed**

Fat  37%  
 Carbs  48%  
 Protein  15%

**Thu**

Fat  30%  
 Carbs  52%  
 Protein  18%

**Fri**

Fat  47%  
 Carbs  33%  
 Protein  20%

Calories	1833	Calories	1855	Calories	2178	Calories	2124	Calories	2005
Fat	105g	Fat	110g	Fat	93g	Fat	75g	Fat	110g
Carbs	191g	Carbs	185g	Carbs	274g	Carbs	290g	Carbs	170g
Fiber	47g	Fiber	49g	Fiber	64g	Fiber	67g	Fiber	44g
Sugar	87g	Sugar	74g	Sugar	104g	Sugar	104g	Sugar	70g
Protein	60g	Protein	62g	Protein	88g	Protein	97g	Protein	105g
Cholesterol	0mg	Cholesterol	0mg	Cholesterol	562mg	Cholesterol	579mg	Cholesterol	563mg
Sodium	2652mg	Sodium	1896mg	Sodium	2990mg	Sodium	1615mg	Sodium	2653mg
Vitamin A	10469IU	Vitamin A	10023IU	Vitamin A	16027IU	Vitamin A	17324IU	Vitamin A	12046IU
Vitamin C	377mg	Vitamin C	313mg	Vitamin C	472mg	Vitamin C	549mg	Vitamin C	544mg
Calcium	1343mg	Calcium	1253mg	Calcium	1825mg	Calcium	1717mg	Calcium	1192mg
Iron	17mg	Iron	16mg	Iron	20mg	Iron	24mg	Iron	23mg
Vitamin E	21mg	Vitamin E	23mg	Vitamin E	21mg	Vitamin E	14mg	Vitamin E	14mg
Vitamin B12	0µg	Vitamin B12	2.8µg	Vitamin B12	4.8µg	Vitamin B12	2.3µg	Vitamin B12	21.0µg
Zinc	10mg	Zinc	10mg	Zinc	12mg	Zinc	13mg	Zinc	12mg
Selenium	44µg	Selenium	44µg	Selenium	79µg	Selenium	92µg	Selenium	147µg

## Fruits

- 2 Apple
- 2 Avocado
- 2 Banana
- 1/2 cup Blackberries
- 2/3 cup Blueberries
- 1 Grapefruit
- 1 1/8 Lemon
- 2 tbsps Lemon Juice
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 1 1/2 Mango
- 1/2 cup Raspberries
- 5 cups Strawberries

## Breakfast

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1 tbsp Chia Seeds
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2 tsps Italian Seasoning
- 1 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Walnuts

## Vegetables

- 4 cups Baby Spinach
- 1/2 Carrot
- 1/2 head Cauliflower
- 4 stalks Celery
- 2/3 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 3/4 Cucumber
- 6 Garlic
- 1/2 Green Bell Pepper
- 7 cups Kale Leaves
- 1/3 cup Matchstick Carrots
- 4 cups Mixed Greens
- 1/4 cup Mushrooms
- 2/3 cup Parsley
- 1 cup Portobello Mushroom
- 170 grams Portobello Mushroom Caps
- 1 cup Purple Cabbage
- 3 3/4 Red Bell Pepper
- 3/4 cup Red Onion
- 1/4 head Romaine Hearts
- 4 White Button Mushrooms
- 1/2 Yellow Bell Pepper
- 3/4 Yellow Onion
- 2 Zucchini

## Boxed & Canned

- 1/2 cup Black Beans
- 1 1/4 cups Chickpeas
- 3/4 cup Crushed Tomatoes
- 1 cup Lentils
- 1/2 cup Organic Salsa
- 2 cups Organic Vegetable Broth
- 1/2 cup Quinoa
- 85 grams Sardines

## Baking

- 1 cup All Purpose Gluten Free Flour
- 1 1/2 tsps Nutritional Yeast
- 1 cup Oats
- 1 1/2 tsps Raw Honey

## Bread, Fish, Meat & Cheese

- 2/3 cup Feta Cheese
- 1/2 cup Hummus
- 422 grams Tofu
- 2 slices Whole Grain Bread

## Condiments & Oils

- 2 1/2 tbsps Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 1/2 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Mayonnaise
- 1 1/2 tsps Red Wine Vinegar
- 1 2/3 tbsps Tahini
- 1 1/2 tbsps Tamari

## Cold

- 8 Egg
- 1 1/2 tbsps Orange Juice
- 4 3/4 cups Unsweetened Almond Milk

## Other

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



## Peanut Butter & Jam Overnight Oats

2 servings

8 hours

### Ingredients

- 1/3 cup All Natural Peanut Butter (divided)
- 3 tbsps Maple Syrup (divided)
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Oats (quick)
- 1 tbsp Chia Seeds
- 2 cups Strawberries (finely chopped)

### Nutrition

Amount per serving	
Calories	568
Fat	27g
Carbs	71g
Fiber	11g
Sugar	30g
Protein	17g
Cholesterol	0mg
Sodium	115mg
Vitamin A	329IU
Vitamin C	85mg
Calcium	410mg
Iron	4mg
Vitamin E	4mg
Vitamin B12	0µg
Zinc	3mg
Selenium	14µg

### Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container in the fridge for up to four days.

**No Peanut Butter,** Use almond butter, cashew butter or sunflower seed butter instead.





## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Vitamin E	6mg
Vitamin B12	0.6µg
Zinc	3mg
Selenium	9µg

### Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

### Notes

**Nut-Free,** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk,** Use coconut milk or cashew milk instead.

**Smoothie Consistency,** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber,** Add in some chopped leafy greens like spinach or kale.

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





## Zucchini Breakfast Boats

1 serving  
30 minutes

### Ingredients

- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

### Nutrition

Amount per serving	
Calories	233
Fat	11g
Carbs	17g
Fiber	6g
Sugar	12g
Protein	20g
Cholesterol	372mg
Sodium	472mg
Vitamin A	3435IU
Vitamin C	123mg
Calcium	116mg
Iron	5mg
Vitamin E	2mg
Vitamin B12	12.2µg
Zinc	3mg
Selenium	38µg

### Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

**Serving Size,** One serving size is equal to two zucchini boats.

**More Flavor,** Add additional seasonings and herbs.



## Hummus & Veggies Snack Box

2 servings

5 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin E	2mg
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

### Directions

- 1 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.



## Sardine Spread with Cucumbers

1 serving

5 minutes

### Ingredients

85 grams Sardines (in oil, drained)  
1 1/2 tbsps Mayonnaise  
2 1/2 tbsps Apple Cider Vinegar  
1/2 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	353
Fat	25g
Carbs	8g
Fiber	1g
Sugar	5g
Protein	22g
Cholesterol	129mg
Sodium	395mg
Vitamin A	263IU
Vitamin C	4mg
Calcium	350mg
Iron	3mg
Vitamin E	2mg
Vitamin B12	7.6µg
Zinc	1mg
Selenium	46µg

### Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Serving Size,** One serving equals approximately one cup.

**More Flavor,** Add black pepper or your choice of fresh or dried herbs.

**No Cucumbers,** Use bell pepper slices, carrot sticks, celery sticks or crackers instead.





## Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings

1 hour 15 minutes

### Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Organic Vegetable Broth (divided)

### Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	1272mg
Vitamin A	2515IU
Vitamin C	114mg
Calcium	172mg
Iron	3mg
Vitamin E	2mg
Vitamin B12	0µg
Zinc	1mg
Selenium	3µg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

**Leftovers,** Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**Serve it With,** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick,** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.





## Mango & Chickpea Quinoa Salad

2 servings

15 minutes

### Ingredients

- 2 2/3 tbsps Quinoa (uncooked)
- 1/3 cup Water
- 2 tbsps Cilantro (chopped)
- 1/4 cup Chickpeas (cooked)
- 85 grams Tofu (extra firm, patted dry, cubed)
- 1/4 tsp Sea Salt
- 1/2 Lime (juiced)
- 1/2 Avocado (sliced)
- 1/2 Mango (sliced)

### Nutrition

Amount per serving	
Calories	255
Fat	11g
Carbs	33g
Fiber	8g
Sugar	13g
Protein	10g
Cholesterol	0mg
Sodium	305mg
Vitamin A	1063IU
Vitamin C	39mg
Calcium	158mg
Iron	3mg
Vitamin E	2mg
Vitamin B12	0µg
Zinc	2mg
Selenium	8µg

### Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days.

**Serving Size,** Each serving equals approximately 1 1/2 cups of salad.

**More Flavor,** Add chilli powder or red pepper flakes.

**Additional Toppings,** Add in cucumber, corn, red onion and/or green bell pepper.



## Rainbow Chopped Salad Jars

1 serving  
30 minutes

### Ingredients

- 1 2/3 tbsps Tahini
- 2/3 Lemon (juiced)
- 1/8 tsp Sea Salt
- 2 tsps Water
- 1 cup Chickpeas (cooked, from the can)
- 1/3 cup Cherry Tomatoes
- 1/3 cup Matchstick Carrots
- 1/3 Yellow Bell Pepper (chopped)
- 1 cup Purple Cabbage (chopped)

### Nutrition

Amount per serving	
Calories	495
Fat	18g
Carbs	69g
Fiber	19g
Sugar	16g
Protein	22g
Cholesterol	0mg
Sodium	494mg
Vitamin A	4579IU
Vitamin C	189mg
Calcium	252mg
Iron	8mg
Vitamin E	1mg
Vitamin B12	0µg
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.





## Spinach Blender Crepes with Berries

2 servings

15 minutes

### Ingredients

- 4 cups Baby Spinach
- 1 cup Unsweetened Almond Milk
- 2 Egg
- 1 cup All Purpose Gluten-Free Flour
- 1 tbsp Coconut Oil
- 1/2 cup Raspberries
- 1/2 cup Blackberries
- 1/4 cup Maple Syrup

### Nutrition

Amount per serving	
Calories	576
Fat	13g
Carbs	101g
Fiber	18g
Sugar	28g
Protein	13g
Cholesterol	186mg
Sodium	204mg
Vitamin A	6233IU
Vitamin C	32mg
Calcium	372mg
Iron	4mg
Vitamin E	2mg
Vitamin B12	0.5µg
Zinc	2mg
Selenium	16µg

### Directions

- 1 Combine spinach, almond milk and eggs in a blender and blend until smooth. Turn blender to the lowest setting and slowly add flour until thoroughly combined.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour some batter in the skillet and gently swirl to spread it into a thin layer. Cook for about 1-2 minutes or until small bubbles form on top. Flip and cook other side for about 30 seconds. Repeat with remaining batter.
- 3 Divide crepes onto plates, fold in berries and drizzle with maple syrup. Enjoy!

### Notes

**No Berries,** Use banana slices, cherries or peaches.

**No Maple Syrup,** Use honey, chocolate chips or our Coconut Whipped Cream



## Toasted Walnuts

1 serving

15 minutes

### Ingredients

1/3 cup Walnuts (shelled)

### Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg
Vitamin E	0mg
Vitamin B12	0µg
Zinc	1mg
Selenium	2µg

### Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

### Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.





## Kale Salad with Grilled Tofu

2 servings

30 minutes

### Ingredients

223 grams Tofu (sliced into triangles)  
 2 tbsps Extra Virgin Olive Oil (divided)  
 1 tbsp Tamari  
 2 tbsps Lemon Juice (divided)  
 1 1/2 tpsps Raw Honey  
 1 1/2 tbsps Orange Juice (fresh)  
 1/2 tsp Dijon Mustard  
 1/16 tsp Sea Salt  
 3 cups Kale Leaves (thinly sliced)  
 1/2 Carrot (large, shredded)  
 1/4 Cucumber (sliced in half)  
 1/2 Avocado (cubed)

### Nutrition

Amount per serving	
Calories	346
Fat	27g
Carbs	17g
Fiber	7g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	627mg
Vitamin A	4200IU
Vitamin C	48mg
Calcium	416mg
Iron	4mg
Vitamin E	3mg
Vitamin B12	0µg
Zinc	2mg
Selenium	15µg

### Directions

- 1 Add the tofu slices to a large dish along with half the extra virgin olive oil, tamari, half the lemon juice and raw honey. Marinate for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Add the remaining extra virgin olive oil, remaining lemon juice, orange juice, dijon mustard and sea salt to a small bowl and whisk to combine.
- 4 Add the kale leaves, carrot, cucumber and avocado to a large bowl. Add the dressing and toss to combine. Top with the tofu. Serve and enjoy!

### Notes

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

**Make it Vegan,** Use maple syrup instead of honey.



## Burrito Bowl with Quinoa Tofu Taco Filling

2 servings

35 minutes

### Ingredients

1/4 cup Quinoa (uncooked)  
 113 grams Tofu (extra firm, crumbled)  
 1 tbsp Extra Virgin Olive Oil  
 1 1/4 tsp Chili Powder  
 3/4 tsp Cumin  
 1/2 tsp Oregano  
 1/2 tsp Garlic Powder  
 1/4 tsp Sea Salt  
 1/2 cup Organic Salsa (divided)  
 1 1/2 tsp Lime Juice  
 1/2 tsp Nutritional Yeast  
 1 Red Bell Pepper (sliced)  
 1/4 head Romaine Hearts (chopped)  
 1/2 cup Black Beans (cooked)  
 1 Avocado (diced)

### Nutrition

Amount per serving	
Calories	453
Fat	27g
Carbs	44g
Fiber	16g
Sugar	7g
Protein	17g
Cholesterol	0mg
Sodium	821mg
Vitamin A	3132IU
Vitamin C	89mg
Calcium	240mg
Iron	5mg

### Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

**Additional Toppings,** Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Vitamin E	6mg
Vitamin B12	2.8µg
Zinc	3mg
Selenium	11µg





## Grilled Vegetable & Lentil Salad

2 servings

20 minutes

### Ingredients

- 1 Red Bell Pepper (cored and sliced)
- 1/2 cup Red Onion (coarsely chopped)
- 1 Zucchini (sliced into rounds)
- 1 cup Portobello Mushroom (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Cashews
- 1/2 Lemon (juiced)
- 1 1/2 tsps Tamari
- 1/2 cup Parsley
- 1 tbsp Water
- 1 1/2 tsps Red Wine Vinegar
- 4 cups Mixed Greens
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

**No Lentils,** Use chickpeas or black beans instead.

**Vegan,** Omit the cheese and top with toasted cashews instead.

**Save Time,** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers,** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Iron	7mg
Vitamin E	2mg
Vitamin B12	0.3µg
Zinc	3mg
Selenium	20µg



## Deluxe Portobello Pizzas

1 serving  
30 minutes

### Ingredients

170 grams Portobello Mushroom Caps  
(wiped clean and stems removed)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 tsp Oregano  
Sea Salt & Black Pepper (to taste)  
3/4 cup Crushed Tomatoes  
1/4 cup Red Onion (finely diced)  
1/4 cup Mushrooms  
1/4 cup Cherry Tomatoes (halved)  
1/4 Green Bell Pepper (diced)  
1/3 cup Feta Cheese (crumbled)  
1/2 tsp Red Pepper Flakes (optional)

### Nutrition

Amount per serving	
Calories	329
Fat	18g
Carbs	29g
Fiber	8g
Sugar	12g
Protein	18g
Cholesterol	45mg
Sodium	933mg
Vitamin A	1412IU
Vitamin C	52mg
Calcium	340mg
Iron	4mg
Vitamin E	4mg
Vitamin B12	0.9µg
Zinc	2mg
Selenium	11µg

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 3 Meanwhile, prepare your veggies.
- 4 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
- 5 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

### Notes

**More Veggies,** Top with whatever vegetables you have on hand.

**No Feta Cheese,** Use goat cheese instead.

**Vegan,** Sprinkle with some nutritional yeast instead of feta.

**Prep Ahead,** Veggies can be diced in advance and stored in airtight containers or baggies.