



Lady Bits Vegan Meal Planner

Created by Aeryon Wellness



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Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

The recipes provided may contain ingredients that may cause allergic reactions in some individuals.

These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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Lady Bits Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Vanilla Berry Protein Smoothie	Vanilla Berry Protein Smoothie	Peanut Butter Chickpea Smoothie	Peanut Butter Chickpea Smoothie	Avocado Toast with Tofu Scramble	Avocado Toast with Tofu Scramble	Berry & Nut Breakfast Bowl
Snack 1	Green Pea & Mint Sunflower Dip with Crackers	Green Pea & Mint Sunflower Dip with Crackers	Green Pea & Mint Sunflower Dip with Crackers	Pink Energy Bites	Pink Energy Bites	Pink Energy Bites	Green Pea & Mint Sunflower Dip with Crackers
Lunch	Roasted Chickpeas, Cauliflower & Brussels Sprouts	Roasted Chickpeas, Cauliflower & Brussels Sprouts	Kale & Tempeh Salad	Kale & Tempeh Salad	Chickpea, Tofu & Sweet Potato Quinoa Salad	Chickpea, Tofu & Sweet Potato Quinoa Salad	Sweet Potato Black Bean Veggie Burgers
Snack 2	Creamy Sweet Potato Toast	Creamy Sweet Potato Toast	Apple Pie Cashew Cheesecake Cups	Apple Pie Cashew Cheesecake Cups	Apple Pie Cashew Cheesecake Cups	Hummus Kraut & Crackers	Hummus Kraut & Crackers
Dinner	Paleo Falafel Salad with Mint Tahini Sauce	Paleo Falafel Salad with Mint Tahini Sauce	Paleo Falafel Salad with Mint Tahini Sauce	Mushroom & Edamame Stir Fry	Mushroom & Edamame Stir Fry	Kimchi Tofu Soup	Kimchi Tofu Soup
Snack 3	Kombucha Chia Fresca	Kombucha Chia Fresca	Kombucha Chia Fresca	Raspberry Chia Coconut Pudding	Raspberry Chia Coconut Pudding	Raspberry Chia Coconut Pudding	Raspberry Chia Coconut Pudding

Lady Bits Vegan Meal Planner

90 items

Fruits

- ☐ 4 1/2 Apple
- ☐ 2 Avocado
- ☐ 2 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 1 2/3 cups Lemon Juice
- ☐ 3 cups Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 2 tbsps Almond Butter
- ☐ 3/4 cup Cashew Butter
- ☐ 1 1/8 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Almonds
- ☐ 6 cups Cashews
- ☐ 2/3 cup Chia Seeds
- ☐ 2 tsps Chili Powder
- ☐ 2 tbsps Cinnamon
- ☐ 1 2/3 tbsps Cumin
- ☐ 1 1/4 tsps Garlic Powder
- ☐ 3 tbsps Ground Flax Seed
- ☐ 2 1/16 cups Hemp Seeds
- ☐ 1/2 tsp Paprika
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 2 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sesame Seeds
- ☐ 1 tsp Smoked Paprika
- ☐ 3 cups Sunflower Seeds
- ☐ 1/3 tsp Turmeric
- ☐ 2 tbsps Walnuts

Frozen

Vegetables

- ☐ 4 cups Bean Sprouts
- ☐ 4 cups Brussels Sprouts
- ☐ 1 head Cauliflower
- ☐ 1/4 cup Cilantro
- ☐ 20 Cremini Mushrooms
- ☐ 1 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 20 Garlic
- ☐ 2 tbsps Ginger
- ☐ 5 stalks Green Onion
- ☐ 36 Heirloom Carrots
- ☐ 19 cups Kale Leaves
- ☐ 2 3/4 cups Mint Leaves
- ☐ 28 cups Mixed Greens
- ☐ 1 cup Parsley
- ☐ 5 Sweet Potato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Black Beans
- ☐ 9 cups Chickpeas
- ☐ 6 slices Light Rye Crisp Bread
- ☐ 1/2 cup Quick Oats
- ☐ 1 1/3 cups Quinoa
- ☐ 10 2/3 ozs Seed Crackers
- ☐ 1/4 cup Vegetable Broth
- ☐ 6 cups Vegetable Broth, Low Sodium

Baking

- ☐ 1 cup Dried Unsweetened Cranberries
- ☐ 1 tbsp Nutritional Yeast
- ☐ 6 cups Oats
- ☐ 1 1/2 cups Pitted Dates
- ☐ 3 tbsps Tapioca Flour
- ☐ 1/4 cup Unsweetened Shredded Coconut
- ☐ 1 2/3 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 12 ozs Silken Tofu
- ☐ 3 1/2 ozs Sourdough Bread
- ☐ 14 1/8 ozs Tempeh
- ☐ 3 1/3 lbs Tofu

Condiments & Oils

- ☐ 2 tbsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Aminos
- ☐ 1 1/8 cups Coconut Oil
- ☐ 1 3/4 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Italian Dressing
- ☐ 4 cups Kimchi
- ☐ 2 tbsps Rice Vinegar
- ☐ 1/2 cup Sauerkraut
- ☐ 1 tbsp Sesame Oil
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/2 cup Tahini
- ☐ 1/4 cup Tamari

Cold

- ☐ 1/2 cup Hummus
- ☐ 2 1/4 quarts Kombucha
- ☐ 2 cups Plain Coconut Milk
- ☐ 3 cups Soy Milk
- ☐ 1/4 cup Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 4 1/4 ozs Freeze Dried Strawberries
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 3/4 cups Water

- ☐ **4 cups** Cauliflower Rice
- ☐ **4 cups** Frozen Edamame
- ☐ **8 cups** Frozen Peas

Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size

One serving is equal to approximately two cups.

Soy-Free

Use coconut milk or oat milk instead.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Consistency

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

Ingredients

1 1/2 cups Soy Milk

1/4 cup Vanilla Protein Powder

2 tbsps Hemp Seeds

1/2 cup Blueberries (fresh or frozen)

1/2 cup Raspberries (fresh or frozen)

1 tbsp Almond Butter

Peanut Butter Chickpea Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Serving Size

One serving equals approximately 1 1/2 cups.

Additional Toppings

Blueberries, strawberries, or spinach.

Ingredients

1/2 cup Water

1/2 cup Chickpeas (cooked)

1/4 cup Unsweetened Coconut Yogurt

1 Banana

1 tbsp All Natural Peanut Butter

Avocado Toast with Tofu Scramble

7 ingredients · 15 minutes · 1 serving



Directions

1. In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
2. Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add black pepper, turmeric, and black salt.

Additional Toppings

Serve it with salsa or fresh fruit.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 6 ozs Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 3/4 ozs Sourdough Bread (toasted)
- 1/2 Avocado (sliced)

Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries

Use peaches, mango, pineapple or banana instead.

No Almond Milk

Use another non-dairy milk instead.

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Green Pea & Mint Sunflower Dip with Crackers

8 ingredients · 10 minutes · 4 servings



Directions

1. Add all of the ingredients except for the crackers to a food processor. Blend for two to five minutes, or until desired consistency.
2. Serve the dip with the crackers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1/3 cup of dip and 1/4 cup of crackers.

Ingredients

- 2 cups** Frozen Peas (thawed)
- 2** Garlic (cloves, skin removed)
- 1/4 cup** Sunflower Seeds
- 1/2 cup** Mint Leaves
- 3 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Lemon Juice
- 1/2 tsp** Sea Salt
- 2 2/3 ozs** Seed Crackers

Pink Energy Bites

5 ingredients · 10 minutes · 8 servings



Directions

1. Add the dried strawberries to a food processor and blend until the mixture is powdery. Remove and set aside on a plate.
2. Add the dates, cashews, cashew butter, and salt to the bowl of a food processor. Blend until a smooth consistency is achieved and the mixture holds together.
3. Remove the mixture and form into small balls with your hands, using about one tablespoon of dough. Roll into the strawberry powder. Repeat until the mixture is used up. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is two bites.

No Cashew Butter

Use almond or peanut butter instead.

Ingredients

1 1/3 ozs Freeze Dried Strawberries

1/2 cup Pitted Dates

1 cup Cashews (raw)

1/4 cup Cashew Butter

1/4 tsp Sea Salt

Roasted Chickpeas, Cauliflower & Brussels Sprouts

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
3. Top the cooked mixture with lemon juice and dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

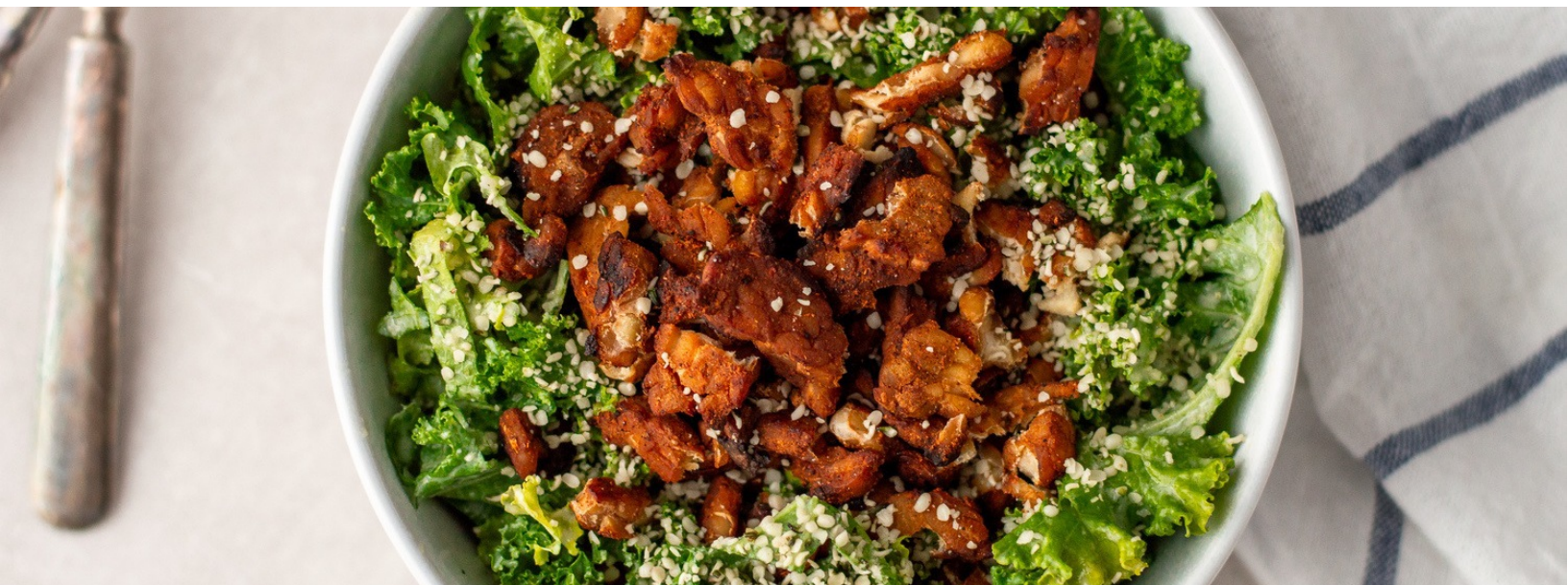
Chopped walnuts and/or sunflower seeds.

Ingredients

- 1 1/2 cups Chickpeas
- 1/2 cup Dried Unsweetened Cranberries
- 2 cups Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (medium, cut into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Fresh Dill (chopped)

Kale & Tempeh Salad

12 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
3. Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
4. Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
5. Divide the salad between bowls and top with tempeh and hemp seeds. 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. Add maple syrup to the dressing for a sweeter flavor.

Additional Toppings

Top with sesame seeds or nutritional yeast.

Ingredients

- 2 **tbsps** Coconut Aminos
- 1 **tbsp** Balsamic Vinegar
- 1 **tsp** Chili Powder
- 1/2 **tsp** Smoked Paprika
- 1/4 **tsp** Sea Salt (divided)
- 7 1/16 **ozs** Tempeh (cut into thin slices)
- 3 **tbsps** Lemon Juice
- 2 **tbsps** Water
- 2 **tbsps** Tahini
- 1/8 **tsp** Garlic Powder
- 8 **cups** Kale Leaves (finely chopped)
- 2 **tbsps** Hemp Seeds (optional)

Chickpea, Tofu & Sweet Potato Quinoa Salad

9 ingredients · 30 minutes · 3 servings



Directions

1. Cook the quinoa according to package directions.
2. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
3. Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
4. Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size

One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor

Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings

Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos

Use soy sauce or tamari instead.

No Italian Dressing

Use your favourite premade dressing or make your own.

Ingredients

- 2/3 cup** Quinoa (dry)
- 14 ozs** Tofu (cut into triangles)
- 2 1/2 cups** Chickpeas (cooked)
- 1** Sweet Potato (cubed)
- 1 tbsp** Coconut Aminos
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Rice Vinegar
- 2 cups** Mixed Greens
- 2 tbsps** Italian Dressing

Sweet Potato Black Bean Veggie Burgers

9 ingredients · 1 hour · 8 servings



Directions

1. Bring a pot of water to a boil. Place the cubed sweet potato in a steamer basket over the boiling water and cover for about 10 minutes or until tender. Transfer to a large mixing bowl and mash the potatoes. Leave to cool slightly.
2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
3. In a food processor, add the black beans, kale, oats, green onion, garlic, cumin and sea salt. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
4. Add the bean and oat mixture into the mashed sweet potato and mix until combined. Scoop out roughly 1/4 cup of the mixture at a time and form into thin patties. Place on the prepared baking sheet.
5. Bake for 30 minutes, carefully flipping halfway through.
6. Divide between plates and top with avocado, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is one patty.

More Flavor

Add chili powder, smoked paprika, red pepper flakes or hot sauce.

Serve it With

On top of a salad, in a pita or wrap or as a burger with your favorite toppings.

Sweet Potato

One medium sweet potato is approximately 2 cups cubed. Freeze any leftovers when using larger sweet potatoes.

Ingredients

- 1 Sweet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Quick Oats
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove, minced)
- 2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Avocado (optional, diced or mashed)

Creamy Sweet Potato Toast

3 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
2. Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
3. Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

Notes

Leftovers

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

Additional Toppings

Add hemp seeds, flax seeds, or chia seeds on top.

Ingredients

- 1 Sweet Potato (large)
- 1/4 cup Sunflower Seed Butter
- 2 tbsps Unsweetened Coconut Yogurt

Apple Pie Cashew Cheesecake Cups

8 ingredients · 2 hours 30 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
2. In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
3. Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
4. Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
5. Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to one cheesecake cup.

Different Flavors

Use pumpkin pie spice in place of the cinnamon, and swap out the apple for pumpkin puree.

Short on Time

Soak the raw cashews in boiling water for 10 to 20 minutes.

Ingredients

- 2 cups** Oats (rolled)
- 2 tsps** Cinnamon (divided)
- 1/3 cup** Coconut Oil (melted, divided)
- 1/3 cup** Maple Syrup (divided)
- 1 tsp** Vanilla Extract (divided)
- 1/2 tsp** Sea Salt (divided)
- 1 cup** Cashews (raw, soaked for at least 6 hours and drained)
- 1 1/2 Apple** (large, chopped, divided)

Hummus Kraut & Crackers

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, combine the hummus and sauerkraut. Spread onto the crisp bread and top with cucumber slices. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the hummus kraut in an airtight container for up to three days.

More Flavor

Season with black pepper to taste.

No Cucumber

Use tomato slices or sprouts instead.

Ingredients

1/4 cup Hummus

1/4 cup Sauerkraut

3 slices Light Rye Crisp Bread

1/2 Cucumber (medium, sliced)

Paleo Falafel Salad with Mint Tahini Sauce

18 ingredients · 45 minutes · 4 servings



Directions

1. Make a flax egg by combining the ground flax with water in a small bowl and set aside.
2. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
4. Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
5. Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
6. Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep

Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour

Use coconut flour instead.

Wet Falafels

If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size

One serving is equal to 3 falafels.

Ingredients

- 1 **tbsp** Ground Flax Seed
- 3 **tbsps** Water
- 1/2 **cup** Hemp Seeds
- 2/3 **cup** Sunflower Seeds (divided)
- 1/3 **cup** Parsley (packed)
- 3 **tbsps** Lemon Juice (divided)
- 1 **tbsp** Tapioca Flour
- 1 **tsp** Cumin
- 1/8 **tsp** Turmeric
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 **tbsps** Sesame Seeds (optional)
- 1 1/2 **tbsps** Tahini
- 3 **tbsps** Extra Virgin Olive Oil
- 1/4 **cup** Mint Leaves (packed)
- 1/8 **tsp** Sea Salt (or more to taste)
- 8 **cups** Mixed Greens
- 12 Heirloom Carrots (roasted)

Mushroom & Edamame Stir Fry

10 ingredients · 20 minutes · 2 servings



Directions

1. Heat the sesame oil in a large pan or skillet over medium-high heat.
2. Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
3. Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
4. Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
5. Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
6. To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings

Asian-style hot sauce or sesame seeds.

No Cauliflower Rice

Use white rice, brown rice or quinoa instead.

No Kale

Use spinach or Swiss chard instead.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 10 **Cremini Mushrooms** (sliced)
- 1/2 **Yellow Onion** (small, sliced)
- 1 **cup** **Kale Leaves** (finely chopped)
- 2 **cups** **Frozen Edamame** (thawed)
- 2 **tbsps** **Vegetable Broth**
- 2 **tbsps** **Tamari**
- 1 **tbsp** **Ginger** (fresh, finely grated)
- 2 **Garlic** (clove, minced)
- 2 **cups** **Cauliflower Rice**

Kimchi Tofu Soup

6 ingredients · 10 minutes · 4 servings



Directions

1. Add the kimchi and the broth to a pot. Bring to a boil and cook over medium-high heat for five minutes.
2. Reduce the heat to medium-low. Add the tofu and continue cooking for two minutes or just enough to warm the tofu.
3. Divide into bowls and top with the bean sprouts, green onions, and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze individual portions for up to three months.

Serving Size

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

More Flavor

Add sesame oil and/or mushrooms. Use another protein of choice.

Additional Toppings

Chopped peanuts, cashews, or sesame seeds.

Ingredients

- 2 cups** Kimchi (with juice)
- 3 cups** Vegetable Broth, Low Sodium
- 12 1/3 ozs** Tofu (soft, cut into 1-inch cubes)
- 2 cups** Bean Sprouts
- 2 stalks** Green Onion (sliced)
- 2 tbsps** Cilantro (chopped)

Kombucha Chia Fresca

2 ingredients · 20 minutes · 2 servings



Directions

1. Combine the kombucha and chia seeds in a sealable jar and top with a lid. Gently rotate the jar to mix the seeds in (do not shake). Transfer to the fridge for 15 to 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1 1/2 cups.

More Flavor

Add fresh fruit or fruit juice.

Ingredients

1 1/2 pints Kombucha

1 tbsp Chia Seeds

Raspberry Chia Coconut Pudding

5 ingredients · 35 minutes · 1 serving



Directions

1. Add the coconut milk, raspberries, and vanilla to a small blender or food processor and blend well until combined.
2. Pour the raspberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra raspberries (if using) and shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweet

Add maple syrup or honey.

Ingredients

- 1/2 cup** Plain Coconut Milk
- 1/2 cup** Raspberries (plus extra for garnish)
- 1/2 tsp** Vanilla Extract
- 2 tbsps** Chia Seeds
- 1 tbsp** Unsweetened Shredded Coconut