



B Strong Vegan Meal Plan

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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B Strong Vegan Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Raspberry Protein Overnight Oats	Raspberry Protein Overnight Oats	Tempeh & Sweet Potato Hash	Tempeh & Sweet Potato Hash	Cucumber, Mango & Banana Smoothie	Kimchi Tofu Scramble	Banana Oat Protein Pancakes
Snack 1	Roasted Sesame Edamame	Roasted Sesame Edamame	Roasted Sesame Edamame	Pesto Tofu Bites	Pesto Tofu Bites	Mocha Smoothie	Mocha Smoothie
Lunch	Spinach & Lentil Salad	Spinach & Lentil Salad	Roasted Broccoli Chickpea Pasta	Roasted Broccoli Chickpea Pasta	Lentil & Spinach Soup	Lentil & Spinach Soup	Tofu & Veggie Quinoa Stir Fry
Snack 2	Vanilla Matcha Protein Balls	Vanilla Matcha Protein Balls	Vanilla Matcha Protein Balls	Vanilla Matcha Protein Balls	Edamame Hummus & Veggies	Edamame Hummus & Veggies	Edamame Hummus & Veggies
Dinner	Tempeh, Mushroom & Asparagus Stir Fry	Tempeh, Mushroom & Asparagus Stir Fry	Spicy Black Bean & Lentil Salad	Spicy Black Bean & Lentil Salad	Chickpea & Tofu Curry	Chickpea & Tofu Curry	Squash & Lentil Chili
Snack 3	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Chocolate Peanut Butter Protein Bars	Chocolate Peanut Butter Protein Bars	Chocolate Peanut Butter Protein Bars	Chocolate Peanut Butter Protein Bars

B Strong Vegan Meal Plan

89 items

Fruits

- ☐ 3 Banana
- ☐ 3 cups Blackberries
- ☐ 3/4 cup Lemon Juice
- ☐ 1 Lime
- ☐ 1 cup Raspberries

Breakfast

- ☐ 4 cups All Natural Peanut Butter
- ☐ 2 tbsps Almond Butter
- ☐ 1/2 cup Coffee
- ☐ 2 tbsps Green Tea Powder
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 3 cups Cashews
- ☐ 1/4 cup Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 2 tsps Chili Powder
- ☐ 1 tsp Chinese Five Spice
- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Paprika
- ☐ 2 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sesame Seeds
- ☐ 2 cups Walnuts

Frozen

- ☐ 1/2 cup Frozen Banana
- ☐ 16 cups Frozen Edamame
- ☐ 1/2 cup Frozen Mango
- ☐ 18 Ice Cubes

Vegetables

- ☐ 2 cups Asparagus
- ☐ 11 cups Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 9 1/2 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 3 cups Cilantro
- ☐ 2 cups Coleslaw Mix
- ☐ 1/4 Cucumber
- ☐ 17 Garlic
- ☐ 1 Green Bell Pepper
- ☐ 6 stalks Green Onion
- ☐ 2 Jalapeno Pepper
- ☐ 4 cups Kale Leaves
- ☐ 2 cups Mushrooms
- ☐ 4 1/2 cups Radishes
- ☐ 2 Red Bell Pepper
- ☐ 4 Sweet Potato
- ☐ 3 Tomato
- ☐ 1 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 4 Yellow Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1 cup Brown Rice
- ☐ 12 ozs Chickpea Pasta
- ☐ 5 1/3 cups Chickpeas
- ☐ 4 cups Diced Tomatoes
- ☐ 2 2/3 cups Dry Green Lentils
- ☐ 1 cup Dry Lentils
- ☐ 7 cups Lentils
- ☐ 2/3 cup Quinoa
- ☐ 1/4 cup Tomato Paste
- ☐ 1 cup Vegetable Broth
- ☐ 14 cups Vegetable Broth, Low Sodium

Baking

Bread, Fish, Meat & Cheese

- ☐ 2 lbs Tempeh
- ☐ 5 lbs Tofu

Condiments & Oils

- ☐ 1/2 cup Coconut Aminos
- ☐ 1 1/3 tbsps Coconut Oil
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 1 cup Kimchi
- ☐ 1 cup Pesto
- ☐ 1 tbsp Rice Vinegar
- ☐ 1/3 cup Sesame Oil
- ☐ 1 tbsp Soy Sauce
- ☐ 2/3 cup Sun Dried Tomatoes
- ☐ 1/3 cup Tamari

Cold

- ☐ 1 1/2 cups Hummus
- ☐ 1 1/4 cups Soy Milk
- ☐ 7 cups Unsweetened Almond Milk

Other

- ☐ 7 2/3 cups Vanilla Protein Powder
- ☐ 2 3/4 cups Water

- ☐ **1 tsp** Baking Powder
- ☐ **2 tbsps** Cocoa Powder
- ☐ **1/3 cup** Coconut Flour
- ☐ **14 ozs** Dark Chocolate
- ☐ **1/2 cup** Nutritional Yeast
- ☐ **1 cup** Oat Flour
- ☐ **1 cup** Oats
- ☐ **2 cups** Pitted Dates
- ☐ **2 tsps** Vanilla Extract

Raspberry Protein Overnight Oats

7 ingredients · 8 hours · 1 serving



Directions

1. Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
2. Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

Protein Powder

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

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Oats (rolled)
- 2 tbsps** Chia Seeds
- 3 tbsps** Vanilla Protein Powder
- 1/4 tsp** Cinnamon (plus more for garnish)
- 1/2 cup** Raspberries
- 2 tbsps** Almonds (chopped)

Tempeh & Sweet Potato Hash

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Place the tempeh in a shallow bowl.
2. In a small bowl, whisk together the coconut aminos, maple syrup, paprika, and half of the oil. Pour the marinade over the tempeh and let it sit for five minutes.
3. Arrange the tempeh into a single layer on one side of the baking sheet. Reserve the marinade for later. Add the potatoes and bell pepper to the other side and toss them with the remaining oil, salt, and pepper.
4. Bake for 15 minutes. Flip the tempeh, then pour the remaining marinade onto the tempeh. Place back into the oven for another 10 to 15 minutes. Remove the tempeh and set aside. Return the potatoes and bell pepper to the oven as needed until they are crispy and cooked through.
5. Divide the tempeh, potatoes, bell pepper, and blackberries between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic and herbs to the potatoes and bell pepper.

Ingredients

- 8 ozs Tempeh (cubed)
- 1/4 cup Coconut Aminos
- 2 tbsps Maple Syrup
- 1/2 tsp Paprika
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Sweet Potato (medium, cubed)
- 1/2 Yellow Bell Pepper (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Blackberries

Cucumber, Mango & Banana Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as cashew or oat.

No Almond Butter

Use cashew butter or sunflower seed butter.

Additional Toppings

Add chia seeds or hemp seeds.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Mango
- 1/4 Cucumber (medium, chopped)
- 1 cup Baby Spinach
- 2 tbsps Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder

Kimchi Tofu Scramble

6 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
2. Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
3. Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 16 **ozs** Tofu (regular firm, patted dry, crumbled)
- 1 **tbsp** Tamari
- 4 **cups** Kale Leaves (stems removed, finely chopped, packed)
- 2 **tbsps** Nutritional Yeast
- 1 **cup** Kimchi (drained)

Banana Oat Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
2. Add the mashed banana and milk to the bowl. Stir until well combined.
3. Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
4. Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size

One serving is approximately three pancakes.

Protein Powder

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

Soy-Free

Use oat milk instead.

Additional Toppings

Serve with berries, yogurt, and/or nut butter.

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Roasted Sesame Edamame

4 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the edamame, oil, sesame seeds, and salt. Spread the mixture onto the prepared baking sheet.
3. Bake for 15 to 20 minutes or until golden. Enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover edamame loses their crunch, reheat it in the oven for five to eight minutes or until crispy again.

Serving Size

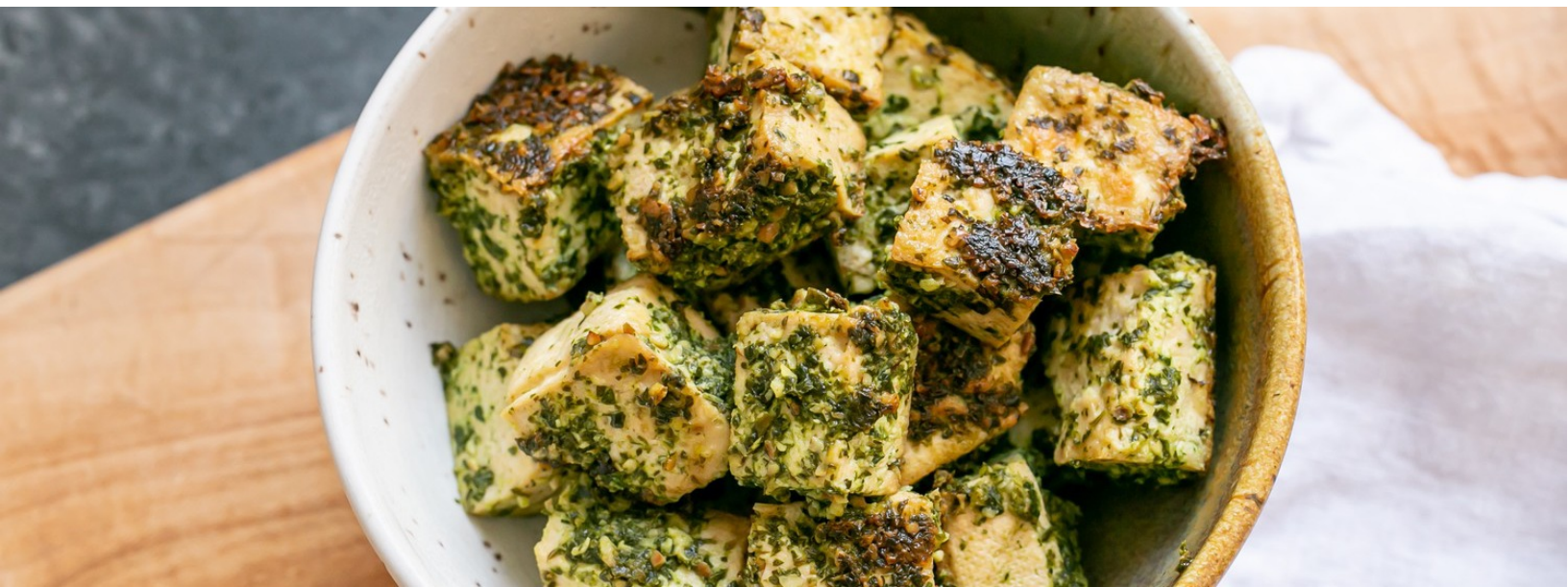
One serving is approximately one cup.

Ingredients

- 3 cups** Frozen Edamame (thawed)
- 1 tbsp** Sesame Oil (divided)
- 1 tbsp** Sesame Seeds
- 1 tsp** Sea Salt (flaky)

Pesto Tofu Bites

3 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup cubed tofu.

Extra Firm Tofu

To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed and cubed)

1/2 cup Pesto

1/2 tsp Sea Salt

Mocha Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free

Use nut-free milk such as oat milk.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Coffee (brewed)

1 Banana (medium)

1/4 cup Vanilla Protein Powder

1 tbsp Cocoa Powder

1 tsp Vanilla Extract

Spinach & Lentil Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. In a large bowl, whisk together the olive oil, lemon juice, nutritional yeast, salt, and pepper until well combined.
2. Add the lentils, coleslaw mix, green onions, basil, and almonds. Toss gently to ensure all the ingredients are well coated.
3. Divide the spinach into bowls or plates. Top with the lentil mixture and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Lemon Juice
- 1 tbsps** Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 2 1/2 cups** Lentils (cooked)
- 1 cup** Coleslaw Mix
- 2 stalks** Green Onion (sliced)
- 1/4 cup** Basil Leaves (chopped)
- 1/4 cup** Almonds (roasted, chopped)
- 2 cups** Baby Spinach

Roasted Broccoli Chickpea Pasta

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
2. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
3. Place the broccoli on the baking sheet and toss with 1/3 of the oil. Season with salt and pepper. Roast for 15 minutes or until lightly golden. Set aside to cool.
4. Blend the basil, garlic, hemp seeds, lemon juice, nutritional yeast, and the remaining oil in a blender or food processor. Season with salt and pepper.
5. Combine the roasted broccoli, cooked pasta, sun dried tomatoes, and pesto in a large bowl. Toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for four days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Nuts, seeds, and/or your favorite shredded cheese.

Warm or Cold

This pasta dish works well fresh, reheated, or enjoyed cold.

Ingredients

- 6 ozs** Chickpea Pasta (uncooked)
- 2 cups** Broccoli (cut into florets)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Basil Leaves
- 1/2** Garlic (clove, minced)
- 2 tbsps** Hemp Seeds
- 2 tbsps** Lemon Juice
- 1 1/2 tbsps** Nutritional Yeast
- 1/3 cup** Sun Dried Tomatoes (drained, chopped)

Lentil & Spinach Soup

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the onion and the garlic and cook, stirring, until fragrant and translucent, about three minutes.
3. Add the lentils, vegetable broth, cumin, and spinach to the pot and stir to combine.
4. Bring to a boil, then reduce the heat and let simmer for 20 to 25 minutes, or until the lentils are tender.
5. Stir in the lemon juice and the cilantro and top with chili flakes, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

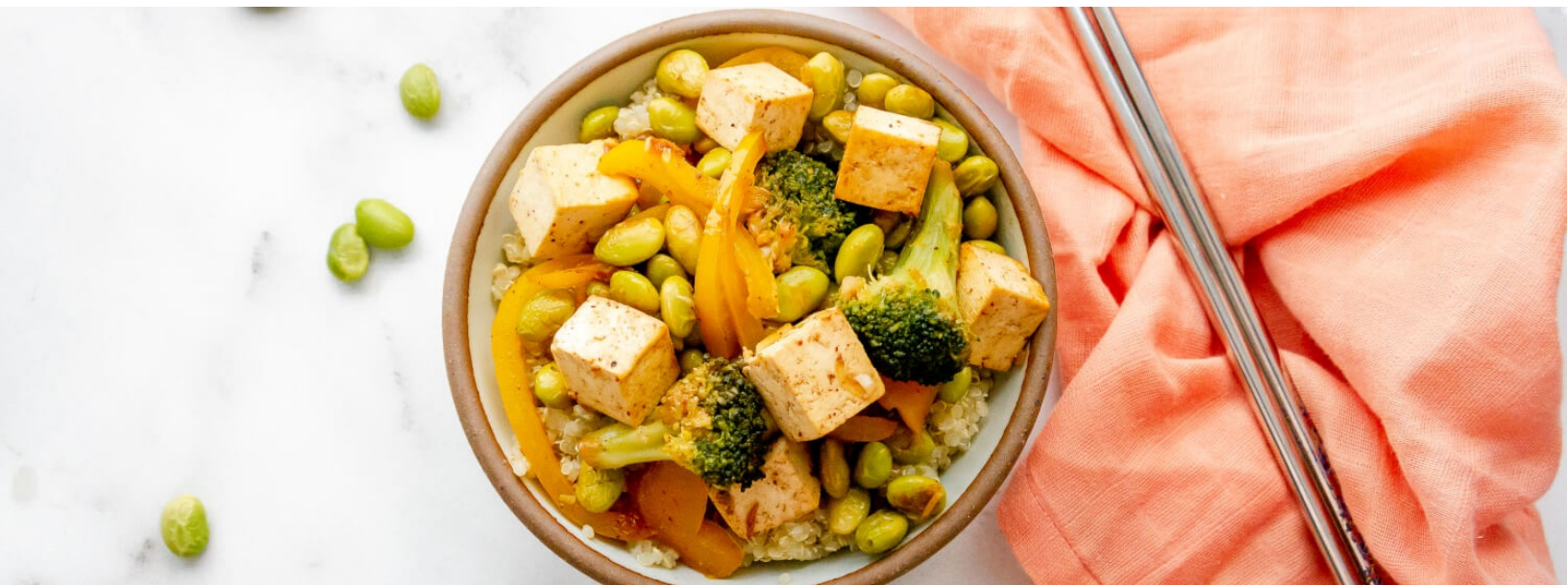
Add more vegetables like celery, carrots, and cabbage. Add sea salt to taste or use regular broth.

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1** Yellow Onion (medium, chopped)
- 4** Garlic (cloves, minced)
- 1 1/3 cups** Dry Green Lentils
- 7 cups** Vegetable Broth, Low Sodium
- 1 tsp** Cumin
- 2 cups** Baby Spinach (chopped)
- 2 tbsps** Lemon Juice
- 1/2 cup** Cilantro (chopped)
- 1/4 tsp** Chili Flakes (optional)

Tofu & Veggie Quinoa Stir Fry

10 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions.
2. In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
3. Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
4. Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor

Add minced shallots, garlic, and green onions.

Additional Toppings

Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce

Use tamari or coconut aminos instead.

Ingredients

- 2/3 cup Quinoa (dry)
- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Bell Pepper
- 1 cup Broccoli (cut into florets)
- 1 cup Frozen Edamame
- 12 ozs Tofu (cubed)
- 1 tsp Chinese Five Spice
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Rice Vinegar

Vanilla Matcha Protein Balls

7 ingredients · 15 minutes · 5 servings



Directions

1. Add the cashews and walnuts to a food processor and pulse until you get a coarse crumble. Add the dates, protein powder, oil, and green tea powder and pulse again until the mixture starts to come together.
2. Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
3. Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used up all of the batter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is approximately four energy balls.

Additional Toppings

Roll the balls in unsweetened shredded coconut.

Ingredients

3/4 cup Cashews
1/2 cup Walnuts
1/2 cup Pitted Dates
2/3 cup Vanilla Protein Powder
1 tsp Coconut Oil
1 1/2 tps Green Tea Powder
1/3 cup Water

Edamame Hummus & Veggies

7 ingredients · 5 minutes · 3 servings



Directions

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

Notes

Leftovers

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

Serving Size

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

More Flavor

Add fresh herbs like mint or dill.

Make it Spicy

Add chili flakes or cayenne powder.

Ingredients

2 cups Frozen Edamame (thawed, plus extra for garnish)

1/2 cup Hummus

3 tbsps Water

1 tbsp Extra Virgin Olive Oil (optional, for garnish)

1 tsp Sesame Seeds (optional, for garnish)

1 1/2 cups Broccoli (cut into small florets)

1 1/2 cups Radishes (quartered)

Tempeh, Mushroom & Asparagus Stir Fry

10 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Set aside.
2. Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
3. Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
4. Stir in the cooked rice, tamari, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
5. Garnish with sesame seeds before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add more vegetables like bell peppers, cauliflower, and broccoli.

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbsp Sesame Oil
- 8 ozs Tempeh (cut into cubes)
- 1 cup Mushrooms (sliced)
- 1 cup Asparagus (chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1/4 cup Cilantro (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Sesame Seeds (toasted)

Spicy Black Bean & Lentil Salad

10 ingredients · 10 minutes · 1 serving



Directions

1. In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
2. In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
3. Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three cups.

Ingredients

1 cup Black Beans (cooked)
1 cup Lentils (cooked)
1 Red Bell Pepper (medium, diced)
1 Jalapeno Pepper (diced)
1 cup Baby Spinach
1/4 cup Cilantro (chopped)
1/2 Lime (medium, juiced)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)

Chickpea & Tofu Curry

10 ingredients · 20 minutes · 2 servings



Directions

1. In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
2. Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
3. Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1** Yellow Onion (medium, diced)
- 2** Garlic (cloves, chopped)
- 9 ozs** Tofu (firm, drained, cubed)
- 2 2/3 cups** Chickpeas (from the can, drained and rinsed)
- 2 cups** Diced Tomatoes (from the can, with the juices)
- 1/2 cup** Water
- 1 tbsp** Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Cilantro (chopped)

Squash & Lentil Chili

9 ingredients · 45 minutes · 2 servings



Directions

1. Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
2. Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
3. Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. 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 approximately two cups.

More Flavor

Add smoked paprika and cayenne.

Ingredients

- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)

Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder

Use chocolate or another flavor instead.

Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

Ice

Six ice cubes is approximately one cup of ice.

Protein Powder

A plant-based protein powder was used to create and test this recipe.

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Chocolate Peanut Butter Protein Bars

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a baking dish or rectangular container with parchment paper.
2. In a small bowl, mix the peanut butter, protein powder, and coconut flour together until smooth.
3. Spread the mixture into the prepared baking dish or container. Press it down with a silicone spatula or your hands.
4. Add the chocolate to a bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Pour the chocolate over top and gently spread with a spoon or spatula to all corners. Top with flaky sea salt. Refrigerate for one hour or until the chocolate has hardened and the peanut butter bar has set.
6. Cut into squares and enjoy!

Notes

Leftovers

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

Serving Size

One serving is one bar. A 7 1/2-inch by 6-inch dish (19 cm by 15 cm) was used to make eight bars.

More Flavor

Add maple syrup, honey, or coconut sugar.

Additional Toppings

Chopped nuts, seeds, cacao nibs and/or hemp seeds.

On The Go

These bars are best chilled but will last for 30 minutes out of the fridge before getting too soft.

Ingredients

1 cup All Natural Peanut Butter

2/3 cup Vanilla Protein Powder

1 1/3 tbsps Coconut Flour

3 1/2 ozs Dark Chocolate

1/2 tsp Sea Salt (flaky)

Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.