



## VEGAN IBS AND PCOS-FRIENDLY MEAL PLAN

Created by GINSEN-LONDON



# VEGAN IBS AND PCOS-FRIENDLY MEAL PLAN

GINSEN-LONDON

Hello ladies,

Welcome and thank you for trusting us with your journey.

In this meal plan we combine food to improve IBS symptoms as well as food to help you on your fertility journey especially to manage PCOS.

**Polycystic ovary syndrome (PCOS) is a common issue faced by many women face.** It is mainly common in women of childbearing age and affects the way their ovaries work. PCOS is caused by an imbalance in the reproductive hormones.

This meal plan is also a Low FODMAP meal plan for the treatment of IBS. **Irritable bowel syndrome (IBS)** is a common condition of the large intestines (colon) and causes cramping, abdominal pain, bloating, gas, diarrhea and constipation.

Because it's not clear what causes irritable bowel syndrome, **treatment focuses on the relief of symptoms so that you can live as normally as possible.**

The Low FODMAP diet is a well-known elimination diet that should be followed for 2- 6 weeks. Thereafter foods should be introduced back into the diet one at a time to identify culprits.

**The FODMAPs in the diet are:**

1. Fructose (**fruits, honey, high fructose corn syrup (HFCS), etc**)
2. Lactose (**dairy**)
3. Fructans (**wheat, garlic, onion, inulin etc**)
4. Galactans (**legumes such as beans, lentils, soybeans, etc**)
5. Polyols (**sweeteners containing isomalt, mannitol, sorbitol, xylitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc**)

**In this meal plan we eliminate all these FODMAPS.**

**Please note this is not a long-term plan as it is very restrictive and should not be followed for longer than 6 weeks.**

After the trial is over, add high FODMAP foods one at a time back in the diet in small amounts to identify foods that could be "triggers" to your symptoms. **Limit those foods.**

**We are here with you on the journey and can't wait to get your feedback**

**The GinSen London team**

# VEGAN IBS AND PCOS-FRIENDLY MEAL PLAN

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Strawberry Overnight Oats	2 Sourdough Bread	Chocolate Strawberry Overnight Oats	Orange Turmeric Overnight Oats	2 Sourdough Bread	Orange Turmeric Overnight Oats	2 Sourdough Bread
	Pea protein	Mushroom & Tofu Scramble	Pea protein	Pea protein	Mushroom & Tofu Scramble	Pea protein	Mushroom & Tofu Scramble
Snack 1	Zesty Lemon Chia Pudding	Chocolate Layered Chia Pudding	Zesty Lemon Chia Pudding	Chocolate Layered Chia Pudding	Zesty Lemon Chia Pudding	Chocolate Layered Chia Pudding	Pineapple with Cinnamon
							Macadamia Nuts & Walnuts
Lunch	Roasted Tomato & Basil on Toast	Strawberry Quinoa Arugula Salad	Roasted Tomato & Basil on Toast	Strawberry Quinoa Arugula Salad	Strawberry Quinoa Arugula Salad	Roasted Tomato & Basil on Toast	Mediterranean Fettuccine with Kale
		Flax Wraps		Flax Wraps	Flax Wraps		
Snack 2	No Bake Chocolate Cookies	Pineapple with Cinnamon	Coconut Yogurt with Strawberries	Pineapple with Cinnamon	No Bake Chocolate Cookies	Coconut Yogurt with Strawberries	No Bake Chocolate Cookies
	Brazil Nuts	Macadamia Nuts & Walnuts	Peanut Butter Granola	Macadamia Nuts & Walnuts	Brazil Nuts	Peanut Butter Granola	Brazil Nuts
Dinner	Spinach Potato Patties	Tomato & Basil Balsamic Quinoa	Spinach Potato Patties	Tomato & Basil Balsamic Quinoa	Mediterranean Fettuccine with Kale	Spinach Potato Patties	Tomato & Basil Balsamic Quinoa
	Turmeric Baked Potatoes	Crispy Baked Tofu	Turmeric Baked Potatoes	Crispy Baked Tofu		Turmeric Baked Potatoes	Crispy Baked Tofu
Snack 3	Coconut Yogurt with Strawberries	2 Hazelnut Cocoa Bites	Flaxseed Pudding	2 Hazelnut Cocoa Bites	Flaxseed Pudding	2 Hazelnut Cocoa Bites	Coconut Yogurt with Strawberries

## VEGAN IBS AND PCOS-FRIENDLY MEAL PLAN

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1930	<b>Calories</b> 1832	<b>Calories</b> 1878	<b>Calories</b> 1887	<b>Calories</b> 2101	<b>Calories</b> 1935	<b>Calories</b> 1892
<b>Fat</b> 111g	<b>Fat</b> 94g	<b>Fat</b> 96g	<b>Fat</b> 99g	<b>Fat</b> 114g	<b>Fat</b> 102g	<b>Fat</b> 97g
<b>Carbs</b> 187g	<b>Carbs</b> 191g	<b>Carbs</b> 202g	<b>Carbs</b> 191g	<b>Carbs</b> 209g	<b>Carbs</b> 207g	<b>Carbs</b> 205g
Fiber 45g	Fiber 40g	Fiber 50g	Fiber 47g	Fiber 48g	Fiber 42g	Fiber 29g
Sugar 32g	Sugar 42g	Sugar 34g	Sugar 52g	Sugar 30g	Sugar 45g	Sugar 37g
<b>Protein</b> 75g	<b>Protein</b> 76g	<b>Protein</b> 76g	<b>Protein</b> 91g	<b>Protein</b> 75g	<b>Protein</b> 72g	<b>Protein</b> 70g
Sodium 2198mg	Sodium 2004mg	Sodium 2233mg	Sodium 1784mg	Sodium 1567mg	Sodium 2174mg	Sodium 1982mg
Calcium 1516mg	Calcium 1487mg	Calcium 1688mg	Calcium 1473mg	Calcium 1555mg	Calcium 1311mg	Calcium 1203mg
Iron 26mg	Iron 22mg	Iron 28mg	Iron 30mg	Iron 21mg	Iron 26mg	Iron 18mg

# VEGAN IBS AND PCOS-FRIENDLY MEAL PLAN

53 items

## Fruits

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- ☐ 1/2 cup Lemon Juice
- ☐ 1 Navel Orange
- ☐ 3 cups Pineapple
- ☐ 3 3/4 cups Strawberries

## Breakfast

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- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 3/4 cup Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 1/8 tsp Black Pepper
- ☐ 3/4 cup Brazil Nuts
- ☐ 1 1/4 cups Chia Seeds
- ☐ 2 1/8 tbsps Cinnamon
- ☐ 3/4 tsp Dried Basil
- ☐ 1 2/3 cups Ground Flax Seed
- ☐ 2 1/4 cups Hazelnuts
- ☐ 1/3 cup Macadamia Nuts
- ☐ 3 tpsps Sea Salt
- ☐ 3 tbsps Sunflower Seeds
- ☐ 1 3/4 tpsps Turmeric
- ☐ 1/3 cup Walnuts

## Vegetables

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- ☐ 4 1/2 cups Arugula
- ☐ 1/3 cup Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 2 1/4 tpsps Fresh Dill
- ☐ 2 cups Kale Leaves
- ☐ 3 cups Mini Potatoes
- ☐ 3/4 cup Oyster Mushrooms
- ☐ 2 1/4 tpsps Parsley
- ☐ 1 1/2 Russet Potato
- ☐ 3 Tomato

## Boxed & Canned

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- ☐ 4 ozs Brown Rice Fettuccine
- ☐ 1 1/8 cups Quinoa
- ☐ 1/4 cup Vegetable Broth

## Baking

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- ☐ 2 tbsps Arrowroot Powder
- ☐ 3/4 cup Cocoa Powder
- ☐ 3 1/2 tbsps Nutritional Yeast
- ☐ 3 3/4 cups Oats
- ☐ 2 1/2 tpsps Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 6 slices Gluten Free Bread
- ☐ 10 1/2 ozs Sourdough Bread
- ☐ 1 1/2 lbs Tofu

## Condiments & Oils

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- ☐ 3 tbsps Avocado Oil
- ☐ 2 1/4 tpsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 3 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tbsps Tahini
- ☐ 2 tbsps Tamari

## Cold

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- ☐ 1 1/4 cups Oat Milk
- ☐ 1 1/8 cups Plain Coconut Milk
- ☐ 4 3/4 cups Unsweetened Almond Milk
- ☐ 3 1/8 cups Unsweetened Coconut Yogurt

## Other

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- ☐ 1/2 cup Pea Protein Powder
- ☐ 3 1/2 cups Water



# Chocolate Strawberry Overnight Oats

5 ingredients · 8 hours · 2 servings



## Directions

1. Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge. Divide into containers and top with strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

### Nut-Free

Use a nut-free milk such as oat, coconut, dairy, or soy.

### Likes it Sweeter

Use maple syrup or honey to taste.

## Ingredients

- 1 cup Oats (rolled)
- 3 tbsps Cocoa Powder
- 1 1/2 tps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	228	<b>Protein</b>	9g
<b>Fat</b>	7g	<b>Sodium</b>	105mg
<b>Carbs</b>	39g	<b>Calcium</b>	342mg
Fiber	10g	<b>Iron</b>	4mg
Sugar	4g		

# Pea protein

1 ingredient · 5 minutes · 1 serving



## Directions

1. Mix 2 scoops pea protein powder into smoothie or add to 200 ml almond milk

## Ingredients

**2 tbsps** Pea Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	120	<b>Protein</b>	30g
<b>Fat</b>	3g	Sodium	460mg
<b>Carbs</b>	2g	Calcium	0mg
Fiber	2g	Iron	10mg
Sugar	0g		

# Sourdough Bread

1 ingredient · 1 minute · 2 servings



## Directions

1. Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

## Notes

### Leftovers

Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

### Serving Size

Each serving equals one slice of bread.

### Gluten-Free

Use gluten-free bread, tortillas or pitas instead.

### Additional Toppings

Spread or dip in coconut oil, olive oil or flaxseed oil.

## Ingredients

3 1/2 ozs Sourdough Bread

## Nutrition

Amount per serving

<b>Calories</b>	124	<b>Protein</b>	5g
<b>Fat</b>	0g	<b>Sodium</b>	239mg
<b>Carbs</b>	24g	<b>Calcium</b>	0mg
<b>Fiber</b>	1g	<b>Iron</b>	1mg
<b>Sugar</b>	0g		



# Mushroom & Tofu Scramble

6 ingredients · 10 minutes · 1 serving



## Directions

1. Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
2. Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
3. Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately 1.5 cups.

### More Flavor

Add your choice of spices and/or herbs.

### Additional Toppings

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

### No Vegetable Broth

Use water instead.

## Ingredients

- 1/4 cup Oyster Mushrooms (sliced)
- 1 1/3 tbsps Vegetable Broth (divided)
- 4 ozs Tofu (extra firm, drained, crumbled)
- 1 tsp Nutritional Yeast
- 1/16 tsp Turmeric
- 1/16 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	114	<b>Protein</b>	14g
<b>Fat</b>	6g	<b>Sodium</b>	268mg
<b>Carbs</b>	4g	<b>Calcium</b>	323mg
<b>Fiber</b>	2g	<b>Iron</b>	3mg
<b>Sugar</b>	1g		

# Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 1 serving



## Directions

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add maple syrup, honey or a pinch of sea salt.

### Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

## Ingredients

- 1/2 cup** Oats (rolled)
- 2/3 cup** Oat Milk (unsweetened)
- 1/3 tsp** Turmeric
- 1/8 tsp** Cinnamon
- 1 1/2 tps** Chia Seeds
- 1/2** Navel Orange (divided)

## Nutrition

Amount per serving

<b>Calories</b>	297	<b>Protein</b>	9g
<b>Fat</b>	8g	<b>Sodium</b>	66mg
<b>Carbs</b>	50g	<b>Calcium</b>	309mg
<b>Fiber</b>	9g	<b>Iron</b>	3mg
<b>Sugar</b>	11g		

# Zesty Lemon Chia Pudding

5 ingredients · 4 hours · 3 servings



## Directions

1. In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
2. To serve, divide between bowls or mason jars. Enjoy!

## Notes

### Optional Toppings

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

### Leftovers

Keeps well in the fridge for 3 to 4 days.

## Ingredients

**2 2/3 cups** Unsweetened Almond Milk

**1/3 cup** Lemon Juice

**1 1/2 tbsps** Maple Syrup (or honey)

**1 1/2 tsps** Vanilla Extract

**3/4 cup** Chia Seeds

## Nutrition

Amount per serving

<b>Calories</b>	304	<b>Protein</b>	9g
<b>Fat</b>	18g	<b>Sodium</b>	142mg
<b>Carbs</b>	30g	<b>Calcium</b>	675mg
<b>Fiber</b>	13g	<b>Iron</b>	4mg
<b>Sugar</b>	7g		



# Chocolate Layered Chia Pudding

5 ingredients · 25 minutes · 3 servings



## Directions

1. In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### No Coconut Yogurt

Use another type of yogurt instead.

## Ingredients

**1/3 cup** Chia Seeds

**1 1/8 cups** Plain Coconut Milk (from the carton)

**1 1/2 tbsps** Cocoa Powder

**1 1/8 cups** Unsweetened Coconut Yogurt

**1 1/8 cups** Strawberries (cut in half)

## Nutrition

Amount per serving

<b>Calories</b>	214	<b>Protein</b>	5g
<b>Fat</b>	13g	<b>Sodium</b>	33mg
<b>Carbs</b>	23g	<b>Calcium</b>	503mg
Fiber	9g	<b>Iron</b>	3mg
Sugar	6g		

# Pineapple with Cinnamon

2 ingredients · 5 minutes · 1 serving



## Directions

1. Put pineapple on a plate and sprinkle with cinnamon. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for three days.

## Ingredients

**1 cup** Pineapple (cored and sliced into rounds)

**1/2 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	86	<b>Protein</b>	1g
<b>Fat</b>	0g	<b>Sodium</b>	2mg
<b>Carbs</b>	23g	<b>Calcium</b>	34mg
Fiber	3g	<b>Iron</b>	1mg
Sugar	16g		



# Macadamia Nuts & Walnuts

2 ingredients · 5 minutes · 1 serving



## Directions

1. In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

## Notes

### Leftovers

Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

### More Flavor

Toast in the oven or on the stovetop.

### Additional Toppings

Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..

## Ingredients

**2 tbsps** Macadamia Nuts

**2 tbsps** Walnuts

## Nutrition

Amount per serving

<b>Calories</b>	218	<b>Protein</b>	4g
<b>Fat</b>	22g	Sodium	1mg
<b>Carbs</b>	4g	Calcium	29mg
Fiber	2g	Iron	1mg
Sugar	1g		

# Roasted Tomato & Basil on Toast

5 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
2. Place the tomatoes on the baking sheet. Gently toss with the oil, half the basil, and salt. Roast for 15 minutes.
3. Spread the roasted tomatoes and basil overtop each slice of toast and sprinkle with the remaining basil. Enjoy!

## Notes

### Leftovers

Refrigerate the roasted tomatoes in an airtight container for up to five days.

### Serving Size

One serving equals approximately two slices.

### Additional Toppings

Add garlic, balsamic vinegar or parmesan.

## Ingredients

1 Tomato (large, cut into quarters)

1 tsp Extra Virgin Olive Oil

1 1/2 tbsps Basil Leaves (finely chopped, divided)

1/8 tsp Sea Salt

2 slices Gluten-Free Bread (toasted)

## Nutrition

Amount per serving

<b>Calories</b>	213	<b>Protein</b>	5g
<b>Fat</b>	9g	<b>Sodium</b>	597mg
<b>Carbs</b>	28g	<b>Calcium</b>	43mg
Fiber	4g	<b>Iron</b>	1mg
Sugar	5g		

# Strawberry Quinoa Arugula Salad

9 ingredients · 40 minutes · 1 serving



## Directions

1. Cook the quinoa according to package directions. Let cool.
2. In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
3. Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

## Notes

### Meal Prep

For best results, store all items separately in the fridge and assemble the salad just before serving.

### No Arugula

Use baby spinach instead.

### No Sunflower Seeds

Use pumpkin seeds, hemp seeds or chopped walnuts instead.

## Ingredients

- 2 **tbps** Quinoa (uncooked)
- 1 **1/2 tps** Tahini
- 3/4 **tsp** Maple Syrup
- 1/3 **tsp** Lemon Juice
- 3/4 **tsp** Water (warm)
- 1/16 **tsp** Sea Salt
- 1 **1/2 cups** Arugula
- 1 **tbsp** Sunflower Seeds
- 1/4 **cup** Strawberries (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	202	<b>Protein</b>	7g
<b>Fat</b>	10g	<b>Sodium</b>	93mg
<b>Carbs</b>	25g	<b>Calcium</b>	107mg
<b>Fiber</b>	4g	<b>Iron</b>	3mg
<b>Sugar</b>	6g		



# Flax Wraps

3 ingredients · 30 minutes · 3 servings



## Directions

1. In a pot over high heat, bring the water to a boil. Add the salt.
2. Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
3. Heat a dry non-stick pan over medium heat.
4. One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
5. Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container or zipper-lock bag for up to three days in the fridge or up to three months in the freezer. Reheat wraps in a dry pan for 1 to 2 minutes per side if they become too wet in the fridge or after thawing.

### Serving Size

One serving is equal to one wrap.

### More Flavor

Add garlic powder, onion powder, dried herbs, or other spices.

### Serve it With

Fill with your favourite sandwich toppings or serve beside hummus or tzatziki for dipping.

### Flax Seed

Finely ground flax seed works best for this recipe.

### Wraps

Trace around a small plate or bowl to make perfectly round wraps.

## Ingredients

**1/2 cup** Water

**1/8 tsp** Sea Salt

**1 1/8 cups** Ground Flax Seed

## Nutrition

Amount per serving

<b>Calories</b>	210	<b>Protein</b>	9g
<b>Fat</b>	14g	<b>Sodium</b>	148mg
<b>Carbs</b>	12g	<b>Calcium</b>	65mg
<b>Fiber</b>	9g	<b>Iron</b>	2mg
<b>Sugar</b>	0g		

# No Bake Chocolate Cookies

7 ingredients · 2 hours 10 minutes · 6 servings



## Directions

1. In a small saucepan over low heat add the peanut butter, maple syrup and cocoa powder. Stir to combine until just heated through and somewhat dried out in texture. Allow it to cool slightly.
2. Pour the peanut butter mixture into a bowl and add the oats, sea salt, vanilla extract and oil. Mix well with a spoon or your hands.
3. Line a baking sheet with parchment paper. Form the cookie dough into golf ball sized balls and then flatten with your hands. Place on the baking sheet and repeat until all of the dough is used.
4. Place them into the freezer to set, about 2 hours. Remove and place them in a freezer-safe bag or container. Keep them stored in the freezer until ready to eat. Enjoy!

## Notes

### Leftovers

Store cookies in a freezer-safe container or plastic bag and remove them as you want to eat them. Allow them to sit at room temperature for about 5 minutes to soften.

### Serving Size

One serving is one cookie.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### More Flavor

Top with flaky salt before freezing.

### Mixing

Use slightly damp hands when forming into balls and flattening if the dough is too sticky.

## Ingredients

**1/2 cup** All Natural Peanut Butter

**1/4 cup** Maple Syrup

**3 tbsps** Cocoa Powder

**1 1/8 cups** Oats

**1/8 tsp** Sea Salt

**3/4 tsp** Vanilla Extract

**1 1/8 tbsps** Coconut Oil

## Nutrition

Amount per serving

<b>Calories</b>	267	<b>Protein</b>	8g
<b>Fat</b>	16g	<b>Sodium</b>	81mg
<b>Carbs</b>	26g	<b>Calcium</b>	37mg
<b>Fiber</b>	4g	<b>Iron</b>	1mg
<b>Sugar</b>	11g		



# Brazil Nuts

1 ingredient · 5 minutes · 1 serving



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1/4 cup Brazil Nuts

## Nutrition

Amount per serving

<b>Calories</b>	219	<b>Protein</b>	5g
<b>Fat</b>	22g	<b>Sodium</b>	1mg
<b>Carbs</b>	4g	<b>Calcium</b>	53mg
<b>Fiber</b>	2g	<b>Iron</b>	1mg
<b>Sugar</b>	1g		

# Coconut Yogurt with Strawberries

3 ingredients · 10 minutes · 1 serving



## Directions

1. Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Add nuts and seeds.

## Ingredients

**1/2 cup** Unsweetened Coconut Yogurt

**1 tsp** Cinnamon

**1/4 cup** Strawberries (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	73	<b>Protein</b>	1g
<b>Fat</b>	4g	<b>Sodium</b>	25mg
<b>Carbs</b>	11g	<b>Calcium</b>	282mg
Fiber	4g	<b>Iron</b>	1mg
Sugar	2g		

# Peanut Butter Granola

5 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat your oven to 300°F (148°C) and line a baking sheet with parchment paper.
2. In a large pot over medium-low heat, add the peanut butter and maple syrup. Stir together and continue to heat until warm and smooth. Then stir in the vanilla and salt, if using.
3. Remove the pot from the heat and stir in the oats. Mix until the oats are well coated in the peanut butter mixture. The mixture should be fairly dry and crumbly. Transfer the oat mixture to the prepared baking sheet and press it into one even layer.
4. Bake for 20 to 22 minutes, flipping the granola half way through, being sure to press down into an even layer again after flipping.
5. Let it cool completely before breaking it into clusters. It will harden as it cools. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is approximately 1/2 cup.

### Nut-Free

Use a seed butter instead.

### More Flavor

Add cinnamon.

### Additional Toppings

Stir chocolate chips or chopped peanuts into the cooled granola.

### No Maple Syrup

Use honey instead.

## Ingredients

**2 2/3 tbsps** All Natural Peanut Butter

**1 1/3 tbsps** Maple Syrup

**1/3 tsp** Vanilla Extract

**1/16 tsp** Sea Salt (optional)

**2/3 cup** Oats (rolled)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Protein</b>	8g
<b>Fat</b>	13g	<b>Sodium</b>	56mg
<b>Carbs</b>	32g	<b>Calcium</b>	38mg
Fiber	4g	<b>Iron</b>	2mg
Sugar	11g		



# Spinach Potato Patties

9 ingredients · 40 minutes · 3 servings



## Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add in the almond milk, half of the avocado oil, spinach, nutritional yeast, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop in 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown.
3. Remove from the skillet. Top with parsley and nutritional yeast. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.

### Serving Size

One serving is equal to two potato patties.

### More Flavor

Add additional spices such as onion powder or chilli powder.

## Ingredients

- 1 1/2 cups Water
- 1 1/2 Russet Potato (peeled, chopped)
- 3 tbsps Unsweetened Almond Milk
- 3 tbsps Avocado Oil (divided)
- 1/3 cup Baby Spinach (chopped)
- 1 1/2 tbsps Nutritional Yeast (plus additional for garnish)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 1/4 tpsps Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	226	<b>Protein</b>	5g
<b>Fat</b>	14g	<b>Sodium</b>	188mg
<b>Carbs</b>	20g	<b>Calcium</b>	64mg
<b>Fiber</b>	3g	<b>Iron</b>	2mg
<b>Sugar</b>	1g		

# Turmeric Baked Potatoes

5 ingredients · 45 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (218°C). Prepare a cast iron skillet or line a baking sheet with parchment paper.
2. In a large bowl, add the potatoes, coconut oil, turmeric and sea salt. Toss to coat and add them to the cast iron skillet or baking sheet. Cook in the oven for 20 minutes, remove, flip the potatoes and bake for 10 minutes more or until they are crispy and cooked through.
3. Remove from the oven, let them cool slightly and top with dill. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add minced garlic.

### No Dill

Top with parsley or cilantro instead.

## Ingredients

**3 cups** Mini Potatoes (halved)

**1/4 cup** Coconut Oil (melted)

**3/4 tsp** Turmeric

**3/4 tsp** Sea Salt

**2 1/4 tps** Fresh Dill (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	280	<b>Protein</b>	3g
<b>Fat</b>	18g	<b>Sodium</b>	599mg
<b>Carbs</b>	27g	<b>Calcium</b>	20mg
Fiber	3g	<b>Iron</b>	2mg
Sugar	1g		



# Tomato & Basil Balsamic Quinoa

6 ingredients · 20 minutes · 3 servings



## Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let it simmer for 12 to 15 minutes, or until all the water is absorbed. Remove the lid and fluff with a fork.
2. Add the cherry tomatoes, balsamic vinegar, basil and salt. Gently stir until well combined. Divide into bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving equals approximately one cup.

### More Flavor

Add a splash of olive oil, use fresh basil instead of dried basil, and/or cook the quinoa using broth.

### Additional Toppings

Cucumber, feta, olives, chopped spinach or bell pepper.

## Ingredients

**3/4 cup** Quinoa (dry, uncooked)  
**1 1/3 cups** Water  
**1 1/2 cups** Cherry Tomatoes (halved)  
**2 1/4 tsps** Balsamic Vinegar  
**3/4 tsp** Dried Basil  
**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	174	<b>Protein</b>	7g
<b>Fat</b>	3g	<b>Sodium</b>	156mg
<b>Carbs</b>	31g	<b>Calcium</b>	43mg
<b>Fiber</b>	4g	<b>Iron</b>	2mg
<b>Sugar</b>	3g		

# Crispy Baked Tofu

3 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
3. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

### More Flavor

Season with salt before serving.

### Serve it With

Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

### No Tamari

Use soy sauce or coconut aminos instead.

### No Arrowroot Powder

Use corn starch instead.

### Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

## Ingredients

**12 1/3 ozs** Tofu (extra-firm, pressed and cubed)

**2 tbsps** Tamari

**2 tbsps** Arrowroot Powder

## Nutrition

Amount per serving

<b>Calories</b>	122	<b>Protein</b>	13g
<b>Fat</b>	6g	<b>Sodium</b>	675mg
<b>Carbs</b>	7g	<b>Calcium</b>	331mg
<b>Fiber</b>	1g	<b>Iron</b>	3mg
<b>Sugar</b>	1g		



# Mediterranean Fettuccine with Kale

7 ingredients · 20 minutes · 2 servings



## Directions

1. Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Set aside.
2. In the same pot used for the pasta, add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the pasta back to the pot along with the lemon juice, extra virgin olive oil, nutritional yeast and sea salt. Toss to combine. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add minced garlic or chili flakes.

### Additional Toppings

Top with your favorite protein like bacon, prosciutto, shredded chicken or an egg.

### No Brown Rice Fettuccine

Use your favorite type of noodle instead.

### No Nutritional Yeast

Use parmesan or dairy-free cheese instead.

## Ingredients

- 4 ozs** Brown Rice Fettuccine
- 2 cups** Kale Leaves (finely chopped)
- 1/4 cup** Pitted Kalamata Olives
- 1 tbsp** Lemon Juice
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Nutritional Yeast
- 1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	371	<b>Protein</b>	7g
<b>Fat</b>	18g	<b>Sodium</b>	295mg
<b>Carbs</b>	47g	<b>Calcium</b>	71mg
<b>Fiber</b>	5g	<b>Iron</b>	3mg
<b>Sugar</b>	1g		

# Hazelnut Cocoa Bites

4 ingredients · 20 minutes · 6 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
2. Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
3. Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to one ball.

### More Flavor

Add vanilla extract.

## Ingredients

**3/4 cup** Hazelnuts  
**1 1/2 tbsps** Cocoa Powder  
**1 1/2 tbsps** Maple Syrup  
**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	122	<b>Protein</b>	3g
<b>Fat</b>	10g	<b>Sodium</b>	75mg
<b>Carbs</b>	7g	<b>Calcium</b>	26mg
<b>Fiber</b>	2g	<b>Iron</b>	1mg
<b>Sugar</b>	4g		

# Flaxseed Pudding

4 ingredients · 1 hour · 2 servings



## Directions

1. Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
2. Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1/2 cup of flax seed pudding.

### Additional Toppings

Top with your favorite nuts, seeds and/or berries.

## Ingredients

- 1/2 cup Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tps Maple Syrup
- 3/4 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	166	<b>Protein</b>	6g
<b>Fat</b>	10g	<b>Sodium</b>	61mg
<b>Carbs</b>	13g	<b>Calcium</b>	224mg
<b>Fiber</b>	7g	<b>Iron</b>	2mg
<b>Sugar</b>	3g		