



VEGAN MEAL PLAN TO BOOST FERTILITY

Created by GINSEN-LONDON



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GINSEN-LONDON

Hello Ladies!

Thank you for trusting us with your journey to fertility. In this meal plan, we have included foods to boost fertility.

Please note these foods or based on general recommendations for fertility will not treat or correct any underlying conditions.

Here is a list of general vegan food to boost fertility in women:

- Foods rich in antioxidants - fruits and vegetables
- Pineapple
- Citrus fruit
- Beans - edamame, kidney beans
- Berries
- Leafy greens
- Asparagus
- Walnuts
- Sunflower seeds
- Hempseeds and flaxseeds
- Cinnamon
- Seaweed and algae

We trust you will love this meal plan we have put together for you.

Please reach out if you have any questions.

Much love,

The Ginsen-London team

VEGAN MEAL PLAN TO BOOST FERTILITY

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Cinnamon Yogurt Overnight Oats	Green Smoothie Bowl	Pineapple Turmeric Smoothie	Cinnamon Yogurt Overnight Oats	Green Smoothie Bowl	Pineapple Turmeric Smoothie	Cinnamon Yogurt Overnight Oats
	Pea protein				Pea protein		Pea protein
Snack 1	Blood Orange & Pistachio Chia Pudding	Rice Cakes, Avocado & Hummus	Acai Bowl	Green Smoothie Bowl	Rice Cakes, Avocado & Hummus	Acai Bowl	Rice Cakes, Avocado & Hummus
Lunch	Soba Noodle Bowl	Smashed Chickpea Salad Wrap	Soba Noodle Bowl	Vegan Sloppy Joes	Smashed Chickpea Salad Wrap	Soba Noodle Bowl	Smashed Chickpea Salad Wrap
	Crispy Baked Tofu		Crispy Baked Tofu			Crispy Baked Tofu	
Snack 2	Fruit & Hemp Seed Bowls	Orange	Blackberry Chia Pudding	Fruit & Hemp Seed Bowls	Carrots, Celery & Olives Snack Box	Blackberry Chia Pudding	Fruit & Hemp Seed Bowls
		Pistachios					
Dinner	Warm Lentil & Sweet Potato Salad	Tofu & Veggie Stir Fry with Maple Syrup	Vegan Sloppy Joes	Warm Lentil & Sweet Potato Salad	Tofu & Veggie Stir Fry with Maple Syrup	Vegan Sloppy Joes	Tofu & Veggie Stir Fry with Maple Syrup
Snack 3	Coconut Yogurt	Zesty Lemon Chia Pudding	Zesty Lemon Chia Pudding	Coconut Yogurt	Zesty Lemon Chia Pudding	Zesty Lemon Chia Pudding	Coconut Yogurt
	Macadamia Nuts & Walnuts			Macadamia Nuts & Walnuts			Macadamia Nuts & Walnuts

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1934	Calories 2082	Calories 1927	Calories 1877	Calories 2036	Calories 1927	Calories 2037
Fat 74g	Fat 100g	Fat 57g	Fat 66g	Fat 90g	Fat 57g	Fat 95g
Carbs 240g	Carbs 247g	Carbs 273g	Carbs 274g	Carbs 238g	Carbs 273g	Carbs 231g
Fiber 52g	Fiber 63g	Fiber 70g	Fiber 67g	Fiber 64g	Fiber 70g	Fiber 50g
Protein 97g	Protein 75g	Protein 97g	Protein 77g	Protein 97g	Protein 97g	Protein 92g
Sodium 2625mg	Sodium 2376mg	Sodium 2962mg	Sodium 1728mg	Sodium 3165mg	Sodium 2962mg	Sodium 2509mg
Calcium 1836mg	Calcium 1634mg	Calcium 2477mg	Calcium 1417mg	Calcium 1670mg	Calcium 2477mg	Calcium 1746mg
Iron 31mg	Iron 22mg	Iron 27mg	Iron 28mg	Iron 34mg	Iron 27mg	Iron 29mg

VEGAN MEAL PLAN TO BOOST FERTILITY

84 items

Fruits

- ☐ 1 1/2 Apple
- ☐ 1 1/2 Avocado
- ☐ 6 1/2 Banana
- ☐ 1 cup Blackberries
- ☐ 3 Blood Orange
- ☐ 1/3 cup Blueberries
- ☐ 3 2/3 Kiwi
- ☐ 2/3 cup Lemon Juice
- ☐ 2 1/4 tsps Lime Juice
- ☐ 1 Navel Orange
- ☐ 1/3 Nectarine
- ☐ 2 cups Pineapple
- ☐ 1/3 cup Strawberries

Breakfast

- ☐ 1/2 cup Maple Syrup
- ☐ 6 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 2 2/3 tbsps Almonds
- ☐ 1/3 tsp Black Pepper
- ☐ 2 cups Chia Seeds
- ☐ 2 1/16 tsps Cinnamon
- ☐ 3/4 tsp Garlic Powder
- ☐ 1 1/3 tbsps Ground Flax Seed
- ☐ 2/3 cup Hemp Seeds
- ☐ 1/3 cup Macadamia Nuts
- ☐ 1 1/2 tbsps Pistachios
- ☐ 1/2 cup Pistachios, In Shell
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/4 tsps Sesame Seeds
- ☐ 3 tbsps Slivered Almonds
- ☐ 1 tsp Turmeric
- ☐ 1/3 cup Walnuts

Frozen

Vegetables

- ☐ 3/4 cup Baby Carrots
- ☐ 11 1/8 cups Baby Spinach
- ☐ 3 3/4 cups Bok Choy
- ☐ 3 3/4 Carrot
- ☐ 2 stalks Celery
- ☐ 1/3 cup Cilantro
- ☐ 1/3 Cucumber
- ☐ 6 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 3/4 Green Bell Pepper
- ☐ 3/4 cup Matchstick Carrots
- ☐ 1 1/2 cups Mushrooms
- ☐ 3/4 cup Parsley
- ☐ 510 grams Portobello Mushroom Caps
- ☐ 3/4 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 6 leaves Romaine
- ☐ 1 1/2 cups Snap Peas
- ☐ 1/3 Sweet Onion
- ☐ 1 1/2 Sweet Potato

Boxed & Canned

- ☐ 3/4 cup Brown Rice
- ☐ 150 grams Buckwheat Soba Noodles
- ☐ 2 1/4 cups Chickpeas
- ☐ 1 1/2 cups Crushed Tomatoes
- ☐ 6 cups Lentils
- ☐ 1 cup Vegetable Broth

Baking

- ☐ 1 1/3 tbsps Acai Powder
- ☐ 2 tbsps Arrowroot Powder
- ☐ 1 1/8 cups Oats
- ☐ 3 tbsps Raisins
- ☐ 1 tsp Raw Honey
- ☐ 1 1/8 tsps Tapioca Flour
- ☐ 3 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 cup Hummus
- ☐ 711 grams Tofu
- ☐ 3 Whole Wheat Tortilla

Condiments & Oils

- ☐ 3 tbsps Balsamic Vinegar
- ☐ 1 tsp Coconut Oil
- ☐ 3 tbsps Dijon Mustard
- ☐ 2 1/4 tbsps Miso Paste
- ☐ 2 tbsps Pitted Kalamata Olives
- ☐ 3 tbsps Rice Vinegar
- ☐ 1/3 cup Tamari
- ☐ 2 1/4 tbsps Yellow Mustard

Cold

- ☐ 2 1/2 cups Plain Coconut Milk
- ☐ 7 1/8 cups Unsweetened Almond Milk
- ☐ 3 3/4 cups Unsweetened Coconut Yogurt

Other

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

☐ **1 1/3 cups** Frozen Berries

☐ **1 1/16 tbsps** Vanilla Extract

Cinnamon Yogurt Overnight Oats

7 ingredients · 8 hours · 1 serving



Directions

1. Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove from the fridge and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cup.

No Coconut Yogurt

Use another type of yogurt.

Additional Toppings

Berries, nuts and/or seeds.

Ingredients

1/3 cup Oats (rolled)

1 tbsp Chia Seeds

1/8 tsp Cinnamon

1/4 tsp Vanilla Extract

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Plain Coconut Milk (from the carton)

1/2 Banana (sliced)

Nutrition

Amount per serving

Calories	313	Protein	7g
Fat	12g	Sodium	45mg
Carbs	47g	Calcium	563mg
Fiber	9g	Iron	3mg

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

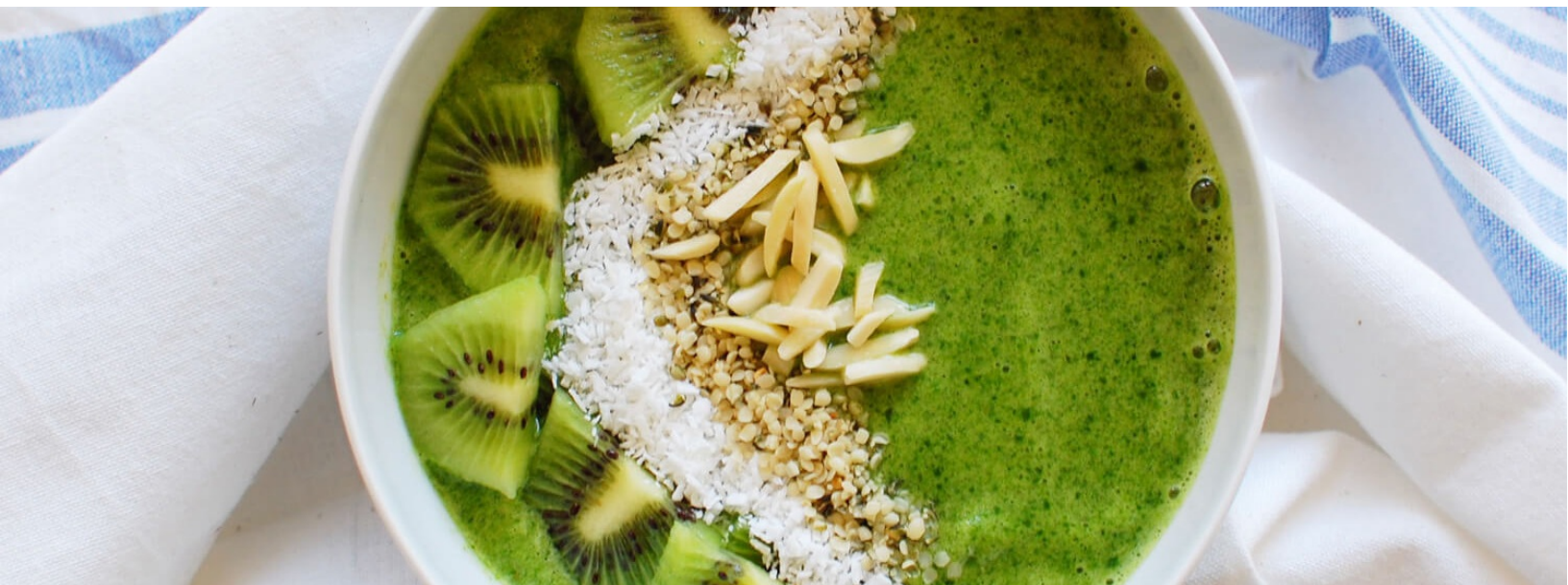
Nutrition

Amount per serving

Calories	120	Protein	30g
Fat	3g	Sodium	460mg
Carbs	2g	Calcium	0mg
Fiber	2g	Iron	10mg

Green Smoothie Bowl

8 ingredients · 10 minutes · 1 serving



Directions

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Ingredients

- 1 Banana (chopped and frozen)
- 2 cups Baby Spinach
- 3/4 cup Water
- 1 Ice Cubes
- 1 Kiwi (peeled and chopped)
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Slivered Almonds
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving

Calories	302	Protein	9g
Fat	14g	Sodium	56mg
Carbs	43g	Calcium	136mg
Fiber	9g	Iron	3mg

Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple

Use mango, peaches or banana instead.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Pineapple (diced into chunks)

1 1/2 tsp Ginger (peeled and grated)

1/4 cup Vanilla Protein Powder

1/2 tsp Turmeric (powder)

Nutrition

Amount per serving

Calories	204	Protein	21g
Fat	3g	Sodium	201mg
Carbs	26g	Calcium	589mg
Fiber	4g	Iron	2mg

Blood Orange & Pistachio Chia Pudding

4 ingredients · 25 minutes · 3 servings



Directions

1. Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
2. In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
3. Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Coconut Yogurt

Use Greek yogurt instead.

Nut-Free

Use sunflower seeds instead of pistachios.

More Flavor

Use vanilla coconut yogurt, or add a dash of vanilla.

Ingredients

3 Blood Orange (small)

1/3 cup Chia Seeds

3/4 cup Unsweetened Coconut Yogurt

1 1/2 tbsps Pistachios (roughly chopped)

Nutrition

Amount per serving

Calories	238	Protein	6g
Fat	12g	Sodium	14mg
Carbs	32g	Calcium	323mg
Fiber	10g	Iron	2mg

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

2 Plain Rice Cake

1/4 cup Hummus

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	376	Protein	8g
Fat	26g	Sodium	274mg
Carbs	32g	Calcium	43mg
Fiber	11g	Iron	2mg

Acai Bowl

17 ingredients · 15 minutes · 1 serving



Directions

1. To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
2. Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
3. Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

Notes

Get Creative

Top your acai bowl with any other fruit, nuts, seeds, granola or nut butter.

Smoothie

Omit the chia seeds or add more almond milk for a thinner consistency. Leave out the toppings in step 3.

Vegan

Use maple syrup instead of honey.

Ingredients

- 1 1/3 tbsps Oats
- 1 1/3 tbsps Almonds (crushed)
- 1/2 tsp Coconut Oil
- 1/2 tsp Raw Honey
- 2/3 Banana
- 2/3 cup Frozen Berries
- 1/3 cup Baby Spinach
- 1/3 cup Unsweetened Almond Milk
- 2 tsps Ground Flax Seed
- 2 tsps Chia Seeds
- 2 tsps Acai Powder
- 2/3 tsp Cinnamon
- 2 2/3 tbsps Strawberries (sliced)
- 2 2/3 tbsps Blueberries
- 1/3 Kiwi (sliced)
- 1/8 Nectarine (chopped)
- 1 tsp Hemp Seeds

Nutrition

Amount per serving

Calories	402	Protein	10g
Fat	17g	Sodium	64mg
Carbs	60g	Calcium	316mg
Fiber	15g	Iron	4mg

Soba Noodle Bowl

10 ingredients · 10 minutes · 1 serving



Directions

1. Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
2. In a small bowl, mix together the miso paste, rice vinegar, lime juice, ginger, and water. Set aside.
3. Divide the noodles into bowls, and add the dressing and mix well. Top the bowls with snap peas, carrot, cucumber and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the dressing with tamari and/or toasted sesame oil.

Additional Toppings

Add more vegetables such as thinly sliced radish, cabbage, green onion, and/or sesame seeds.

More Protein

Add crispy tofu, tempeh, cooked shrimp, or cooked chicken.

Ingredients

- 50 grams** Buckwheat Soba Noodles
- 2 1/4 tsps** Miso Paste
- 1 1/2 tsps** Rice Vinegar
- 3/4 tsp** Lime Juice
- 1/4 tsp** Ginger (minced)
- 2 1/4 tsps** Water
- 1/2 cup** Snap Peas
- 1/2** Carrot (shredded)
- 1/8** Cucumber (large, sliced into strips)
- 2 tsps** Cilantro (roughly chopped)

Nutrition

Amount per serving

Calories	290	Protein	9g
Fat	2g	Sodium	801mg
Carbs	47g	Calcium	38mg
Fiber	4g	Iron	1mg

Crispy Baked Tofu

3 ingredients · 40 minutes · 1 serving



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

117 grams Tofu (extra-firm, pressed and cubed)

2 tsps Tamari

2 tsps Arrowroot Powder

Nutrition

Amount per serving

Calories	122	Protein	13g
Fat	6g	Sodium	675mg
Carbs	7g	Calcium	331mg
Fiber	1g	Iron	3mg

Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 3 servings



Directions

1. Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
2. Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers

Store components separately in the fridge until ready to assemble and serve.

Gluten-Free

Use a gluten-free or brown rice tortilla.

Serving Size

One serving is equal to one wrap.

Ingredients

- 2 1/4 cups Chickpeas
- 3 tbsps Dijon Mustard
- 3 tbsps Lemon Juice
- 1/8 tsp Sea Salt
- 3 tbsps Red Onion (finely chopped)
- 1/3 cup Parsley (finely chopped)
- 3 Whole Wheat Tortilla (large)
- 6 leaves Romaine (chopped)

Nutrition

Amount per serving

Calories	363	Protein	16g
Fat	7g	Sodium	583mg
Carbs	57g	Calcium	192mg
Fiber	15g	Iron	6mg

Fruit & Hemp Seed Bowls

6 ingredients · 5 minutes · 1 serving



Directions

1. Divide all the ingredients into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk

Use almond, soy, rice or oat milk instead.

Ingredients

1/2 Apple (cored, chopped)

1/4 Banana (sliced)

1/8 tsp Cinnamon

1 tbsp Raisins

2 tbsps Hemp Seeds

1/3 cup Plain Coconut Milk (from the carton)

Nutrition

Amount per serving

Calories	242	Protein	7g
Fat	12g	Sodium	17mg
Carbs	32g	Calcium	181mg
Fiber	4g	Iron	2mg

Orange

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges or peel and section. Enjoy!

Ingredients

1 Navel Orange

Nutrition

Amount per serving

Calories	69	Protein	1g
Fat	0g	Sodium	1mg
Carbs	18g	Calcium	60mg
Fiber	3g	Iron	0mg

Pistachios

1 ingredient · 1 minute · 1 serving



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1/2 cup Pistachios, In Shell

Nutrition

Amount per serving

Calories	318	Protein	12g
Fat	26g	Sodium	216mg
Carbs	16g	Calcium	40mg
Fiber	6g	Iron	2mg

Blackberry Chia Pudding

5 ingredients · 25 minutes · 2 servings



Directions

1. Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
2. Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
3. Top with additional blackberries if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Granola, nuts, seeds, yogurt.

Nut-Free

Use oat milk or coconut milk instead of almond milk.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Blackberries

1 tbsp Maple Syrup

1/2 tsp Vanilla Extract

1/4 cup Chia Seeds

Nutrition

Amount per serving

Calories	194	Protein	6g
Fat	10g	Sodium	82mg
Carbs	24g	Calcium	391mg
Fiber	10g	Iron	3mg

Carrots, Celery & Olives Snack Box

4 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

2 stalks Celery (cut into sticks)

3/4 cup Baby Carrots

1/4 cup Hummus

2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving

Calories	221	Protein	5g
Fat	13g	Sodium	546mg
Carbs	23g	Calcium	136mg
Fiber	8g	Iron	4mg

Warm Lentil & Sweet Potato Salad

9 ingredients · 15 minutes · 3 servings



Directions

1. Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
2. Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
3. Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
4. Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size

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

No Sweet Potato

Use cubed butternut squash instead.

Ingredients

- 1 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 cup Vegetable Broth (divided)
- 3/4 cup Red Onion (chopped)
- 4 1/2 Garlic (cloves, minced)
- 1/3 tsp Sea Salt
- 3 cups Baby Spinach
- 3 cups Lentils (cooked, rinsed)
- 3 tbsps Balsamic Vinegar
- 1/3 cup Parsley (chopped, optional)

Nutrition

Amount per serving

Calories	336	Protein	21g
Fat	1g	Sodium	587mg
Carbs	63g	Calcium	121mg
Fiber	19g	Iron	9mg

Tofu & Veggie Stir Fry with Maple Syrup

13 ingredients · 40 minutes · 3 servings



Directions

1. Cook the brown rice according to package directions.
2. In a container add the tofu along with half the tamari and half the rice vinegar. Let it marinate for 5 to 10 minutes.
3. Heat a skillet over medium heat. Add the tofu along with the marinade and fry for 7 to 9 minutes, until crispy and cooked through. Remove the tofu and set aside.
4. In the same skillet, add the bok choy along with some water to steam it. Cook for 4 to 5 minutes, remove and set aside. Add the carrots and bell pepper to the skillet. Add more water as needed to allow the veggies to steam. Cook for 3 to 4 minutes.
5. In a blender add the water, the remaining tamari, the remaining rice vinegar, syrup, garlic, ginger and tapioca. Blend until smooth.
6. Add the bok choy and tofu back to the skillet with the other veggies and pour the sauce over top. Cook for 1 minute more, then remove from heat. Divide the rice onto plates, top with the stir fry and sesame seeds, if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Rice Vinegar

Use lime juice instead.

No Blackstrap Molasses

Use maple syrup instead.

Additional Toppings

Add more veggies such as mushrooms, broccoli or cauliflower.

No Tapioca Flour

Use arrowroot or cornstarch instead.

No Brown Rice

Serve over cauliflower rice or rice noodles instead.

Ingredients

- 3/4 cup** Brown Rice (uncooked)
- 362 grams** Tofu (extra firm, drained and cubed)
- 3 tbsps** Tamari (divided)
- 1 1/2 tbsps** Rice Vinegar (divided)
- 3 3/4 cups** Bok Choy (baby, halved)
- 2 1/4** Carrot (sliced)
- 3/4** Red Bell Pepper (chopped)
- 1/4 cup** Water (plus more for frying)
- 1 1/2** Garlic (cloves, minced)
- 3/4 tsp** Ginger (fresh, minced)
- 1 1/8 tps** Tapioca Flour
- 2 1/4 tps** Maple Syrup
- 2 1/4 tps** Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving

Calories	350	Protein	20g
Fat	9g	Sodium	1104mg
Carbs	51g	Calcium	488mg
Fiber	6g	Iron	5mg

Vegan Sloppy Joes

13 ingredients · 4 hours · 3 servings



Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes

Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

Ingredients

- 3 cups** Lentils (cooked, drained and rinsed)
- 1/3** Sweet Onion (finely diced)
- 3/4** Green Bell Pepper (finely diced)
- 1 1/2 cups** Mushrooms (sliced)
- 3/4 cup** Matchstick Carrots
- 3/4 tsp** Garlic Powder
- 2 1/4 tbsps** Yellow Mustard
- 3 tbsps** Maple Syrup
- 1 1/2 cups** Crushed Tomatoes
- 3/4 tsp** Sea Salt
- 1/3 tsp** Black Pepper
- 510 grams** Portobello Mushroom Caps
- 1 1/2 cups** Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	411	Protein	29g
Fat	1g	Sodium	997mg
Carbs	79g	Calcium	137mg
Fiber	23g	Iron	10mg

Coconut Yogurt

1 ingredient · 24 hours · 1 serving



Directions

1. Serve chilled

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor

Use coconut water instead of water.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	55	Protein	0g
Fat	4g	Sodium	25mg
Carbs	6g	Calcium	250mg
Fiber	1g	Iron	0mg

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

Calories	218	Protein	4g
Fat	22g	Sodium	1mg
Carbs	4g	Calcium	29mg
Fiber	2g	Iron	1mg

Zesty Lemon Chia Pudding

5 ingredients · 4 hours · 4 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

3 1/2 cups Unsweetened Almond Milk

1/2 cup Lemon Juice

2 tbsps Maple Syrup (or honey)

2 tsps Vanilla Extract

1 cup Chia Seeds

Nutrition

Amount per serving

Calories	304	Protein	9g
Fat	18g	Sodium	142mg
Carbs	30g	Calcium	675mg
Fiber	13g	Iron	4mg