



# 1800 CALORIE MEAL PLANNER WITH GROCERY LIST AND RECIPES
























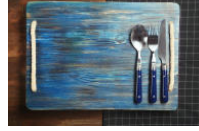







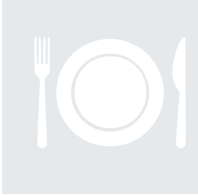
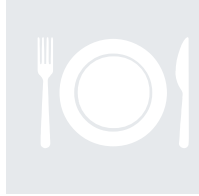

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Nutrition Plan

<p>DIETARY PREFERENCE</p> <p><b>1800 Calorie Vegan Meal Plan</b></p>	
<p>AVOIDANCES</p> <p>X LAMB X SHELLFISH X EGGS X GAME MEATS X PORK X BEEF X POULTRY</p> <p>X DAIRY X FISH</p>	



# Nutrition Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>BREAKFAST</b>	 Turmeric Oatmeal	 Indian Spiced Tofu Scramble	 Banana Maple Pecan Overnight Oats, Kiwi	 Indian Spiced Tofu Scramble	 Banana Maple Pecan Overnight Oats, Kiwi	 Indian Spiced Tofu Scramble	 Banana Maple Pecan Overnight Oats, Kiwi
<b>LUNCH</b>	 Miso Carrot Tempeh Sandwich, Banana &	 Leftover: Miso Carrot Tempeh Sandwich, Banana	 Mushroom Miso Noodles, Grapes & Nuts	 Leftover: Mushroom Miso Noodles, Grapes &	 Simple Black Bean Tortilla Soup, Apple & Peanut Butter	 Leftover: Simple Black Bean Tortilla Soup, Apple &	 Protein-Packed Quinoa Salad Jar, Kiwi
<b>DINNER</b>	 Roast Potato Salad with Sunflower Dijon, Sautéed	 Leftover: Roast Potato Salad with Sunflower Dijon,	 Curried Tofu Over Rice Noodles, Whole Avocado	 Leftover: Curried Tofu Over Rice Noodles, Whole	 Garbanzo & Kale Salad, Sweet Spiced Roasted Carrots	 Leftover: Garbanzo & Kale Salad, Sweet Spiced Roasted	 Peanut Hoisin Stir Fry, Roasted Red Beets
<b>SNACK</b>	 Grapes	 Guacamole Dip with Veggies	 Banana Nutter	 Chocolate Almond Frozen Dessert	 Naked Raw Trail Mix	 Apple	 Peanut Butter & Banana Rice Cake
<b>2ND SNACK</b>			 Artichoke Ceviche Avocados	 Dried Apple			



# Grocery List

## BAKING GOODS

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- |                                                                           |                                                                          |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> 1/8 pounds of Chia Seeds                         | <input type="checkbox"/> 1 container (8 oz) of Cocoa Powder              |
| <input type="checkbox"/> 1 can (5-7 fl oz) of Nonstick Cooking Spray      | <input type="checkbox"/> 1 package (12 oz) of Semi Sweet Chocolate Chips |
| <input type="checkbox"/> 1 package (7-8 oz) of Unsweetened Coconut Flakes |                                                                          |

## BREADS / CEREALS

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- |                                                                 |                                                              |
|-----------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> 1/4 pounds of Rolled Oats              | <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread |
| <input type="checkbox"/> 1 bag (6 ct) of Whole Wheat Pita Bread |                                                              |

## CANNED / JAR GOODS

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- |                                                                              |                                                              |
|------------------------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> 3 cans (8-9 oz) of Artichoke Hearts                 | <input type="checkbox"/> 1 can (15 oz) of Canned Black Beans |
| <input type="checkbox"/> 2 cans (15 oz) of Canned Garbanzo Beans (Chickpeas) | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter      |
| <input type="checkbox"/> 1 jar (16 oz) of Tahini                             |                                                              |

## DAIRY

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- |                                                               |                                                                |
|---------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> 1 quart of Almond Milk (Unsweetened) | <input type="checkbox"/> 2 packages (16 oz) of Extra Firm Tofu |
|---------------------------------------------------------------|----------------------------------------------------------------|

## DELI

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- |                                                                  |                                                      |
|------------------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> 1 package (6 oz) of Smoky Tempeh Strips | <input type="checkbox"/> 1 tub (13 oz) of White Miso |
|------------------------------------------------------------------|------------------------------------------------------|

## FROZEN FOODS

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- |                                                       |                                                       |
|-------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> 1 bag (16 oz) of Frozen Corn | <input type="checkbox"/> 1 bag (16 oz) of Frozen Peas |
|-------------------------------------------------------|-------------------------------------------------------|

## INTERNATIONAL / ETHNIC

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- |                                                          |                                                                          |
|----------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> 1 bag (12 ct) of Corn Tortillas | <input type="checkbox"/> 1 package (8-9 oz) of Rice Noodles (Vermicelli) |
| <input type="checkbox"/> 1 jar (16 oz) of Salsa          |                                                                          |

## PASTA / RICE / BEANS

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- |                                                              |
|--------------------------------------------------------------|
| <input type="checkbox"/> 1 package (9-10 oz) of Soba Noodles |
|--------------------------------------------------------------|



EWG RECOMMENDS TO BUY ORGANIC



# Grocery List











## PASTA / RICE / BEANS

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- 1 package (16 oz) of Whole Wheat Spaghetti

## PRODUCE

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- |                                                                                                                                       |                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1/2 pounds of Asparagus                                                                                      | <input type="checkbox"/> 4 Avocados                                                                                                    |
| <input type="checkbox"/> 6 Banana                                                                                                     | <input type="checkbox"/> 1 bunch of Beets                                                                                              |
| <input type="checkbox"/> 1 bunch of Broccoli                                                                                          | <input type="checkbox"/> 4 Carrots                                                                                                     |
| <input type="checkbox"/> 1 bunch of Celery           | <input type="checkbox"/> 1 bunch of Collard Greens  |
| <input type="checkbox"/> 1 ear of Corn                                                                                                | <input type="checkbox"/> 1 Cucumber                  |
| <input type="checkbox"/> 1 bunch of Fresh Cilantro                                                                                    | <input type="checkbox"/> 1 package (1 oz) of Fresh Dill                                                                                |
| <input type="checkbox"/> 3/8 ounces of Fresh Ginger                                                                                   | <input type="checkbox"/> 1 bulb of Garlic                                                                                              |
| <input type="checkbox"/> 5 Green Bell Peppers        | <input type="checkbox"/> 1 head of Green Leaf Lettuce                                                                                  |
| <input type="checkbox"/> 1 bunch of Green Onions (Scallions)                                                                          | <input type="checkbox"/> 1 container (12 oz) of Guacamole                                                                              |
| <input type="checkbox"/> 4 Kiwi                                                                                                       | <input type="checkbox"/> 1 bunch of Lacinato Kale  |
| <input type="checkbox"/> 2 Lemon                                                                                                      | <input type="checkbox"/> 1 Limes                                                                                                       |
| <input type="checkbox"/> 1 bunch of Radishes                                                                                          | <input type="checkbox"/> 1 bunch of Raw Spinach   |
| <input type="checkbox"/> 2 Red Apples              | <input type="checkbox"/> 1 Red Bell Peppers       |
| <input type="checkbox"/> 1/2 pounds of Red Grapes  | <input type="checkbox"/> 2 Red Onions                                                                                                  |
| <input type="checkbox"/> 6 Red Potatoes            | <input type="checkbox"/> 1 Shallots                                                                                                    |
| <input type="checkbox"/> 1/4 pounds of Shiitake Mushrooms                                                                             | <input type="checkbox"/> 5 Tomatoes                                                                                                    |
| <input type="checkbox"/> 2 Zucchini                                                                                                   |                                                                                                                                        |

## SNACKS

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- |                                                                |                                                                                                                                         |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1/8 pounds of Dried Apples            | <input type="checkbox"/> 1/8 pounds of Dried Cranberries                                                                                |
| <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted     | <input type="checkbox"/> 1/8 pounds of Pecans                                                                                           |
| <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |
| <input type="checkbox"/> 1 package (4-5 oz) of Rice Cakes      | <input type="checkbox"/> 1/4 pounds of Sunflower Seeds                                                                                  |



EWG RECOMMENDS TO BUY ORGANIC



# Grocery List

## SNACKS

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1/8 pounds of Walnuts

1/8 pounds of Whole Almonds

## SPICES / CONDIMENTS

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1 bottle (8-9 fl oz) of Balsamic Vinegar

1 jar (2-3 oz) of Chili Powder

1 jar (2 oz) of Cumin

1 jar (2 oz) of Curry Powder

1 jar (8 oz) of Dijon Mustard

1 jar (1-2 oz) of Garam Masala

1 jar (1 oz) of Ground Cinnamon

1 bottle (1-2 oz) of Ground Coriander

1 jar (1 oz) of Ground Nutmeg

1 jar (7 oz) of Hoisin Sauce

1 bottle (12 oz) of Honey

1 bottle (12 oz) of Maple Syrup

1 bottle (16 fl oz) of Olive Oil

1 bottle (12 fl oz) of Rice Vinegar

1 bottle (5 fl oz) of Toasted Sesame Oil

1 jar (0.5-1 oz) of Turmeric

1 jar (2-3 oz) of Whole Black Peppercorns



EWG RECOMMENDS TO BUY ORGANIC



# Turmeric Oatmeal

BY REBECCA ELBAUM

🕒 5 MINS | 🍴 1 SERVINGS



## Method

1. Combine almond milk and water in small sauce pan. Bring to a boil and add oats.
2. Add spices.
3. Stir until oatmeal reaches desired consistency.
4. Top with desired toppings, e.g. walnuts, dried cranberries, and shaved coconut.

## INGREDIENTS

### oatmeal

- |                          |                       |
|--------------------------|-----------------------|
| 1 cup old fashioned oats | 1 teaspoon turmeric   |
| 1 cup almond milk        | 1/2 teaspoon cinnamon |
| 1 cup water              | 1/2 teaspoon nutmeg   |
|                          | 1 pinch black pepper  |

### toppings (optional)

- 1 tablespoon walnuts
- 1 tablespoon dried cranberries
- 1 tablespoon shaved coconut

### NUTRITION INFORMATION PER SERVING

Protein 17g	Sodium 187mg
Total Fat 16g	Saturated Fat 4.03g
Carbs 81g	Fruits 0 servings
Calories 522kcal	Vegetables 0 servings
Fiber 13g	Added Sugar 0g

## PORTIONS





# Grapes

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash grapes and serve.

## INGREDIENTS

15 red grapes

### NUTRITION INFORMATION PER SERVING

Protein 0.53g	Sodium 1.47mg
Total Fat 0.12g	Saturated Fat 0.04g
Carbs 13g	Fruits 0.88 servings
Calories 51kcal	Vegetables 0 servings
Fiber 0.66g	Added Sugar 0g

## PORTIONS





# Miso Carrot Tempeh Sandwich

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 2 SERVINGS



## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1/2 cup carrots coarsely chopped, juice squeezed out
- 1 teaspoon ginger grated
- 1/2 shallot minced
- 1/2 tablespoon white miso
- 1/2 tablespoon rice vinegar
- 1/2 tablespoon sesame oil
- 4 slices whole wheat bread
- 4 leaves green lettuce
- 4 radishes thinly sliced
- 1/2 block smoky tempeh thinly sliced
- 2 sprays cooking spray

### NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 478mg
Total Fat 15g	Saturated Fat 2.77g
Carbs 44g	Fruits 0 servings
Calories 389kcal	Vegetables 1.12 servings
Fiber 2.14g	Added Sugar 0g

## Method

- In a bowl, combine carrots, ginger, shallots, miso, vinegar, & sesame oil until mixed throughout.
- Spray a fry pan with oil and heat over medium heat. Pan fry tempeh slices till crispy on each side.
- Assemble each sandwich: miso carrot spread on each slice of bread with layers of lettuce, radish and tempeh. Option to toast bread beforehand or heat in the oven (wait to add lettuce until the end to prevent wilting).

## PORTIONS





# Banana & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



## Method

1. Peel banana and serve with sunflower seeds.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 bananas
- 1/4 cup sunflower seeds

#### NUTRITION INFORMATION PER SERVING

Protein 4.9g	Sodium 2.74mg
Total Fat 9.4g	Saturated Fat 0.91g
Carbs 30g	Fruits 1.97 servings
Calories 205kcal	Vegetables 0 servings
Fiber 4.52g	Added Sugar 0g

#### PORTIONS





# Roast Potato Salad with Sunflower Dijon

BY THE SIMPLE GREEN

🕒 15 MINS | 🍴 2 SERVINGS



## INGREDIENTS

### For the Potatoes & Asparagus

- 2 pounds red potatoes sliced
- 1 tablespoon olive oil
- 14 spears asparagus chopped
- 3 radishes sliced

### For the Sunflower Dijon Dressing

- 1/4 cup raw sunflower seeds
- 1/2 lemon juiced
- 1/4 teaspoon cumin
- 2 tablespoons dijon mustard
- 2 tablespoons fresh dill chopped
- 1/4 cup filtered water
- 1 pinch salt

### for the garnish

- 1/2 lemon cut into wedges
- 1 tablespoon fresh dill chopped

## NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 451mg
Total Fat 17g	Saturated Fat 1.97g
Carbs 84g	Fruits 0.5 servings
Calories 523kcal	Vegetables 0.89 servings
Fiber 13g	Added Sugar 0.14g

## Method

### Prepare the vegetables

1. Preheat oven to 400°F. in a large bowl, combine the sliced potatoes and olive oil; toss until the potatoes are coated evenly. Sprinkle with salt and pepper and place on large baking sheet. Bake in the preheated oven for 35-40 minutes until crispy and golden brown, flipping halfway. Remove from oven and cool.
2. While the potatoes are cooling, steam the chopped asparagus in a medium saucepan or steamer just until crisp tender, about 3-5 minutes. Run the steamed asparagus under cold water to stop the cooking process (this will keep them bright and crispy). Drain off any excess water and set aside.

### Prepare the salad dressing

1. Add the dressing ingredients to a food processor or high powered blender. Blend on high until smooth and creamy (think mayonnaise consistency). You may need to scrape down the sides occasionally.
2. Pour the dressing into a large bowl and add in the cooked potatoes slices, steamed asparagus and sliced radish. Toss until the dressing is evenly distributed. Garnish with additional fresh dill springs, sea salt and a drizzle of fresh lemon juice.

## PORTIONS





# Sautéed Collard Greens

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS



## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 4 cups collard greens
- 4 teaspoons olive oil
- 2 cloves garlic minced
- 2 pinches pepper
- 2 dash salts

### NUTRITION INFORMATION PER SERVING

Protein 2.38g	Sodium 168mg
Total Fat 9.5g	Saturated Fat 1.29g
Carbs 4.99g	Fruits 0 servings
Calories 107kcal	Vegetables 1 servings
Fiber 2.98g	Added Sugar 0g

## Method

1. Remove the thick center ribs from the collard greens and chop into bite-size pieces.
2. Heat olive oil in a skillet over medium high heat. Add collard greens and cook, stirring occasionally, for one minute.
3. Add garlic, salt, and pepper and stir. Cover skillet, reduce heat to low, and steam the collard greens until tender.

## PORTIONS





# Indian Spiced Tofu Scramble

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS



## INGREDIENTS

1/4 block Extra Firm Tofu	1 green onion chopped
1/4 teaspoon chili powder	1 green bell pepper chopped
1/2 teaspoon ground coriander	1 tomato chopped
1/4 teaspoon garam masala	1/3 cup frozen peas
1 tablespoon olive oil	1/2 cup frozen corn
1 clove garlic chopped	1 handful cilantro chopped
	1 whole wheat pita halved and toasted

## NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 383mg
Total Fat 24g	Saturated Fat 2.97g
Carbs 74g	Fruits 0 servings
Calories 571kcal	Vegetables 1.82 servings
Fiber 15g	Added Sugar 0.52g

## Method

1. Use your hands or a fork to crumble the tofu in a bowl. Add in spices and mix to combine. Set aside.
2. Heat oil in a frying pan over high heat. Add garlic, green onion, bell pepper, and tomato and cook for 2 minutes, or until tomato starts to soften.
3. Add in peas and corn and mix to combine.
4. Lower heat to medium and add in the tofu. Cook for 2 minutes, stirring occasionally.
5. Add cilantro and cook another minute.
6. Serve tofu scramble with pita.

## PORTIONS





# Guacamole Dip with Veggies

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



## Method

1. Slice the celery and cucumber into sticks for dipping. Serve with guacamole.

## INGREDIENTS

- 1/4 cup guacamole
- 1/2 cup celery
- 1/2 cup cucumbers

### NUTRITION INFORMATION PER SERVING

Protein 2.6g	Sodium 137mg
Total Fat 8.8g	Saturated Fat 1g
Carbs 7.2g	Fruits 0 servings
Calories 112kcal	Vegetables 1 servings
Fiber 4.9g	Added Sugar 0g

## PORTIONS





# Banana Maple Pecan Overnight Oats

BY GARLIC+ZEST

🕒 10 MINS | 🍴 1 SERVINGS



## INGREDIENTS

1 cup overnight steel cut oatmeal	1 dash cinnamon
1/4 cup banana, swirled into oatmeal, mashed	1 dash nutmeg
1/3 tablespoon banana sliced	1 tablespoon pecans toasted
	1/2 tablespoon maple syrup

## Overnight Steel-Cut Oats

1 cup steel cut oatmeal  
4 1/2 cups water  
1/4 teaspoon salt  
1 tablespoon chia seeds (optional)

## NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 208mg
Total Fat 9.2g	Saturated Fat 1.2g
Carbs 53g	Fruits 0.69 servings
Calories 328kcal	Vegetables 0 servings
Fiber 8.9g	Added Sugar 6g

## Method

1. Spoon overnight steel cut oatmeal into a microwave safe bowl and nuke for 1-1 1/2 minutes until hot.
2. Dress your oats with the toppings mentioned above.

## Overnight Steel-Cut Oats

1. Add oats, water and salt to a medium saucepan. Bring to a boil over high heat, then reduce to medium low and cook for 5 minutes.
2. Remove the pan from the heat and whisk in the chia seeds so they are mixed evenly throughout. Place the lid on the pan and set aside for at least 4 hours or overnight.
3. Transfer the oatmeal to a tupperware container to store throughout the week. When you're ready for a bowl of oatmeal, spoon into a microwave safe bowl and nuke for 1-1 1/2 minutes until hot.

## PORTIONS





# Kiwi

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



## Method

1. Wash, peel and serve.

## INGREDIENTS

1 kiwi peeled

### NUTRITION INFORMATION PER SERVING

Protein 0.79g	Sodium 2.07mg
Total Fat 0.36g	Saturated Fat 0.02g
Carbs 10g	Fruits 0.5 servings
Calories 42kcal	Vegetables 0 servings
Fiber 2.07g	Added Sugar 0g

## PORTIONS





# Banana Nutter

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



## Method

1. Spread peanut butter on banana halves. Roll in chia seeds. Slice up or serve.

## INGREDIENTS

- 1 banana halved
- 1 tablespoon peanut butter
- 1 teaspoon chia seeds

### NUTRITION INFORMATION PER SERVING

Protein 5.8g	Sodium 70mg
Total Fat 9.6g	Saturated Fat 1.9g
Carbs 32g	Fruits 1.97 servings
Calories 219kcal	Vegetables 0 servings
Fiber 5.5g	Added Sugar 0g

## PORTIONS





# Artichoke Ceviche Avocados

BY CRUELTY FREE FAMILY

🕒 15 MINS | 🍴 2 SERVINGS



## Method

1. In a bowl, combine all of the ingredients except for the avocado. Let the mixture marinate for at least 15 minutes.
2. Cut the avocado(s) in half, and remove the pit. Stuff the avocado halves with the artichoke mixture.
3. Serve immediately.

## INGREDIENTS

8 ounces artichoke hearts drained, chopped  
 1/2 clove garlic minced  
 1 scallion diced  
 1/2 tomato diced  
 1/4 lime zested  
 1/2 lime juiced  
 1/2 tablespoon fresh cilantro chopped  
 1 dash salt  
 1 avocado halved, pitted

### NUTRITION INFORMATION PER SERVING

Protein 5.6g	Sodium 193mg
Total Fat 11g	Saturated Fat 1.5g
Carbs 22g	Fruits 0.26 servings
Calories 181kcal	Vegetables 0.25 servings
Fiber 12g	Added Sugar 0g

## PORTIONS





# Mushroom Miso Noodles

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 teaspoons olive oil	2 cups shiitake mushrooms sliced
1 1/2 teaspoons ginger minced	3 cups water
2 cloves garlic minced	4 ounces soba noodles
2 zucchinis chopped	1 tablespoon white miso

### NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 799mg
Total Fat 11g	Saturated Fat 1.59g
Carbs 55g	Fruits 0 servings
Calories 340kcal	Vegetables 2.73 servings
Fiber 3.46g	Added Sugar 0g

## Method

1. Heat oil in a pan over medium heat. Add ginger, garlic, zucchini, and mushrooms and cook until the veggies are tender. Set aside.
2. Add water to a saucepan and bring to a boil.
3. Add noodles and cook until al dente. Turn off heat.
4. Remove about 1/4 cup of the noodle broth into a liquid measuring cup. Add miso and mix to dissolve. Pour the miso mixture back into the saucepan.
5. Ladle noodles and broth into bowls and top with the cooked veggies.

## PORTIONS





# Grapes & Nuts

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



## Method

1. Wash grapes. Serve with mixed nuts.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 20 red grapes
- 2 ounces mixed nuts

#### NUTRITION INFORMATION PER SERVING

Protein 5.9g	Sodium 2.11mg
Total Fat 15g	Saturated Fat 2.3g
Carbs 15g	Fruits 0.59 servings
Calories 206kcal	Vegetables 0 servings
Fiber 2.26g	Added Sugar 0g

### PORTIONS





# Curried Tofu Over Rice Noodles

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 2 SERVINGS



## INGREDIENTS

4 ounces rice noodles	1 teaspoon curry powder
1 teaspoon oil	1/2 cup water
1/2 cup red onion diced	4 cups broccoli cut into florets
6 ounces firm tofu cubed	1/4 cup cilantro minced

## NUTRITION INFORMATION PER SERVING

Protein 17g	Sodium 173mg
Total Fat 8.4g	Saturated Fat 0.96g
Carbs 63g	Fruits 0 servings
Calories 384kcal	Vegetables 2.37 servings
Fiber 7.1g	Added Sugar 0g

## Method

1. Bring a pot of water to a boil. Cook rice noodles according to package instructions. Drain and set aside.
2. Heat a saute pan with oil. When hot, add the red onion and cook for 2 minutes until translucent.
3. Then add the tofu, curry powder, broccoli, and 1/2 cup water.
4. Cook until broccoli is fork tender, about 5 minutes.
5. Serve over rice noodles and garnish with cilantro.

## PORTIONS





# Whole Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



## Method

1. Serve as a side. Can also scoop with a spoon to eat.
2. TIP: Know when an avocado is ripe and ready to eat by gently squeezing in your hand. A slight give means it's ready and a firm avocado may need another day or two.

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 avocados sliced

### NUTRITION INFORMATION PER SERVING

Protein 2.67g	Sodium 11mg
Total Fat 21g	Saturated Fat 2.89g
Carbs 12g	Fruits 0 servings
Calories 227kcal	Vegetables 0 servings
Fiber 9.2g	Added Sugar 0g

## PORTIONS





# Chocolate Almond Frozen Dessert

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS



## Method

1. Add frozen banana and cocoa powder to a blender and blend until smooth. Add a splash of water if needed to help blend.
2. Transfer to a bowl and top with almonds.

## INGREDIENTS

- 1 banana frozen
- 1 teaspoon cocoa powder
- 1 tablespoon almonds chopped

### NUTRITION INFORMATION PER SERVING

Protein 3.51g	Sodium 1.63mg
Total Fat 5.1g	Saturated Fat 0.61g
Carbs 29g	Fruits 1.97 servings
Calories 159kcal	Vegetables 0 servings
Fiber 4.8g	Added Sugar 0g

## PORTIONS





# Dried Apple

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



## Method

1. Pour into a bowl and serve.

## INGREDIENTS

4 rings dried apple

### NUTRITION INFORMATION PER SERVING

Protein 0.24g	Sodium 22mg
Total Fat 0.08g	Saturated Fat 0.01g
Carbs 17g	Fruits 1.19 servings
Calories 62kcal	Vegetables 0 servings
Fiber 2.23g	Added Sugar 0g

## PORTIONS





# Naked Raw Trail Mix

BY EATING BIRD FOOD

🕒 5 MINS | 🍴 4 SERVINGS



## Method

1. Combine the above ingredients in a bowl or ziplock bag and store in an air tight container.

## INGREDIENTS

1/4 cup raw almonds	1/4 cup raisins
1/4 cup raw sunflower seeds	2 tablespoons dried cranberries
1/4 cup raw pepitas	2 tablespoons chocolate chips

### NUTRITION INFORMATION PER SERVING

Protein 6.8g	Sodium 3.57mg
Total Fat 15g	Saturated Fat 2.37g
Carbs 20g	Fruits 0.36 servings
Calories 220kcal	Vegetables 0 servings
Fiber 2.79g	Added Sugar 2.86g

## PORTIONS





# Simple Black Bean Tortilla Soup

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



## INGREDIENTS

1/4 cup salsa	1 can black beans drained & rinsed
2 green bell peppers diced	1 cooking spray
1 teaspoon cumin	4 corn tortillas cut into strips
1 1/2 cups water	1 avocado cubed

## NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 575mg
Total Fat 13g	Saturated Fat 1.91g
Carbs 69g	Fruits 0 servings
Calories 448kcal	Vegetables 1.2 servings
Fiber 23g	Added Sugar 0g

## Method

1. Preheat oven to 375°F. Spray a baking sheet with cooking spray and set aside.
2. Add salsa and green bell pepper to a pot over medium heat. Cook 2 minutes, stirring frequently.
3. Add cumin and cook about 20 more seconds, stirring constantly.
4. Add water and bring to a simmer. Cook 10 minutes, then add black beans and simmer for another 10 minutes.
5. Meanwhile, place tortilla strips in a single layer onto the sprayed baking sheet. Spray the tops lightly with cooking spray. Place into oven and bake for 5-10 minutes until crispy.
6. Serve soup topped with tortilla strips and avocado.

## PORTIONS





# Apple & Peanut Butter

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



## Method

1. Wash and slice apple. Serve with peanut butter.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 apple sliced
- 2 tablespoons peanut butter

#### NUTRITION INFORMATION PER SERVING

Protein 3.77g	Sodium 69mg
Total Fat 8.3g	Saturated Fat 1.65g
Carbs 15g	Fruits 0.5 servings
Calories 145kcal	Vegetables 0 servings
Fiber 2.78g	Added Sugar 0g

### PORTIONS





# Garbanzo & Kale Salad

BY LET'S REGALE

🕒 15 MINS | 🍴 2 SERVINGS



## INGREDIENTS

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 red onion peeled           | 1 pinch salt                         |
| 1 red bell pepper chopped    | 2 cups chickpeas drained & rinsed    |
| 1 tomato diced               | 2 tablespoons extra virgin olive oil |
| 8 leaves Tuscan kale chopped | 1 dash freshly ground black pepper   |
| 1 lemon                      | 2 teaspoons ginger grated            |
|                              | 2 teaspoons turmeric                 |

## NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 661mg
Total Fat 20g	Saturated Fat 2.46g
Carbs 64g	Fruits 0.5 servings
Calories 480kcal	Vegetables 4.78 servings
Fiber 19g	Added Sugar 0g

## Method

1. Throw the kale, chickpeas, onion, tomato, and red bell pepper into a large bowl.
2. Add the ginger and turmeric.
3. Drizzle on the olive oil, sprinkle on salt and cracked pepper to taste, and squeeze the juice of one whole lemon on top.
4. Then, roll up your sleeves and dig in to mix it all together with your hands. Make sure the kale gets fully "massaged" by the olive oil and lemon juice to take out any bitterness in its taste.

## PORTIONS





# Sweet Spiced Roasted Carrots

BY GLUTEN FREE GIRL

🕒 15 MINS | 🍴 2 SERVINGS



## INGREDIENTS

- 3 carrots peeled
- 1 teaspoon cumin
- 1 tablespoon extra-virgin olive oil
- dashes salt
- dashes cracked black pepper
- 1/2 teaspoon cinnamon
- 2 tablespoons raw honey

### NUTRITION INFORMATION PER SERVING

Protein 1.1g	Sodium 143mg
Total Fat 7.2g	Saturated Fat 0.98g
Carbs 18g	Fruits 0 servings
Calories 135kcal	Vegetables 0.71 servings
Fiber 3.05g	Added Sugar 8.6g

## Method

1. Heat the oven to 425° F.
2. Lay a whole carrot down on the cutting board. Cut a 1-inch piece on the diagonal. Twirl the carrot and cut again. This will give you carrot wedges. Repeat with the remaining carrots.
3. Set a small skillet over medium heat. Add the cumin. Toast the cumin, stirring frequently, until the smell of the cumin fills the air, about 3 minutes. Turn off the heat.
4. Toss the carrots with the olive oil, and then toss them with the toasted cumin and cinnamon. Season with salt and pepper.
5. Roast the carrots until they are tender to the knife, 20 to 25 minutes.
6. Toss the carrots with the honey. Serve.

## PORTIONS





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# Apple

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



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## Method

1. Wash and slice apple. Serve.

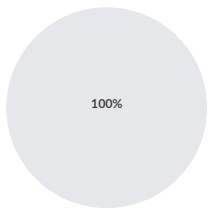
## INGREDIENTS

1 apple sliced

NUTRITION INFORMATION PER SERVING	
Protein 0.43g	Sodium 1.72mg
Total Fat 0.21g	Saturated Fat 0g
Carbs 24g	Fruits 1 servings
Calories 98kcal	Vegetables 0 servings
Fiber 3.96g	Added Sugar 0g

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## PORTIONS



● CLIENT

100%



# Peanut Butter & Banana Rice Cake

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



## Method

1. Spread peanut butter on rice cakes. Top with banana slices.

## INGREDIENTS

- 2 rice cakes
- 2 tablespoons peanut butter
- 1/2 banana sliced

### NUTRITION INFORMATION PER SERVING

Protein 9.3g	Sodium 182mg
Total Fat 17g	Saturated Fat 3.47g
Carbs 35g	Fruits 0.98 servings
Calories 313kcal	Vegetables 0 servings
Fiber 3.65g	Added Sugar 0g

## PORTIONS





# Protein-Packed Quinoa Salad Jar

BY EMILIE EATS

🕒 15 MINS | 🍴 1 SERVINGS



## INGREDIENTS

### Salad

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1/2 cup broccoli cut into florets | 1/3 cup cooked quinoa              |
| 1/4 cup corn                      | 1/2 cup chickpeas drained & rinsed |
| 1/4 cup green peas                | 2 tablespoons pumpkin seeds        |
|                                   | 2 cups spinach                     |

### Dressing

- 2 tablespoons tahini
- 1 tablespoon balsamic vinegar

### Cooked Quinoa

- 1 cup quinoa
- 2 cups water

### NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 329mg
Total Fat 29g	Saturated Fat 4.16g
Carbs 61g	Fruits 0 servings
Calories 571kcal	Vegetables 1.5 servings
Fiber 13g	Added Sugar 0g

## Method

### Prep Salad Jar Ingredients

1. Prepare the quinoa according to package directions. Let cool.
2. Cut the broccoli into florets.
3. Whisk dressing ingredients together.

### Assemble Salad Jar

1. First layer: Pour dressing into a 32 ounce or larger mason jar/container.
2. Second layer: Place broccoli, corn, and peas into jar.
3. Third layer: Next, place the cooked quinoa, chickpeas, and pumpkin seeds.
4. Fourth layer: Top with spinach.
5. Note: Salad jars can be prepped and stored overnight. If making more than one salad jar, evenly divide ingredients amongst all jars.
6. To serve: shake jar before serving - eat directly out of jar or pour into serving bowl.

### Cooked Quinoa

1. Rinse the quinoa thoroughly for 1-2 minutes using a fine mesh sieve.
2. Combine quinoa in a saucepan with water.
3. Bring to a boil, then reduce heat to low.
4. Cover the pot and simmer for 15 minutes until the water has been completely absorbed.
5. Remove saucepan from heat and let sit, covered, for 5 minutes.
6. Fluff the quinoa with a fork.



# Peanut Hoisin Stir Fry

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS



## Method

1. Cook spaghetti according to package directions. Drain and set aside.
2. Mix together peanut butter and hoisin sauce until well combined. Add a splash of water if needed to help combine.
3. Heat half the oil in a pan over medium high heat. Add tofu and cook until golden brown. Add a splash of the peanut butter mixture, stir, and remove tofu from pan.
4. Heat remaining oil in the pan and add broccoli. Stir fry a couple minutes until tender-crisp.
5. Add drained spaghetti to pan along with the remaining peanut butter mixture. Stir until thoroughly mixed. Add tofu, give it another stir, then turn off heat.

## INGREDIENTS

- 2 ounces whole wheat spaghetti
- 2 teaspoons sesame oil
- 1 tablespoon peanut butter
- 1/4 pound firm tofu pressed and cubed
- 1 tablespoon hoisin sauce
- 2 cups broccoli chopped

### NUTRITION INFORMATION PER SERVING

Protein 29g	Sodium 398mg
Total Fat 26g	Saturated Fat 3.85g
Carbs 67g	Fruits 0 servings
Calories 571kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 4.36g

## PORTIONS





# Roasted Red Beets

BY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS



## Method

1. Preheat the oven to 400°F.
2. Prepare beets by slicing off the leaves, washing and wrapping individually in foil.
3. Place beets on a baking sheet and roast for 50-60 minutes or until a fork or skewer can easily penetrate the beet.
4. Let the beets cool to the touch.
5. Using a paper towel, rub outer skin of the beet to remove it. Slice or dice if desired before serving.

## INGREDIENTS

1 bunch beets

### NUTRITION INFORMATION PER SERVING

Protein 3.96g	Sodium 192mg
Total Fat 0.42g	Saturated Fat 0.07g
Carbs 24g	Fruits 0 servings
Calories 106kcal	Vegetables 1.81 servings
Fiber 6.9g	Added Sugar 0g

## PORTIONS

