



2200 Calorie Vegan Meal Planner with Grocery List & Recipes


































Nutrition Plan

DIETARY PREFERENCE 2200 Calorie Vegan	
AVOIDANCES X LAMB X SHELLFISH X EGGS X GAME MEATS X PORK X BEEF X POULTRY X DAIRY X FISH	



Nutrition Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 Peanut Butter & Jelly Overnight Steel-Cut Oats	 Indian Spiced Tofu Scramble, Strawberries	 Dried Fruit Almond Milk Muesli, Orange	 Leftover: Dried Fruit Almond Milk Muesli, Orange	 Indian Spiced Tofu Scramble, Strawberries	 Dried Fruit Almond Milk Muesli, Orange	 Leftover: Dried Fruit Almond Milk Muesli, Orange
LUNCH	 Sweet Chili Tofu with Broccoli & Rice, Blackberries &	 Leftover: Sweet Chili Tofu with Broccoli & Rice,	 Warm Chickpea & Bulgur Salad, Chips & Salsa	 Leftover: Warm Chickpea & Bulgur Salad, Chips & Salsa	 Simple Black Bean Tortilla Soup, Kiwi & Nuts	 Leftover: Simple Black Bean Tortilla Soup, Kiwi & Nuts	 Protein-Packed Quinoa Salad Jar, Orange Sprinkled
DINNER	 Stoplight Farro Salad, Edamame Salad	 Leftover: Stoplight Farro Salad, Edamame Salad	 Curried Quinoa-Stuffed Tomatoes, Cucumber Salad	 Leftover: Curried Quinoa-Stuffed Tomatoes,	 Vegan Pear Bulgur Bowl, Chickpeas with Coconut	 Leftover: Vegan Pear Bulgur Bowl, Chickpeas with	 Tofu Stir Fry with Brown Rice, Whole Avocado
SNACK	 Color Me Happy Smoothie Bowl	 Whole Avocado	 Chia Cucumber Pineapple Cooler	 Granola Strawberry Parfait	 Chocolate Peanut Butter Bliss Balls	 Chocolate Avocado Pudding	 Pumpkin Seeds & Orange
2ND SNACK	 Peas & Hummus		 1/2 Avocado			 Chia Cucumber Strawberry Cooler	 Tomatoes & Hummus



Grocery List

BAKING GOODS

- | | |
|---|--|
| <input type="checkbox"/> 1 bottle (11-12 oz) of Agave Nectar | <input type="checkbox"/> 1/8 pounds of Chia Seeds |
| <input type="checkbox"/> 1 container (8 oz) of Cocoa Powder | <input type="checkbox"/> 1 package (16 oz) of Corn Starch |
| <input type="checkbox"/> 1/4 pounds of Flaxseeds | <input type="checkbox"/> 1 bottle (2 oz) of Liquid Stevia |
| <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 | <input type="checkbox"/> 1 package (14 oz) of Unsweetened Shredded Coconut |
| <input type="checkbox"/> 1 bottle (2 fl oz) of Vanilla Extract | |

BEVERAGES

- 3 bottles (12 fl oz) of Coconut Water

BREADS / CEREALS

- | | |
|--|---|
| <input type="checkbox"/> 5/8 pounds of Granola | <input type="checkbox"/> 1 package (16 oz) of Oat Bran |
| <input type="checkbox"/> 1/2 pounds of Rolled Oats | <input type="checkbox"/> 1 bag (6 ct) of Whole Wheat Pita Bread |

CANNED / JAR GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1 can (15 oz) of Canned Black Beans | <input type="checkbox"/> 3 cans (15 oz) of Canned Garbanzo Beans (Chickpeas) |
| <input type="checkbox"/> 1 container (32 oz) of Low Sodium Vegetable Broth | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter |
| <input type="checkbox"/> 1 jar (8-10 oz) of Raspberry Jam | <input type="checkbox"/> 1 jar (16 oz) of Tahini |

DAIRY

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

DELI

- 1 container (10 oz) Hummus

FROZEN FOODS

- 1 bag (16 oz) of Frozen Corn



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

FROZEN FOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 bag (24 oz) of Frozen Mango Chunks | <input type="checkbox"/> 1 bag (16 oz) of Frozen Peas |
| <input type="checkbox"/> 1 package (16 oz) of Frozen Pineapple | <input type="checkbox"/> 1 package (16 oz) of Frozen Strawberries  |

INTERNATIONAL / ETHNIC

- | | |
|--|---|
| <input type="checkbox"/> 1 bag (12 ct) of Corn Tortillas | <input type="checkbox"/> 1 jar (16 oz) of Salsa |
|--|---|

PASTA / RICE / BEANS

- | | |
|---|---|
| <input type="checkbox"/> 1/2 pounds of Bulgur Wheat | <input type="checkbox"/> 3/8 pounds of Quinoa |
|---|---|

PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> 6 Avocados | <input type="checkbox"/> 1 Banana |
| <input type="checkbox"/> 1 pint of Blackberries | <input type="checkbox"/> 1 bunch of Broccoli |
| <input type="checkbox"/> 1 Carrots | <input type="checkbox"/> 1 pint of Cherry Tomatoes  |
| <input type="checkbox"/> 1 ear of Corn | <input type="checkbox"/> 2 Cucumber  |
| <input type="checkbox"/> 1 bunch of Curly Kale  | <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) |
| <input type="checkbox"/> 1 bunch of Fresh Basil | <input type="checkbox"/> 1 bunch of Fresh Cilantro |
| <input type="checkbox"/> 1 package (1 oz) of Fresh Mint | <input type="checkbox"/> 1 bunch (2 oz) of Fresh Parsley |
| <input type="checkbox"/> 1 bunch of Fresh Thyme | <input type="checkbox"/> 1 bulb of Garlic |
| <input type="checkbox"/> 1/2 pounds of Green Beans | <input type="checkbox"/> 4 Green Bell Peppers  |
| <input type="checkbox"/> 1 head of Green Leaf Lettuce | <input type="checkbox"/> 1 bunch of Green Onions (Scallions) |
| <input type="checkbox"/> 2 Kiwi | <input type="checkbox"/> 2 Lemon |
| <input type="checkbox"/> 6 Oranges | <input type="checkbox"/> 1 Pear |
| <input type="checkbox"/> 1 Radicchio | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach  | <input type="checkbox"/> 1 Red Bell Peppers  |
| <input type="checkbox"/> 1 container (16 oz) of Salsa Pico de Gallo | <input type="checkbox"/> 1/8 pounds of Snow Peas |
| <input type="checkbox"/> 1 quart of Strawberries  | |



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

PRODUCE

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> 3/8 pounds of Sugarsnap Peas  | <input type="checkbox"/> 6 Tomatoes |
| <input type="checkbox"/> 1 Yellow Onions | <input type="checkbox"/> 1 Zucchini |

SNACKS

- | | |
|---|---|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1 package (4 oz) of Golden Raisins  |
| <input type="checkbox"/> 1/4 pounds of Mixed Nuts Unsalted | <input type="checkbox"/> 1/4 pounds of Pumpkin Seeds (Pepitas) |
| <input type="checkbox"/> 1 bag (12 oz) of Raisins  | <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds | |

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Apple Cider Vinegar | <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar |
| <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder | <input type="checkbox"/> 1 jar (2 oz) of Cumin |
| <input type="checkbox"/> 1 jar (2 oz) of Curry Powder | <input type="checkbox"/> 1 jar (1-2 oz) of Garam Masala |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 bottle (1-2 oz) of Ground Coriander |
| <input type="checkbox"/> 1 package (0.45-0.5 oz) of Ground Sumac | <input type="checkbox"/> 1 jar (0.85 oz) of Herbs de Provence |
| <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup | <input type="checkbox"/> 1 jar (1-2 oz) of Mustard Seeds |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 bottle (12 fl oz) of Rice Vinegar |
| <input type="checkbox"/> 1 jar (1 oz) of Sesame Seeds | <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) |
| <input type="checkbox"/> 1 bottle (12 oz) of Sweet Chili Sauce | <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil |
| <input type="checkbox"/> 1 jar (0.5-1 oz) of Turmeric | |





Peanut Butter & Jelly Overnight Steel-Cut Oats

BY GARLIC+ZEST

🕒 15 MINS | 🍴 1 SERVINGS



INGREDIENTS

- 1 cup overnight steel cut oatmeal
- 1 tablespoon peanut butter, swirled into oatmeal
- 1 tablespoon jam, swirled into oatmeal
- 1 tablespoon peanuts toasted

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 16g	Sodium 281mg
Total Fat 17g	Saturated Fat 3.1g
Carbs 55g	Fruits 0 servings
Calories 427kcal	Vegetables 0 servings
Fiber 9g	Added Sugar 7.9g

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





Color Me Happy Smoothie Bowl

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



INGREDIENTS

- | | |
|-----------------------------|------------------------------------|
| 1 cup coconut water | 2 cups frozen mango chunks |
| 1 avocado pitted and peeled | 1 banana sliced |
| 4 cups spinach | 2 tablespoons pumpkin seeds |
| | 1/4 cup unsweetened coconut flakes |

NUTRITION INFORMATION PER SERVING

Protein 8.1g	Sodium 90mg
Total Fat 20g	Saturated Fat 6.7g
Carbs 50g	Fruits 2.98 servings
Calories 380kcal	Vegetables 1 servings
Fiber 11g	Added Sugar 0g

Method

1. Place coconut water, avocado, spinach, and mango into a high performance blender. Make sure the lid is secure and blend for 1 minute. Stop blending and use a wooden spoon to push the ingredients down closer to blades. Continue to blend as needed. If needed, add a few teaspoons of additional coconut water to reach desired consistency.
2. Top with bananas, pumpkin seeds, and coconut flakes.

PORTIONS





Peas & Hummus

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS



Method

1. Wash snap peas and serve with hummus.

INGREDIENTS

- 1 cup snap peas
- 2 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein 10g	Sodium 121mg
Total Fat 3.46g	Saturated Fat 0.53g
Carbs 25g	Fruits 0 servings
Calories 167kcal	Vegetables 1 servings
Fiber 7.4g	Added Sugar 0g

PORTIONS





Sweet Chili Tofu with Broccoli & Rice

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS



INGREDIENTS

- 3/4 pound firm tofu pressed and cubed
- 5 cups broccoli cut into florets
- 1 tablespoon corn starch
- 1/4 cup sweet chili sauce
- 1/2 tablespoon sesame oil
- 1 1/2 cups cooked brown rice

Cooked Brown Rice

- 1 cup brown rice
- 2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 222mg
Total Fat 15g	Saturated Fat 1.73g
Carbs 69g	Fruits 0 servings
Calories 489kcal	Vegetables 2.5 servings
Fiber 8g	Added Sugar 6.6g

Method

1. Put tofu in a shallow bowl. Sprinkle with cornstarch and gently toss the tofu with your hands. Dust off excess cornstarch.
2. Heat the oil in a large pan. Add tofu and cook until golden brown, gently turning over to cook all sides. Remove from pan when done.
3. Meanwhile, steam broccoli. Cover 1" of a saucepan with water. Add a steamer basket and bring water to a boil. Once boiling, add broccoli to the steamer basket and cook 5-6 minutes until tender.
4. Once the tofu is browned on all sides and removed from the pan, add the sweet chili sauce to the pan. Heat over medium heat. Once the sauce starts bubbling, add the tofu and quickly coat in the sauce. Turn off heat.
5. Serve tofu with steamed broccoli and rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

PORTIONS





Blackberries & Nuts

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



Method

1. Wash blackberries. Serve with mixed nuts.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 cup blackberries
- 2 ounces mixed nuts

NUTRITION INFORMATION PER SERVING

Protein 6.5g	Sodium 1.85mg
Total Fat 16g	Saturated Fat 2.28g
Carbs 13g	Fruits 0.5 servings
Calories 203kcal	Vegetables 0 servings
Fiber 5.6g	Added Sugar 0g

PORTIONS





Stoplight Farro Salad

BY WEST OF THE LOOP

🕒 15 MINS | 🍴 2 SERVINGS



INGREDIENTS

2 cups cooked farro
 1 1/2 tablespoons extra-virgin olive oil
 1/2 onion diced
 1/2 zucchini diced
 1/2 red pepper cored, diced
 1/2 teaspoon herbs de provence
 1 cup cherry tomatoes halved
 6 leaves basil cut into chiffonade
 1/2 lemon zested, juiced
 1 dash salt, to taste
 1 dash pepper, to taste

Cooked Farro

1 cup farro
 3 cups water

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 95mg
Total Fat 13g	Saturated Fat 1.49g
Carbs 55g	Fruits 0.25 servings
Calories 380kcal	Vegetables 1.41 servings
Fiber 3.01g	Added Sugar 0g

Method

1. Cook farro according to recipe instructions (link included).
2. After cooking, rinse farro in cold water and drain well.
3. Meanwhile, heat olive oil in a large sauté pan.
4. Add the diced onion and sauté until translucent, about five minutes.
5. Add diced pepper and continue to gently sauté until peppers are tender, about ten minutes.
6. Add diced zucchini and season vegetables well with herbs de Provence, salt and pepper.
7. Sauté for a few more minutes until zucchini is tender.
8. Add farro to pan and stir to combine. Remove from heat.
9. Transfer farro and vegetables to a serving bowl.
10. Add halved grape tomatoes, basil and lemon juice and zest. Toss to combine.
11. Season salad well with salt and pepper. Drizzle a bit of fruity olive oil over salad if desired. Serve warm or room temperature.

Cooked Farro

1. Rinse and drain farro.
2. Place in a pot and add enough water to cover.
3. Bring to a boil.
4. Reduce heat to medium-low and simmer 30 minutes.
5. Drain off any excess water.

PORTIONS





Edamame Salad

BY CRUELTY FREE FAMILY

🕒 20 MINS | 🍴 2 SERVINGS



Method

1. Defrost frozen edamame. Put edamame into a serving dish.
2. Mix together vinegar, soy sauce, oil, agave nectar, and garlic. Pour over edamame.
3. Peel and grate the carrot. Chop the scallion. Slice the cucumber, and cut slices into thin strips. Add the veggies to the bowl.
4. Sprinkle with sesame seeds and serve over lettuce.

INGREDIENTS

1 1/2 cups frozen shelled edamame	1/2 clove garlic minced
1/4 cup rice wine vinegar	1 carrot peeled, grated
2 tablespoons low sodium soy sauce	1 scallion chopped
1/2 tablespoon toasted sesame oil	1/2 cucumber sliced
1/2 tablespoon agave nectar	1/2 tablespoon sesame seeds
	1 head lettuce chopped

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 509mg
Total Fat 12g	Saturated Fat 1.56g
Carbs 30g	Fruits 0 servings
Calories 291kcal	Vegetables 3.54 servings
Fiber 11g	Added Sugar 2.34g

PORTIONS





Indian Spiced Tofu Scramble

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS



INGREDIENTS

- 1/4 block Extra Firm Tofu
- 1/4 teaspoon chili powder
- 1/2 teaspoon ground coriander
- 1/4 teaspoon garam masala
- 1 tablespoon olive oil
- 1 clove garlic chopped
- 1 green onion chopped
- 1 green bell pepper chopped
- 1 tomato chopped
- 1/3 cup frozen peas
- 1/2 cup frozen corn
- 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





Strawberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



Method

1. Wash, slice and serve.

INGREDIENTS

1 1/4 cups whole strawberries

NUTRITION INFORMATION PER SERVING

Protein 1.27g	Sodium 1.9mg
Total Fat 0.57g	Saturated Fat 0.03g
Carbs 15g	Fruits 1.25 servings
Calories 61kcal	Vegetables 0 servings
Fiber 3.8g	Added Sugar 0g

PORTIONS





Whole Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 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 ready and a firm avocado may need another day or two.

INGREDIENTS

1 avocado 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





Dried Fruit Almond Milk Muesli

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



Method

Overnight prep

1. Mix all ingredients together. Soak overnight.

To serve

1. Pour into a bowl and serve in the morning.

INGREDIENTS

- | | |
|-----------------------|-----------------------------|
| 3/4 cup rolled oats | 3 tablespoons flaxseed |
| 1 tablespoon oat bran | 3 tablespoons pumpkin seeds |
| 1 ounce raisins | 2 cups almond milk |

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 180mg
Total Fat 18g	Saturated Fat 2.05g
Carbs 44g	Fruits 0.39 servings
Calories 367kcal	Vegetables 0 servings
Fiber 8.7g	Added Sugar 0g

PORTIONS





Orange

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



Method

1. Wash and slice orange. Serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 oranges sliced

NUTRITION INFORMATION PER SERVING

Protein 2.07g	Sodium 3.18mg
Total Fat 0.48g	Saturated Fat 0.06g
Carbs 25g	Fruits 1 servings
Calories 100kcal	Vegetables 0 servings
Fiber 7.2g	Added Sugar 0g

PORTIONS





Chia Cucumber Pineapple Cooler

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



Method

1. Combine everything into a blender and blend until well combined, about 30 to 60 seconds.

INGREDIENTS

- 1 cup cucumber peeled and sliced
- 1 cup frozen pineapple
- 1 cup coconut beverage
- 2 tablespoons chia seeds

NUTRITION INFORMATION PER SERVING

Protein 8.1g	Sodium 71mg
Total Fat 6.3g	Saturated Fat 0.73g
Carbs 46g	Fruits 1 servings
Calories 262kcal	Vegetables 1 servings
Fiber 13g	Added Sugar 0g

PORTIONS





1/2 Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 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

1/2 avocado

NUTRITION INFORMATION PER SERVING

Protein 1.33g	Sodium 5.4mg
Total Fat 10g	Saturated Fat 1.45g
Carbs 5.9g	Fruits 0 servings
Calories 114kcal	Vegetables 0 servings
Fiber 4.62g	Added Sugar 0g

PORTIONS





Warm Chickpea & Bulgur Salad

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 2 SERVINGS



Method

1. Add bulgar and water to a pot over medium-high heat. Bring to a boil, cover and lower to a simmer for 12 to 15 minutes or until tender. Drain off excess liquid. Set aside to cool.
2. Meanwhile, prep the remaining salad ingredients and toss into a large bowl.
3. In a different small bowl, whisk the olive oil, lemon juice, and lemon zest together to make the dressing.
4. Drizzle dressing over salad and mix well to combine.

INGREDIENTS

Salad

- 1/2 cup bulgur wheat
- 1/4 cup sliced almonds
- 1 1/2 cups chickpeas drained & rinsed
- 1/8 cup golden raisins
- 1/4 cup parsley chopped
- 2 cups radicchio shredded

Dressing

- 2 tablespoons olive oil
- 1 lemon zested and juiced

NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 340mg
Total Fat 24g	Saturated Fat 2.76g
Carbs 71g	Fruits 0.75 servings
Calories 537kcal	Vegetables 1.94 servings
Fiber 16g	Added Sugar 0g

PORTIONS





Chips & Salsa

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



Method

1. Serve chips with pico de gallo.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 16 chips corn tortilla chips
- 1/2 cup pico de gallo

NUTRITION INFORMATION PER SERVING

Protein 1.32g	Sodium 222mg
Total Fat 4.47g	Saturated Fat 0.56g
Carbs 19g	Fruits 0 servings
Calories 119kcal	Vegetables 0.5 servings
Fiber 0.94g	Added Sugar 0g

PORTIONS





Curried Quinoa-Stuffed Tomatoes

BY CRUELTY FREE FAMILY

🕒 20 MINS | 🍴 2 SERVINGS



INGREDIENTS

- | | |
|---------------------------------------|-----------------------------|
| 3/4 cup quinoa | 1/2 tablespoon curry powder |
| 1 1/2 cups low sodium vegetable broth | 1/8 teaspoon black pepper |
| 1/2 tablespoon olive oil | 1/4 teaspoon salt |
| 1 tablespoon mint chopped | 2 tablespoons raisins |
| 2 scallions sliced | 4 large tomatoes |
| 1/4 teaspoon cumin | 2 cups green beans |
| 1/4 teaspoon coriander | 1 tablespoon olive oil |

Serve With

- 1 whole wheat pita sliced and toasted
- 1/2 cup hummus

NUTRITION INFORMATION PER SERVING

Protein 22g	Sodium 792mg
Total Fat 22g	Saturated Fat 3.03g
Carbs 99g	Fruits 0.36 servings
Calories 649kcal	Vegetables 2.53 servings
Fiber 15g	Added Sugar 0.26g

Method

1. Preheat the oven to 375°F.
2. In a medium-sized pot, bring the quinoa and broth to the pot, cover, and bring to a boil.
3. Reduce the heat to low, and cook until the quinoa is soft, about 20 minutes.
4. While the quinoa is cooking, cut the tops off of the tomatoes and hollow out the insides with a spoon.
5. Add the rest of the ingredients to the quinoa once it's cooked.
6. Stuff the tomatoes with the quinoa mixture, then place the tops back on the tomatoes.
7. Place the tomatoes in a large, oven-safe baking dish and bake for 20 minutes.
8. Meanwhile, heat pan with oil. Stir-fry green beans until crisp tender, about 6-8 minutes.
9. Serve all together with hummus and toasted pita.

PORTIONS





Cucumber Salad with Sumac Dressing

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



Method

1. Add cucumber, scallion, and radishes to a bowl.
2. Whisk together olive oil, sumac, and pepper. Drizzle over salad and toss to combine.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups cucumber sliced	2 tablespoons olive oil
2 scallions finely chopped	1 teaspoon sumac
1/2 cup radishes sliced	2 pinches pepper

NUTRITION INFORMATION PER SERVING

Protein 1.16g	Sodium 116mg
Total Fat 14g	Saturated Fat 1.92g
Carbs 6.5g	Fruits 0 servings
Calories 150kcal	Vegetables 1.4 servings
Fiber 1.91g	Added Sugar 0g

PORTIONS





Granola Strawberry Parfait

BY EATLOVE

🕒 10 MINS | 🍴 4 SERVINGS



INGREDIENTS

4 servings leftover mousse

1/2 cup seasonal berries

2 cups granola

Merry Berry Mousse

1 block silken tofu

1 1/2 cups frozen strawberries

1/4 cup maple syrup

1/2 teaspoon vanilla extract

sprigs fresh mint (optional)

NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 23mg
Total Fat 17g	Saturated Fat 2.79g
Carbs 55g	Fruits 0.5 servings
Calories 424kcal	Vegetables 0 servings
Fiber 7.1g	Added Sugar 24g

Method

1. Split leftover mousse across 4 glasses.
2. Build layers of berries, yogurt, granola on top of the mousse. Repeat.
3. Top with fresh berries.

Merry Berry Mousse

1. Blend all the ingredients in the food processor or blender.
2. Place in glass bowl and place into the refrigerator for at least 2 hours.
3. Separate half the mousse and place into the fridge for tomorrow morning.
4. Divide the other 4 servings into separate glasses.
5. Garnish with whole strawberries or raspberries and mint. Serve.

PORTIONS





Chocolate Peanut Butter Bliss Balls

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 4 SERVINGS



Method

1. Mix all ingredients in a bowl until well combined.
2. Roll into balls, about 2 tablespoons each.
3. Each serving is 2 bliss balls.

INGREDIENTS

- 1/2 cup rolled oats
- 1/4 cup peanut butter
- 1/4 cup shredded coconut
- 1 tablespoon maple syrup
- 2 tablespoons semi-sweet chocolate chips

NUTRITION INFORMATION PER SERVING

Protein 5.8g	Sodium 72mg
Total Fat 13g	Saturated Fat 4.89g
Carbs 20g	Fruits 0 servings
Calories 209kcal	Vegetables 0 servings
Fiber 3.04g	Added Sugar 5.9g

PORTIONS





Simple Black Bean Tortilla Soup

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS



INGREDIENTS

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





Kiwi & Nuts

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS



Method

1. Wash, peel, and slice kiwi.
2. Serve with mixed nuts.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 kiwis peeled, sliced
- 2 ounces mixed nuts

NUTRITION INFORMATION PER SERVING

Protein 6.3g	Sodium 3.2mg
Total Fat 16g	Saturated Fat 2.29g
Carbs 16g	Fruits 0.5 servings
Calories 214kcal	Vegetables 0 servings
Fiber 3.88g	Added Sugar 0g

PORTIONS





Vegan Pear Bulgur Bowl

BY RANELLE KIRCHNER, CHEF RDN

🕒 5 MINS | 🍴 2 SERVINGS



Method

1. Bring 2 cups of water to a boil.
2. In a bowl, add the bulgur and thyme, then pour water over the top. Cover and allow to rest for 15 minutes or until cooked throughout.
3. Meanwhile, prep the remaining ingredients, combining all in one large bowl.
4. When bulgur finishes cooking, combine with remaining ingredients and adjust seasonings as desired.

INGREDIENTS

- | | |
|-------------------------|---------------------------------|
| 1 cup bulgur | 1 tablespoon olive oil |
| 1 teaspoon thyme minced | 2 teaspoons apple cider vinegar |
| 6 leaves kale shredded | 1 pinch salt |
| 1 pear diced | 1 pinch pepper |
| | 1/4 cup sliced almonds toasted |

NUTRITION INFORMATION PER SERVING

Protein 15g	Sodium 239mg
Total Fat 14g	Saturated Fat 1.61g
Carbs 77g	Fruits 0.5 servings
Calories 465kcal	Vegetables 2.66 servings
Fiber 16g	Added Sugar 0g

PORTIONS





Chickpeas with Coconut

BY INDIAN SIMMER

🕒 10 MINS | 🍴 2 SERVINGS



INGREDIENTS

1 1/2 cups chickpeas drained & rinsed	1/2 teaspoon red chili powder
1 dash salt	1/2 teaspoon turmeric
1/4 cup grated coconut	1/2 teaspoon mustard seeds
	1/2 tablespoon oil

NUTRITION INFORMATION PER SERVING

Protein 9.7g	Sodium 411mg
Total Fat 12g	Saturated Fat 5.1g
Carbs 31g	Fruits 0 servings
Calories 262kcal	Vegetables 0 servings
Fiber 9.8g	Added Sugar 0g

Method

1. Drain and rinse the canned chickpeas.
2. In a pan heat oil and add mustard seeds.
3. When mustard seeds pop add grated coconut. On a medium low heat cook the coconut for 2-3 minutes then add chili powder.
4. Add chickpeas. Mix everything together and the dish is ready.

PORTIONS





Chocolate Avocado Pudding

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS



Method

1. Scoop avocado flesh into a bowl. Add others ingredients and blend until smooth. Can add another tablespoon of water if needed to help blend easier.
2. Chill for 10 minutes before serving. Top with strawberry.

INGREDIENTS

1 avocado pitted
1/4 cup cocoa powder
10 drops liquid stevia
1/4 teaspoon vanilla extract
1 pinch cinnamon
1 pinch salt
1 tablespoon water

Garnish

1 strawberry halved

NUTRITION INFORMATION PER SERVING

Protein 7g	Sodium 404mg
Total Fat 24g	Saturated Fat 4.63g
Carbs 26g	Fruits 0.08 servings
Calories 284kcal	Vegetables 0 servings
Fiber 18g	Added Sugar 0g

PORTIONS





Chia Cucumber Strawberry Cooler

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



Method

1. Combine everything into a blender and blend until well combined, about 30 to 60 seconds.

INGREDIENTS

- 1 cup cucumber peeled and sliced
- 1 cup frozen strawberries
- 1 cup coconut water
- 2 tablespoons chia seeds

NUTRITION INFORMATION PER SERVING

Protein 7.9g	Sodium 72mg
Total Fat 6.3g	Saturated Fat 0.73g
Carbs 38g	Fruits 1 servings
Calories 232kcal	Vegetables 1 servings
Fiber 14g	Added Sugar 0g

PORTIONS





Pumpkin Seeds & Orange

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS



Method

1. Pour pumpkin seeds into a bowl. Serve with orange.

INGREDIENTS

- 1 ounce pumpkin seeds
- 1 orange

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 5.2mg
Total Fat 14g	Saturated Fat 2.51g
Carbs 28g	Fruits 1 servings
Calories 259kcal	Vegetables 0 servings
Fiber 7.2g	Added Sugar 0g

PORTIONS





Tomatoes & Hummus

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS



Method

1. Wash tomatoes and serve with hummus.

INGREDIENTS

- 1/4 cup hummus
- 1 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein 6.2g	Sodium 241mg
Total Fat 6.2g	Saturated Fat 0.93g
Carbs 15g	Fruits 0 servings
Calories 129kcal	Vegetables 1 servings
Fiber 1.79g	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
- 1/4 cup corn
- 1/4 cup green peas
- 1/3 cup cooked quinoa
- 1/2 cup chickpeas drained & rinsed
- 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.



Orange Sprinkled with Cinnamon

BY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



Method

1. Slice orange and sprinkle with cinnamon.

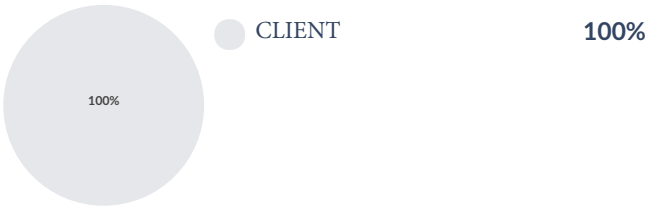
INGREDIENTS

- 1 orange sliced
- 1/4 teaspoon cinnamon

NUTRITION INFORMATION PER SERVING

Protein 2.09g	Sodium 3.25mg
Total Fat 0.49g	Saturated Fat 0.06g
Carbs 25g	Fruits 1 servings
Calories 102kcal	Vegetables 0 servings
Fiber 7.5g	Added Sugar 0g

PORTIONS





Tofu Stir Fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS



INGREDIENTS

6 ounces extra firm tofu cubed
1 cup broccoli cut into florets
1/2 cup red pepper chopped
1/2 cup snow peas
1 teaspoon sesame oil
1 tablespoon reduced sodium soy sauce
1 cup cooked brown rice

Cooked Brown Rice

1 cup brown rice
2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 488mg
Total Fat 17g	Saturated Fat 1.95g
Carbs 64g	Fruits 0 servings
Calories 489kcal	Vegetables 2 servings
Fiber 7.4g	Added Sugar 0g

Method

1. Cook brown rice according to package instructions.
2. Press and drain tofu between paper towels to remove excess water.
3. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
4. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
5. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
6. Remove from heat and serve over brown rice.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

PORTIONS

