



**MASTERING**  
DIABETES®

The  
**Fool-Proof**  
**Natural Recipe Guide**  
to Managing Your Blood Sugar



# What's Inside This Guide

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In this recipe guide, you'll discover 30 delicious and satisfying plant-based recipes containing a collection of powerful antioxidant-rich foods that have been proven to reduce inflammation, lower blood glucose, lower blood pressure, and lower cholesterol quickly and repeatably.

Transitioning to a plant-based diet is one of the most powerful things you may ever do for your long-term health, and having tasty recipes at your disposal is essential in making the transition smoothly.

As you prepare the foods in this guide, pay attention



# What's Inside This Guide

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to the specific fruits, vegetables, legumes, and whole grains that you enjoy eating, and pay special attention to the textures and flavors that are pleasurable.

Once you recognize what makes your brain and taste buds light up, simply eat more of those foods at every meal, and watch as your ability to transition to (and stick with) a plant-based diet becomes easier with every passing day.

Here's to optimal health, a disease-free lifestyle, and feeling the best you've felt in years!





# Breakfast Recipes

30 Delicious, Healthy,  
and Energizing Recipes for  
a Disease-Free Lifestyle

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## Stovetop Peach Crisp

**2 servings****10 minutes**

### Ingredients

- 2/3 cup Rolled Oats
- 2 tbsps Almond Flour
- 2 tbsps Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/4 cup Lite Coconut Milk
- 2 tbsps Maple Syrup
- 2 tsps Vanilla Extract
- 4 cups Frozen Peaches (chopped)

### Nutrition

Amount per serving	
Calories	382
Fat	10g
Carbs	66g
Fiber	10g
Protein	9g

### Directions

- 1 Combine the oats, almond flour, ground flaxseed and cinnamon in a skillet, and toast for 4 minutes over medium heat, stirring constantly. Once the oats are toasted, transfer them to a bowl and set aside.
- 2 Combine the coconut milk, maple syrup and vanilla extract in the same skillet over medium heat. Add the chopped frozen peaches and cook for 4 minutes, stirring frequently.
- 3 Transfer the peaches to a bowl and top with the oat mixture. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 3 days. Reheating before serving is optional, but recommended.



## Triple Berry Chia Jam w Fresh Fruit

2 servings  
20 minutes

### Ingredients

- 1/2 cup Frozen Strawberries
- 1/2 cup Frozen Raspberries
- 1/2 cup Frozen Blueberries
- 2/3 cup Water
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon (optional)
- 2 tbsps Chia Seeds
- 1 1/2 cups Apple (chopped)
- 1 1/2 cups Pear (chopped)
- 1 cup Banana (fresh, sliced)

### Nutrition

Amount per serving	
Calories	376
Fat	5g
Carbs	86g
Fiber	19g
Protein	5g

### Directions

- 1 Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
- 2 Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
- 3 Transfer the mixture to a blender and blend until smooth, about a minute. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
- 4 Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use.
- 5 Just before serving, chop your apple, pear and banana and transfer the chopped fruit to a bowl. Drizzle with the chia jam, serve and enjoy!

### Notes

**Batch Prep:** Make the Berry Chia Jam in advance for multiple servings, and chop your fresh fruit only just before serving (three-quarters cup of chopped apples, three-quarters cup of chopped pears, and half cup of sliced banana per serving).

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to two months.



## Apple Cinnamon Raisin Oatmeal

2 servings  
15 minutes

### Ingredients

- 1 1/3 cups Oat Milk (unsweetened, plain)
- 2/3 cup Rolled Oats
- 1 cup Apple (diced small)
- 1/3 cup Organic Raisins
- 1 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1 1/3 tbsps Maple Syrup (optional)
- 2 tbsps Ground Flax Seed

### Nutrition

Amount per serving	
Calories	382
Fat	8g
Carbs	75g
Fiber	9g
Protein	8g

### Directions

- 1 In a saucepan, combine the oat milk, rolled oats, diced apple, and raisins. Bring to a boil, then reduce the heat to low. Simmer for 5 minutes, stirring constantly.
- 2 Place the lid on the saucepan and turn off the heat. Let stand for 5 minutes.
- 3 Uncover the saucepan, and add the cinnamon, cloves, maple syrup and ground flax seed. Stir well to combine.
- 4 Transfer to a bowl, and add an additional splash of oat milk if you like. Serve and enjoy!

### Notes

**More Flavor:** Add vanilla extract.

**No Raisins:** Use dried cranberries, dried blueberries, or chopped pitted dates instead.

**Leftovers:** Refrigerate in an airtight container for up to 4 days. Reheat before serving.



## Cinnamon Roasted Acorn Squash

2 servings  
35 minutes

### Ingredients

10 cups Acorn Squash (seeds removed)  
1/4 cup Vegetable Broth, Low Sodium  
1 tbsp Maple Syrup  
1 tbsp Cinnamon  
2 tsp Turmeric  
1 tsp Garlic Powder  
1/4 tsp Black Pepper  
2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	388
Fat	6g
Carbs	87g
Fiber	14g
Protein	9g

### Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Slice the acorn squash into 1/2 inch wedges and toss in a bowl with vegetable broth and maple syrup.
- 3 Sprinkle in the cinnamon, turmeric, garlic powder, and black pepper, and toss together until the squash is evenly coated in the spices. Spread the squash slices over the baking sheet and bake for 30 minutes, flipping each piece with a spatula about half way through the roasting time.
- 4 Remove from the oven, transfer to a plate, sprinkle with hemp seeds, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 4 days. Reheat before serving.



## Creamsicle Oat Pudding

2 servings  
4 hours 10 minutes

### Ingredients

1 cup Oat Milk  
1/2 cup Orange Juice  
2/3 cup Rolled Oats  
2 tbsps Maple Syrup  
1 tsp Vanilla Extract  
2 tbsps Chia Seeds  
2 cups Navel Orange (peeled and diced)

### Nutrition

Amount per serving	
Calories	389
Fat	9g
Carbs	72g
Fiber	10g
Protein	9g

### Directions

- 1 In a resealable container, whisk together the oat milk, orange juice, oats, maple syrup, and vanilla extract. Whisk in the chia seeds.
- 2 Cover with an airtight lid and refrigerate for four hours or overnight to set.
- 3 In the morning, transfer to a bowl and top with diced oranges. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



## Hashbrowns w Crispy Chickpeas & Kale

2 servings  
30 minutes

### Ingredients

2 1/2 cups Yellow Potato (shredded, pat dry)  
1 1/2 cups Chickpeas (canned)  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 tsp Turmeric  
1/8 tsp Black Pepper  
4 cups Kale Leaves (stems removed, leaves torn)

### Nutrition

Amount per serving	
Calories	376
Fat	4g
Carbs	72g
Fiber	16g
Protein	17g

### Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper or a silicone baking mat.
- 2 Arrange the shredded potato on one half of the baking sheet, and the chickpeas on the other. Season everything with the garlic powder, onion powder, turmeric, and black pepper, and toss gently to distribute. Bake for 20 minutes.
- 3 Meanwhile, rinse the kale and shake off excess water.
- 4 Remove the potatoes and chickpeas from the oven. Flip the hashbrowns and toss the chickpeas gently. Shift them aside and add the wet kale to the same baking sheet. Return to the oven and bake for another 5 minutes.
- 5 Divide the potato onto plates and top with the kale and chickpeas. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 5 days. Re-crisp in the oven or toaster oven if preferred.



## Tropical Breakfast Bowl

2 servings  
10 minutes

### Ingredients

6 cups Baby Spinach  
1 1/2 cups Mango (diced)  
1 1/2 cups Banana (sliced)  
1 cup Blueberries  
1/4 cup Goji Berries  
2 tbsps Cacao Nibs  
1/2 tsp Cinnamon  
2 tbsps Ground Flax Seed

### Nutrition

Amount per serving	
Calories	385
Fat	7g
Carbs	79g
Fiber	12g
Protein	8g

### Directions

- 1 In a bowl place the spinach, mango, and banana.  
:
- 2 Top with blueberries, goji berries, cacao nibs, cinnamon, and flax seeds.  
:
- 3 Enjoy your hydrating fruit bowl!

### Notes

Leftovers: Best served immediately. Refrigerate in an airtight container for up to 3 days.



## Chocolate Peanut Butter Acai Bowl

2 servings

10 minutes

### Ingredients

- 1 Frozen Unsweetened Sambazon Acai Pack
- 1 cup Frozen Banana (sliced)
- 1 cup Frozen Blueberries
- 2 tbsps Cacao Powder
- 1/4 cup Powdered Peanut Butter
- 1 cup Coconut Water
- 1 cup Strawberries (fresh, sliced)
- 1 cup Blueberries (fresh)
- 1/2 cup Banana (fresh, sliced)
- 2 tbsps Muesli (or rolled oats)
- 2 tsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	394
Fat	9g
Carbs	70g
Fiber	13g
Protein	12g

### Directions

- 1 In a blender or food processor, combine the frozen acai, frozen banana, frozen blueberries, cacao powder, powdered peanut butter, and coconut water. Blend until a smooth, soft-serve-like consistency is formed.
- 2 Divide the smoothie between bowls. Divide the fresh strawberries, blueberries, and banana, a sprinkling of muesli or rolled oats, and the hemp seed between the bowls and place them on top of the smoothie. Serve immediately and enjoy!

### Notes

**Leftovers:** Best served immediately.



## Veggie Patties w Lemon Sauce

2 servings

50 minutes

### Ingredients

2 tbsps Ground Flax Seed  
 1/3 cup Water  
 1 1/2 cups Cauliflower Rice  
 1 1/2 cups Carrot (peeled and grated)  
 1 1/2 cups Yellow Potato (grated)  
 1 1/2 cups Zucchini (grated)  
 1 tsp Onion Powder  
 1 1/2 tps Garlic Powder (divided)  
 1 tsp Dried Thyme  
 1/2 cup Chickpea Flour  
 1 1/3 tbsps Sunflower Seed Butter  
 2 tps Nutritional Yeast  
 2 tbsps Lemon Juice  
 1/2 tsp Lemon Zest  
 1/4 cup Hot Water (or as needed)

### Nutrition

Amount per serving	
Calories	373
Fat	10g
Carbs	57g
Fiber	13g
Protein	17g

### Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the ground flax seed and water. Set aside.
- 3 In batches, transfer the cauliflower rice, grated carrot, potato, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables. Transfer the dry vegetables to a mixing bowl and add the onion powder, two-thirds of the garlic powder and dried thyme, then stir in the chickpea flour. Finally, add the flax mixture and mix well until combined. (Mixture should be wet but not soggy. Add a little more chickpea flour to the mixture if needed.)
- 4 Wet your hands to prevent sticking, and form the mixture into equal patties, approximately two tablespoons each, and place them on the prepared baking sheet. Bake for 20 minutes then carefully flip and continue to bake for 8 to 10 minutes until browned on both sides.
- 5 While the patties bake, whisk or blend together the Lemon Dipping Sauce ingredients: sunflower seed butter, nutritional yeast, lemon juice, lemon zest, the remaining third of the garlic powder, and hot water (as needed).
- 6 Dip the veggie patties in the sauce and enjoy!

### Notes

**More Flavor:** Add green onion or other dried herbs and spices to taste.

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat in a toaster oven or regular oven before serving.



## Green Glow Breakfast Smoothie

2 servings

5 minutes

### Ingredients

2 cups Frozen Banana (sliced)  
2/3 cup Frozen Mango (chunks)  
1 cup Apple (chopped)  
1/4 cup Avocado  
6 cups Baby Spinach  
2 tbsps Chia Seeds  
2 tsps Vanilla Extract  
2 1/2 cups Coconut Water

### Directions

- 1 Combine all of the ingredients in a blender. Blend until smooth. Add more coconut water if needed, to bring everything together. Serve and enjoy!

### Notes

**Leftovers:** Best served immediately.

### Nutrition

Amount per serving	
Calories	374
Fat	8g
Carbs	75g
Fiber	14g
Protein	8g



# Lunch Recipes

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## Cherry Hazelnut Herbed Lentils

2 servings  
15 minutes

### Ingredients

1/4 cup Red Wine Vinegar  
2 cups Cherries (pitted, halved, divided)  
1/2 tsp Dried Basil  
1/4 tsp Black Pepper  
8 cups Mixed Greens (chopped)  
1 1/2 cups Lentils (cooked, rinsed)  
1 cup Beet (peeled, diced)  
1/2 cup Shiitake Mushrooms (diced)  
1/4 cup Mint Leaves (chopped)  
1/4 cup Parsley (chopped)  
2 tbsps Hazelnuts (chopped)

### Nutrition

Amount per serving	
Calories	411
Fat	6g
Carbs	73g
Fiber	20g
Protein	21g

### Directions

- 1 In a small blender, combine the red wine vinegar, a quarter of the cherries, dried basil, and black pepper. Blend until smooth. Set aside.
- 2 In a salad bowl, combine the mixed greens, lentils, beets, shiitake mushrooms, the remaining cherry halves, and fresh herbs. Drizzle with the dressing, then toss to coat.
- 3 Top the salad with chopped hazelnuts. Serve and enjoy!

### Notes

**Leftovers:** Store leftover salad and dressing separately in airtight containers in the refrigerator for up to 3 days. Combine the salad and dressing just before serving.



## Mango Pineapple Salsa Salad

2 servings  
20 minutes

### Ingredients

2 cups Mango (diced)  
8 ozs Roasted Red Peppers (packed in water, diced)  
1/2 cup Jalapeno Pepper (diced)  
3 cups Tomato (diced)  
2 cups Frozen Corn (thawed)  
1 1/3 cups Pineapple (diced, divided)  
1/4 cup Shallot (diced)  
2 Garlic (cloves, minced)  
2 tbsps Lime Juice  
1/4 tsp Black Pepper (or to taste)  
1/2 cup Cilantro (chopped)  
6 cups Mixed Greens

### Nutrition

Amount per serving	
Calories	411
Fat	3g
Carbs	97g
Fiber	14g
Protein	12g

### Directions

- 1 In a bowl, combine the mango, roasted red pepper, jalapeño, tomato, corn, half of the diced pineapple, shallot, and garlic.
- 2 Roughly mash the remaining half of the pineapple with a fork, reserving the resulting juice. Drizzle the salsa with the mashed pineapple and its juice, as well as the lime juice, then season with black pepper. Toss to combine. Add most of the fresh cilantro (reserving some for garnish), and toss once more.
- 3 Arrange the mixed greens on a plate. Top with the mango pineapple salsa. Garnish the dish with the remaining cilantro. Serve and enjoy!

### Notes

**Roasted Red Peppers:** If you buy roasted red peppers in a jar instead of roasting them yourself, be sure they've been packed in water and not in oil.

**Leftovers:** Store leftover salsa separately from the greens, in the refrigerator in airtight containers, for up to 4 days.



## Sweet Potato & Red Pepper Hash

2 servings  
40 minutes

### Ingredients

1/2 cup Vegetable Broth, Low Sodium  
2 1/2 cups Sweet Potato (diced small)  
2/3 cup Yellow Onion (diced small)  
8 ozs Roasted Red Peppers (diced small)  
4 Garlic (cloves, sliced)  
1 cup White Button Mushrooms (diced small)  
2/3 cup Cannellini Beans  
2 tsps Dried Rosemary  
1/8 tsp Black Pepper  
1/8 tsp Cayenne Pepper (or to taste, optional)

### Nutrition

Amount per serving	
Calories	430
Fat	1g
Carbs	96g
Fiber	16g
Protein	11g

### Directions

- 1 In a saute pan, heat a few Tablespoons of vegetable broth over medium-high heat. Saute the diced sweet potatoes, onion, roasted red pepper, and garlic, stirring occasionally, until they soften. Add more broth, a Tablespoon at a time, as needed, to prevent sticking.
- 2 As the potatoes approach knife-tender softness, add the mushrooms and beans to the pan. Stir until the mushrooms are cooked, the beans are heated through, and the potatoes are softened and browned to your liking.
- 3 Season with the dried rosemary, black pepper and a dash of cayenne (if using). Serve and enjoy!

### Notes

**Leftovers:** Store leftovers in the refrigerator in an airtight container for up to 4 days. Reheat before serving (a lined baking tray in the toaster oven or regular oven is recommended for crispness).



## Lentil Salad Lettuce Wraps

**2 servings****10 minutes**

### Ingredients

2 1/2 cups Lentils (cooked, rinsed well)  
1/4 cup Red Onion (finely chopped)  
1 cup Tomato (diced)  
1 cup Cucumber (diced)  
8 ozs Roasted Red Peppers (chopped)  
1/4 cup Organic Raisins  
1/4 cup Red Wine Vinegar  
1/2 tsp Oregano (dried)  
1/4 tsp Garlic Powder  
1/8 tsp Black Pepper  
16 leaves Romaine (large)

### Nutrition

Amount per serving	
Calories	449
Fat	2g
Carbs	86g
Fiber	28g
Protein	27g

### Directions

- 1 Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, roasted red pepper, and raisins.
- 2 In a small bowl, whisk together the red wine vinegar, oregano, garlic powder, and black pepper. Drizzle over the lentil mixture, then toss to combine. Taste and adjust seasoning as needed.
- 3 To serve, scoop the lentil mixture onto the romaine leaves, and enjoy the lettuce wraps as you would tacos.

### Notes

**More Flavor:** Use fresh garlic or fresh herbs instead.

**No Red Wine Vinegar:** Use lemon juice or balsamic vinegar instead.

**Leftovers:** Refrigerate salad in an airtight container for up to 4 days. Assemble wraps just before serving.



## Roasted Brussels, Apple & Pecan Salad

**2 servings****20 minutes**

### Ingredients

4 cups Brussels Sprouts (trimmed, quartered)  
4 cups Baby Spinach (chopped)  
1 cup Lentils (cooked)  
1 cup Apple (cored, sliced)  
1/4 cup Organic Raisins  
2 tbsps Dijon Mustard  
1/4 cup Vegetable Broth, Low Sodium  
1 1/3 tbsps Lemon Juice (to taste)  
1/2 tsp Lemon Zest  
1/4 tsp Garlic Powder  
2 tpsps Maple Syrup (optional)  
1/4 cup Pecans (chopped)

### Nutrition

Amount per serving	
Calories	417
Fat	10g
Carbs	69g
Fiber	19g
Protein	19g

### Directions

- 1 Preheat the oven to 425 degrees F, and line a baking sheet with parchment. Spread the trimmed, quartered Brussels sprouts in a single layer over the pan and roast for 20-25 minutes or until browning on the edges, flipping once half-way through.
- 2 In a salad bowl, combine the chopped spinach, cooked lentils, sliced apple, and raisins. When the Brussels have roasted, add them to the bowl as well.
- 3 In a small bowl, whisk together the Dijon mustard, vegetable broth, lemon juice, lemon zest, garlic powder, and maple syrup (if using).
- 4 Drizzle the dressing over the salad and toss to coat. Top with chopped pecans. Serve and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



## Curried Split Pea Soup

2 servings  
50 minutes

### Ingredients

2 cups Vegetable Broth, Low Sodium (divided)  
1 cup Yellow Onion (diced)  
2 Garlic (cloves, minced)  
1 tsp Ginger (grated)  
1 cup Yellow Split Peas (uncooked, rinsed)  
2 tsps Curry Powder  
1/2 tsp Garlic Powder  
1/2 tsp Cumin  
1/4 tsp Black Pepper  
1/4 cup Lite Coconut Milk

### Nutrition

Amount per serving	
Calories	441
Fat	6g
Carbs	75g
Fiber	25g
Protein	24g

### Directions

- 1 Heat 3 Tbsp of vegetable broth in a large pot over medium-high heat. Add the onion, garlic, and ginger, and cook until the onion softens, about 5 minutes. Add more broth as needed to prevent sticking.
- 2 Add the split peas, the remaining broth, curry powder, garlic powder, cumin, and black pepper, and bring to a boil. Reduce heat, cover, and simmer for 40 minutes, stirring occasionally, or until the split peas are cooked through. Add water or additional vegetable broth if more liquid is needed while the soup simmers.
- 3 Add the soup to the blender, or using an immersion blender, blend until smooth. Stir in the coconut milk. Serve and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



## Rainbow Lettuce Wraps w Spicy Mango Sauce

2 servings  
15 minutes

### Ingredients

3 cups Purple Cabbage (thinly sliced)  
3 cups Red Bell Pepper (thinly sliced)  
3 cups Carrot (grated)  
2 cups Green Onion (thinly sliced)  
3 cups Mango (chopped)  
1/4 cup Water  
1/4 cup Apple Cider Vinegar  
2 Garlic (clove, small, minced)  
1/2 tsp Red Pepper Flakes (or to taste, optional)  
2 heads Romaine Hearts (large leaves separated, washed and dried)  
1/2 cup Avocado (diced)  
1 tsp Sesame Seeds  
1/3 cup Cilantro

### Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, and red pepper flakes (if using) to a food processor or blender and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

### Nutrition

Amount per serving	
Calories	409
Fat	9g
Carbs	84g
Fiber	20g
Protein	10g



## Mushroom, Black Bean & Quinoa Chili

**2 servings****30 minutes**

### Ingredients

2 cups Vegetable Broth, Low Sodium (divided)  
1 1/2 cups Yellow Onion (chopped)  
2 1/2 cups Cremini Mushrooms (chopped)  
2 cups Fire Roasted Diced Tomatoes  
1 cup Black Beans (rinsed, drained)  
2 tsps Taco Seasoning  
2 tsps Chili Powder (or more to taste)  
1 tsp Garlic Powder  
1 tsp Cumin  
1/2 tsp Black Pepper (or to taste)  
1/2 cup Quinoa (dry, rinsed)  
1/2 cup Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	451
Fat	4g
Carbs	85g
Fiber	18g
Protein	21g

### Directions

- 1 Heat a few Tbsp of vegetable broth in a soup pot over medium-high heat. Add the yellow onion and sauté for about 5 minutes, or until soft. Add the mushrooms and cook for another 5 minutes, stirring occasionally.
- 2 Add the remaining vegetable broth, fire roasted diced tomatoes, black beans, taco seasoning, chili powder, garlic powder, cumin, and black pepper. Stir, cover the pot with a lid, and let it simmer for about 5 minutes.
- 3 Add the quinoa to the pot and stir. Loosely cover with lid and let simmer on low heat for about 15 minutes, or until quinoa is cooked through. Stir the chili occasionally. Taste and adjust the seasoning to suit your liking, if needed.
- 4 Ladle the chili into a bowl. Garnish with green onion. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 5 days.



## Sweet Potato & Asparagus w Chimichurri

2 servings  
30 minutes

### Ingredients

- 3 cups Sweet Potato (cut into wedges)
- 4 cups Asparagus (trimmed)
- 1/2 cup Parsley (chopped)
- 1/2 cup Vegetable Broth, Low Sodium
- 1 tbsp Lime Juice
- 2 Garlic (cloves, minced)
- 1/4 tsp Black Pepper (to taste)
- 1/4 tsp Chili Flakes (optional)

### Nutrition

Amount per serving	
Calories	414
Fat	1g
Carbs	94g
Fiber	18g
Protein	13g

### Directions

- 1 Turn the grill to medium-low heat. Add the sweet potato to the grill and cook for approximately 8 minutes. Flip the sweet potato wedges and cook for another 8 minutes. Once you flip the potatoes, immediately add the asparagus to the grill and cook for 5 minutes on one side, then flip them and cook for another 3 minutes. The potatoes and asparagus should all be done around the same time, but feel free to cook them longer, or pull them from the grill earlier, to cook them to your liking.
- 2 While the vegetables grill, in a small bowl or blender, combine the parsley, vegetable broth, lime juice, garlic, black pepper, and chili flakes (if using). Whisk or blend well to make the chimichurri.
- 3 Place the grilled asparagus and sweet potato on a serving plate. Drizzle with the chimichurri and enjoy!

### Notes

**No Grill:** Roast the sweet potatoes (30 minutes at 425°F) and asparagus (10 minutes at 425°F) in the oven instead. Alternatively, you can steam the vegetables over simmering water until cooked through.

**Leftovers:** Refrigerate in an airtight container for up 4 days. Keep the chimichurri separate until just before serving.



## Citrus Quinoa Veggie Bowl

2 servings  
25 minutes

### Ingredients

- 2/3 cup Quinoa
- 2/3 cup Lentils (cooked, rinsed well)
- 1/4 cup Orange Juice
- 1/2 tsp Orange Zest
- 2 tps Lemon Juice
- 1 tbsp Apple Cider Vinegar
- 2 cups Baby Spinach
- 1 cup Carrot (grated, spiralized, or cut into ribbons)
- 1 cup Navel Orange (cut into segments then chopped)
- 2 tbsps Walnuts (chopped)

### Nutrition

Amount per serving	
Calories	421
Fat	9g
Carbs	71g
Fiber	14g
Protein	17g

### Directions

- 1 Cook the quinoa according to package directions. When the quinoa is cooked, drain away any remaining cooking water, and then stir in the lentils. Allow the quinoa and lentil mixture to cool slightly.
- 2 In a small bowl, whisk together the orange juice, orange zest, lemon juice, and apple cider vinegar.
- 3 To assemble, arrange the spinach, carrot, and quinoa + lentil mixture in a bowl. Top with the orange segments and walnuts. Drizzle the dressing over top and enjoy!

### Notes

- Nut-Free:** Omit walnuts or use pumpkin seeds or sunflower seeds instead.
- More Flavor:** Add fresh herbs or chopped green onion.
- No Baby Spinach:** Use mixed greens, arugula, or lettuce instead.
- No Carrot:** Use spiralized zucchini or cucumber instead.
- No Lentils:** Use chickpeas or white beans instead.
- Leftovers:** Refrigerate in an airtight container for up to three days. Drizzle with dressing just before serving.



# Dinner Recipes

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## Cauliflower, Kale & Lentil Soup

2 servings  
40 minutes

### Ingredients

4 cups Vegetable Broth, Low Sodium (divided)  
1 1/2 cups Yellow Onion (diced)  
1 1/2 cups Celery (diced)  
1 1/2 cups Carrot (peeled and diced)  
4 Garlic (cloves, minced)  
5 cups Cauliflower (chopped into florets)  
2 cups Lentils (cooked)  
4 cups Kale Leaves (chopped)  
1/4 tsp Black Pepper (to taste)  
2 tbsps Lemon Juice  
1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	438
Fat	2g
Carbs	84g
Fiber	18g
Protein	20g

### Directions

- 1 Heat a few Tbsp of the vegetable broth in a large pot. Add the onion, celery, and carrots. Cook for about 5 minutes, or until the veggies are softening, adding more broth a splash at a time, as needed to prevent sticking. Add the garlic and cook for 2-3 minutes more.
- 2 Add the rest of the vegetable broth and the cauliflower. Bring to a boil, then reduce the heat to low. Simmer for 10 minutes, stirring occasionally, until the cauliflower is cooked through.
- 3 Stir in the cooked lentils and kale. Allow the lentils to heat through and the kale to wilt. Season with black pepper and lemon juice. Stir in the chopped parsley. Ladle into a bowl and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container up to 4 days. Freeze up to 3 months.



## Pesto Kale & Bean Buckwheat

2 servings  
15 minutes

### Ingredients

2/3 cup Buckwheat Groats  
2 cups Basil Leaves  
2 Garlic (cloves, minced)  
2 tbsps Walnuts (chopped)  
1 1/3 tbsps Lemon Juice  
1/4 tsp Black Pepper  
1/2 cup Vegetable Broth, Low Sodium (divided)  
6 cups Kale Leaves (tough stems removed, chopped)  
1/2 tsp Garlic Powder  
1 1/2 cups Cannellini Beans (drained and rinsed)

### Nutrition

Amount per serving	
Calories	448
Fat	8g
Carbs	80g
Fiber	19g
Protein	19g

### Directions

- 1 In a saucepan, cook the buckwheat according to package instructions, for no more than 8 minutes. When done, drain through a strainer, and then rinse the buckwheat immediately with cool water. This will remove excess starch and prevent over-cooking, for a light, fluffy texture.
- 2 While the buckwheat cooks, combine the pesto ingredients in a small blender or food processor: basil leaves, garlic, walnuts, lemon juice, black pepper, and half the vegetable broth. Blend until smooth.
- 3 Add the pesto to the cooked, rinsed buckwheat and stir to coat.
- 4 Heat the remaining half of the vegetable broth in a large pan or dutch oven over medium-high heat. Stir in the kale, then sprinkle with garlic powder. Cook for about 2 minutes, stirring occasionally.
- 5 Add the beans. Stir until they're heated through, and the kale is wilted and deep green, about 5 minutes.
- 6 Lay the pesto buckwheat on a plate and top with the greens and beans. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



## Curried Cauliflower Soup

2 servings  
40 minutes

### Ingredients

6 cups Vegetable Broth, Low Sodium (divided)  
1 cup Yellow Onion (diced)  
4 Garlic (cloves, minced)  
2 tsps Ginger (fresh, minced)  
8 cups Cauliflower (chopped into florets)  
1 cup Yellow Potato (diced)  
1 cup Cannellini Beans  
2 tsps Curry Powder  
1 tsp Garam Masala  
1/2 tsp Turmeric  
1/4 tsp Coriander  
1/4 tsp Black Pepper  
2 tbsps Miso Paste  
2/3 cup Lite Coconut Milk  
1 1/3 tbsps Cilantro (optional, garnish)  
1/8 tsp Red Pepper Flakes (optional, garnish)

### Nutrition

Amount per serving	
Calories	451
Fat	9g
Carbs	81g
Fiber	21g
Protein	19g

### Directions

- 1 Heat a few Tbsp of vegetable broth in a large pot over medium-high heat. Add the onion, garlic, and ginger, and cook until the onions are translucent, about five minutes.
- 2 Add the cauliflower, yellow potato, cannellini beans, and spices, and stir to combine. Add the remaining vegetable broth, and bring it to a boil. Simmer for 20 minutes or until the potatoes are fork-tender.
- 3 Turn off the heat. Add the miso paste. Using a blender, food processor, or immersion blender, blend until smooth. Add more vegetable broth, if needed, to reach your desired consistency.
- 4 Transfer back to the pot and stir in most of the coconut milk (reserving some for garnish, if desired). Ladle the soup into a bowl. Garnish with cilantro, red pepper flakes, and the remaining drizzle of coconut milk. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.



## Tofu Veggie Fried Rice

2 servings  
35 minutes

### Ingredients

1/2 cup Brown Basmati Rice (uncooked)  
1 cup Vegetable Broth, Low Sodium (divided)  
8 ozs Tofu (extra firm, drained and diced)  
4 cups Broccoli (chopped)  
2/3 cup Purple Cabbage (thinly sliced)  
1 cup Carrot (diced)  
2 cups Shiitake Mushrooms (sliced)  
1 tsp Garlic Powder  
1/4 tsp Ground Ginger  
1/4 cup Tamari  
1/2 cup Green Onion (sliced)  
2 tsps Sesame Seeds

### Nutrition

Amount per serving	
Calories	429
Fat	10g
Carbs	68g
Fiber	12g
Protein	27g

### Directions

- 1 Cook the brown basmati rice according to package directions.
- 2 Heat a few Tablespoons of vegetable broth in a large non-stick pan over medium-high heat. Cook the tofu for about five minutes or until browning, frequently tossing. Transfer to a bowl.
- 3 In the same pan, heat a few more Tablespoons of broth over medium-high heat. Add the broccoli, purple cabbage, carrots and mushrooms, sprinkle with garlic powder and ground ginger, then stir and sauté until fork-tender, about 5 to 7 minutes, adding more broth as needed, a Tbsp at a time.
- 4 Add the cooked rice, tofu, and tamari. Gently stir until everything is well combined. Transfer to a bowl, garnish with green onions and sesame seeds, and enjoy!

### Notes

**No Tamari:** Use coconut aminos instead.

**More Heat:** Sprinkle with chili flakes, a dash of cayenne pepper, or sriracha sauce, to taste, if desired.

**Leftovers:** Refrigerate in an airtight container for up to 4 days.



## Pasta e Fagioli

2 servings  
20 minutes

### Ingredients

- 4 ozs Chickpea Pasta (any shape)
- 4 cups Vegetable Broth, Low Sodium (divided)
- 1/2 cup Yellow Onion (diced)
- 1 cup Carrot (diced)
- 1 cup Celery (sliced)
- 4 Garlic (cloves, sliced)
- 1 cup Fire Roasted Diced Tomatoes
- 1 cup Cannellini Beans
- 1 cup Cauliflower (florets)
- 2 tbsps Thyme (fresh leaves, removed from stems)
- 2 tsps Dried Basil
- 1/4 tsp Black Pepper (or to taste)

### Nutrition

Amount per serving	
Calories	429
Fat	5g
Carbs	81g
Fiber	20g
Protein	23g

### Directions

- 1 Cook the chickpea pasta according to package instructions. Once cooked, strain, rinse briefly in cool water to prevent overcooking, and then set aside.
- 2 In a soup pot, heat a few Tbsp of vegetable broth over medium-high heat. Saute the onion, carrot, and celery until softening. Add the sliced garlic and saute 2 minutes more.
- 3 Add the remaining vegetable broth and diced tomatoes to the soup pot. Bring to a simmer. Add the beans, and cauliflower florets. Simmer, stirring occasionally, until the cauliflower has reached an al dente texture.
- 4 Stir in the fresh thyme leaves, dried basil, and black pepper (reserving a sprig or two of thyme for garnish). Simmer a few minutes longer. Then turn off the heat.
- 5 Scoop the cooked pasta into your bowl. Top with the vegetable soup. Stir together, and garnish with extra thyme leaves or sprigs. Serve and enjoy!

### Notes

**Leftovers:** Store the cooked pasta separately from the soup, in airtight containers in the refrigerator for up to 4 days. Reheat and combine the soup with the pasta only just before serving.



## Lentil Mushroom Skillet

2 servings  
40 minutes

### Ingredients

1/2 cup Brown Basmati Rice  
1/2 cup Vegetable Broth, Low Sodium  
2/3 cup Yellow Onion (finely diced)  
4 Garlic (cloves, minced)  
1 cup Carrot (finely diced)  
1 cup Celery (finely diced)  
4 cups Cremini Mushrooms (sliced)  
2 tbsps Tamari  
1/8 tsp Black Pepper  
1 cup Lentils (cooked)  
4 cups Baby Kale (chopped)

### Nutrition

Amount per serving	
Calories	427
Fat	3g
Carbs	84g
Fiber	17g
Protein	24g

### Directions

- 1 Cook the brown rice according to package instructions.
- 2 In a sauté pan, heat a few Tbsp of vegetable broth over medium-high heat. Sauté the onion until softening. Then add the garlic, carrot, and celery. Stir until softening and fragrant, adding more broth as needed to prevent sticking. Add the sliced mushrooms and sauté until just cooked. Add the tamari and black pepper; stir to coat.
- 3 When the rice is cooked, add it to the pan along with the cooked lentils and chopped baby kale. Stir until the lentils are warm and the kale is wilted. Serve immediately and enjoy!

### Notes

**Leftovers:** Store leftovers in the refrigerator for up to 4 days. This dish is good served cold or reheated.



## Coconut Lentil Quinoa Bowl

2 servings  
45 minutes

### Ingredients

- 2/3 cup Sweet Potato (diced)
- 2/3 cup Shiitake Mushrooms
- 1/2 cup Quinoa
- 1/2 cup Dry Green Lentils
- 2 cups Vegetable Broth, Low Sodium
- 1/2 tsp Garlic Powder
- 1 1/3 tbsps Curry Powder
- 1/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper (optional, or to taste)
- 1/4 cup Lite Coconut Milk
- 1/4 cup Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	458
Fat	6g
Carbs	83g
Fiber	14g
Protein	21g

### Directions

- 1 Preheat the oven to 425 degrees F, and line a baking sheet with parchment. Spread the diced sweet potato over the pan in a single layer and roast for 40 minutes, flipping with a spatula once half-way through. At the 30-minute mark (with 10 minutes remaining in the roasting time), add the shiitake mushrooms to the baking sheet to roast them alongside the potatoes for 10 minutes.
- 2 In a small saucepan, cook the quinoa according to package instructions.
- 3 In a separate saucepan, cook the lentils in the vegetable broth until soft, uncovered, stirring occasionally, about 20-25 minutes. Once they've cooked to your liking, stir in the garlic powder, curry powder, black pepper, cayenne (if using), and coconut milk.
- 4 In a bowl, combine the cooked quinoa, the roasted sweet potato and shiitake mushrooms, and the spiced lentils. Garnish with green onion and additional lite coconut milk, if desired. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 4 days. Reheat before serving.



## Eggplant Curry

2 servings  
40 minutes

### Ingredients

1/2 cup Brown Basmati Rice  
2/3 cup Vegetable Broth, Low Sodium  
2/3 cup White Onion (diced)  
2 Garlic (clove, minced)  
8 cups Eggplant (cubed)  
1 tsp Curry Powder  
1/4 tsp Cumin  
1/4 tsp Coriander  
1/4 tsp Black Pepper  
1 cup Lite Coconut Milk  
2 cups Diced Tomatoes (from the can with juices)  
4 cups Kale Leaves (stems removed, chopped)  
2 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	423
Fat	10g
Carbs	74g
Fiber	16g
Protein	11g

### Directions

- 1 Cook the rice according to package instructions.
- 2 In a large pot, heat a few Tbsp of vegetable broth over medium-high heat. Add the onions and cook for 3 to 4 minutes or until softening. Add the garlic and eggplant. Cook for 5 to 6 minutes, adding more broth as needed and stirring occasionally, until the eggplant has browned a bit.
- 3 Add the curry powder, cumin, coriander, and pepper, and stir for 2 minutes to combine. Add the coconut milk, diced tomatoes and remaining vegetable broth, and stir to combine. Bring to a gentle simmer, cover, and let cook for 15 minutes. Toward the end of the cooking time, stir in the kale leaves until wilted.
- 4 Scoop the cooked rice into a bowl, then ladle the eggplant curry on top and garnish with cilantro. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



## Turmeric Chili Cauliflower Steaks

2 servings  
40 minutes

### Ingredients

12 cups Cauliflower (head sliced into 1-inch slices)  
1/2 cup Vegetable Broth, Low Sodium  
1 tsp Turmeric  
1/2 tsp Cumin  
2 tsp Chili Powder  
2 tsp Garlic Powder  
1/2 tsp Black Pepper  
2/3 cup Whole Wheat Couscous

### Nutrition

Amount per serving	
Calories	411
Fat	3g
Carbs	82g
Fiber	21g
Protein	22g

### Directions

- 1 Preheat the oven to 425 degrees F, and line one large or two regular baking sheet(s) with parchment.
- 2 Chop the cauliflower head into slices, each about one inch thick, and lay them out in a single layer on the prepared baking sheet(s).
- 3 In a small bowl, whisk together the vegetable broth, turmeric, cumin, chili powder, garlic powder and black pepper. Brush half the mixture over the top surface of the cauliflower steaks. Slide the pan into the oven and roast for 15 minutes.
- 4 Meanwhile, cook the whole wheat couscous according to package instructions.
- 5 After 15 minutes have elapsed, remove the pan(s) from the oven, flip the cauliflower steaks with a spatula, and brush the tops with the remaining broth + spice mixture. Return to the oven for another 10 to 15 minutes, or until soft and golden. Serve immediately over the cooked whole wheat couscous, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 4 days. Reheat before serving.



## Farro & Roasted Vegetable Salad

2 servings  
40 minutes

### Ingredients

- 1 1/2 cups Sweet Potato (diced)
- 1 cup Red Bell Pepper (diced)
- 1/2 tsp Black Pepper (or to taste)
- 1/2 cup Farro (uncooked, rinsed)
- 1 tbsp Tahini
- 2 tbsps Water (warm)
- 1 tbsp Lemon Juice
- 1/4 cup Cilantro (chopped, plus more for garnish)
- 2 cups Mixed Greens
- 1 tbsp Pecans (toasted, chopped)

### Nutrition

Amount per serving	
Calories	439
Fat	8g
Carbs	81g
Fiber	12g
Protein	13g

### Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper. Add the sweet potato and bell pepper, and season with black pepper. Roast for 30 minutes, flipping once with a spatula half-way through.
- 2 Meanwhile, cook the farro according to package instructions.
- 3 Add the tahini to a small bowl and whisk in the water and lemon juice, until smooth. Add the cilantro and season with black pepper to taste.
- 4 Place the mixed greens, roasted vegetables, farro, and pecans in a bowl. Drizzle with the tahini dressing. Top with more cilantro if desired. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to 4 days.



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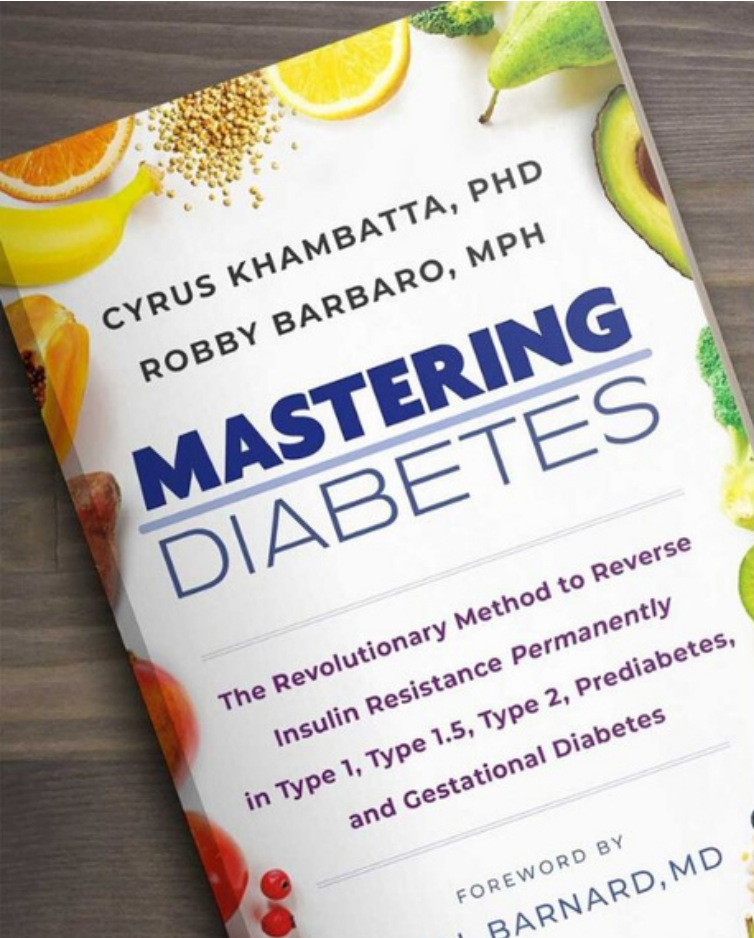
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