

Forward & Up Wellness

No Fuss Plant-Based Fall Meal Plan

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Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan created for fall, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

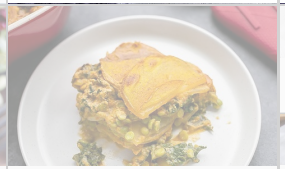
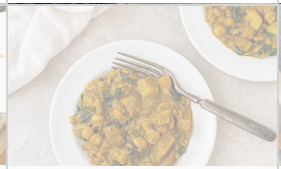
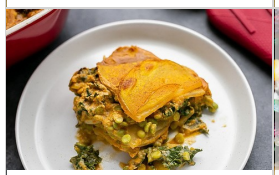
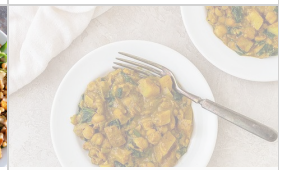
Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pumpkin Pie Overnight Oats	 Pumpkin Pie Overnight Oats	 Cozy Tofu Shakshuka	 Cozy Tofu Shakshuka	 Cardamom Pear Baked Oatmeal  Pear & Kale Protein Smoothie	 Cardamom Pear Baked Oatmeal  Pear & Kale Protein Smoothie	 Cardamom Pear Baked Oatmeal  Pear & Kale Protein Smoothie
Snack 1	 Apple Crisp Yogurt Bowls	 Apple Crisp Yogurt Bowls	 Apple Crisp Yogurt Bowls	 Pear & Walnuts	 Pear & Walnuts	 Pear & Walnuts	 Pear & Walnuts
Lunch	 Roasted Butternut Squash Harvest Bowl	 Creamy Potato, Lentil & Kale Casserole	 Roasted Butternut Squash Harvest Bowl	 Creamy Potato, Lentil & Kale Casserole	 Roasted Butternut Squash Soup with Crispy Kale  Sourdough Bread	 Chickpea & Potato Curry	 Lentil, Roasted Sweet Potato & Brussels Sprouts Salad
Snack 2	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Apples & Almonds	 Apples & Almonds	 Apples & Almonds
Dinner	 Creamy Potato, Lentil & Kale Casserole	 Roasted Butternut Squash Harvest Bowl	 Creamy Potato, Lentil & Kale Casserole	 Roasted Butternut Squash Soup with Crispy Kale  Sourdough Bread	 Chickpea & Potato Curry	 Lentil, Roasted Sweet Potato & Brussels Sprouts Salad	 Chickpea & Potato Curry

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	32%	Fat	32%	Fat	33%	Fat	36%	Fat	38%	Fat	40%	Fat	40%
Carbs	55%	Carbs	55%	Carbs	52%	Carbs	49%	Carbs	49%	Carbs	45%	Carbs	45%
Protein	13%	Protein	13%	Protein	15%	Protein	15%	Protein	13%	Protein	15%	Protein	15%
Calories	1901	**Calories**	1901	**Calories**	1738	**Calories**	1601	**Calories**	1773	**Calories**	1803	**Calories**	1803
Fat	69g	**Fat**	69g	**Fat**	67g	**Fat**	66g	**Fat**	79g	**Fat**	84g	**Fat**	84g
Saturated	32g	Saturated	32g	Saturated	32g	Saturated	26g	Saturated	25g	Saturated	26g	Saturated	26g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	12g	Polyunsaturated	12g	Polyunsaturated	11g	Polyunsaturated	20g	Polyunsaturated	25g	Polyunsaturated	28g	Polyunsaturated	28g
Monounsaturated	18g	Monounsaturated	18g	Monounsaturated	17g	Monounsaturated	16g	Monounsaturated	23g	Monounsaturated	24g	Monounsaturated	24g
Carbs	274g	**Carbs**	274g	**Carbs**	234g	**Carbs**	206g	**Carbs**	226g	**Carbs**	217g	**Carbs**	217g
Fiber	52g	Fiber	52g	Fiber	48g	Fiber	46g	Fiber	49g	Fiber	57g	Fiber	57g
Sugar	81g	Sugar	81g	Sugar	72g	Sugar	70g	Sugar	83g	Sugar	76g	Sugar	76g
Protein	66g	**Protein**	66g	**Protein**	70g	**Protein**	64g	**Protein**	62g	**Protein**	71g	**Protein**	71g
Cholesterol	4mg	Cholesterol	4mg	Cholesterol	4mg	Cholesterol	4mg	Cholesterol	4mg	Cholesterol	4mg	Cholesterol	4mg
Sodium	1034mg	Sodium	1034mg	Sodium	1307mg	Sodium	2180mg	Sodium	1533mg	Sodium	773mg	Sodium	773mg
Potassium	4118mg	Potassium	4118mg	Potassium	4371mg	Potassium	4177mg	Potassium	3077mg	Potassium	3701mg	Potassium	3701mg
Vitamin A	71026IU	Vitamin A	71026IU	Vitamin A	54864IU	Vitamin A	53890IU	Vitamin A	22615IU	Vitamin A	22247IU	Vitamin A	22247IU
Vitamin C	147mg	Vitamin C	147mg	Vitamin C	207mg	Vitamin C	199mg	Vitamin C	120mg	Vitamin C	158mg	Vitamin C	158mg
Calcium	1838mg	Calcium	1838mg	Calcium	1871mg	Calcium	1295mg	Calcium	709mg	Calcium	771mg	Calcium	771mg
Iron	21mg	Iron	21mg	Iron	20mg	Iron	18mg	Iron	17mg	Iron	21mg	Iron	21mg
Vitamin D	151IU	Vitamin D	151IU	Vitamin D	101IU	Vitamin D	101IU	Vitamin D	0IU	Vitamin D	0IU	Vitamin D	0IU
Vitamin E	8mg	Vitamin E	8mg	Vitamin E	8mg	Vitamin E	7mg	Vitamin E	14mg	Vitamin E	14mg	Vitamin E	14mg
Vitamin K	295µg	Vitamin K	295µg	Vitamin K	477µg	Vitamin K	403µg	Vitamin K	300µg	Vitamin K	660µg	Vitamin K	660µg
Thiamine	1.3mg	Thiamine	1.3mg	Thiamine	1.1mg	Thiamine	0.9mg	Thiamine	1.1mg	Thiamine	1.5mg	Thiamine	1.5mg
Riboflavin	1.9mg	Riboflavin	1.9mg	Riboflavin	1.7mg	Riboflavin	1.3mg	Riboflavin	1.6mg	Riboflavin	1.9mg	Riboflavin	1.9mg
Niacin	10mg	Niacin	10mg	Niacin	11mg	Niacin	10mg	Niacin	8mg	Niacin	9mg	Niacin	9mg
Vitamin B6	2.0mg	Vitamin B6	2.0mg	Vitamin B6	2.2mg	Vitamin B6	2.1mg	Vitamin B6	1.4mg	Vitamin B6	1.7mg	Vitamin B6	1.7mg
Folate	451µg	Folate	451µg	Folate	501µg	Folate	449µg	Folate	406µg	Folate	723µg	Folate	723µg
Vitamin B12	3.3µg	Vitamin B12	3.3µg	Vitamin B12	3.3µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg
Phosphorous	1543mg	Phosphorous	1543mg	Phosphorous	1455mg	Phosphorous	1057mg	Phosphorous	1174mg	Phosphorous	1514mg	Phosphorous	1514mg

Phosphorous	1345mg	Phosphorous	1345mg	Phosphorous	1405mg	Phosphorous	1097mg	Phosphorous	1174mg	Phosphorous	1314mg	Phosphorous	1314mg
Magnesium	627mg	Magnesium	627mg	Magnesium	577mg	Magnesium	410mg	Magnesium	443mg	Magnesium	518mg	Magnesium	518mg
Zinc	12mg	Zinc	12mg	Zinc	11mg	Zinc	7mg	Zinc	8mg	Zinc	11mg	Zinc	11mg
Selenium	42µg	Selenium	42µg	Selenium	42µg	Selenium	28µg	Selenium	28µg	Selenium	37µg	Selenium	37µg

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Fruits

- [ ] **5 1/2** Apple
- [ ] **1/2** Avocado
- [ ] **4** Banana
- [ ] **6** Pear

Breakfast

- [ ] **1/3 cup** Maple Syrup

Seeds, Nuts & Spices

- [ ] **3/4 cup** Almonds
- [ ] **1/2 tsp** Cardamom
- [ ] **1/8 tsp** Cayenne Pepper
- [ ] **1 tbsp** Chia Seeds
- [ ] **1 1/2 tsps** Chili Powder
- [ ] **2 tsps** Cinnamon
- [ ] **1/2 tsp** Cumin
- [ ] **1 tbsp** Curry Powder
- [ ] **2 tsps** Garam Masala
- [ ] **1 1/2 tsps** Garlic Powder
- [ ] **1 tbsp** Ground Flax Seed
- [ ] **1 tsp** Paprika
- [ ] **1/4 cup** Pecans
- [ ] **1/3 cup** Pumpkin Seeds
- [ ] **2 1/16 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1 cup** Walnuts

Vegetables

- [ ] **6 cups** Baby Spinach
- [ ] **2 cups** Brussels Sprouts
- [ ] **5 cups** Butternut Squash
- [ ] **3** Garlic
- [ ] **1 1/2 tbsps** Ginger
- [ ] **14 cups** Kale Leaves
- [ ] **1/3 cup** Parsley
- [ ] **1/2** Red Bell Pepper
- [ ] **1** Sweet Potato
- [ ] **1 tbsp** Thyme
- [ ] **1 1/2** Yellow Onion
- [ ] **4** Yellow Potato

Boxed & Canned

- [ ] **3 1/2 cups** Canned Coconut Milk
- [ ] **2 cups** Chickpeas
- [ ] **1 1/4 cups** Fire Roasted Diced Tomatoes
- [ ] **3 cups** Green Lentils
- [ ] **1/2 cup** Quinoa
- [ ] **2 cups** Vegetable Broth, Low Sodium

Baking

- [ ] **1/3 cup** Dried Unsweetened Cranberries
- [ ] **3 1/2 cups** Oats
- [ ] **1 1/8 tbsps** Pumpkin Pie Spice
- [ ] **4 3/4 cups** Pureed Pumpkin
- [ ] **2 tsps** Vanilla Extract

Bread, Fish, Meat & Cheese

- [ ] **3 1/2 ozs** Sourdough Bread
- [ ] **7 ozs** Tofu

Condiments & Oils

- [ ] **2 1/4 tsps** Balsamic Vinegar
- [ ] **3 1/16 tbsps** Extra Virgin Olive Oil
- [ ] **1/4 cup** Tahini

Cold

- [ ] **5 cups** Unsweetened Almond Milk
- [ ] **3 cups** Unsweetened Coconut Yogurt

Other

- [ ] **1 3/4 cups** Vanilla Protein Powder
- [ ] **6 1/2 cups** Water

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Pumpkin Pie Overnight Oats

2 servings
8 hours

Ingredients

1 cup Oats (quick or traditional)
1 cup Unsweetened Almond Milk
1 cup Pureed Pumpkin
1 tbsp Chia Seeds
2 tbsps Maple Syrup
1 1/2 tsps Pumpkin Pie Spice
1/4 cup Pecans (toasted and chopped)

Nutrition

Amount per serving	
Calories	380
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	56g
Fiber	11g
Sugar	17g
Protein	9g
Cholesterol	0mg
Sodium	93mg
Potassium	544mg
Vitamin A	19325IU
Vitamin C	6mg
Calcium	355mg
Iron	5mg
Vitamin D	50IU
Vitamin E	2mg
Vitamin K	21µg
Thiamine	0.3mg
Riboflavin	0.4mg
Niacin	1mg

Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
No Pumpkin Pie Spice: Use cinnamon instead.
No Pecans: Use any type of crushed nuts or hemp seeds instead.

Vitamin B6	0.1mg
Folate	31µg
Vitamin B12	0µg
Phosphorous	245mg
Magnesium	113mg
Zinc	3mg
Selenium	13µg

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Cozy Tofu Shakshuka

2 servings
30 minutes

Ingredients

7 ozs Tofu (firm, pat dry)
2 tbsps Water
1/2 Red Bell Pepper (chopped)
1 tsp Paprika
1/2 tsp Cumin
1 1/4 cups Fire Roasted Diced Tomatoes (from the can with juices)
1/3 cup Parsley (finely chopped, divided)
Sea Salt & Black Pepper (to taste)
1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	217
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	16g
Fiber	7g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	366mg
Potassium	797mg
Vitamin A	3163IU
Vitamin C	66mg
Calcium	388mg
Iron	4mg
Vitamin D	0IU

Directions

1. Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
2. Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
3. Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
4. Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
5. Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving equals approximately 1 1/4 cups.
More Flavor: Use oil or broth instead of water. Add onion, garlic and/or chili powder.

Vitamin E	2mg
Vitamin K	203µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	81µg
Vitamin B12	0µg
Phosphorous	157mg
Magnesium	63mg
Zinc	2mg
Selenium	13µg

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Cardamom Pear Baked Oatmeal

3 servings
45 minutes

Ingredients

1 cup Oats (quick or traditional)
1 cup Water
1 tbsp Maple Syrup
1/4 cup Pureed Pumpkin (canned)
2 tbsps Tahini
1/2 tsp Cardamom
1 tbsp Ground Flax Seed
1/2 Pear (half sliced, half diced)

Nutrition

Amount per serving	
Calories	216
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	32g
Fiber	6g
Sugar	8g
Protein	6g
Cholesterol	0mg
Sodium	17mg
Potassium	233mg
Vitamin A	3192IU
Vitamin C	2mg
Calcium	84mg
Iron	3mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	5µg
Thiamine	0.3mg

Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.
No Pumpkin: Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	23µg
Vitamin B12	0µg
Phosphorous	195mg
Magnesium	57mg
Zinc	2mg
Selenium	11µg

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Pear & Kale Protein Smoothie

1 serving
5 minutes

Ingredients

1 1/4 cups Water (cold)
1 cup Kale Leaves
1/2 Pear (stem and seeds removed, chopped)
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	143
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g
Cholesterol	4mg
Sodium	56mg
Potassium	298mg
Vitamin A	1033IU
Vitamin C	23mg
Calcium	205mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	86µg
Thiamine	0.2mg
Riboflavin	0.6mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	27µg

Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.
No Kale: Use spinach instead.
No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Vitamin B12	0.6µg
Phosphorous	342mg
Magnesium	66mg
Zinc	2mg
Selenium	7µg

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Apple Crisp Yogurt Bowls

3 servings
20 minutes

Ingredients

1 1/2 Apple (cored, chopped)
1 1/2 cups Oats (rolled)
3 tbsps Maple Syrup
1 1/2 tsps Cinnamon
3 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	366
Fat	10g
Saturated	6g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	66g
Fiber	10g
Sugar	23g
Protein	7g
Cholesterol	0mg
Sodium	55mg
Potassium	292mg
Vitamin A	53IU
Vitamin C	4mg
Calcium	559mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	3µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	16µg

Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Vitamin B12	2.7µg
Phosphorous	177mg
Magnesium	65mg
Zinc	2mg
Selenium	12µg

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Pear & Walnuts

1 serving
5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Nutrition

Amount per serving	
Calories	298
Fat	20g
Saturated	2g
Trans	0g
Polyunsaturated	14g
Monounsaturated	3g
Carbs	31g
Fiber	8g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Potassium	339mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	45mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	9µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	42µg
Vitamin B12	0µg
Phosphorous	125mg
Magnesium	60mg
Zinc	1mg

Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.
More Flavor: Season the pear with cinnamon.

Selenium	2µg

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Roasted Butternut Squash Harvest Bowl

3 servings
40 minutes

Ingredients

3 cups Butternut Squash (diced into cubes)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 cup Quinoa (uncooked)
1 cup Water
6 cups Kale Leaves (finely chopped)
2 1/4 tsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/3 cup Pumpkin Seeds
1/3 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	394
Fat	18g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	52g
Fiber	8g
Sugar	14g
Protein	12g
Cholesterol	0mg
Sodium	33mg
Potassium	953mg
Vitamin A	16910IU
Vitamin C	69mg
Calcium	205mg
Iron	5mg

Directions

1. Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash: Use sweet potato, carrots or beets instead.
Save Time: Use frozen bagged butternut squash.
Leftovers: Keeps well in the fridge up to 3 - 4 days.
Extra Flavour: Toss the butternut squash in cinnamon before roasting.

Vitamin D	0IU
Vitamin E	4mg
Vitamin K	170µg
Thiamine	0.3mg
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	132µg
Vitamin B12	0µg
Phosphorous	415mg
Magnesium	222mg
Zinc	3mg
Selenium	5µg

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Pumpkin Pie Protein Smoothie

1 serving
10 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Vanilla Extract
1/2 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	207mg
Potassium	841mg
Vitamin A	19642IU
Vitamin C	16mg
Calcium	609mg
Iron	3mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	20µg
Thiamine	0.2mg
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.6mg

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Folate	47µg
Vitamin B12	0.6µg
Phosphorous	390mg
Magnesium	126mg
Zinc	2mg
Selenium	8µg

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Apples & Almonds

1 serving
5 minutes

Ingredients

1 Apple (sliced)
1/4 cup Almonds

Directions

1. Core apple and cut it into slices. Serve with almonds.

Nutrition

Amount per serving	
Calories	302
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	33g
Fiber	9g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Potassium	457mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	107mg
Iron	2mg
Vitamin D	0IU
Vitamin E	9mg
Vitamin K	4µg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Phosphorous	192mg
Magnesium	106mg
Zinc	1mg

Selenium	1µg

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Creamy Potato, Lentil & Kale Casserole

4 servings
1 hour

Ingredients

- **3** Yellow Potato (thinly sliced)
- **2 cups** Green Lentils (cooked, drained)
- **3 cups** Kale Leaves (stems removed, leaves torn)
- **2 cups** Canned Coconut Milk (full fat)
- **1 1/2 cups** Pureed Pumpkin
- **1 1/2 tsps** Garlic Powder
- **1 tbsp** Thyme (stems removed)
- **1 tsp** Sea Salt

Nutrition

Amount per serving	
Calories	491
Fat	22g
Saturated	20g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	60g
Fiber	15g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	646mg
Potassium	1488mg
Vitamin A	15096IU
Vitamin C	52mg
Calcium	110mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	81µg

Directions

1. Preheat the oven to 400°F (204°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: A 10 x 13-inch dish was used for 8 servings.

Thiamine	0.3mg
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.7mg
Folate	225µg
Vitamin B12	0µg
Phosphorous	316mg
Magnesium	101mg
Zinc	2mg
Selenium	4µg

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Roasted Butternut Squash Soup with Crispy Kale

2 servings
1 hour 30 minutes

Ingredients

2 cups Butternut Squash
1/2 tsp Cinnamon (plus extra for garnish)
1 tbsp Extra Virgin Olive Oil (divided)
1 Apple (peeled, cored and sliced)
1/2 Yellow Onion (diced)
1 1/2 tsps Ginger (grated)
2 cups Vegetable Broth, Low Sodium
1/2 tsp Sea Salt (divided)
2 cups Kale Leaves (cut into large pieces)

Nutrition

Amount per serving	
Calories	201
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	35g
Fiber	7g
Sugar	17g
Protein	3g
Cholesterol	0mg
Sodium	720mg
Potassium	712mg
Vitamin A	15944IU
Vitamin C	56mg
Calcium	143mg
Iron	3mg
Vitamin D	0IU

Directions

1. Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
2. Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of the oil. Add the apples, onion, and ginger and saute for about five minutes or until soft.
4. Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale.
5. Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining oil and salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
6. Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers: Refrigerate for up to four days. Freeze for up to three months.
More Protein: Blend in cooked red lentils.

Vitamin E	3mg
Vitamin K	90µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	54µg
Vitamin B12	0µg
Phosphorous	69mg
Magnesium	60mg
Zinc	0mg
Selenium	1µg

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Sourdough Bread

2 servings
1 minute

Ingredients

3 1/2 ozs Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	239mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Phosphorous	0mg
Magnesium	0mg
Zinc	0mg
Selenium	0µg

Directions

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

Notes

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

Serving Size: Each serving equals one slice of bread.

Gluten-Free: Use gluten-free bread, tortillas or pitas instead.

Additional Toppings: Spread or dip in coconut oil, olive oil or flaxseed oil.

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Chickpea & Potato Curry

3 servings
20 minutes

Ingredients

1/2 cup Water
1 Yellow Onion (medium, chopped)
3 Garlic (cloves, minced)
1 tbsp Ginger (fresh, grated or minced)
1 tbsp Curry Powder
2 tsps Garam Masala
1 1/2 tsps Chili Powder
1/2 tsp Sea Salt
2 cups Chickpeas (cooked, rinsed)
1 Yellow Potato (medium, peeled, diced)
1 1/2 cups Canned Coconut Milk
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	489
Fat	25g
Saturated	20g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	55g
Fiber	14g
Sugar	11g
Protein	15g
Cholesterol	0mg
Sodium	497mg
Potassium	1038mg
Vitamin A	2302IU
Vitamin C	22mg

Directions

1. Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
2. Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
3. Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

Serving Size: One serving is approximately one cup of curry.

More Flavor: For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

Additional Toppings: Fresh cilantro or lime wedges.

No Chickpeas: Use cooked lentils instead.

Calcium	125mg
Iron	6mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	106µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.5mg
Folate	239µg
Vitamin B12	0µg
Phosphorous	251mg
Magnesium	94mg
Zinc	2mg
Selenium	6µg

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Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

2 servings
30 minutes

Ingredients

1 Sweet Potato (medium. sliced into 1 inch cubes)
2 cups Brussels Sprouts (washed and halved)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Tahini
1 1/2 tsps Maple Syrup
2 tbsps Water (warm)
1/8 tsp Cayenne Pepper (less if you don't like it spicy)
1/16 tsp Sea Salt
1 cup Green Lentils (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	199mg
Potassium	1336mg

Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts: Use broccoli instead.
No Lentils: Use chickpeas, tempeh, or tofu instead.

Vitamin A	15576IU
Vitamin C	95mg
Calcium	205mg
Iron	8mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	450µg
Thiamine	0.6mg
Riboflavin	0.4mg
Niacin	3mg
Vitamin B6	0.6mg
Folate	371µg
Vitamin B12	0µg
Phosphorous	409mg
Magnesium	135mg
Zinc	3mg
Selenium	10µg