



White bean Swiss chard soup



12-14 servings



15 minutes



Serving size: 1 cup

INGREDIENTS

- 2 small yellow onions, diced
- 3 cloves garlic, minced
- 1 Tbsp olive oil
- 1 tsp red pepper flakes
- 2 cups dark leafy greens, frozen, chopped (kale, spinach, Swiss chard, etc.)
- 1 qt broth
- 1 can 15oz diced tomatoes
- 2 cans small white beans
- 1 can coconut milk
- $\frac{3}{4}$ -1 cup Pecorino Romano, grated (from freezer or fridge)

DIRECTIONS

1. Sauté the onion and garlic in oil.
2. Add red pepper flakes and sauté until fragrant (<1 min).
3. Add the greens, stir until softened.
4. Add the broth, diced tomatoes, and rinsed/drained white beans.
5. Shake the coconut milk can well before opening and add to pot.
6. Simmer for 5-10min.
7. Stir in the pecorino.



Coconut Lentil Curry + Brown Rice



6-7 servings



45 minutes



Serving size: 1 cup curry + 1/2 cup rice

INGREDIENTS

- 1 tablespoon coconut oil
- 1 onion, diced
- 4 cloves garlic
- 1 tablespoon cumin
- 1 tablespoon coriander
- 1 6 oz can tomato paste
- 1 jar Thai red curry paste
- 2 tablespoons grated ginger (if you don't have fresh or frozen, sub 1 Tbsp dried)
- 1 tablespoon turmeric
- 1 teaspoon sea salt (to taste)
- 1 cup dried red lentils
- 2 cups broth
- 1 cup brown basmati rice
- 15 ounce can coconut milk
- 1 Tbsp cilantro, dried

DIRECTIONS

1. Heat coconut oil in a large pan or pot over medium-high heat. Add the onion and garlic. Sauté until onion is translucent. Add cumin and coriander.
2. Add tomato paste, curry paste, ginger, turmeric, and sea salt to the pot and cook, stirring a few times, for 2 minutes.
3. Add the lentils and broth and bring to a boil. Reduce heat to low, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to look dry, add an extra $\frac{1}{2}$ – 1 cup of water.
4. While the lentils are cooking, rinse 1 cup of rice. Add rice to rice cooker with 2 cups of water. (If you are making more rice, the water to rice ratio is 2:1; for every 1 cup of rice, add 2 cups of water). Turn on rice cooker. Stir once toward the end (after about 10 min). Add a couple tablespoons of water if needed.
5. Once the lentils are soft and the curry is thick, add the coconut milk and cilantro and bring the pot back to a simmer.
6. Serve over brown rice (or naan).



White bean chicken chili



10 servings



15 minutes



Serving size: 1 cup

INGREDIENTS

- 1 Tbsp canola oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 Tbsp cumin
- 1 Tbsp oregano
- ~16 oz broth (chicken or vegetable)
- 2 cans small white beans, 1 drained
- 1 12.5 oz can chicken breast, drained
- 1 14.5 oz can diced tomatoes
- 1 4.5 oz can diced green chilies
- 1 can corn, drained
- 1 Tbsp dried cilantro
- S&P to taste
- Corn tortilla chips

DIRECTIONS

1. In a large pot or Dutch oven, Sauté onion in oil until soft and translucent over medium heat. Add garlic and stir.
2. Add cumin and oregano and stir. Add broth.
3. Add beans, chicken, tomatoes, chilies, corn.
4. Add cilantro and salt and pepper to taste.
5. Serve with corn tortilla chips and your favorite topping if available (shredded cheese, sour cream, lime, avocado)



Tuna chickpea salad



2 servings



5 minutes



Serving size: ~3/4 cup

INGREDIENTS

- 1 5 oz can tuna, drained
- 1 cup canned chickpeas, drained
- 1 tsp turmeric
- 2 Tbsp mayo
- Flackers (flaxseed crackers)

DIRECTIONS

1. Add chickpeas to food processor or blender. Pulse until chopped but not a smooth paste.
2. Place tuna and chickpeas into a bowl. Stir in turmeric and mayo until well mixed.
3. Enjoy with flackers or in a wrap.



Chia chip pancakes



4 servings



10 minutes



Serving size: 3, 4" pancakes

INGREDIENTS

- 2 cups Kodiak Power Cakes pancake mix (or other high protein brand)
- 1.5 cups water (follow directions on package)
- $\frac{3}{4}$ cup pumpkin puree, canned
- 2 Tbsp chia seeds
- $\frac{1}{4}$ cup dark chocolate chips (or semi-sweet mini chocolate chips)

DIRECTIONS

1. Mix all ingredients in a large bowl. Follow pancake package directions for water amount.
2. Make pancakes as you normally would in a pan or on a griddle.



Protein smoothie



1 serving



5 minutes



Serving size: ~16 oz

INGREDIENTS

- 1-2 scoops of your favorite protein powder
- ½ cup frozen kale
- ½ cup frozen berries
- 8 oz milk (or shelf-stable plant-based milk like soy or almond) or water

DIRECTIONS

1. Blend all ingredients in a blender.



Energy balls

White chocolate coconut



24 servings



20 minutes



Serving size: 2 balls

INGREDIENTS

- 3 cups quick oats
- 1 cup ground flaxseed
- 1 cup ground chia seed
- $\frac{3}{4}$ cup ground sesame seed
- $\frac{1}{4}$ cup sprinkles
- 1 pkg (12 oz) white chocolate chips
- 2 cups unsweetened coconut flakes
- $\frac{1}{3}$ cup Monk fruit sweetener
- 1.5 - 2 cups peanut butter

DIRECTIONS

1. Mix well in bowl or stand mixer and use 1 inch cookie scoop to form into 1" x 1" balls. Refrigerate for up to 2 weeks.