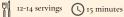


# White bean Swiss chard soup







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.)
- ı qt broth
- 1 can 150z diced tomatoes
- 2 cans small white beans
- 1 can coconut milk
- 3/4-1 cup Pecorino Romano, grated (from freezer or fridge)

- 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 Centil Curry + Brown Rice







#### INGREDIENTS

- 1 tablespoon coconut oil
- · 1 onion, diced
- · 4 cloves garlic
- 1 tablespoon cumin
- 1 tablespoon coriander
- 16 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

- 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 ½ - 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.
- Serve over brown rice (or naan).



# White bean chicken chili







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

- 1. In a large pot or Dutch oven, Sauté onion in oil until soft and translucent over medium heat. Add garlic and stir.
- Add cumin and oregano and stir. Add broth
- 3. Add beans, chicken, tomatoes, chilies,
- 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







Serving size: -3/4 cup

#### INGREDIENTS

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

- 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 mavo until well mixed
- 3. Enjoy with flackers or in a wrap.



# Chia chip pancakes



4 servings





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)
- ¾ cup pumpkin puree, canned
- 2 Tbsp chia seeds
- ¼ cup dark chocolate chips (or semi-sweet mini chocolate chips)

- 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







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
- 34 cup ground sesame seed
- ¼ cup sprinkles
- 1 pkg (12 oz) white chocolate chips
- · 2 cups unsweetened coconut flakes
- 1/2 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.