

VEGAN LIFE

30-Day Meal Plan Recipes

Recipe Information

Abbreviations

mL = Millilitre

oz. = Ounces

g = Grams

Tsp. = Teaspoon (5mL)

Tbsp. = Tablespoon (15mL)

Conversion tables:

Ingredient measurements			
Cups	FL. oz.	Tbsp.	mL
1/8	1.0	2.0	30
1/4	2.0	4.0	60
1/3	2.7	5-1/3	75
1/2	4.0	8	125
2/3	5.3	10-2/3	150
3/4	6.0	12	175
1	8.0	16	250
4-1/2	36.0	72	1000

Dry ingredient measurements	
oz.	g
1	28
2	57
3	85
4	125
5	140
6	170
7	200
8	250
16	500
32	1,000

Spoons	
Tsp.	mL
1/8	0.5
1/4	1
1/2	2
1	5
2	10
3	20
Tbsp.	
1	15
2	30
4	60

Ingredient information

Canned foods and prepackaged foods.

The recipes use canned goods and prepackaged foods, like vegetable broth. When purchasing these items, aim to get ones that do not have sodium added. Although the canned beans used in the recipes are rinsed before use, washing some of the sodium off, sodium will still be added to the food. Add salt to foods after trying it first.

Sugar is another culprit added to foods, so always check to see if sugar was added, and if so, look for the lowest sugar content possible.

Also, do not be overly concerned if you cannot find the size of cans or containers listed. I know brands vary, as do where you buy your groceries. Just buy the size closest to the recipe's stated size. Having a few mL or oz. difference of a particular ingredient will not significantly change the recipe's taste. You may, however, need to recalculate the nutritional information if you are counting your macronutrients.

Brown Rice:

Brown rice contains many essential nutrients required for a plant-based diet. Whether you want to use white rice over brown rice is up to you, but if possible, choose brown rice. Some of the recipes are best served with rice. To make brown rice more favourable, cook it in vegetable broth instead of water. Half a cup of dried brown rice with one cup of vegetable broth yields one cup of cooked rice.

Plant-Based Ground Beef:

There are a few less-processed options for something other than plant-based beef. You can substitute it with 2 cups of finely chopped portobello or cremini mushrooms cooked with 1 tablespoon of soy sauce. Portobello and cremini mushrooms have a "meaty" texture and can be swapped with plant-based beef ground. The mushrooms must be finely chopped, which can be extra work. A food processor will give you the best result, giving the mushrooms the same consistency as the plant-based ground beef. Fry the mushrooms and soy sauce with the onion and garlic until they are browned before adding any liquids. You can omit other mushrooms in the recipes if you choose this option.

If you do not want to use mushrooms, another option is to use 1 cup of textured vegetable protein (TVP). TVP contains soy, so it is not a good option if you have a soy allergy or intolerance. The TVP needs to be rehydrated, so add the liquid first, then add the TVP.

Other less-processed plant-based ground beef options are available at some grocery stores. I have seen some plant-based ground beef alternatives such as ground cauliflower and sunflower seed (also called hachè) brands available.

Oil:

Many recipes do not specify what oil to use; it says, "cooking oil." Some concerns exist about some oils' harvesting, growing, and processing. These concerns are over water usage to process the oil and land used, destruction of habitats, and heavy pesticide use, which harms animal and insect populations. If you are concerned about what oil to select and unsure what to choose that aligns with your values, I ask you to research the sustainability and effects a particular oil has on the environment and how you can make the best choice when deciding on what oil and brand to use. I did not specify if a particular type of oil is better for the environment, as availability varies from region to region, so it is a decision you must make for yourself. I did, however, provide some blanket information about cooking oils.

Some oils are better for cooking than others, and some should never be used for cooking. When heated, these oils may change structurally. I usually choose oils that are best for medium-high heat, as I typically do not cook anything over medium-high heat. Use whatever oil you prefer for cooking, but always use caution that it is not overheated or heated higher than recommended, as this could result in a fire or the destruction of your pots and pans.

Here is a breakdown of the different oils that can be used.

Oil	Best used for cooking under	Heat Level
Avocado (refined)	271C (520F)	high heat
Safflower	265C (510F)	high heat
Coconut (refined)	230C (450F)	medium-high
Peanut (refined)	230C (450F)	medium-high
Sunflower (refined)	320C (450F)	medium-high
Grapeseed	215C (420F)	medium-high
Sesame seed (refined)	210C, (410F)	medium-high
Avocado (unrefined)	205C (400F)	medium-high
Canola	205C (400F)	medium-high
Olive (extra virgin, unrefined)	205C (400F)	medium-high
Vegetable	205C (400F)	medium-high
Coconut (unrefined)	190C (375F)	low
Sesame (unrefined)	175C (350F)	low
Peanut (unrefined)	160C (320F)	low
Sunflower (unrefined)	160C (320F)	low
Walnut (unrefined)	160C (320F)	low
Almond seed	Not recommended for cooking	
Flax seed	Not recommended for cooking	
Hemp seed	Not recommended for cooking	

Breakfast Recipes

Overnight Oats

This is a recipe that can be modified to your liking. Overnight oats are easy to make and require little effort to make a nutritious breakfast filled with fibre. Adding chia seeds gives it a boost of omega-3s.

Makes:	1 serving
Prep time:	5 minutes
Fridge time:	Minimum 2 hours/overnight

Base Ingredients

1/2	Cup	Rolled oats
1	Cup	Plant-based milk or water
2	Tbs.	Chia seeds

Directions

1. Mix the three ingredients in a bowl. Keep them in the bowl or put the mixture into a jar(s). Refrigerate for at least two hours or overnight.

Based on one serving and using unsweetened soy milk

Calories	343
Carbs	39.0 g
Fat	14.0 g
Protein	17.3 g
Dietary Fiber	12.1 g
Sugar	2.0 g

Notes:

- *Using protein powder instead of water or dairy-free milk is also an option. Mix the protein powder in a shaker cup with the liquid first, removing all clumps. Then, soak the oats in the mix instead. This may slightly alter the oats' flavour. I usually use a flavourless protein powder, so the taste is not overpowering. Before eating, you may need to add a few tablespoons of water to rehydrate the oats, as the protein powder may cause the oats to be sticky and clumpy.*

- *Optional toppings:*

Add as much or as little toppings as you want before eating:

Fresh or frozen berries
Banana
Apple slices
Peach
Cherries
Peach

Mango
Cinnamon
Nutmeg
Nut butter
Vegan yogurt
Shredded coconut

Nuts
Agave nectar or maple
syrup
Granola
Hemp seeds

Protein Smoothies

There are many ways to enjoy a smoothie. They are a great way to start your day, great for on-the-go snacks or even a meal replacement when you are in a pinch.

When making a protein smoothie, you can add a scoop or two of protein powder; it is up to you. When adding more than one scoop of protein powder, you may need to add a little more water if you want to, but having it thicker is a great option, too. You may need a spoon to eat it.

You can be adventurous and add as many or as little as you want to your smoothie; you may need to adjust the liquid portion to your desired consistency. If you make it thick, you can enjoy it as a smoothie bowl topped with additional fruit instead of drinking it. Adding ice cubes will also thicken it and make it more of a frozen treat. Here are a few ideas you can use when making your smoothie. This is not an exhaustive list; if it blends and tastes good, it is up to you to add it to your smoothie.

Base	Liquid	Fruit	Vegetables	Extras
Protein powder: 1 or 2 scoops (plant-based, any flavour you prefer, at least 20g of protein, less than 3g of sugar, and preferably a complete protein source)	Water Coconut water Soy milk Almond milk Oat milk Coconut milk Rice milk Hempseed milk Cashew milk Hazelnut milk Macadamia milk Brazil nut milk Fruit juice Carrot juice	<i>It can be fresh or frozen.</i> Banana Berries Apple slices (peeled) Peach Cantaloupe Honeydew Mango Watermelon Grapes Kiwi Pineapple Orange Plums Dragon fruit Cherries Lemon Lime	Spinach (fresh or frozen) Kale (stems removed, fresh or frozen) Mixed greens Cucumber (peeled) Celery Avocado (fresh or frozen) Swiss chard (stems removed) Bok Choy (stems removed)	Cinnamon Nutmeg Ginger Nuts Nut butter/nut powders Vanilla extract Chia seeds Hemp hearts Vegan yogurt Shredded coconut Coca powder

Here are a few protein smoothie ideas. You can use these if you need inspiration or find other recipes online. These can be made in a blender, and any unused portions can be stored in the fridge and enjoyed throughout the day or the next.

Tropical Smoothie

1 or 2	scoops	Berry-flavoured protein powder (or strawberry-flavoured protein powder)
1 or 2	cups	Water (depending on how thick you want it)
1/2	cup	Coconut water, unsweetened
1	cup	Spinach
1/2	cup	Mango (fresh or frozen)
1/2	cup	Pineapple (fresh or frozen)

Based on one serving and one scoop of protein powder

Calories	236
Carbs	34.7 g
Fat	2.0 g
Protein	23.1 g
Dietary Fiber	5.2 g
Sugar	23.1 g

Notes:

- *There is a difference between coconut milk and coconut water. Ensure you use coconut water, not coconut milk.*

Banana Bread Smoothie

1 or 2	Scoops	Vanilla-flavoured protein powder
1	Cups	Oat milk, unsweetened (or preferred unsweetened plant-based milk)
1	Cup	Water (or less, depending on how thick you want it)
1	Medium	Banana
1/2	Cup	Vanilla-flavoured plant-based yogurt
1/2	Tsp.	Vanilla extract
1/2	Tsp.	Cinnamon
1/2	Tsp.	Nutmeg

Based on one serving and one scoop of protein powder

Calories	411
Carbs	50.4 g
Fat	11.8 g
Protein	27.6 g
Dietary Fiber	7.7 g
Sugar	26.6 g

Super Green Smoothie

1 or 2	Scoops	Vanilla-flavoured protein powder
1 or 2	Cup(s)	Water (or less, depending on how thick you want it)
1	Small	Green apple (peeled and core removed)
1	Cup	Spinach
1/2	Cup	Cucumber, peeled
1/2	Small	Avocado
1/2	Cup	Frozen mixed berries
1	Tbsp.	Chia seeds

Based on one serving and one scoop of protein powder

Calories	392
Carbs	43.5 g
Fat	15.8 g
Protein	25.1 g
Dietary Fiber	15.2 g
Sugar	22.2 g

Chocolate Cherry Smoothie

1 or 2	Scoops	Chocolate-flavoured protein powder
1 or 2	Cup(s)	Water (or less, depending on how thick you want it)
1/2	Cup	Cashew milk, unsweetened (or preferred unsweetened plant-based milk)
1	Cup	Frozen sweet cherries
1/2	Cup	Spinach
1	Tbsp.	Almond butter, unsalted

Based on one serving and one scoop of protein powder

Calories	385
Carbs	30.4 g
Fat	16.9 g
Protein	33.6 g
Dietary Fiber	7.2 g
Sugar	18.8 g

Strawberry Shortcake Smoothie

1 or 2	Scoops	Vanilla-flavoured protein powder
1 or 2	Cup(s)	Soy milk, unsweetened (or preferred unsweetened plant-based milk)
1	Cup	Strawberries (fresh or frozen)
1	Small	Banana

*Based on one serving, one scoop of protein powder
and one cup of unsweetened soy milk*

Calories	335
Carbs	39.9 g
Fat	7.8 g
Protein	30.8 g
Dietary Fiber	7.8 g
Sugar	21.2 g

Blueberry Pie Smoothie

1 or 2	Scoops	Vanilla-flavoured protein powder
1 or 2	Cups	Soymilk, unsweetened (or preferred unsweetened plant-based milk)
1	Cup	Blueberries (fresh or frozen)
1/2	Cup	Vanilla-flavoured plant-based yogurt

Based on one serving, one scoop of protein powder, and one cup of soy milk

Calories	370
Carbs	41.1 g
Fat	9.8 g
Protein	32.2 g
Dietary Fiber	9.1 g
Sugar	26.7 g

Notes:

- *Make-ahead idea: You can prep your smoothie using sealable containers before you make it. Leaving out the protein powder and liquid, assemble the ingredients in the container and freeze them until ready to use. When ready to use, empty the contents of the container along with the protein powder and liquid into a blender and blend away! It's easy and convenient for those days you need it.*

Tofu Scramble

Serve with toast and a side of avocado, with hot sauce, in a tortilla, or eat it alone.

This is one of my favourite recipes because it is quick and delicious. The recipe below is just one version, but be creative. I add vegetables to the scramble on the cusp of going bad in my fridge. Asparagus, tomatoes, olives, capers, spinach, kale, broccoli, cauliflower, and shredded carrots are a few of the other vegetables I have added. Leaving out the salsa is also an option, but the scramble may be drier. I usually top it with hot sauce or ketchup when I leave out the salsa. This recipe also freezes well to be ready in a pinch for a satisfying, quick meal.

Makes:	4 servings
Prep time:	15 minutes
Cook time:	15 minutes

Ingredients

1	Package (350 g/12 oz.)	Extra firm tofu, crumbled
1	Cup	Salsa
1	Container (227 g/8 oz.)	Mushrooms, sliced
1	Medium	Red bell pepper, chopped
1/2	Cup	Nutritional yeast
1	small	Onion, chopped
1	Clove	Garlic, minced
1	Tbsp.	Cooking oil
		Salt and pepper to taste

Directions

1. Add oil to a large pan or skillet.
2. Sauté mushrooms on medium heat until most of the liquid is gone
3. Reduce heat to low-medium. Add onions, garlic, and bell peppers and mix with mushrooms until everything is soft, for about 5 minutes.
4. Add the crumbled tofu to the skillet. If you missed any larger pieces, break apart the larger pieces with a spoon. Mix everything.
5. Continue stirring until the tofu edges are slightly brown, about 5 minutes.

6. Add in salsa and stir everything together.
7. Mix in nutritional yeast.
8. Let the mixture cook together for another 5 minutes before serving.
9. Add salt and pepper to taste.

Per serving:

Calories	221
Carbs	13.6 g
Fat	11.9 g
Protein	19.4 g
Dietary Fiber	4.5 g
Sugar	5.5 g

Notes:

- *This recipe freezes well.*

Salads

Deconstructed Thai Salad Rolls

Makes:	4 servings
Prep time:	45 minutes
Cook time:	10 minutes

Ingredients

1	Package (350 g/12 oz.)	Extra firm tofu, cubed
1	Cup	Rice noodles, cooked according to package instructions and cooled.
1	Medium	Red bell pepper, diced
1	Cup	Purple cabbage, shredded or chopped into strips
1	Cup	Cooked edamame beans (can be cooked in the microwave by heating for 3-4 minutes or using package instructions)
2	Large	Carrots, grated
1/2	Medium	Cucumber, peeled, diced
1/4	Cup	Green onions, chopped
1/4	Cup	Fresh basil, chopped
1/4	Cup	Peanuts, chopped (optional)
2	Tbsp.	Low-sodium soy sauce
2	Tsp.	Cooking oil
For the dressing		
4	Tbsp.	Crunchy natural peanut butter
2	Tbsp. (about 1 lime)	Lime juice
2	Tbsp.	Maple syrup
2	Tbsp.	Water
1	Tbsp.	Rice vinegar
1	Tbsp.	Low-sodium soy sauce
1	Tsp.	Garlic powder
1	Tsp. (2.5 cm/1")	Ginger, minced, grated or crushed

Directions

1. Put tofu into a bowl and add low-sodium sauce until tofu is evenly coated.
2. Heat the cooking oil in a pan on medium heat.
3. Add the tofu to a pan with the low-sodium soy sauce and fry until browned, about 5-7 minutes. Remove from heat and let cool.
4. While tofu is cooking, make the dressing.
5. In a bowl, whisk together the dressing ingredients until smooth. If the dressing is thick, add water by the teaspoon to thin it out so it can be easily poured onto the salad.
6. Mix the red pepper, purple cabbage, edamame beans, cucumber, carrots, green onions and basil.
7. Divide the rice noodles into four containers or bowls. Add the tofu and vegetable mixture on top of the noodles.
8. Pour the dressing over the salad before eating, and sprinkle with the peanuts. Store the dressing in a separate sealable container in the fridge until ready to use.

Per serving:

Calories	461
Carbs	38.5 g
Fat	24.2 g
Protein	28.3 g
Dietary Fiber	7 g
Sugar	13.9 g

Edamame Bean Salad

Makes:	4-6 servings
Prep time:	15 minutes
Cook time:	5 minutes

Ingredients

2	Cups	Frozen, shelled edamame beans
1	Can (398 mL/14 oz.)	Black beans, drained and rinsed
1	Can (398 mL/14 oz.)	Corn kernels, drained and rinsed
1	Cup	Cherry tomatoes, halved
1	Large	Avocado, pitted and diced
1	Small	Red onion, finely chopped
1/4	Cup	Cilantro, chopped (optional)
1	Medium	Lime, juiced
1	Tsp	Salt

Directions

1. Microwave edamame beans for 3-4 minutes or until cooked or cook as per package directions.
2. Combine the edamame beans with other ingredients.
3. Mix well and refrigerate for at least an hour.

Per 1/6th of the recipe

Calories	251
Carbs	36.6 g
Fat	7.5 g
Protein	14.0 g
Dietary Fiber	13.1 g
Sugar	6.0 g



Potato Salad

This is a rip-off of my mom's potato salad, which she has been making for years. It was made plant-based by leaving out the hard-boiled eggs and using a plant-based mayonnaise. This is a fan favourite and is great for a get-together or BBQ.

Makes:	6-8 servings
Prep time:	20 minutes
Cook time:	20 minutes
Fridge cooling time:	1-2 hours

Ingredients

6	Medium	Potatoes, peeled
2	Medium	Carrots, peeled
2	Medium	Dill pickles, peeled
4	Tbs.	Plant-based mayonnaise
1/2	Tsp.	Salt (for boiling water used for potatoes)
		Salt & Pepper to taste

Directions

1. Half the potatoes and boil them in ½ tsp of salted water for 20 minutes or until soft.
2. In a separate pot, boil the carrots (if on the larger side, cut in half) in water for 15 minutes or until soft.
3. Drain both.
4. Cut pickles into small pieces and put them into a serving bowl.
5. Once the carrots are cooled, cut them into small cubes and place them in the serving bowl with the pickles.
6. Once potatoes are cooled, cube them into small pieces and add them to carrots and pickles.
7. Add mayonnaise and mix everything well.
8. Add salt and pepper to taste.
9. Keep refrigerated for at least an hour or two before serving.

Per 1/6th of the recipe

Calories	215
Carbs	36.7 g
Fat	7.0 g
Protein	3.2 g
Dietary Fiber	4.3 g
Sugar	2.7 g



Quinoa Salad

Quinoa is gluten-free, nut-free, and a complete protein. Even without the tofu, this recipe is still tasty if you have a soy intolerance or allergy. This salad is excellent for a meal, a side dish, or to bring along to a get-together.

Makes:	4 servings
Prep time:	25 minutes
Cook time:	25 minutes

Ingredients

1/2	Cup	Quinoa, uncooked
1	Cups	Vegetable broth
1	Package (350 g/12 oz.)	Extra firm tofu, cut into small cubes
1/2	Medium	Cucumber, seeds removed, chopped
1	Medium	Red bell pepper, seeds removed, chopped
1	Cup	Cherry tomatoes, halved
1	Small	Red onion, chopped
1	Tbsp.	Low-sodium soy sauce
2	Sprays	Cooking spray
		Pepper to taste
Dressing		
1/8	Cup	Olive oil
1/8	Cup	Balsamic vinegar
1	Cloves	Garlic, minced or pressed
	Pinch	Salt

Directions

1. Cook quinoa using package instructions, but use vegetable broth instead of water.
2. Put tofu into a bowl and add low-sodium sauce until tofu is evenly coated.
3. Add the tofu covered in the low-sodium soy sauce to a pan sprayed with cooking spray and fry until browned, about 5-7 minutes.

4. Whisk together the dressing ingredients in a small bowl.
5. Once the quinoa is done cooking, transfer it to a larger bowl and mix in the tofu, cucumber, red bell pepper, cherry tomatoes, and red onion.
6. Once the salad is cooled, add the dressing and mix everything well.
7. Add pepper to taste, and if needed, add salt.

Per serving

Calories	312
Carbs	25.8 g
Fat	16.4 g
Protein	18.7 g
Dietary Fiber	3.4 g
Sugar	7.7 g

Notes:

- *Some quinoa brands require pre-rinsing before cooking, while others are ready to go as sold.*
- *Quinoa can be cooked in a pot on the stove or a rice cooker.*
- *Quinoa can also be roasted for a few minutes in the pot before adding the liquid to give it a nuttier flavour.*

Soups & Stews

Chickenless Noodle Soup

This soup is perfect for colder days and when you feel run down. It satisfies my craving for my mom's homemade chicken noodle soup.

Makes: 6-8 servings

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients

2	900 mL (30 oz.)	Chickenless broth (or vegetable broth)
1	Package (350 g/12 oz.)	Extra firm tofu, cut into small cubes
1	Cup	Thin rice noodles, dry, broken into 1" pieces
2	Medium	Celery stalks, chopped into small pieces
2	Medium	Carrots, chopped into small pieces
1	Small (about 1/2 cup)	Onion, chopped into small pieces
1/2	Cup	Parsley (stems removed) chopped
1/4	Cup	Low-sodium soy sauce
1	Tsp.	Cooking oil
1/4	Tsp.	Pepper

Directions

1. Heat cooking oil on medium in a large pot.
2. Add tofu and fry until lightly brown, stirring often so it doesn't stick to the pot, about 3 minutes.
3. Add celery, carrots, and onion. If the mixture sticks to the pot, add a tablespoon or two of broth. Fry for 1 to 2 minutes.
4. Add both containers of chickenless broth and cover the pot.
5. Bring to a boil on high heat, reduce heat, and boil on low for 10 minutes.
6. Add soy sauce, noodles, and pepper.

7. Let the soup boil for another 5 minutes.
8. Add parsley and mix everything well, ensuring the noodles are broken apart.

Per 1/6th of the recipe

Calories	187
Carbs	18.3 g
Fat	6.9 g
Protein	14.3 g
Dietary Fiber	1.4 g
Sugar	2.6 g



Notes:

- *I chop the tofu, carrots, onion, and celery into tiny pieces so they are easier to eat. I usually cut the celery stalks and carrots in half before chopping them. I also cut the tofu in three lengthwise and into small cubes.*
- *This recipe freezes well without the noodles, which may go soggy. If reheating, add the cooked noodles just before eating.*

Hearty Lentil Stew

Makes:	8 servings
Prep time:	20 minutes
Cook time:	45 minutes

Ingredients

2-1/4	Cups	Dried green lentils, soaked (see notes)
1	Can (796 mL/28 oz.)	Diced tomatoes with juice
1	Large (about 1 cup)	Potato diced into small pieces (russet works best)
1	Large	Carrots, chopped
1	Medium	Onion, chopped
2	Medium	Celery stalks, chopped
4	Cups	Prepared vegetable broth
1	Cup	Fresh parsley, stems removed, chopped
3	Cloves	Garlic, minced or pressed
1	Tbsp.	Cooking oil
1	Tsp.	Ground cumin
3/4	Tsp.	Dried basil
1/2	Tsp.	Dried thyme
	Pinch	Salt
	Pinch	Pepper

Directions

1. In a skillet or pan, heat oil over medium-high heat.
2. Add onions, carrots, celery, and potatoes. Cook for 4 minutes, stirring often.
3. Add garlic and cook for an additional 5 minutes, stirring often.
4. Add lentils, spices, tomatoes and vegetable broth. Mix well.
5. Bring to a boil.
6. Reduce the heat to medium, cover, and simmer for 25-30 minutes until the lentils and potatoes are soft. Stir often. Add additional vegetable broth or water if needed.

7. Once cooked, add parsley and mix well.

Per serving:

Calories	233
Carbs	42.1 g
Fat	2.4 g
Protein	12.1 g
Dietary Fiber	7.8 g
Sugar	5.5 g



Notes:

- *Dry lentils are best if rinsed and soaked for at least 10 minutes before use. Do this while you prepare the vegetables and the spice mix.*
- *This recipe can also be made in a slow cooker. Combine the spice mix and liquids in a bowl and set aside. Omit the oil. Add the lentils first to the slow cooker, then the uncooked vegetables, and finally, the liquid and spice mix. Do not stir. Cook on low for 9-10 hours or high for 4½ to 5 hours.*
- *This recipe freezes well.*

Mains

Jackfruit tacos

Makes:	4 servings
Prep time:	20 minutes
Cook time:	45 minutes

Ingredients

2	Cans (398 mL/8 oz.)	Green jackfruit (including seeds) in brine or water, drained, rinsed and cut into slices
1	Medium	Onion, sliced
1/2	Cup	Vegetable broth
1	Tbsp	Agave nectar
1	Medium	Lime, juiced
2	Tsp.	Cooking oil
2	Tsp.	Chili powder
1	Tsp.	Cumin, ground
1	Tsp.	Smoked paprika (or regular)
1/2	Tsp.	Garlic powder
1/2	Tsp.	Oregano
1/4	Tsp.	Salt
1/4	Tsp.	Pepper
	Pinch	Cayenne pepper (optional)

For the tacos

8	15 cm (6") diameter	Taco shells (hard, soft, or gluten-free)
2	Large	Avocado, sliced into eighths
1	Small	Red onion, sliced
1	Bunch	Cilantro
2	Medium	Limes, cut into wedges
		Hot sauce or salsa (optional)

Directions

1. Heat cooking oil in a pan on medium heat.
2. Add onions and sauté until soft and starting to brown, about five minutes.
3. Add the jackfruit, vegetable broth, agave, lime juice and spices to the onions and mix well.
4. Cover the pan and cook until most of the liquid is gone, about ten minutes.
5. Using a potato masher or fork, mash up the mixture, shredding it.
6. Assemble the tacos with the jackfruit mixture, avocado, red onions, cilantro, lime juice, and hot sauce or salsa.

Per serving, using corn tortillas:

Calories	203
Carbs	39.3 g
Fat	6.0 g
Protein	5.2 g
Dietary Fiber	6.1 g
Sugar	5.6 g



Lasagna

Makes:	8 servings
Prep time:	30 minutes
Cook time:	45 minutes

Ingredients

1	Box (500 g/18 oz.)	No-cook lasagna noodles (regular or gluten-free)
1	package (340 g/12 oz.)	Plant-based ground beef substitute (I use Impossible or Beyond Meat brands)
1	Jar (660 mL/24 oz.)	Tomato pasta sauce (any flavour, as long as it's plant-based)
1	Can (236 mL/8 oz.)	Plain tomato sauce
1	Package (300 g/10.5 oz)	Frozen spinach, chopped, thawed (microwave for 4-5 mins. or thaw in the fridge overnight)
1	Medium	Onion, chopped
2	Cloves	Garlic, minced
1	Package (227 g/8 oz.)	Mushrooms, sliced
1	Package	Shredded plant-based mozzarella cheese
2	Sprays	Cooking spray

For the ricotta cheese:

1	Package (350 g/12 oz.)	Extra firm tofu, crumbled
1/4	Cup	Nutritional yeast
1/4	Cup	Lemon juice
1	Clove	Garlic, minced
1/2	Tbsp.	White miso paste
1	Tsp.	Italian seasoning
1/2	Tsp.	Salt

Directions

1. Spray a pan with cooking spray and add mushrooms. Cook on medium heat until browned, about 5 minutes.
2. Add onions and garlic. Fry until onions are browned, about 3 minutes.

3. Add the plant-based ground beef. Fry until thoroughly cooked, about 5-7 minutes.
4. Add the jar of tomato pasta sauce. Let simmer on low for 10 minutes while you make the ricotta cheese and assemble the lasagna.
5. Preheat oven to 175C (350F).
6. To make the ricotta cheese, combine all the ingredients in a blender and blend until smooth. If the mixture is dry, add a tablespoon or two of water.
7. Cover the bottom of the lasagna pan with the plain tomato sauce.
8. Start layering the lasagna. Start with the noodles, then a layer of the plant-based ground beef mixture, the spinach, then noodles, plant-based ground beef mixture, ricotta cheese, and noodles. Coat the top layer of noodles with the canned plain tomato sauce.
9. Cover with foil.
10. Bake in the oven for 30 minutes or until the top noodles look soft.
11. Remove from oven and remove foil. Sprinkle the top with the shredded plant-based cheese.
12. Bake uncovered for 10 minutes or until cheese is melted.
13. Broil for 3-5 minutes if you want a crispier top.

Per serving:

Calories	415
Carbs	42.3 g
Fat	17.6 g
Protein	23.2 g
Dietary Fiber	6.6 g
Sugar	6.3 g

Notes:

- *This recipe freezes well. I usually freeze each piece separately, so I can easily pull one out of the freezer if I need a quick dinner or lunch option.*

Smokey Sweet Potato and Three Bean Chili

Makes: 8 servings

Prep time: 25 minutes

Cook time: 45 minutes

Ingredients

1	Can (796 mL/28 oz.)	Diced tomatoes with juice (drain tomatoes but reserve the juice)
1	Can (398 mL/14 oz.)	Black beans, drained and rinsed
1	Can (398 mL/14 oz.)	Kidney beans, drained and rinsed
1	Can (398 mL/14 oz.)	Pinto beans, drained and rinsed
1/2	Cup	Reserved tomato juice
1	Cup	Vegetable broth
1	Medium	Sweet potatoes, diced
1	Medium	Onion, diced
2	Medium	Red bell pepper, diced
4	Medium	Celery stalks cut into 2.5 cm (1-inch pieces)
1	Small	Jalapeno, minced (optional)
1	Tbsp.	Cooking oil
2	Cloves	Garlic
1	Tsp.	Cumin
1	Tsp.	Paprika
1	Tsp.	Chili powder
1	Tsp	Liquid smoke
1/2	Tsp.	Oregano
1/2	Tsp.	Garlic powder
1/2	Tsp.	Salt
1/2	Tsp.	Pepper

Directions

1. Heat cooking oil on medium-high heat and add onions. Cook until onions are soft, about 5 minutes.
2. Add garlic, jalapeno (optional), cumin, paprika, chili powder, salt, and pepper. Mix well with the onions and cook for about 1 to 2 minutes until fragrant.
3. Add sweet potatoes, celery, and bell peppers. Cook until celery and bell peppers are soft, about 5 minutes (if the mixture is dry, add a few tablespoons of water or broth).
4. Stir in the beans, tomatoes, tomato juice, broth, and liquid smoke. Bring to a boil and reduce heat.
5. Simmer on medium to low heat for about 35 minutes until the sweet potatoes are soft and the chili has thickened.

Per serving:

Calories	252
Carbs	44.4 g
Fat	3.3 g
Protein	13.1 g
Dietary Fiber	13.5 g
Sugar	6.6 g

Notes:

- *This recipe can also be made in a slow cooker. Combine the vegetables (including the canned diced tomatoes, not the bell peppers) and the beans in the slow cooker. Omit the oil. In a bowl, combine the liquids and spices and mix well. Pour the liquid and spice mix over the vegetables and beans into the slow cooker. Do not stir. Cook on low for 8-10 hours or high for 4 to 5 hours. Check often to see if it requires more liquid. Add half a cup of vegetable broth if it becomes too thick. Add the bell peppers, then cook for 25 minutes on high or until bell peppers are tender.*
- *This recipe freezes well.*



Spinach and Chickpea Curry

This is best served on a bed of rice with naan bread for dipping. For three cups of cooked rice (six half-cup servings), use 1-1/2 cups of dried rice to three cups of liquid.

Makes:	6 servings
Prep time:	15 minutes
Cook time:	30 minutes

Ingredients

5	Cups	Baby spinach, fresh and chopped
1	Can (796 mL/28 oz)	Dice tomatoes in juice
1	Can (796 mL/28 oz)	Chickpeas
1	Can (398 mL/14 oz.)	Coconut milk
1/4	Cup	Vegetable broth
1	Medium	Onion, diced into small pieces
2	Cloves	Garlic, minced
2	Tbsp.	Cilantro, chopped
1	Tbsp. (about 6 cm/2.5")	Ginger, minced, grated or crushed
1	Tbsp.	Cooking oil
1	Tbsp.	Coriander
1	Tbsp.	Garam masala
1	Tbsp.	Lemon juice
1	Tsp.	Turmeric
1/2	Tsp.	Salt

Directions

1. Heat cooking oil in a pan on medium heat.
2. Add onions and sauté until soft and starting to brown, about 5 minutes.
3. Add garlic and ginger and continue cooking for 1 minute.
4. Add the coriander, turmeric, and cumin and cook for 2 minutes or until fragrant, stirring often.

5. Add the chickpeas, tomatoes, salt and vegetable broth. Bring to a boil, then reduce heat and simmer on low-medium for 10 minutes, stirring occasionally.
6. Add spinach and mix in well. Continue cooking for 5 minutes or until spinach is completely wilted.
7. Add the coconut milk, garam masala, and lemon. Mix well and cook for 5 minutes.
8. Sprinkle with fresh cilantro before serving.

Per serving:

Calories	433
Carbs	43.2 g
Fat	17.6 g
Protein	22.5 g
Dietary Fiber	7.1 g
Sugar	6.0 g

Notes:

- *This recipe freezes well.*

Stir-fry

This is an easy, nutritious recipe that takes no time to prepare. Serve it with quinoa or brown rice. For two cups of cooked rice (four half-cup servings), use 1 cup of dried rice to two cups of liquid.

Makes:	4 servings
Prep time:	20 minutes
Cook time:	25 minutes

Ingredients

1	Package (350 g/12 oz.)	Extra firm tofu, cubed
1	Package (227 g/8 oz.)	Mushrooms, sliced
1	Medium	Onion, chopped
1	Cloves	Garlic, minced
1	Cup	Edamame beans
1	Cup	Broccoli florets chopped into small pieces
1	Cup	Cauliflower, chopped into small pieces
1	Large	Carrot, chopped into small pieces
1	Medium	Red pepper, chopped into small pieces
1	Tbsp.	Sesame oil
1	Tbsp.	Toasted sesame seeds

For the sauce

1/2	Cup	Veggie broth
1/4	Cup	Low-sodium soy sauce
1	Tbsp.	Sesame oil
1	Tbsp.	Agave nectar
1	Tbsp.	Cornstarch
1	Tsp. (2.5 cm/1")	Ginger, minced, grated or crushed

Directions

1. In a bowl, whisk vegetable broth and cornstarch.

2. Add soy sauce, agave syrup, ginger, 1 tbsp. oil, and tofu cubes to the bowl. Set aside.
3. Add 1 tbsp. sesame oil to pan and heat on medium-high heat.
4. Add the mushrooms and cook until browned and all the water is gone about 5 minutes.
5. Add onion and cook until browned about 3 minutes.
6. Add edamame beans, broccoli, cauliflower, carrots, and red peppers. Cook for about 3 mins.
7. Add the tofu and the remainder of the sauce to the pan. Mix everything well and cook until tender, about 5-7 minutes (the sauce should boil).
8. Add garlic and toasted sesame seeds and cook for an additional 2 minutes.

Per serving:

Calories	316
Carbs	27.1 g
Fat	15.1 g
Protein	24.4 g
Dietary Fiber	6.3 g
Sugar	12.1 g

Tofu Salad Sandwich

Makes:	4 servings
Prep time:	15 minutes
Cook time:	none

Ingredients

1	Package (350 g/12 oz.)	Extra firm tofu, crumbled (either by hand or smash it with a fork).
2	Slices	Whole grain bread
1	Medium	Celery stalks, finely chopped
1/4	Cup	Nutritional yeast
1/8	Cup	Apple cider vinegar
1	Small (about 1/8 c.)	Onion, finely chopped (optional)
4	Tbsp.	Plant-based mayonnaise
2	Tbsp.	Dill (fresh or freeze-dried), finely chopped
1	Small	Tomato, sliced
4	Leaves	Lettuce
1/2	Tsp.	Salt or to taste

Directions

1. Mix all ingredients in a bowl. Use a fork to work and mash the ingredients together well.
2. Place ¼ of the tofu salad on the bread. Use the remaining amount for more sandwiches.

Per serving:

Calories	318
Carbs	19.1 g
Fat	19.1 g
Protein	20.8 g
Dietary Fiber	4.0 g
Sugar	3.5 g

Notes:

- *This is a basic recipe and can be embellished to your liking. If you want an egg salad sandwich taste, use namak salt (also known as black salt, which can be purchased on Amazon). If you want a fishy taste, add a teaspoon of seaweed by crumbling dried seaweed.*
- *When eating this the next day, it may be a little dry. To perk it up, add a teaspoon of plant-based mayonnaise or a teaspoon of water.*
- *If you cannot eat soy due to an allergy or intolerance, swap out the tofu for 1.5 cups of chickpeas.*

Tofu Teriyaki Rice Bowl

Makes: 4 rice bowls

Prep time: 20 minutes

Cook time: 40 minutes

Ingredients

1	Package (350 g/12 oz.)	Extra firm tofu, cubed
1	Cup	Brown rice, uncooked
1	Medium	Onion, diced
1	Medium	Red bell pepper, diced
1	Cup	Cooked edamame beans (can be cooked in the microwave by heating for 3-4 minutes or using package instructions)
2	Medium	Carrots, shredded or cut into matchsticks
1	Cup	Broccoli chopped into bite-sized pieces
1	Tbsp.	Cooking oil

For the sauce

1/3	Cup	Water
1/4	Cup	Soy sauce or tamari (use low-sodium if you are watching sodium intake)
3	Tbsp.	Brown sugar
2	Tbsp.	Rice wine vinegar
1	Tbsp.	Agave nectar
2	Tsp.	Toasted sesame seed oil
5	Cloves	Garlic, pressed
1	Tsp. (2.5 cm/1")	Ginger (pressed or paste)
1	Tbsp.	Cornstarch
1	Tsp.	Onion powder
1	Tbsp.	Toasted sesame seeds

Directions

1. Cook rice using package instructions.
2. In a large skillet, heat cooking oil over medium-high heat.
3. Add tofu to skillet, and cook until browned, about 5-7 minutes.
4. Add onions and bell peppers and cook until soft, about 3-5 minutes.
5. In a bowl, whisk together the sauce ingredients. Pour sauce over the tofu, onion and peppers.
6. Reduce the heat to medium-low and mix well. Ensure nothing sticks to the bottom of the skillet and that all the tofu is evenly coated.
7. Once the sauce starts to bubble and thicken, remove from heat.
8. To make the bowl, start with rice and top with one-quarter of the tofu, onion, and bell pepper mixture, one-quarter of the edamame beans, one-quarter of the broccoli, and one-quarter of the carrots. For more flavour, use extra sauce on the vegetables and edamame beans.

Per serving:

Calories	515
Carbs	66.1 g
Fat	18.7 g
Protein	25.6 g
Dietary Fiber	6.7 g
Sugar	16.6 g

Notes:

- *To toast the sesame seeds, spread them into a thin layer on a pan and roast them on medium-high heat. They will be ready after slightly browning, about 2-3 minutes. Move the seeds around the pan every 30 to 45 seconds so they do not burn.*
- *To make the rice more flavourful, swap the water and cook it in vegetable, chickenless, or beefless broth.*
- *If you are sensitive to raw vegetables, microwave the broccoli and carrots for one to two minutes to soften them, making them easier to digest. They can also be steamed over a heat source for two to three minutes.*
- *Chickpeas are a good option for not eating tofu due to soy sensitivity.*
- *This recipe freezes well but may have a slightly soggy texture after reheating.*

Zucchini boats

Makes:	4 servings
Prep time:	20 minutes
Cook time:	45 minutes

Ingredients

2	Medium	Zucchini, peeled and cut in half lengthwise, with seeds removed.
1	Package (227 g/8 oz.)	Mushrooms, sliced
1	package (12 oz.)	Plant-based ground beef substitute (I use Impossible or Beyond Meat brands)
1	Medium	Onion, chopped into small pieces
1	Medium	Red bell pepper, chopped into small pieces
1	Cup	Plant-based shredded cheddar cheese
3/4	Cup	BBQ sauce
1	Clove	Garlic, minced or pressed
2	Sprays	Cooking spray
		Salt and pepper to taste

Directions

1. Preheat oven to 205C (400F).
2. Spray a pan with cooking spray, and cook the mushrooms on medium heat until the water evaporates and they are slightly browned, about 5-7 minutes.
3. Add onions and bell peppers and cook until soft, about 3 minutes.
4. Add garlic and plant-based ground beef. Cook plant-based ground beef thoroughly, about 5 to 7 minutes.
5. Add BBQ sauce and mix everything. Cook until the sauce begins to bubble.
6. Remove from heat.
7. Place the zucchini cut side up in a baking dish. Spoon the plant-based beef mixture into the zucchini.
8. Cover with foil and bake in the oven for 20-25 minutes, until the zucchini is tender.

9. Remove from oven, and sprinkle each with the plant-based shredded cheddar cheese.
10. Bake uncovered for 3-5 minutes or until the cheese is melted.

Per serving:

Calories	412
Carbs	44.6 g
Fat	17.8 g
Protein	19.3 g
Dietary Fiber	6.8 g
Sugar	23.8 g

Notes:

- *Some BBQ sauces contain a lot of added sugar. If you are watching your sugar intake, look for a sauce with little to no added sugar.*

Snacks

Roasted Chickpeas

Makes:	4 servings
Prep time:	5 minutes
Cook time:	30 minutes

Ingredients

1	Can (398 mL/14 oz.)	Chickpeas
2	Tbsp.	Olive oil
1	Tsp.	Salt

Directions

1. Preheat oven to 205C (400F).
2. Drain and rinse chickpeas.
3. Dry chickpeas well, and discard any skins that have come off.
4. Spread chickpeas on a pan lined with parchment paper.
5. Drizzle olive oil over chickpeas, and add salt.
6. Roast for 30 minutes or until crispy; toss chickpeas around after 15 minutes.

Per serving:

Calories	198
Carbs	22.4 g
Fat	9.5 g
Protein	7.0 g
Dietary Fiber	6.4 g
Sugar	4.0 g

Notes:

- *These can be seasoned using different spices like paprika or chili powder.*
- *These may get soggy if stored too long and are best enjoyed after baking. Store at room temperature in a jar or container with a lid if not eaten immediately.*

Trail Mix

This recipe is slightly different, but I wanted to add it because it contains essential nutrients. I usually remove the following amounts and put them in a bowl for snacking. This recipe is also high in calories, so if you are watching your calorie intake, it may be something you do not want to have daily.

I usually buy bags of nuts in the baking aisle and take out what I need to make this trail mix. The bulk bin is also a great way to purchase nuts at a lower cost. Storing them in the freezer will keep them fresh longer. I buy the unroasted and unsalted kinds to keep sodium levels low.

This recipe is beneficial because it is a great way to get omega-3s and essential amino acids. I provided the nutritional information showing the amounts of amino acids in a serving. Having this prepared in a snack bag in the freezer is an excellent option if you are on the go, so you still get those essential nutrients on busier days.

Makes:	1 serving
Prep time:	5 minutes
Cook time:	None

Ingredients

2	Brazil nuts
10	Almonds
5	Cashews
3	Walnuts
25	Roasted pumpkin seeds
14 g (½ oz/one box)	Raisins

Directions

1. Mix ingredients in a bowl or to-go container.

Essential Amino Acid	2 Brazil nuts	10 Almonds	5 Cashews	3 Walnuts	25 roasted pumpkin seeds	TOTAL % of Daily intake
Histidine	4%	7%	5%	5%	4%	25%
Isoleucine	4%	7%	6%	6%	5%	28%
Leucine	4%	7%	5%	5%	4%	25%
Lysine	2%	3%	4%	2%	2%	13%
Methionine	17%	3%	6%	5%	5%	36%
Phenylalanine	6%	13%	9%	8%	8%	44%
Threonine	3%	6%	5%	6%	4%	24%
Tryptophan	4%	8%	9%	6%	9%	36%
Valine	5%	7%	7%	6%	5%	30%
Other nutrients of value:						
Omega-3						100%
Selenium						100%
Magnesium						47%
Iron						13%
Copper						90%
Potassium						16%

Per serving:

Calories	350
Carbs	20.9 g
Fat	28.2 g
Protein	10 g
Dietary Fiber	4.4 g
Sugar	11 g