



Plant-Based Cancer Support Program

Created by Harmony Nutrition



Plant-Based Cancer Support Program

Harmony Nutrition

A plant-based, immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment and also help to prevent various types of cancer.

Cancer treatments often come with side effects that make cooking and eating a challenge. This approachable plan contains simple meals and snacks to help you to maximize your calorie and protein intake. It provides the proper nutrients and foods to mitigate nutrition-related side effects, help the body rebuild tissue, and boost energy and strength.

Antioxidants

Antioxidants support your body's ability to fight and heal from disease and protect the body from the damaging effects of free radicals. Colorful varieties of fruits and vegetables such as apples, artichokes, berries, leafy greens, and pinto beans are particularly good sources and are included daily in this plan. Nut butter, seeds, and avocados are antioxidant-rich foods added to provide healthy fats and additional calories, which can help with low appetite from cancer treatment.

Sugar-Free & High Fiber Foods

This program limits added sugars and contains higher fiber foods such as whole grains, fruits, vegetables, nuts, and legumes to help you feel fuller and prevent constipation, a common treatment side effect. Nutrient-dense grains provide complex carbohydrates for energy and B vitamins which have been associated with the reduction of cancer symptoms.

Immune Support

Cancer and cancer treatment can weaken your immune system and make you more prone to infection. Foods containing protein, iron, zinc, and vitamins A and C can help surgery wounds heal more quickly and repair and rebuild damaged tissue. Lean protein sources such as chicken breast and salmon and plant-based options like beans and hummus are incorporated into the plan and paired with fruits and vegetables to foster a healthy immune system. Probiotic foods like kefir and sauerkraut are included to create a beneficial gut microbiome.

Managing Side Effects

Treatment side effects can get in the way of getting enough food and fluids. Moistened foods with sauces and broths are added to this plan to help with dry mouth, along with fluids like tea and smoothies to prevent dehydration. It can be easier to eat soft, mild foods, such as hummus, kefir, scrambled eggs, pasta, oats and soups, and well-cooked meats and vegetables if you have mouth sores or pain. To prevent nausea, meals and snacks are scheduled every few hours, as an empty stomach can worsen nausea. Chamomile, mint, ginger, and lemon teas are added to soothe digestion and ease nausea and vomiting.

Plant-Based Cancer Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Grape & Coconut Protein Chia Pudding	Grape & Coconut Protein Chia Pudding	Tofu Breakfast Quesadilla	Tofu Breakfast Quesadilla	Creamy Coconut Yogurt Oats with Peaches	Creamy Coconut Yogurt Oats with Peaches	Creamy Coconut Yogurt Oats with Peaches
Snack 1	Whole Grain Crackers with Edamame	Blended Butternut Squash, Apple & Quinoa	Whole Grain Crackers with Edamame	Apple with Peanut Butter	Roasted Edamame	Grapes & Walnuts	Roasted Edamame
						Simple Vanilla Protein Shake	
Lunch	Carrot, Hummus & Arugula Wrap	Squash & Pinto Bean Soup	Crispy Tofu & Broccoli on Rice	Butternut Squash & Spinach Pasta	Carrot, Hummus & Arugula Wrap	Pinto Beans, Broccoli & Brown Rice	Squash & Pinto Bean Soup
		Brown Rice					
Snack 2	Blended Butternut Squash, Apple & Quinoa	Crackers & Hummus	Peanut Butter Protein Yogurt with Blackberries	Grapes & Walnuts	Coconut Yogurt with Grapes & Walnuts	Apple with Peanut Butter	Peanut Butter Protein Yogurt with Blackberries
				Simple Vanilla Protein Shake			
Dinner	Squash & Pinto Bean Soup	Crispy Tofu & Broccoli on Rice	Butternut Squash & Spinach Pasta	Carrot, Hummus & Arugula Wrap	Pinto Beans, Broccoli & Brown Rice	Squash & Pinto Bean Soup	Pinto Beans, Broccoli & Brown Rice
	Brown Rice						
Snack 3	Cinnamon Mint Tea	Ginger Mint Tea	Chamomile Tea	Lemon Ginger Tea	Chamomile Tea	Fresh Mint Tea	Cinnamon Mint Tea

Plant-Based Cancer Support Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1704	Calories 1815	Calories 1896	Calories 1756	Calories 1618	Calories 1713	Calories 1719
Fat 59g	Fat 64g	Fat 84g	Fat 91g	Fat 74g	Fat 68g	Fat 64g
Saturated 12g	Saturated 12g	Saturated 27g	Saturated 20g	Saturated 16g	Saturated 12g	Saturated 20g
Carbs 237g	Carbs 251g	Carbs 222g	Carbs 186g	Carbs 186g	Carbs 219g	Carbs 216g
Fiber 62g	Fiber 52g	Fiber 40g	Fiber 34g	Fiber 44g	Fiber 45g	Fiber 64g
Sugar 39g	Sugar 35g	Sugar 28g	Sugar 50g	Sugar 34g	Sugar 64g	Sugar 39g
Protein 70g	Protein 76g	Protein 79g	Protein 68g	Protein 67g	Protein 76g	Protein 87g
Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 1mg	Cholesterol 5mg	Cholesterol 5mg
Sodium 1325mg	Sodium 1522mg	Sodium 2026mg	Sodium 1568mg	Sodium 1059mg	Sodium 489mg	Sodium 755mg
Potassium 3357mg	Potassium 3398mg	Potassium 2553mg	Potassium 2596mg	Potassium 2953mg	Potassium 3339mg	Potassium 3631mg
Vitamin C 81mg	Vitamin C 172mg	Vitamin C 169mg	Vitamin C 59mg	Vitamin C 112mg	Vitamin C 142mg	Vitamin C 169mg
Calcium 1225mg	Calcium 1397mg	Calcium 2342mg	Calcium 1725mg	Calcium 1112mg	Calcium 1224mg	Calcium 1752mg
Iron 19mg	Iron 19mg	Iron 17mg	Iron 15mg	Iron 16mg	Iron 15mg	Iron 18mg
Vitamin K 244µg	Vitamin K 321µg	Vitamin K 272µg	Vitamin K 148µg	Vitamin K 203µg	Vitamin K 278µg	Vitamin K 334µg
Thiamine 2.1mg	Thiamine 5.4mg	Thiamine 5.1mg	Thiamine 1.6mg	Thiamine 1.8mg	Thiamine 1.5mg	Thiamine 1.6mg
Riboflavin 1.3mg	Riboflavin 5.0mg	Riboflavin 5.1mg	Riboflavin 1.3mg	Riboflavin 1.0mg	Riboflavin 1.4mg	Riboflavin 1.5mg
Niacin 13mg	Niacin 33mg	Niacin 33mg	Niacin 13mg	Niacin 13mg	Niacin 15mg	Niacin 14mg
Vitamin B6 1.8mg	Vitamin B6 5.8mg	Vitamin B6 5.3mg	Vitamin B6 1.5mg	Vitamin B6 1.5mg	Vitamin B6 1.9mg	Vitamin B6 1.8mg
Folate 704µg	Folate 533µg	Folate 507µg	Folate 340µg	Folate 880µg	Folate 570µg	Folate 1035µg
Vitamin B12 1.9µg	Vitamin B12 18.8µg	Vitamin B12 21.5µg	Vitamin B12 0.6µg	Vitamin B12 3.0µg	Vitamin B12 2.2µg	Vitamin B12 6.2µg

Vitamin B12 1.0µg	Vitamin B12 10.0µg	Vitamin B12 21.0µg	Vitamin B12 3.0µg	Vitamin B12 3.0µg	Vitamin B12 2.2µg	Vitamin B12 0.2µg
Phosphorous 1549mg	Phosphorous 1458mg	Phosphorous 1339mg	Phosphorous 1343mg	Phosphorous 1481mg	Phosphorous 1465mg	Phosphorous 1572mg
Magnesium 555mg	Magnesium 521mg	Magnesium 410mg	Magnesium 488mg	Magnesium 534mg	Magnesium 531mg	Magnesium 560mg
Zinc 9mg	Zinc 9mg	Zinc 9mg	Zinc 9mg	Zinc 10mg	Zinc 10mg	Zinc 11mg
Selenium 57µg	Selenium 65µg	Selenium 79µg	Selenium 58µg	Selenium 51µg	Selenium 46µg	Selenium 46µg

Plant-Based Cancer Support Program

46 items

Fruits

- 3 Apple
- 2 cups Blackberries
- 3 1/8 cups Grapes
- 1/4 Lemon
- 3 Peach

Breakfast

- 1/2 cup All Natural Peanut Butter
- 2 cups Chamomile Tea

Seeds, Nuts & Spices

- 2/3 cup Chia Seeds
- 3/4 tsp Cinnamon
- 2 servings Cinnamon Stick
- 2 1/2 tsp Cumin
- 1/2 tsp Garlic Powder
- 3 tbsps Hemp Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/4 tsp Turmeric
- 2/3 cup Walnuts

Frozen

- 2 2/3 cups Frozen Edamame
- 12 Ice Cubes

Vegetables

- 3 cups Arugula
- 5 cups Baby Spinach
- 5 1/2 cups Broccoli
- 7 cups Butternut Squash
- 5 Carrot
- 5 Garlic
- 3 tbsps Ginger
- 1/2 cup Mint Leaves
- 1 1/4 Yellow Onion

Boxed & Canned

- 1 3/4 cups Brown Rice
- 4 ozs Brown Rice Fettuccine
- 3 1/2 cups Pinto Beans
- 1/3 cup Quinoa
- 5 1/2 cups Vegetable Broth, Low Sodium
- 5 3/4 ozs Whole Grain Crackers

Baking

- 1 tbsp Nutritional Yeast
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 15 1/2 ozs Tofu
- 5 Whole Wheat Tortilla

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

Cold

- 1 cup Hummus
- 1 3/4 cups Unsweetened Almond Milk
- 6 cups Unsweetened Coconut Yogurt
- 4 ozs Vegan Cheese Shreds

Other

- 1 3/4 cups Vanilla Protein Powder
- 11 cups Water

Grape & Coconut Protein Chia Pudding

6 ingredients · 35 minutes · 2 servings



Directions

1. In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
2. Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is 3/4 cup of chia pudding.

More Flavor

Add maple syrup.

Additional Toppings

Nuts and seeds.

Ingredients

- 1/2 cup Chia Seeds
- 1 cup Unsweetened Coconut Yogurt
- 2/3 cup Water
- 1/2 tsp Cinnamon
- 1/2 cup Vanilla Protein Powder
- 2/3 cup Grapes (halved)

Nutrition

Amount per serving

Calories	389	Iron	4mg
Fat	19g	Vitamin K	5µg
Saturated	5g	Thiamine	0.2mg
Carbs	33g	Riboflavin	0.5mg
Fiber	19g	Niacin	0mg
Sugar	5g	Vitamin B6	0.2mg
Protein	28g	Folate	9µg
Cholesterol	4mg	Vitamin B12	1.9µg
Sodium	72mg	Phosphorous	324mg
Potassium	383mg	Magnesium	51mg
Vitamin C	1mg	Zinc	2mg
Calcium	689mg	Selenium	7µg

Tofu Breakfast Quesadilla

8 ingredients · 15 minutes · 1 serving



Directions

1. Heat the oil in a large nonstick pan over medium heat. Once warm, add the onion along with half of the turmeric, half the cumin, salt, and pepper. Cook until softened, about five minutes. Remove the onion and set aside.
2. Add the tofu to the pan. Season with the remaining turmeric, cumin, salt, and pepper. Cook, stirring often, until slightly browned, about seven to eight minutes. Remove the tofu and set aside with the onions. Mix to combine.
3. Place the tortilla on the skillet and cover half of it with half of the cheese. Add tofu mixture on top of the cheese followed by the remaining cheese. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers

Best enjoyed when made fresh.

Serving Size

One serving is one tortilla.

More Flavor

Season the tofu with black salt (kala namak) for an egg-like flavor, and/or add nutritional yeast or smoked paprika.

Additional Toppings

Add chopped bell pepper or sautéed greens.

Gluten-Free

Use a gluten-free tortilla.

Ingredients

- 1/4 tsp Extra Virgin Olive Oil
- 1/8 Yellow Onion (medium, chopped)
- 1/8 tsp Turmeric (ground, divided)
- 1/8 tsp Cumin (divided)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Tofu (extra firm, pressed, crumbled)
- 1 Whole Wheat Tortilla (large)
- 2 ozs Vegan Cheese Shreds (divided)

Nutrition

Amount per serving

Calories	401	Iron	5mg
Fat	23g	Vitamin K	6µg
Saturated	10g	Thiamine	0.4mg
Carbs	34g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	3g	Vitamin B6	0.2mg
Protein	16g	Folate	67µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	826mg	Phosphorous	270mg
Potassium	287mg	Magnesium	76mg
Vitamin C	0mg	Zinc	2mg
Calcium	934mg	Selenium	30µg

Creamy Coconut Yogurt Oats with Peaches

7 ingredients · 8 hours 10 minutes · 3 servings



Directions

1. Add the oats, chia seeds, protein powder, yogurt, and milk to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. When ready to eat, top with peaches and peanut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add cinnamon.

Additional Toppings

Drizzle with maple syrup.

Nut-Free

Use tahini or sunflower seed butter.

Ingredients

- 1 1/2 cups Oats (rolled)
- 1 1/2 tbsps Chia Seeds
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Coconut Yogurt
- 1/2 cup Unsweetened Almond Milk
- 3 Peach (chopped)
- 3 tbsps All Natural Peanut Butter

Nutrition

Amount per serving

Calories	429	Iron	3mg
Fat	17g	Vitamin K	5µg
Saturated	5g	Thiamine	0.3mg
Carbs	55g	Riboflavin	0.3mg
Fiber	11g	Niacin	4mg
Sugar	15g	Vitamin B6	0.2mg
Protein	19g	Folate	36µg
Cholesterol	1mg	Vitamin B12	1.6µg
Sodium	72mg	Phosphorous	370mg
Potassium	598mg	Magnesium	117mg
Vitamin C	10mg	Zinc	3mg
Calcium	444mg	Selenium	15µg

Whole Grain Crackers with Edamame

2 ingredients · 10 minutes · 1 serving



Directions

1. Bring a pot of water to a boil. Add a steaming basket and steam the edamame for one minute or until bright green. Serve with the crackers and enjoy.

Notes

Leftovers

Refrigerate the edamame in an airtight container for up to three days. Store the crackers in a container on the counter and combine with the edamame when ready to serve.

Serving Size

One serving is approximately 1/3 cup of crackers and 1/3 cup of edamame.

More Flavor

Add salt, pepper, chili flakes, and/or olive oil to the edamame.

Additional Toppings

Chili flakes.

Gluten-Free

Use gluten-free crackers.

Ingredients

1/3 cup Frozen Edamame

2 ozs Whole Grain Crackers

Nutrition

Amount per serving

Calories	336	Iron	3mg
Fat	14g	Vitamin K	34µg
Saturated	2g	Thiamine	0.4mg
Carbs	43g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	8g	Vitamin B6	0.1mg
Protein	10g	Folate	219µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	504mg	Phosphorous	253mg
Potassium	322mg	Magnesium	50mg
Vitamin C	3mg	Zinc	1mg
Calcium	40mg	Selenium	15µg

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving

Calories	287	Iron	1mg
Fat	17g	Vitamin K	4µg
Saturated	3g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	6g	Niacin	4mg
Sugar	22g	Vitamin B6	0.2mg
Protein	8g	Folate	34µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	128mg
Potassium	375mg	Magnesium	63mg
Vitamin C	8mg	Zinc	1mg
Calcium	27mg	Selenium	1µg

Roasted Edamame

3 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	247	Iron	4mg
Fat	15g	Vitamin K	45µg
Saturated	2g	Thiamine	0.3mg
Carbs	14g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	3g	Vitamin B6	0.2mg
Protein	18g	Folate	482µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphorous	262mg
Potassium	676mg	Magnesium	99mg
Vitamin C	9mg	Zinc	2mg
Calcium	98mg	Selenium	1µg

Grapes & Walnuts

2 ingredients · 3 minutes · 1 serving



Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

1 cup Grapes (washed)

1/4 cup Walnuts

Nutrition

Amount per serving

Calories	258	Iron	1mg
Fat	20g	Vitamin K	14µg
Saturated	2g	Thiamine	0.2mg
Carbs	20g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.3mg
Protein	5g	Folate	33µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphorous	113mg
Potassium	308mg	Magnesium	52mg
Vitamin C	4mg	Zinc	1mg
Calcium	42mg	Selenium	2µg

Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder

Use chocolate or another flavor instead.

Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

Ice

Six ice cubes is approximately one cup of ice.

Protein Powder

A plant-based protein powder was used to create and test this recipe.

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Nutrition

Amount per serving

Calories	105	Iron	1mg
Fat	2g	Vitamin K	0µg
Saturated	0g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	0g	Vitamin B6	0.1mg
Protein	20g	Folate	8µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	145mg	Phosphorous	320mg
Potassium	145mg	Magnesium	58mg
Vitamin C	0mg	Zinc	2mg
Calcium	414mg	Selenium	6µg

Carrot, Hummus & Arugula Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
2. Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

Notes

Leftovers

Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

More Flavor

Add everything bagel seasoning or your choice of herbs and spices.

Additional Toppings

Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.

Ingredients

- 1 Carrot (large, grated)
- 1/4 cup Hummus
- 1 tbsp Hemp Seeds
- 1 Whole Wheat Tortilla (large)
- 1 cup Arugula

Nutrition

Amount per serving

Calories	358	Iron	4mg
Fat	20g	Vitamin K	46µg
Saturated	4g	Thiamine	0.6mg
Carbs	35g	Riboflavin	0.3mg
Fiber	10g	Niacin	4mg
Sugar	5g	Vitamin B6	0.4mg
Protein	13g	Folate	128µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	563mg	Phosphorous	450mg
Potassium	688mg	Magnesium	168mg
Vitamin C	7mg	Zinc	3mg
Calcium	188mg	Selenium	18µg

Blended Butternut Squash, Apple & Quinoa

5 ingredients · 20 minutes · 2 servings



Directions

1. Add all the ingredients to a pot and bring to a boil. Reduce to a simmer, cover, and cook for 12 to 15 minutes or until the quinoa is cooked through.
2. Add the mixture to a food processor and blend until smooth, being careful to vent for heat to escape as needed.
3. Serve warm and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Use bone broth or vegetable broth instead of water.

Ingredients

- 2 cups Butternut Squash (cubed)
- 1 Apple (medium, peeled, cored, chopped)
- 1 cup Water
- 1/4 tsp Cinnamon
- 1/3 cup Quinoa (dry)

Nutrition

Amount per serving

Calories	215	Iron	2mg
Fat	2g	Vitamin K	4µg
Saturated	0g	Thiamine	0.3mg
Carbs	47g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	13g	Vitamin B6	0.4mg
Protein	6g	Folate	93µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	10mg	Phosphorous	186mg
Potassium	751mg	Magnesium	111mg
Vitamin C	34mg	Zinc	1mg
Calcium	101mg	Selenium	3µg

Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

1 3/4 ozs Whole Grain Crackers

1/4 cup Hummus

Nutrition

Amount per serving

Calories	387	Iron	3mg
Fat	21g	Vitamin K	32µg
Saturated	3g	Thiamine	0.4mg
Carbs	43g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	6g	Vitamin B6	0.1mg
Protein	8g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	703mg	Phosphorous	257mg
Potassium	277mg	Magnesium	61mg
Vitamin C	0mg	Zinc	1mg
Calcium	36mg	Selenium	16µg

Peanut Butter Protein Yogurt with Blackberries

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
2. Top with the blackberries and swirl in the peanut butter. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days, keeping the berries separate.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Add maple syrup or honey.

Additional Toppings

Granola, hemp seeds, and/or ground flax seeds.

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt

1/4 cup Vanilla Protein Powder

1 cup Blackberries

1 tbsp All Natural Peanut Butter

Nutrition

Amount per serving

Calories	409	Iron	2mg
Fat	20g	Vitamin K	29µg
Saturated	11g	Thiamine	0.2mg
Carbs	37g	Riboflavin	0.6mg
Fiber	14g	Niacin	3mg
Sugar	10g	Vitamin B6	0.3mg
Protein	26g	Folate	58µg
Cholesterol	4mg	Vitamin B12	4.6µg
Sodium	116mg	Phosphorous	406mg
Potassium	444mg	Magnesium	103mg
Vitamin C	30mg	Zinc	3mg
Calcium	913mg	Selenium	8µg

Coconut Yogurt with Grapes & Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt and grapes to a bowl. Top with chopped walnuts. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Protein

Stir protein powder into the yogurt before serving.

Likes it Sweet

Add maple syrup or agave.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Grapes (halved)

2 tbsps Walnuts (chopped)

Nutrition

Amount per serving

Calories	184	Iron	1mg
Fat	13g	Vitamin K	7µg
Saturated	4g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0mg
Fiber	3g	Niacin	0mg
Sugar	8g	Vitamin B6	0.1mg
Protein	3g	Folate	17µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	26mg	Phosphorous	57mg
Potassium	154mg	Magnesium	26mg
Vitamin C	2mg	Zinc	0mg
Calcium	271mg	Selenium	1µg

Squash & Pinto Bean Soup

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the onion and sauté for two to three minutes.
2. Add the squash and carrot. Cook for about five minutes and stir occasionally. Add the turmeric, salt, and pepper. Cook for another minute, then add the broth and water.
3. Stir and bring the mixture to a simmer. Cover the pot with a lid and simmer for about 20 minutes or until the vegetables are soft.
4. Add the beans to the pot. Simmer for another five minutes uncovered. Add the spinach, stir, and cook for two minutes or until wilted. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add garlic and/or paprika. Roughly blend 1/4 of the soup before adding the spinach for a thicker consistency.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 3 **cups** Butternut Squash (peeled, seeds removed, cubed)
- 2 Carrot (medium, peeled, chopped)
- 2 **tsps** Turmeric
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Vegetable Broth, Low Sodium
- 2 **cups** Water
- 2 **cups** Pinto Beans (cooked)
- 4 **cups** Baby Spinach

Nutrition

Amount per serving

Calories	234	Iron	5mg
Fat	3g	Vitamin K	155µg
Saturated	1g	Thiamine	0.3mg
Carbs	44g	Riboflavin	0.2mg
Fiber	12g	Niacin	2mg
Sugar	8g	Vitamin B6	0.5mg
Protein	10g	Folate	240µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	164mg	Phosphorous	190mg
Potassium	1079mg	Magnesium	111mg

Vitamin C	35mg	Zinc	1mg
Calcium	154mg	Selenium	6µg

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving

Calories	170	Iron	1mg
Fat	1g	Vitamin K	0µg
Saturated	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphorous	144mg
Potassium	116mg	Magnesium	56mg
Vitamin C	0mg	Zinc	1mg
Calcium	16mg	Selenium	8µg

Crispy Tofu & Broccoli on Rice

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and lightly grease one sheet pan with oil. Line the second sheet pan with parchment paper.
2. Cook the rice according to the package directions.
3. In a large bowl, whisk together the tamari, half of the oil, garlic powder, and half of the nutritional yeast. Add the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
4. Meanwhile, in the same bowl, combine the broccoli with the remaining oil, remaining nutritional yeast, salt, and pepper.
5. Transfer the broccoli to the second sheet pan, spreading out evenly. Place in the oven and bake for 15 to 17 minutes, until fork tender and browned.
6. Divide the rice, broccoli, and tofu evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup tofu, one cup broccoli, and 1/2 cup cooked rice.

Additional Toppings

Top with cubed avocado and/or tahini or peanut sauce.

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 tbsp Tamari
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Garlic Powder
- 1 tbsp Nutritional Yeast (divided)
- 7 1/2 ozs Tofu (extra firm, pressed, crumbled)
- 2 1/2 cups Broccoli (florets, chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	411	Iron	4mg
Fat	18g	Vitamin K	125µg
Saturated	3g	Thiamine	3.9mg
Carbs	47g	Riboflavin	4.0mg
Fiber	7g	Niacin	24mg
Sugar	3g	Vitamin B6	4.4mg
Protein	21g	Folate	94µg
Cholesterol	0mg	Vitamin B12	16.9µg
Sodium	560mg	Phosphorous	352mg
Potassium	736mg	Magnesium	119mg
Vitamin C	101mg	Zinc	3mg
Calcium	362mg	Selenium	25µg

Butternut Squash & Spinach Pasta

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Toss the squash with half of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
2. Meanwhile, cook the pasta according to the package directions. Once the pasta is cooked, strain and run cold water over the pasta.
3. Warm the remaining oil in a pan. Add the garlic and sauté for a minute. Add the pasta to the pan along with spinach and mix well.
4. Adjust the seasoning to your taste. Divide the pasta between serving dishes and top with squash. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

More Flavor

Add lemon juice, chili flakes, parmesan cheese, and/or reserved pasta water. Add cooked protein of choice.

Ingredients

2 cups Butternut Squash (peeled, seeds removed, cubed)

1 tbsp Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

4 ozs Brown Rice Fettuccine

2 Garlic (cloves, sliced)

1 cup Baby Spinach

Nutrition

Amount per serving

Calories	337	Iron	3mg
Fat	9g	Vitamin K	78µg
Saturated	1g	Thiamine	0.2mg
Carbs	61g	Riboflavin	0.1mg
Fiber	6g	Niacin	2mg
Sugar	4g	Vitamin B6	0.3mg
Protein	6g	Folate	67µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	18mg	Phosphorous	58mg
Potassium	743mg	Magnesium	60mg
Vitamin C	35mg	Zinc	0mg
Calcium	88mg	Selenium	1µg

Pinto Beans, Broccoli & Brown Rice

8 ingredients · 40 minutes · 3 servings



Directions

1. Cook the rice according to the package directions.
2. Heat the oil in a pan over medium heat. Add the garlic and cumin and cook for 30 seconds.
3. Add the pinto beans, broccoli, and broth. Season with salt and pepper. Cook for two to four minutes, stirring, until the broccoli is tender.
4. Add the cooked rice and stir until well combined. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

No Brown Rice

Use basmati rice, jasmine rice, or quinoa, and adjust the cooking time and water as needed.

Ingredients

- 3/4 cup** Brown Rice (dry)
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 3** Garlic (clove, finely chopped)
- 2 1/4 tsps** Cumin
- 1 1/2 cups** Pinto Beans (cooked, rinsed, and drained)
- 3 cups** Broccoli (finely chopped)
- 1 1/2 cups** Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	398	Iron	4mg
Fat	9g	Vitamin K	100µg
Saturated	1g	Thiamine	0.5mg
Carbs	66g	Riboflavin	0.2mg
Fiber	12g	Niacin	4mg
Sugar	3g	Vitamin B6	0.6mg
Protein	14g	Folate	215µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	92mg	Phosphorous	342mg
Potassium	816mg	Magnesium	122mg
Vitamin C	84mg	Zinc	2mg
Calcium	106mg	Selenium	16µg

Cinnamon Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

Notes

Leftovers

Best enjoyed right away.

Serving Size

One serving is 1 1/4 cups.

No Mint Leaves

Use a peppermint or spearmint tea bag.

Ingredients

1 1/4 cups Water

2 tbsps Mint Leaves

1 serving Cinnamon Stick

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	7g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	2mg
Potassium	18mg	Magnesium	8mg
Vitamin C	1mg	Zinc	0mg
Calcium	37mg	Selenium	0µg

Ginger Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
2. Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

No Mint Leaves

Use spearmint leaves instead.

Ingredients

1 1/4 cups Water

1 1/2 tbsps Ginger (peeled, sliced)

2 tbsps Mint Leaves (stems removed)

Nutrition

Amount per serving

Calories	9	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphorous	5mg
Potassium	56mg	Magnesium	12mg
Vitamin C	1mg	Zinc	0mg
Calcium	39mg	Selenium	0µg

Chamomile Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Pour tea into a mug and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Like it Sweet

Add sweetener of choice to taste.

More Flavor

Add milk of choice to taste.

Ingredients

1 cup Chamomile Tea (brewed)

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	2µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphorous	0mg
Potassium	21mg	Magnesium	2mg
Vitamin C	0mg	Zinc	0mg
Calcium	5mg	Selenium	0µg

Lemon Ginger Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

Ingredients

1 1/4 cups Water

1 1/2 tbsps Ginger (peeled, sliced)

1/4 Lemon

Nutrition

Amount per serving

Calories	10	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	4mg
Potassium	50mg	Magnesium	11mg
Vitamin C	5mg	Zinc	0mg
Calcium	32mg	Selenium	0µg

Fresh Mint Tea

2 ingredients · 10 minutes · 1 serving



Directions

1. Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 1 3/4 cup.

More Flavor

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

No Mint Leaves

Use peppermint or spearmint leaves instead.

Enjoy it Cold

Add ice cubes.

Ingredients

1 1/4 cups Water

2 tbsps Mint Leaves (stems removed)

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	2mg
Potassium	18mg	Magnesium	8mg
Vitamin C	1mg	Zinc	0mg
Calcium	37mg	Selenium	0µg