



Hi

Welcome to your 4th Meal Plan!

On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Building your meal plan is an **iterative** process and we would like to get as much feedback from you as possible so we can immediately add/remove/swap recipes as needed.

Meal Plan Overview :

- **Post-workout:** The Chocolate Protein Smoothie will serve to satisfy your sweet cravings. Stevia drops are optional.
- I have put together high-protein recipes to help you meet the goal of 90-105g of protein.
- Every single meal is balanced so you should see a reduction in cravings and more uniform energy levels throughout the day.
- Overall this is an incredibly balanced plan with lots of colorful nutrition to fuel your workouts, tons of anti-inflammatory ingredients, and all very supportive to your blood sugar .
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Nutrient Timing

Here is a rough outline of when you should consume meals. If you choose to wake up an hour or so earlier or later, adjust the meal timings accordingly.

- Breakfast - 11 AM
- Lunch - 1-1:30 PM
- Pre workout - 4:30 PM
- Post workout drink 6:30 PM
- Dinner - 7 PM
- Bed time - 10:30 PM

On days when this may be hard to follow, try to maintain at least a 3 hour gap between main meals (breakfast, lunch, dinner).

Supplement List

Below is a list of supplements you will benefit from along with the meal plan. This is a recommendation and not



mandatory.

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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!






















Disclaimer of Liability

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	 Egg Veggie Wrap	 Egg Veggie Wrap	 Egg Veggie Wrap	 Egg Veggie Wrap	 Egg Veggie Wrap	 Egg Veggie Wrap	 Egg Veggie Wrap
	 Apple	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Apple	 Apple
Lunch	 Cucumber & Tomato Quinoa Bowl	 Turai Chana Dal	 Turai Chana Dal	 Rajma Masala	 Rajma Masala	 Pressure Cooker Lentil	 Pressure Cooker Lentil
		 2 Roti	 2 Roti	 Quinoa - 3/4 Cup	 Quinoa - 3/4 Cup	 Quinoa - 3/4 Cup	 Quinoa - 3/4 Cup
Pre Workout	 Air-Fryer Crispy Chickpeas	 Air-Fryer Crispy Chickpeas	 Air-Fryer Crispy Chickpeas	 Roasted Edamame	 Roasted Edamame	 Moong sprouts Chaat with peanuts	 Moong sprouts Chaat with peanuts
Post Workout	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)	 Simple Chocolate Protein Shake (1 Scoop)
Dinner	 Marinated Veggie Salad	 Silken Tofu Scramble	 Silken Tofu Scramble	 Spicy Black Bean & Lentil Salad	 Spicy Black Bean & Lentil Salad	 Black Bean & Tomato Salad with Creamy Cilantro...	 Black Bean & Tomato Salad with Creamy Cilantro...
	 50g Raw Paneer	 Sheet Pan Roasted Veggies	 Sheet Pan Roasted Veggies				
Bed Time	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea	 Calming Chamomile Lavender Mint Tea

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  26%	Fat  22%	Fat  22%	Fat  19%	Fat  19%	Fat  24%	Fat  24%
Carbs  47%	Carbs  51%	Carbs  51%	Carbs  51%	Carbs  51%	Carbs  50%	Carbs  50%
Protein  27%	Protein  27%	Protein  27%	Protein  30%	Protein  30%	Protein  26%	Protein  26%
Calories 1420	Calories 1417	Calories 1417	Calories 1425	Calories 1425	Calories 1420	Calories 1420
Fat 42g	Fat 36g	Fat 36g	Fat 32g	Fat 32g	Fat 38g	Fat 38g
Carbs 173g	Carbs 185g	Carbs 185g	Carbs 187g	Carbs 187g	Carbs 182g	Carbs 182g
Fiber 41g	Fiber 48g	Fiber 48g	Fiber 58g	Fiber 58g	Fiber 50g	Fiber 50g
Sugar 45g	Sugar 35g	Sugar 35g	Sugar 37g	Sugar 37g	Sugar 43g	Sugar 43g
Protein 99g	Protein 96g	Protein 96g	Protein 110g	Protein 110g	Protein 95g	Protein 95g
Cholesterol 244mg	Cholesterol 191mg	Cholesterol 191mg	Cholesterol 191mg	Cholesterol 191mg	Cholesterol 194mg	Cholesterol 194mg
Sodium 1463mg	Sodium 2489mg	Sodium 2489mg	Sodium 2725mg	Sodium 2725mg	Sodium 1297mg	Sodium 1297mg
Potassium 3167mg	Potassium 3024mg	Potassium 3024mg	Potassium 4190mg	Potassium 4190mg	Potassium 3786mg	Potassium 3786mg
Vitamin A 10064IU	Vitamin A 9603IU	Vitamin A 9603IU	Vitamin A 10672IU	Vitamin A 10672IU	Vitamin A 7964IU	Vitamin A 7964IU
Vitamin C 189mg	Vitamin C 246mg	Vitamin C 246mg	Vitamin C 427mg	Vitamin C 427mg	Vitamin C 97mg	Vitamin C 97mg
Calcium 1005mg	Calcium 753mg	Calcium 753mg	Calcium 697mg	Calcium 697mg	Calcium 681mg	Calcium 681mg
Iron 14mg	Iron 16mg	Iron 16mg	Iron 23mg	Iron 23mg	Iron 16mg	Iron 16mg
Vitamin D 45IU	Vitamin D 41IU	Vitamin D 41IU	Vitamin D 41IU	Vitamin D 41IU	Vitamin D 51IU	Vitamin D 51IU
Vitamin B12 1.6µg	Vitamin B12 18.3µg	Vitamin B12 18.3µg	Vitamin B12 1.4µg	Vitamin B12 1.4µg	Vitamin B12 1.4µg	Vitamin B12 1.4µg
Magnesium 412mg	Magnesium 304mg	Magnesium 304mg	Magnesium 515mg	Magnesium 515mg	Magnesium 452mg	Magnesium 452mg
Zinc 10mg	Zinc 7mg	Zinc 7mg	Zinc 11mg	Zinc 11mg	Zinc 9mg	Zinc 9mg





Fruits

- 3 Apple
- 3 1/3 Avocado
- 2 1/3 tbsps Lemon Juice
- 1 Lime
- 2 1/3 tbsps Lime Juice
- 4 cups Strawberries

Breakfast

- 1 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 1/3 tsps Chaat Masala
- 1 2/3 tbsps Chili Powder
- 1 1/8 tbsps Cumin
- 2 tsps Cumin Powder
- 1/4 tsp Cumin Seed
- 7 grams Dried Chamomile Flowers
- 4 grams Dried Lavender Flowers
- 1 1/8 tbsps Dried Peppermint Leaves
- 1 tsp Garam Masala
- 1 2/3 tsps Garlic Powder
- 1/2 tsp Ground Ginger
- 1/2 tsp Italian Seasoning
- 2 pinches Kasuri Methi
- 1/4 tsp Mustard Seeds
- 1/2 tsp Paprika
- 1/4 cup Raw Peanuts
- 1 1/2 tsps Red Chili Powder
- 1 1/3 tbsps Sea Salt
- 1 Sea Salt & Black Pepper
- 2 1/16 tsps Smoked Paprika
- 1 1/3 tsps Turmeric

Frozen

- 2 cups Edamame Pods

Vegetables

- 2 cups Baby Spinach
- 1 1/2 cups Broccoli
- 1 3/4 cups Brussels Sprouts
- 2 1/3 Carrot
- 1 1/4 cups Cherry Tomatoes
- 1 2/3 cups Cilantro
- 1 1/16 cups Coriander Leaves
- 2/3 Cucumber
- 6 Garlic
- 1 inch Ginger
- 2 1/2 Green Chili Pepper
- 2 stalks Green Onion
- 3 1/2 heads Iceberg Lettuce
- 2 Jalapeno Pepper
- 1/4 cup Matchstick Carrots
- 1/4 cup Mushrooms
- 3 tbsps Parsley
- 3 1/3 Red Bell Pepper
- 2 1/3 cups Red Onion
- 2 leaves Romaine
- 1 1/2 heads Romaine Hearts
- 4 1/2 Tomato
- 1 Turai
- 1/4 Yellow Bell Pepper
- 2 1/3 Yellow Onion

Boxed & Canned

- 2 cups Black Beans
- 1/4 cup Chana Dal
- 4 cups Chickpeas
- 7 1/3 cups Diced Tomatoes
- 1 1/2 cups Dry Red Lentils
- 2 cups Lentils
- 3 1/2 cups Quinoa
- 2 1/2 cups Red Kidney Beans
- 1 1/2 cups Red Kidney Beans Cooked
- 3 1/3 tbsps Tomato Paste
- 1 cup Tomato Purée
- 3 1/3 cups Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- 2 tbsps Feta Cheese
- 50 grams Paneer
- 340 grams Silken Tofu
- 300 grams Whole Wheat Flatbread
- 7 Whole Wheat Tortilla

Condiments & Oil

- 1 tbsp Apple Cider Vinegar
- 1/2 pinch Asafoetida
- 1 1/3 tbsps Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1 1/8 tbsps Dijon Mustard
- 2 1/8 tbsps Extra Virgin Olive Oil
- 2 tsps Ginger Garlic Paste
- 2 Green Chillies
- 1 tsp Sesame Oil

Cold

- 7 Egg
- 3 1/2 cups Egg Whites
- 1/3 cup Plain Greek Yogurt

Other

- 2 1/3 cups Chocolate Protein Powder
- 2 cups Green Gram Sprouts
- 20 1/16 cups Water



1 tbsp Nutritional Yeast



Egg Veggie Wrap

1 serving
25 minutes

Ingredients

- 1 Egg
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1/2 head Iceberg Lettuce
- 1/2 Tomato
- 1/2 cup Egg Whites

Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	30g
Fiber	8g
Sugar	7g
Protein	27g
Cholesterol	186mg
Sodium	603mg
Potassium	872mg
Vitamin A	2455IU
Vitamin C	16mg
Calcium	188mg
Iron	3mg
Vitamin D	41IU
Vitamin B12	0.6µg
Magnesium	78mg
Zinc	2mg

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with ice berg lettuce leaves, tomato slices. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

Make it Vegan: Use crumbled tofu instead.

More Flavor: Add a pinch of cayenne.

Additional Toppings: Add chives, chopped red onion, or chopped celery to the egg salad.

Gluten-Free: Use a gluten-free tortilla.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Potassium	195mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	9mg
Zinc	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Fresh Strawberries

1 serving
5 minutes

Ingredients

1 cup Strawberries

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	220mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	19mg
Zinc	0mg

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Cucumber & Tomato Quinoa Bowl

1 serving
15 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 leaves Romaine (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 cup Chickpeas (cooked)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	346
Fat	7g
Carbs	57g
Fiber	11g
Sugar	6g
Protein	16g
Cholesterol	8mg
Sodium	145mg
Potassium	828mg
Vitamin A	3897IU
Vitamin C	27mg
Calcium	139mg
Iron	5mg
Vitamin D	2IU
Vitamin B12	0.2µg
Magnesium	147mg
Zinc	3mg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between bowls or plates. Top with equal amounts of quinoa, cucumber, tomatoes, chickpeas, and feta.
- 3 Squeeze lemon juice overtop and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

Make it Vegan: Use vegan cheese or omit the feta completely.

More Flavor: Cook the quinoa with broth instead of water. Add your favorite dressing overtop.

Additional Toppings: Olives, capers, avocado, or red onion.



Turai Chana Dal

1 serving

35 minutes

Ingredients

- 2 tbsps Chana Dal (split garbanzo beans , soaked for 1 hour)
- 1/3 cup Water (add more if needed)
- 1/16 tsp Turmeric
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Red Onion (1 Medium onion, finely chopped)
- 1/2 Turai (1/2 of a medium sized Turai (Ridge Gourd) cut into cubes)
- 3 tbsps Diced Tomatoes (2 Medium tomatoes, finely chopped)
- 3/4 tsp Coconut Oil (A neutral cooking oil)
- 1/8 tsp Cumin Seed
- 1/8 tsp Mustard Seeds
- 1/4 pinch Asafoetida
- 1/4 Green Chili Pepper (finely chopped)
- 1/4 tsp Ground Ginger (1 inch ginger)
- 1/4 tsp Sea Salt (to taste)
- 1/4 tsp Red Chili Powder (to taste)
- 2 tbsps Cilantro (garnish & flavor)
- 1/2 tsp Lemon Juice (1/2 lemon juice)

Nutrition

Amount per serving	
Calories	154
Fat	4g
Carbs	23g

Directions

- 1 Soak chana dal in enough water for 1 hour. After 1 hour, transfer dal to a pressure cooker and add water.
- 2 Add diced turai, turmeric powder and salt. Stir to combine.
- 3 Close the pressure cooker and cook on high for 5-6 whistles and then let the pressure come off on it's own. The dal and turai will be cooked by now.
- 4 Add oil to a pan on medium heat. Once the oil is hot, add cumin seeds and mustard seeds and let them crackle. It's important to wait till mustard seeds pop else they taste bitter.
- 5 Then add hing, chopped green chili and chopped ginger and saute for few seconds.
- 6 Add chopped onion and cook for 2 minutes or till onion starts turning light golden in color.
- 7 Add the chopped tomatoes and cook for 5-6 minutes or till raw smell goes away. Also add salt to taste.
- 8 Add the cooked chana dal and turai to the pan and mix.
- 9 Simmer the dal on medium heat for 5 minutes or till it comes to a boil. You can add more water at this point to adjust the consistency of the dal to preference.
- 10 Garnish with fresh cilantro, squeeze in some fresh lemon juice (optional) and serve turai chana dal hot!



Fiber	10g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	307mg
Potassium	95mg
Vitamin A	459IU
Vitamin C	35mg
Calcium	37mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	9mg
Zinc	0mg



2 Roti

1 serving
5 minutes

Ingredients

150 grams Whole Wheat Flatbread

Nutrition

Amount per serving	
Calories	375
Fat	6g
Carbs	69g
Fiber	12g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	693mg
Potassium	347mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	116mg
Iron	3mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg

Directions

- 1 Slice and enjoy at room temperature or warmed up.

Notes

Number of Rotis: Depending on the size of rotis, you may make one large or 2 small ones

Warm it Up: Warm it up in the toaster, oven or microwave.

Serve it With: Stew or soup, or as a wrap or pizza crust.



Rajma Masala

1 serving
45 minutes

Ingredients

- 3/4 cup Red Kidney Beans Cooked (Boiled)
- 1 tsp Avocado Oil (or ghee)
- 1 Green Chili Pepper (finely chopped, optional)
- 1 tsp Ginger Garlic Paste
- 1/3 cup Red Onion (Small onion chopped)
- 1/2 cup Tomato Purée (canned or fresh)
- 1/2 tsp Red Chili Powder (to taste)
- 1/2 tsp Garam Masala
- 1 tsp Cumin Powder
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt (to taste)
- 1 pinch Kasuri Methi (for added flavor)
- 1/2 inch Ginger (juliennes for garnish)
- 2 tsps Coriander Leaves (garnish)

Nutrition

Amount per serving	
Calories	309
Fat	6g
Carbs	53g
Fiber	15g
Sugar	11g
Protein	15g
Cholesterol	0mg
Sodium	1226mg
Potassium	811mg
Vitamin A	1169IU

Directions

- 1 Heat oil or ghee in a pan or pot. Sauté ginger garlic and green chili for 1 minute, without burning.
- 2 On medium heat, sauté onions with salt until golden and about to get caramelized, but not burnt. Add the spices - chili powder, garam masala, coriander powder, cumin powder and turmeric.
- 3 Stir well and add tomato puree. Cook on medium heat stirring constantly until the onion tomato masala thickens and begins to smell aromatic. It should lose the raw flavor of tomatoes.
- 4 Add the Rajma (kidney beans) along with the stock (Rajma cooked water). Pour ¼ to ½ cup more water or as required. Mix well and simmer for 10 to 15 mins, until slightly thick. (If using canned beans, use more water as required to bring it to a consistency).
- 5 Taste test and add more salt, ¼ teaspoon garam masala (if required) and crushed Kasuri Methi.
- 6 Garnish with coriander leaves and ginger juliennes. Squeeze some lemon juice

Notes

Boiling Rajma (Kidney Beans) in Pressure Cooker: Add Rajma to a large bowl & rinse thrice. Drain & soak them in enough water for at least 8-12 hours. Do not cover the bowl while you soak. Pour 2 cups water to overnight soaked Rajma and pressure cook until soft, for 4 to 5 whistles.

Boiling Rajma (Kidney Beans) without Pressure Cooker: Soak 1 cup Rajma in water overnight with ¾ teaspoon salt or ¾ teaspoon baking soda. Rinse well. Pour 3 cups water and bring to a rolling boil. Lower the heat & Cook uncovered until tender and soft. Rajma should be soft and has to easily get mashed.



Vitamin C	128mg
Calcium	83mg
Iron	7mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	48mg
Zinc	1mg



Quinoa - 3/4 Cup

1 serving
15 minutes

Ingredients

3/4 cup Quinoa (uncooked)
1 1/3 cups Water

Nutrition

Amount per serving	
Calories	117
Fat	2g
Carbs	20g
Fiber	2g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	3mg
Potassium	179mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	64mg
Zinc	1mg

Directions

- 1 Combine quinoa 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 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.



Pressure Cooker Lentil

1 serving
 30 minutes

Ingredients

- 3/4 cup Dry Red Lentils (rinsed, uncooked)
- 2/3 Yellow Onion (medium, diced)
- 2/3 Red Bell Pepper (chopped)
- 2/3 Carrot (chopped)
- 2 1/2 Garlic (cloves, minced)
- 2 1/2 tsps Chili Powder
- 2/3 tsp Cumin
- 2/3 tsp Smoked Paprika
- 2 1/2 cups Diced Tomatoes (from the can with juices)
- 1 2/3 tbsps Tomato Paste
- 1 2/3 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 1/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 2/3 Avocado (optional, sliced)
- 3 1/3 tbsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	276
Fat	5g
Carbs	45g
Fiber	13g
Sugar	7g
Protein	15g
Cholesterol	0mg
Sodium	292mg

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your pressure cooker. Stir well to combine.
- 2 Cover and cook for 20-30minutes, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

- Serving Size:** One serving is equal to approximately 1.5 to 2 cups of chili.
- Likes it Spicy:** Add one chopped jalapeno pepper.
- More Flavor:** Add the juice of one lime to the slow cooker just before serving.
- No Beans:** Use lentils only.
- Leftovers:** Store leftovers in the fridge for up to five days, or freeze for longer.



Potassium	845mg
Vitamin A	3124IU
Vitamin C	37mg
Calcium	84mg
Iron	6mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	38mg
Zinc	1mg



Air-Fryer Crispy Chickpeas

1 serving
20 minutes

Ingredients

- 1 cup Chickpeas (drained, rinsed)
- 3/4 tsp Avocado Oil
- 1/4 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1/8 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	151
Fat	4g
Carbs	23g
Fiber	6g
Sugar	4g
Protein	7g
Cholesterol	0mg
Sodium	301mg
Potassium	247mg
Vitamin A	164IU
Vitamin C	1mg
Calcium	41mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	40mg
Zinc	1mg

Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a bowl, mix together the chickpeas, oil, smoked paprika, salt, and garlic powder.
- 3 Transfer the chickpeas to the air fryer and bake for 12 to 14 minutes, shaking the tray halfway through, until crispy and browned. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add nutritional yeast and/or cayenne.



Roasted Edamame

1 serving
20 minutes

Ingredients

- 1 cup Edamame Pods (thawed)
- 1/2 tsp Sesame Oil (divided)
- 1/3 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	149
Fat	8g
Carbs	9g
Fiber	6g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	794mg
Potassium	569mg
Vitamin A	0IU
Vitamin C	11mg
Calcium	71mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	72mg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the edamame, oil, and salt. Spread the mixture onto the prepared baking sheet.
- 3 Bake for 15 to 20 minutes or until golden. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover edamame loses their crunch, reheat it in the oven for five to eight minutes or until crispy again.

Serving Size: One serving is approximately one cup.



Moong sprouts Chaat with peanuts

1 serving
 5 minutes

Ingredients

- 1 cup Green Gram Sprouts
- 2/3 cup Red Onion (diced)
- 1 cup Diced Tomatoes
- 2 tsps Lime Juice
- 1 Green Chillies
- 1/2 tsp Cumin (roated powder)
- 1/2 Sea Salt & Black Pepper
- 2/3 tsp Chaat Masala
- 1/2 cup Coriander Leaves (chopped)
- 2 tsps Raw Peanuts

Directions

- 1 Roast the peanuts on low flame
- 2 In a bowl add 1/2 cup of moong sprouts, and roasted peanuts, and add diced tomatoes, onion, and green chillies to it.
- 3 Then add all the spices to the bowl as mentioned in the ingredients or as per taste.
- 4 Garnish it with lime Juice and chopped coriander leaves and Enjoy!

Nutrition

Amount per serving	
Calories	255
Fat	5g
Carbs	36g
Fiber	11g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	165mg
Potassium	746mg
Vitamin A	522IU
Vitamin C	17mg
Calcium	93mg
Iron	4mg
Vitamin D	2IU
Vitamin B12	0µg
Magnesium	122mg
Zinc	2mg



Simple Chocolate Protein Shake (1 Scoop)

1 serving
 5 minutes

Ingredients

- 1 cup Water
- 1/3 cup Chocolate Protein Powder (1 scoop)

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	25g
Cholesterol	5mg
Sodium	55mg
Potassium	162mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	175mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0.8µg
Magnesium	68mg
Zinc	2mg

Directions

- 1 Add all the ingredients to a blender and blend until smooth. If no blender available, then add to a shaker bottle and shake it up and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups of shake.

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

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.



Marinated Veggie Salad

1 serving
 20 minutes

Ingredients

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/2 cup Broccoli (chopped into small florets)
- 1/8 Cucumber (diced)
- 1/4 cup Matchstick Carrots
- 1/4 Yellow Bell Pepper (finely sliced)
- 1 tbsp Red Onion (finely sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 cup Mushrooms (sliced)
- 1/2 cup Lentils (cooked, drained and rinsed)

Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

Mix It Up: Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

No Lentils: Serve with chickpeas, tofu, or tempeh.

Cheese Lover: Add plant-based feta cheese.

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	34g
Fiber	11g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	342mg
Potassium	858mg
Vitamin A	3067IU
Vitamin C	137mg
Calcium	67mg
Iron	4mg
Vitamin D	2IU



Vitamin B12	0µg
Magnesium	64mg
Zinc	2mg



50g Raw Paneer

1 serving

1 minute

Ingredients

50 grams Paneer (low-fat, 1 cup cubes)

Directions

- 1 Cut the paneer into bite-sized cubes.

Nutrition

Amount per serving	
Calories	161
Fat	13g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	11g
Cholesterol	45mg
Sodium	9mg
Potassium	0mg
Vitamin A	357IU
Vitamin C	0mg
Calcium	357mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg



Silken Tofu Scramble

1 serving

15 minutes

Ingredients

- 170 grams Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt
- 1/2 stalk Green Onion (sliced, optional)

Nutrition

Amount per serving	
Calories	120
Fat	5g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	11g
Cholesterol	0mg
Sodium	318mg
Potassium	450mg
Vitamin A	523IU
Vitamin C	1mg
Calcium	62mg
Iron	2mg
Vitamin D	0IU
Vitamin B12	16.9µg
Magnesium	53mg
Zinc	1mg

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, turmeric, and salt. Use the spatula to stir and gently break up the tofu.
- 2 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer to a plate, garnish with green onions (optional) and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Add black pepper and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.



Sheet Pan Roasted Veggies

1 serving
30 minutes

Ingredients

- 1 cup Brussels Sprouts (halved or quartered)
- 1/2 cup Broccoli (cut into florets)
- 1/2 Carrot (peeled and sliced)
- 1/2 Yellow Onion (medium, cut into wedges)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Italian Seasoning
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	145
Fat	7g
Carbs	19g
Fiber	6g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	205mg
Potassium	626mg
Vitamin A	5959IU
Vitamin C	108mg
Calcium	84mg
Iron	4mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	31mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
- 3 Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

Notes

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

Serving Size: One serving is approximately 2 1/2 cups.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Spicy Black Bean & Lentil Salad

1 serving
 10 minutes

Ingredients

- 1/2 cup Black Beans (cooked)
- 3/4 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 tsp Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	378
Fat	6g
Carbs	62g
Fiber	23g
Sugar	9g
Protein	24g
Cholesterol	0mg
Sodium	37mg
Potassium	1372mg
Vitamin A	7001IU
Vitamin C	187mg
Calcium	107mg
Iron	9mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	160mg
Zinc	3mg

Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.



Black Bean & Tomato Salad with Creamy Cilantro Dressing

1 serving
15 minutes

Ingredients

- 2 2/3 tbsps Plain Greek Yogurt
- 1/4 cup Cilantro (roughly chopped)
- 1/2 stalk Green Onion (roughly chopped)
- 1/2 Garlic (clove, minced)
- 1 1/2 tsps Lime Juice
- 3/4 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 1 1/2 tsps Water (optional)
- 3/4 head Romaine Hearts (chopped)
- 1/2 cup Black Beans (cooked)
- 1/2 cup Cherry Tomatoes (chopped)
- 1 Avocado (small, diced)

Nutrition

Amount per serving	
Calories	251
Fat	16g
Carbs	24g
Fiber	11g
Sugar	4g
Protein	8g
Cholesterol	3mg
Sodium	171mg
Potassium	782mg
Vitamin A	1735IU
Vitamin C	19mg
Calcium	80mg
Iron	2mg
Vitamin D	8IU
Vitamin B12	0µg

Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing, if necessary. Season with additional salt or lime juice if needed.
- 2 Divide the romaine lettuce, black beans, tomatoes and avocado between plates, drizzle with the dressing and serve immediately. Enjoy!

Notes

Leftovers: Transfer the dressing and salad ingredients to separate airtight containers and refrigerate until ready to use. The dressing will keep in the fridge for up to five days. Wait to dice the avocado and dress salad until just before serving.

More Flavor: Add roughly chopped jalapeno pepper to the dressing for a spicy kick.

Additional Toppings: Add chopped cilantro, extra lime wedges or sliced jalapenos.

Make it Vegan: Use a non-dairy Greek-style yogurt instead.



Magnesium	67mg
Zinc	1mg



Calming Chamomile Lavender Mint Tea

1 serving
 10 minutes

Ingredients

1 gram Dried Chamomile Flowers
 500 milligrams Dried Lavender Flowers
 1/2 tsp Dried Peppermint Leaves
 1 cup Water (hot)

Nutrition

Amount per serving	
Calories	1
Fat	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	6mg
Potassium	5mg
Vitamin A	26IU
Vitamin C	0mg
Calcium	27mg
Iron	0mg
Vitamin D	0IU
Vitamin B12	0µg
Magnesium	6mg
Zinc	0mg

Directions

- 1 Combine the dried chamomile, lavender and mint in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Sweeten with honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.

Large Batch: Increase the serving size of the dried chamomile, lavender and mint leaves. Combine and store in a jar. Scoop 2 teaspoons for every cup of hot water.