



Plant Based Recipes

THESE PLANT BASED MEALS
ARE CREATED USING WHOLE
FOODS AND FOCUS ON
BALANCE BETWEEN CARBS,
PROTEIN, AND FAT.

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Plant Based
Breakfast

START YOUR DAY RIGHT

Almond Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1/2 cup (40 g) rolled oats
- 1/2 tbsp (6 g) chia seeds
- 1/2 cup (120 g) almond milk
- 1 tbsp (16 g) almond butter
- 1/4 cup (36 g) strawberries, sliced

DIRECTIONS

1. In a small jar mix together rolled oats, chia seeds, and almond milk. Stir well and store in the refrigerator overnight.
2. When you are ready to eat, mix in almond butter and top with strawberries.

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NUTRITION INFO

Calories: 302, Carbohydrate: 42 grams, Protein: 10 grams, Fat: 13 grams

Avocado Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTE

INGREDIENTS

- 2 slices sprouted grain bread (such as Ezekiel)
- 1/2 medium avocado, sliced
- 1/2 vine ripe tomato, sliced
- 1 tbsp (6 g) scallions, chopped
- 1 tbsp (10 g) hemp hearts
- Dash of salt

DIRECTIONS

1. Toast bread until desired consistency.
2. Top with avocado, then tomato, scallions, hemp hearts, and salt.

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NUTRITION INFO

Calories: 383, Carbohydrate: 49 grams, Protein: 12 grams, Fat: 17 grams

Chia Seed Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 4 tbsp (48 g) chia seeds
- 1 cup (240 g) almond milk
- 1/4 cup (37 g) blueberries
- 1/4 tsp (0.5 g) cinnamon
- 1 tbsp (8 g) walnuts, chopped

DIRECTIONS

1. Combine chia seeds, almond milk, blueberries, and cinnamon together in a container. Mix well and store for at least two hours (or overnight) in the refrigerator.
2. Stir well before serving and add more milk if needed.
3. Top with walnuts and blueberries.
4. Option to add maple syrup if desired.

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NUTRITION INFO

Calories: 371, Carbohydrate: 31 grams, Protein: 13 grams, Fat: 23 grams

Chickpea Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1/2 tbsp (14 g) avocado oil
- 1/2 14.5 oz can (121 g) chickpeas
- 1/8 cup (40 g) onions, chopped small
- 1/4 cup (74 g) red bell pepper, chopped
- 1/2 cup (15 g) baby spinach
- 1/2 tbsp (7 g) nutritional yeast
- 1/4 tsp (1 g) ground turmeric
- 1/4 tsp (1 g) paprika
- 1/4 tsp sea salt and pepper
- 1 slice Ezekiel or sprouted grain toast.

DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. Add onions and red bell pepper. Cook for 2-3 minutes, stirring occasionally.
3. Mix in nutritional yeast, turmeric, paprika, salt, and pepper.
4. Add chickpeas and cook for an additional 3-4 minutes, stirring occasionally.
5. Just before removing from heat, mix in baby spinach.
6. Serve warm over one slice sprouted grain toast.

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NUTRITION INFO

Calories: 332, Carbohydrate: 46 grams, Protein: 15 grams, Fat: 10 grams

Cinnamon Blueberry Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1 small banana
- 1 scoop (33 g) vegan protein powder (Truveni chocolate plant based protein powder)
- 1/2 cup (74 g) blueberries
- 1 tbsp (16 g) almond butter
- 1 cup unsweetened almond milk
- Dash of cinnamon

DIRECTIONS

1. Blend all ingredients together in an electric blender until smooth. Enjoy!

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NUTRITION INFO

Calories: 437, Carbohydrate: 54 grams, Protein: 26 grams, Fat: 15 grams

Coconut Milk Yogurt and Berries



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1 cup (225 g) plain coconut milk yogurt
- 1/4 cup (34 g) mixed berries of choice
- 1/8 cup (15 g) sliced almonds
- 1 tbsp (10 g) hemp hearts

DIRECTIONS

1. Top yogurt with berries and almonds and enjoy!

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NUTRITION INFO

Calories: 321, Carbohydrate: 33 grams, Protein: 7 grams, Fat: 19 grams

Kale and Sweet Potato Hash



SERVINGS: 2

PREP TIME:
10 MINUTES

COOKING TIME:
30 MINUTES

INGREDIENTS

- 1 large sweet potato, diced into 1/2 inch pieces
- 2 tbsp (27 g) olive oil
- 1/2 red onion, chopped small
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 cloves garlic, minced
- 2 cups (134 g) kale, chopped
- 1/2 cup (130 g) black beans, rinsed and drained.
- 1 tbsp (9 g) sesame seeds
- 1 tbsp (10 g) hemp hearts
- Salt and pepper to taste
- 1 avocado, sliced

DIRECTIONS

1. Heat oil in a large skillet over medium heat.
2. Add sweet potato. Cook 5-10 minutes, turning the potatoes occasionally, until potatoes are easily pierced with a fork.
3. Add garlic, red onion, bell peppers, beans, kale, salt, and pepper. Cook for 3-5 minutes until vegetables are soft.
4. Mix in sesame seeds and hemp hearts. Remove from heat.
5. Serve warm topped with avocado.

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NUTRITION INFO

Calories: 552, Carbohydrate: 56 grams, Protein: 14 grams, Fat: 34 grams

Morning Quinoa Bowl



SERVINGS: 1

PREP TIME: 2

COOKING TIME: 15-20
MINUTES

INGREDIENTS

- 1/4 cup (42 g) uncooked quinoa
- 1/8 cup (15 g) sliced almonds
- 1 tbsp (6g) goji berries
- 1 small peach, sliced
- 1/8 cup (28 g) canned coconut milk
- Dash of ground cinnamon

DIRECTIONS

1. Cook quinoa in boiling water as instructed on the package.
2. Serve warm or cold and top with all remaining ingredients.

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NUTRITION INFO

Calories: 375, Carbohydrate: 50 grams, Protein: 12 grams, Fat: 17 grams

Savory Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 2 MINUTES
(COOK QUINOA AHEAD OF TIME)

INGREDIENTS

- 1 cup (185 g) cooked quinoa
- 2 cups (42 g) baby spinach
- 1 garlic clove, minced
- 1/2 cup (56 g) shredded carrots
- 1 tbsp (14 g) avocado oil

DIRECTIONS

1. Cook quinoa according to package (option to make ahead of time).
2. In a skillet heat avocado oil over low - medium heat. Add garlic and cook 1 minute.
3. Add carrots and cook 1 minute. Mix in baby spinach and cook until wilted.
4. Top cooked warmed quinoa with spinach and carrots and enjoy!

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NUTRITION INFO

Calories: 386, Carbohydrate: 48 grams, Protein: 10 grams, Fat: 18 grams

Tofu Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 8oz firm tofu
- 1 tsp avocado oil
- 1/2 small onion, chopped small
- 1 small red red bell pepper, chopped small
- 1/4 tsp cumin
- 1/4 tsp turmeric
- 1/2 cup (130 g) canned black beans, rinsed and drained
- Salt and pepper to taste
- 1 tbsp fresh cilantro, chopped
- 1/2 small avocado, sliced

DIRECTIONS

1. Place tofu on a plate that is lined with 2 paper towels. Using a fork, mash the tofu. The paper towels will absorb the extra liquid.
2. Heat oil in a skillet over medium heat. Add onion and bell pepper and cook for 3-4 minutes.
3. Mix in cumin, turmeric, salt, and pepper and cook 1 minute.
4. Mix in tofu and bean and cook for an additional 1-2 minutes.
5. Remove from heat and top with cilantro and avocado to serve.

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NUTRITION INFO

Calories: 472, Carbohydrate: 40 grams, Protein: 29 grams, Fat: 25 grams



Plant Based Lunch

GET THE BOOST YOU NEED.

Carrot Ginger Soup



SERVINGS: 2

PREP TIME:
10 MINUTES

COOKING TIME:
40 MINUTES

INGREDIENTS

- 1 1/2 cups (192 g) carrots, chopped
- 1/2 tbsp (7 g) coconut oil
- 1/2 medium yellow onion
- 1 clove garlic
- 1 tbsp (6 g) ginger root, grated
- 1/2 tbsp (8 g) red curry paste
- 1 1/2 cups (360 g) vegetable broth
- 1/4 cup (56 g) coconut milk
- Salt and pepper to taste
- 1 tbsp (8 g) walnuts chopped

DIRECTIONS

1. In a large pot heat coconut oil over medium heat. Add onion and cook 2-3 minutes, until fragrant.
2. Add garlic and ginger and cook for 1 minute.
3. Stir in carrots, red curry paste, and vegetable broth. Bring to a boil. Reduce to a simmer, cover, and cook for 30 minutes.
4. Remove from heat and blend using immersion blender or any other blender until smooth. Add salt pepper, and coconut milk to taste.
5. Top with chopped pecans to server.

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NUTRITION INFO

Calories: 390, Carbohydrate: 37 grams, Protein: 9 grams, Fat: 25 grams

Chickpea Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1 tbsp (13 g) olive oil
- Juice of 1/2 lemon
- 1/8 tsp (0.5 g) garlic salt
- Dash of black pepper
- 1/2 cup (75 g) cherry tomatoes, chopped
- 1/4 small red onion, copped small
- 1 small cucumber, chopped
- 1/2 cup canned chickpeas, rinsed and drained
- 1/2 medium avocado, diced
- 1 tbsp (1 g) fresh cilantro, chopped small
- Handful baby spinach

DIRECTIONS

1. Mix all ingredients together in a large salad bowl and enjoy!

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NUTRITION INFO

Calories: 459, Carbohydrate: 41 grams, Protein: 11 grams, Fat: 31 grams

Edamame and Green Apple Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0

INGREDIENTS

- 2 cups (28 g) mixed greens
- 1/4 cup (42 g) cooked and shelled edamame
- 1 small cucumber
- 1/2 green apple, sliced thin
- 2 tbsp (15 g) walnuts, chopped
- 1 tbsp (15 g) apple cider vinegar.
- 1 tbsp (15 g) olive oil

DIRECTIONS

1. Mix together olive oil and apple cider vinegar.
2. In a large salad bowl add mixed greens, edamame, cucumber, green apple, and walnuts.
3. Toss with olive oil dressing and enjoy.

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NUTRITION INFO

Calories: 460, Carbohydrate: 45 grams, Protein: 14 grams, Fat: 26 grams

Lentils and More



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 - 20
MINUTES (FOR LENTILS)

INGREDIENTS

- 1/3 cup (64 g) uncooked green lentils
- 1 tbsp (13 g) olive oil
- 1/2 tsp (1 g) paprika
- 1/2 tsp (1.5 g) round cumin
- Dash of salt and pepper
- 1 small tomato, sliced
- 1/2 small avocado, sliced
- 1/8 small red onion, chopped.

DIRECTIONS

1. Cook lentils according to package.
2. Add olive oil, paprika, cumin, salt, and pepper to lentils while warm.
3. Top with sliced tomatoes, avocado, and red onion.
4. Enjoy!

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NUTRITION INFO

Calories: 492, Carbohydrate: 53 grams, Protein: 19 grams, Fat: 25 grams

Mediterranean Plate



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1/4 cup (61 g) hummus
- 12 kalamata olives, pitted
- 1 small red bedd pepped, sliced to dip
- 1 small cucumber, sliced to dip
- 1 small sprouted grain pita, sliced to dip
- 2 tbsp (17 g) dry roasted mixed nuts

DIRECTIONS

1. Serve all ingredients on a platter. Use hummus for veggie and pita dip.

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NUTRITION INFO

Calories: 470, Carbohydrate: 54 grams, Protein: 17 grams, Fat: 25 grams

Mediterranean Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1 sprouted grain wrap
- 2 tbsp (30 g) hummus
- 1 tbsp (3.5 g) sun-dried tomatoes, chopped
- 1/2 red bell pepper, sliced thin
- 1 small cucumber, sliced thin
- 8 kalamata olives, halved
- 1/4 cup (64 g) kidney beans
- 1 cup (128 g) cooked edamame pods

DIRECTIONS

1. Spread wrap with hummus. Fill with all other ingredients and enjoy!
2. Serve with a side of cooked edamame.

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NUTRITION INFO

Calories: 403, Carbohydrate: 48 grams, Protein: 21 grams, Fat: 17 grams

Sprouted Grain Veggie Sandwich



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 sprouted grain wrap
- 2 tbsp hummus
- 1/2 cup (10 g) baby spinach
- 1 small cucumber, thinly sliced
- 1/4 cup (28 g) shredded carrots
- 1/2 small avocado, sliced
- 2 tbsp (17 g) dry roasted mixed nuts

DIRECTIONS

1. Spread hummus on sprouted grain wrap.
2. Fill with all other ingredients.
3. Serve with a side of dry roasted mixed nuts.

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NUTRITION INFO

Calories: 424, Carbohydrate: 43 grams, Protein: 15 grams, Fat: 25 grams

Sun-dried Tomato and Walnut Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 2 cups (40 g) mixed greens
- 2 tbsp (15 g) walnuts, chopped
- 2 tbsp (7 g) sun dried tomatoes, chopped
- 1/4 cup (50 g) chickpeas, rinsed and drained
- 1/2 small avocado, sliced
- 1 tbsp (13 g) olive oil
- Juice of 1/2 lemon

DIRECTIONS

1. Combine all ingredients in a large salad bowl and toss together until coated with olive oil and lemon.

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NUTRITION INFO

Calories: 599, Carbohydrate: 56 grams, Protein: 20 grams, Fat: 36 grams

Tempeh Spinach Salad



SERVINGS: 1

PREP TIME: 10

COOKING TIME: 5

INGREDIENTS

- 4 oz (113 g) tempeh, cut into 1/2 inch cubes
- 2 tbsp (10 g) coconut aminos
- 2 tsp (9 g) olive oil
- 2 tbsp (2 tbsp) apple cider vinegar
- 1/2 tsp (1.5 g) garlic powder
- 2 cups (40 g) arugula or baby spinach
- 1/4 cup (38 g) cherry tomatoes, halved
- 1/4 cup (28 g) shredded carrots
- 2 tbsp (17 g) dry roasted mixed nuts.

DIRECTIONS

1. Warm 1 tsp olive oil in a small skillet over medium heat.
2. In a small bowl, mix together coconut aminos, 1 tbsp apple cider vinegar, and garlic powder. Add tempeh and gently mix until coated.
3. Add tempeh and coconut amino sauce to skillet and cook for 3-5 minutes, turning once.
4. Remove from heat and cool.
5. Mixed together all remaining ingredients included additional olive oil and apple cider vinegar.
6. Top with cooked tempeh. Serve with a side of dry roasted mixed nuts.

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NUTRITION INFO

Calories: 445, Carbohydrate: 24 grams, Protein: 26 grams, Fat: 30 grams

Vegan Burrito Bowl



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 15 (TIME TO
COOK RICE)

INGREDIENTS

- 1 cup (195 g) cooked brown rice
- 1/2 small avocado
- 2 tbsp (28 g) pico de gallo
- 1 tbsp (7 g) nutritional yeast
- 1/4 cup (65 g) black beans
- 1/4 small red onion, chopped small

DIRECTIONS

1. Cook rice ahead of time as instructed on package and cool.
2. Mix together all ingredients and enjoy!

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NUTRITION INFO

Calories: 426, Carbohydrate: 68 grams, Protein: 13 grams, Fat: 13 grams



Plant Based
Dinner

END THE DAY FEELING
GOOD.

Chickpea Curry



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp coconut oil
- 1/2 medium onion, chopped small
- 3 cups (64 g) baby spinach
- 1 garlic clove, minced
- 1/2 tsp cumin
- Dash of ground ginger
- 1 15 oz can crushed fire roasted tomatoes
- 1/2 tbsp curry powder
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2 cups (400 g) canned chickpeas, drained and rinsed
- 1/4 cup canned coconut milk
- 1 cup uncooked basmati rice

DIRECTIONS

1. Cook rice in boiling water as instructed on package.
2. Heat oil in large skillet over medium heat.
3. Add onion and sauté for 3-5 minutes until translucent. Add garlic, spinach, cumin, and ginger and sauté for an additional 1-2 minutes until fragrant.
4. Add tomatoes, curry powder, salt, pepper, and chickpeas. Cook over medium heat for 5 minutes.
5. Stir in coconut milk before removing from heat.
6. Serve warm over cooked rice.

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NUTRITION INFO

Calories: 604, Carbohydrate: 91 grams, Protein: 22 grams, Fat: 20 grams

Cauliflower Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME:
30 MINUTES

INGREDIENTS

- 1 large head of cauliflower, cut into florets
- 2 tbsp (5 g) dry taco seasoning (such as Siete brand)
- 2 tbsp (27 g) avocado oil
- 6 small sprouted grain tortillas
- Juice from one lime
- 1 avocado, sliced
- 1/2 cup (75 g) red cabbage, sliced
- 1/4 cup (64 g) salsa

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Toss cauliflower florets with avocado oil and taco seasoning. Spread in a single layer over a baking sheet.
3. Bake cauliflower on center rack for approximately 30 minutes or until desired consistency.
4. Warm tortillas in oven or microwave and fill with cauliflower, sliced avocado, red cabbage, salsa, and lime juice.

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NUTRITION INFO

Calories: 562, Carbohydrate: 69 grams, Protein: 21 grams, Fat: 28 grams

Grilled Tofu Dinner



SERVINGS: 2

PREP TIME: 1 HOUR
(FOR TOFU WATER TO DRAIN)

COOKING TIME:
5 MINUTES

INGREDIENTS

- 1, 14 oz block of extra firm tofu, drained from water and cut into 1 inch thick slices
- 2 tbsp avocado oil
- 1/4 tsp sea salt
- 1 1/2 tbsp chili powder
- 1 tbsp paprika
- 1/2 tsp black pepper
- 1 red bell pepper, sliced 1 inch thick
- 1 green bell pepper, sliced 1 inch thick
- 1 medium zucchini, sliced 1/2 inch thick
- 1 small red onion, sliced 1/2 inch thick

DIRECTIONS

1. Wrap tofu in 2-3 layers of paper towel or kitchen towel. Place on a plate with a skillet resting over the tofu for 1 hour to allow water to drain.
2. Heat grill to medium heat.
3. Mix together salt, pepper, chili powder, and paprika.
4. Brush tofu and vegetables with avocado oil. Dust with spice mixture.
5. Brush grill grates with avocado oil.
6. Cook tofu and veggies directly on grill grates for 2-3 minutes per side (turning once).
7. Enjoy warm.

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NUTRITION INFO

Calories: 324, Carbohydrate: 23 grams, Protein: 19 grams, Fat: 20 grams

Hearty Winter Lentil Stew



SERVINGS: 2 - 3

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 2 tbsp (27 g) avocado oil
- 1/2 medium onion, chopped
- 3 cloves garlic, minced
- 1 stalk celery, chopped
- 2 large carrots, chopped
- 2 cups (130 g) sweet potato, chopped into 1/2 inch cubes
- 2 tsp (4 g) paprika
- 2 tbsp (4 g) fresh rosemary
- 2 tbsp (5 g) dried thyme
- 3/4 cup (65 g) sprouted green or brown lentils, rinsed
- Salt and pepper to taste
- 4 cups (960 g) vegetable broth
- Juice of one lemon
- 1 bay leaf
- 2 cups (60 g) spinach

DIRECTIONS

1. Heat avocado oil in a large pot over medium heat. Add onion, garlic, celery, and carrots. Sauté for 4-5 minutes stirring occasionally.
2. Add potatoes, paprika, rosemary, thyme, salt, and pepper. Cook for an additional 1-2 minutes.
3. Add lentils, vegetable broth, lemon juice, and bay leaf.
4. Reduce heat and simmer for 40 minutes or until potatoes and lentils are cooked through.
5. Remove from heat and mix in spinach.
6. Serve warm.

NUTRITION INFO

Calories: 395, Carbohydrate: 58 grams, Protein: 14 grams, Fat: 15 grams

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Loaded Veggie Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 medium radish, thinly sliced
- 2 small lemons, juiced
- 2 cups (210 g) dry mung beans
- 2 small carrots, chopped
- 1/2 cup (50 g) broccoli, chopped
- 2 large handful kale, chopped
- 1/2 cup (80 g) sauerkraut
- 2 tbsp (18 g) sesame seeds
- Dash salt and pepper
- Dash of turmeric
- 2 tsp (9 g) olive oil
- 2 tsp (9 g) tahini
- 1/2 clove garlic, minced

DIRECTIONS

1. Cook mung beans in boiling water according to package (could substitute with quinoa)
2. Steam carrots and broccoli for 4-7 minutes to desired consistency. Just before removing from heat, mix in kale.
3. In a small bowl mix together olive oil, lemon juice, turmeric, garlic, tahini, salt, and pepper. Add water to thin until desired consistency for dressing.
4. In a medium dinner bowl add cooked mung beans and top with carrots, broccoli, kale, radishes, sauerkraut, and tahini dressing.
5. Sprinkle with sesame seed and enjoy.

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NUTRITION INFO

Calories: 300, Carbohydrate: 40 grams, Protein: 21 grams, Fat: 11 grams

Spanish Rice and Beans



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 1/3 small yellow onion, finely chopped
- 1 garlic cloves, minced
- 1/2 tsp paprika
- 1/4 tsp chili powder
- 1/2 tsp dried oregano
- Dash of cayenne pepper
- 1/2 tsp salt
- Dash of black pepper
- 3/4 cup cups long grain rice
- 1/2 cup (123 g), 14.5-oz canned fire-roasted diced tomatoes
- 1/2 cup (130 g) canned kidney beans, drained and rinsed
- 1 cup vegetable broth
- 1/4 cup sliced green olives

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onion and cook 2-3 minutes until soft.
2. Add garlic, paprika, chili powder, oregano, cayenne pepper, salt, and black pepper. Cook for 2 minutes stirring frequently.
3. Stir in rice and cook for 2 minutes.
4. Stir in tomatoes, beans, and vegetable broth. Bring to a boil, then reduce heat to a simmer. Cook covered until rice is desired consistency (approximately 25 minutes)
5. Remove from heat and let cool until warm.
6. Serve topped with olives.

NUTRITION INFO

Calories: 359, Carbohydrate: 40 grams, Protein: 11 grams, Fat: 20 grams

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Tempeh Buddha Bowl



SERVINGS: 2

PREP TIME:
10 MINUTES

COOKING TIME:
10 MINUTS

INGREDIENTS

- 8 oz (227 g) tempeh, cut into 1/2 inch cubes
- 3 tbsp (48 g) almond butter
- 4 tbsp (20 g) coconut aminos
- 1.5 tbsp (22 g) rice wine vinegar
- 1 cup (195 g) cooked brown rice
- 1 cup (155 g) cooked edamame
- 1/2 cup (56 g) shredded carrots
- 1 cup (150 g) shredded red cabbage

DIRECTIONS

1. Mix together almond butter, coconut aminos, rice wine vinegar, and 2-4 tbsp water (until sauce and marinade is desired consistency).
2. Use half of the almond butter sauce to coat the tempeh.
3. Warm a skillet over medium heat and add tempeh. Cooke for 4-6 minutes, flipping once.
4. Place 1/2 cup cooked brown rice in a dinner bowl. Top with cooked tempeh, edamame, carrots, red cabbage, and remaining sauce.

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NUTRITION INFO

Calories: 615, Carbohydrate: 55 grams, Protein: 38 grams, Fat: 31 grams

Tempeh Stir Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME:
15 MINUTES

INGREDIENTS

- 8 oz Tempeh
- 2 tbsp avocado oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp (5 g) ginger, grated
- 1 cup (71 g) broccoli, chopped
- 1 medium red bell pepper
- 1 medium orange bell pepper
- 3 tbsp (48 g) coconut aminos
- 1 tbsp (20 g) maple syrup
- 1/2 tbsp (8 g) rice wine vinegar
- 1 tsp (4.5 g) sesame oil
- 1/2 tsp (2.4 g) sriracha
- 1/2 cup uncooked brown rice

DIRECTIONS

1. Cook rice in boiling water as instructed on package.
2. Mix together coconut aminos, maple syrup, rice wine vinegar, sesame oil, and sriracha.
3. Cut tempeh into 1/2 inch cubes.
4. Heat 1 tbsp avocado oil in medium skillet and add tempeh. Cook for 2-3 minutes turning once.
5. Remove tempeh from heat.
6. Add remaining oil, onion, garlic, and ginger. Cook 1-2 minutes until fragrant.
7. Add broccoli, red bell pepper, and orange bell pepper. Cook for 3-5 minutes, stirring occasionally.
8. Return tempeh to skillet with veggies and stir in coconut amino mixture.
9. Cook for an additional 2-3 minutes and serve over rice.

NUTRITION INFO

Calories: 660, Carbohydrate: 73 grams, Protein: 30 grams, Fat: 30 grams

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Tuscan White Bean Soup



SERVINGS: 2

PREP TIME:
15 MINUTES

COOKING TIME:
15 MINUTES

INGREDIENTS

- 1 tbsp (13 g) olive oil
- 1/2 small onion, chopped
- 2 cloves garlic, minced
- 1 carrots, chopped
- 1 celery ribs, chopped
- 1, 15 oz can Cannelli beans, rinsed and drained
- 1 bay leaf
- 1/2 tbsp (2 g) Italian seasoning
- 1/4 tbsp (0.25 g) red pepper flakes (optional)
- 3 cups (720 g) vegetable broth
- 1 dash sea salt
- 1 dash black pepper
- 2 tbsp (7.5 g) nutritional yeast
- 1 cup (21 g) baby spinach, chopped
- 2 tbsp (17 g) dry roasted mixed nuts

DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic and cook for 3-4 minutes, stirring occasionally.
3. Add carrots and celery and cook for 7-10 minutes.
4. Add beans, bay leaf, Italian seasoning, red pepper flakes, salt, pepper, and vegetable broth.
5. Bring to a boil then reduce heat to a simmer. Cover and simmer for 15 minutes.
6. Remove from heat. Remove bay leaf.
7. Use a masher and gently mash soup until desired consistency (creamy but still with some whole beans).
8. Add spinach and nutritional yeast while still warm.
9. Serve with a side of mixed nuts.

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NUTRITION INFO

Calories: 245, Carbohydrate: 25 grams, Protein: 12 grams, Fat: 12 grams

Vegan Lentil Pie



SERVINGS: 4

PREP TIME:
10 MINUTES

COOKING TIME:
35 MINUTES

INGREDIENTS

- 1 1/2 tbsp (21 g) avocado oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 1 stalk celery, diced
- 1 tsp (2.5 g) onion powder
- 1 tsp (1.5 g) dried thyme
- 1/2 tsp (1 g) dried rosemary
- Salt and pepper to taste
- 2 tbsp (32 g) tomato paste
- 2 tbsp (30 g) coconut aminos
- 1/2 cup 120 g) vegetable stock
- 2 cups (400 g) cooked lentils
- 1/2 cup (65 g) frozen peas
- 1/2 cup (80 g) frozen corn
- 1.5 lbs (680 g) potatoes, peeled and chopped
- 1/4 cup (60 g) almond milk

DIRECTIONS

1. Add potatoes to a large pot with salted water and bring to a boil. Cook over medium heat for approximately 15 minutes or until potatoes are cooked through. Drain water.
2. Add 1 tbsp avocado oil, almond milk, and salt and pepper to taste. Mash with a potato masher. Set aside
3. Preheat oven to 385 degrees F (200 degrees C).
4. Heat 1/2 tbsp avocado oil in a large skilled over medium heat. Add onion, garlic, carrots, celery, and the remaining spices. Cook for 3-4 minutes, mixing occasionally.
5. Add frozen peas, carrots, and vegetable stock and cook 3 additional minutes.
6. Stir in tomato paste and soy sauce.
7. In a 9 inch square pan, spread lentil mixture evenly on the bottom. The top with mashed potatoes.
8. Bake for 15 - 20 minutes and enjoy!

NUTRITION INFO

Calories: 364, Carbohydrate: 64 grams, Protein: 15 grams, Fat: 6 grams

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