



## Low Fat Vegan Diet

Created by Cynthia Libert, M.D.



# Low Fat Vegan Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Blueberry Protein Smoothie	Blueberry Protein Smoothie	Blueberry Protein Smoothie
	Banana	Banana	Banana	Banana	Rice Cakes with Almond Butter & Banana	Rice Cakes with Almond Butter & Banana	Rice Cakes with Almond Butter & Banana
<b>Snack 1</b>	Sweet & Crunchy Chickpeas	Sweet & Crunchy Chickpeas	Sweet & Crunchy Chickpeas	Sweet & Crunchy Chickpeas	Brown Rice Chips with Salsa	Brown Rice Chips with Salsa	Brown Rice Chips with Salsa
<b>Lunch</b>	Slow Cooker Lentil Chili	Slow Cooker Lentil Chili	Slow Cooker Lentil Chili	Mexican Black Bean Salad	Mexican Black Bean Salad	Roasted Veggie and Quinoa Bowl	Swiss Chard, Lentil & Rice Bowl
	Brown Rice	Brown Rice	Brown Rice	Quinoa	Quinoa	Lentils	Oven Baked Potato Wedges
<b>Snack 2</b>	Black Bean Dip	Black Bean Dip	Black Bean Dip	Black Bean Dip	Peaches & Cream Overnight Oats	Peaches & Cream Overnight Oats	Peaches & Cream Overnight Oats
	Brown Rice Tortilla Chips	Brown Rice Tortilla Chips	Brown Rice Tortilla Chips	Brown Rice Tortilla Chips			
<b>Dinner</b>	Lentils, Rapini & Mashed Potatoes	Lentils, Rapini & Mashed Potatoes	Roasted Veggie and Quinoa Bowl	Roasted Veggie and Quinoa Bowl	Swiss Chard, Lentil & Rice Bowl	Lentil, Sweet Potato & Arugula Salad	Lentil, Sweet Potato & Arugula Salad
	Edamame	Edamame	Lentils	Lentils	Oven Baked Potato Wedges	Quinoa	Quinoa

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1761	<b>Calories</b> 1761	<b>Calories</b> 1962	<b>Calories</b> 1853	<b>Calories</b> 1718	<b>Calories</b> 1897	<b>Calories</b> 1800
<b>Fat</b> 37g	<b>Fat</b> 37g	<b>Fat</b> 44g	<b>Fat</b> 48g	<b>Fat</b> 53g	<b>Fat</b> 51g	<b>Fat</b> 55g
Saturated 4g	Saturated 4g	Saturated 5g	Saturated 5g	Saturated 10g	Saturated 6g	Saturated 10g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 8g	Polyunsaturated 8g	Polyunsaturated 10g	Polyunsaturated 11g	Polyunsaturated 8g	Polyunsaturated 15g	Polyunsaturated 11g
Monounsaturated 14g	Monounsaturated 14g	Monounsaturated 16g	Monounsaturated 19g	Monounsaturated 21g	Monounsaturated 15g	Monounsaturated 20g
<b>Carbs</b> 285g	<b>Carbs</b> 285g	<b>Carbs</b> 320g	<b>Carbs</b> 293g	<b>Carbs</b> 257g	<b>Carbs</b> 292g	<b>Carbs</b> 268g
Fiber 69g	Fiber 69g	Fiber 67g	Fiber 60g	Fiber 54g	Fiber 57g	Fiber 54g
Sugar 43g	Sugar 43g	Sugar 52g	Sugar 47g	Sugar 50g	Sugar 65g	Sugar 55g
<b>Protein</b> 81g	<b>Protein</b> 81g	<b>Protein</b> 82g	<b>Protein</b> 78g	<b>Protein</b> 70g	<b>Protein</b> 85g	<b>Protein</b> 74g
Cholesterol 2mg	Cholesterol 2mg	Cholesterol 2mg	Cholesterol 2mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 1976mg	Sodium 1976mg	Sodium 1762mg	Sodium 1548mg	Sodium 1696mg	Sodium 2104mg	Sodium 1673mg
Potassium 4443mg	Potassium 4443mg	Potassium 3698mg	Potassium 3479mg	Potassium 3996mg	Potassium 3687mg	Potassium 4077mg
Vitamin A 9657IU	Vitamin A 9657IU	Vitamin A 17432IU	Vitamin A 14597IU	Vitamin A 9812IU	Vitamin A 26720IU	Vitamin A 18457IU
Vitamin C 128mg	Vitamin C 128mg	Vitamin C 134mg	Vitamin C 134mg	Vitamin C 110mg	Vitamin C 98mg	Vitamin C 68mg
Calcium 858mg	Calcium 858mg	Calcium 818mg	Calcium 765mg	Calcium 1028mg	Calcium 1219mg	Calcium 1132mg
Iron 24mg	Iron 24mg	Iron 24mg	Iron 21mg	Iron 17mg	Iron 22mg	Iron 20mg
Vitamin D 63IU	Vitamin D 63IU	Vitamin D 63IU	Vitamin D 63IU	Vitamin D 51IU	Vitamin D 51IU	Vitamin D 51IU
Vitamin E 10mg	Vitamin E 10mg	Vitamin E 8mg	Vitamin E 9mg	Vitamin E 15mg	Vitamin E 12mg	Vitamin E 14mg
Thiamine 1.7mg	Thiamine 1.7mg	Thiamine 1.9mg	Thiamine 2.0mg	Thiamine 1.2mg	Thiamine 1.8mg	Thiamine 1.3mg

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Thiamine	1.1mg	Thiamine	1.7mg	Thiamine	1.3mg	Thiamine	2.3mg	Thiamine	1.2mg	Thiamine	1.3mg	Thiamine	1.3mg
Riboflavin	1.1mg	Riboflavin	1.1mg	Riboflavin	1.3mg	Riboflavin	1.4mg	Riboflavin	1.5mg	Riboflavin	2.0mg	Riboflavin	1.7mg
Niacin	14mg	Niacin	14mg	Niacin	10mg	Niacin	8mg	Niacin	13mg	Niacin	11mg	Niacin	13mg
Vitamin B6	2.3mg	Vitamin B6	2.3mg	Vitamin B6	2.1mg	Vitamin B6	2.1mg	Vitamin B6	2.2mg	Vitamin B6	2.1mg	Vitamin B6	2.2mg
Folate	961µg	Folate	961µg	Folate	873µg	Folate	1008µg	Folate	618µg	Folate	868µg	Folate	653µg
Vitamin B12	0.3µg	Vitamin B12	0.3µg	Vitamin B12	0.3µg	Vitamin B12	0.3µg	Vitamin B12	2.0µg	Vitamin B12	2.0µg	Vitamin B12	2.0µg
Phosphorous	1580mg	Phosphorous	1580mg	Phosphorous	1617mg	Phosphorous	1548mg	Phosphorous	1385mg	Phosphorous	1700mg	Phosphorous	1553mg
Magnesium	567mg	Magnesium	567mg	Magnesium	574mg	Magnesium	599mg	Magnesium	602mg	Magnesium	595mg	Magnesium	598mg
Zinc	12mg	Zinc	12mg	Zinc	14mg	Zinc	12mg	Zinc	9mg	Zinc	12mg	Zinc	10mg
Selenium	36µg	Selenium	36µg	Selenium	41µg	Selenium	36µg	Selenium	30µg	Selenium	40µg	Selenium	37µg

# Low Fat Vegan Diet

63 items

## Fruits

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- 1 Avocado
- 5 1/2 Banana
- 1/2 cup Blueberries
- 1/4 cup Lemon Juice
- 2/3 Lime
- 2 tbsps Lime Juice
- 1 1/2 Peach
- 1/2 cup Raspberries

## Breakfast

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- 1/3 cup Almond Butter
- 1/3 cup Maple Syrup
- 3 Plain Rice Cake

## Seeds, Nuts & Spices

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- 1/8 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 2/3 tpsps Chili Powder
- 1 3/4 tpsps Cinnamon
- 2 1/2 tpsps Cumin
- 3 tpsps Ground Flax Seed
- 1 1/2 tpsps Italian Seasoning
- 1 tsp Nutmeg
- 1/2 tsp Paprika
- 1 tbsps Pumpkin Seeds
- 2 1/16 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Smoked Paprika

## Frozen

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- 7 Brown Rice Tortillas
- 3 cups Frozen Blueberries
- 1 cup Frozen Edamame

## Vegetables

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- 2 cups Arugula
- 3 cups Baby Spinach
- 2 cups Broccoli
- 1/2 Carrot
- 2 tpsps Cilantro
- 2 Garlic
- 1/2 bunch Rapini
- 1 Red Bell Pepper
- 2 tpsps Red Onion
- 4 Russet Potato
- 3 Sweet Potato
- 4 cups Swiss Chard
- 1/2 Yellow Onion

## Boxed & Canned

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- 2 1/2 cups Black Beans
- 1 cup Brown Rice
- 3 cups Chickpeas
- 1 3/4 cups Diced Tomatoes
- 3/4 cup Dry Lentils
- 1/2 cup Dry Red Lentils
- 1 cup Green Lentils
- 2 cups Lentils
- 1 1/2 cups Organic Salsa
- 2 1/2 cups Organic Vegetable Broth
- 1 2/3 cups Quinoa
- 1 cup Red Kidney Beans
- 1 tbsps Tomato Paste

## Baking

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- 2 3/4 cups Oats
- 1 1/2 tpsps Vanilla Extract

## Condiments & Oils

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- 1 1/2 tpsps Apple Cider Vinegar
- 1 1/2 tpsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

## Cold

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- 4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

## Other

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- 1 1/4 cups Vanilla Protein Powder
- 8 1/8 cups Water



# Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 4 servings



## Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

## Notes

### Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

### Leftovers

Keep well in the fridge for 3 to 4 days.

### No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

## Ingredients

- 2 cups Oats (quick or traditional)
- 2 tbsps Chia Seeds
- 2 1/2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Raspberries
- 1/2 cup Blueberries
- 2 tbsps Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	311	Calcium	425mg
<b>Fat</b>	11g	Iron	3mg
Saturated	1g	Vitamin D	63IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	0.3mg
Monounsaturated	4g	Riboflavin	0.4mg
<b>Carbs</b>	37g	Niacin	1mg
Fiber	9g	Vitamin B6	0.1mg
Sugar	3g	Folate	26µg
<b>Protein</b>	18g	Vitamin B12	0.3µg
Cholesterol	2mg	Phosphorous	373mg
Sodium	123mg	Magnesium	134mg
Potassium	369mg	Zinc	3mg
Vitamin A	327IU	Selenium	15µg

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Vitamin C

6mg

# Banana

1 ingredient · 1 minute · 1 serving



## Directions

1. Peel and enjoy!

## Notes

### More protein

Dip in almond butter.

## Ingredients

1 Banana

## Nutrition

Amount per serving

<b>Calories</b>	105	Calcium	6mg
<b>Fat</b>	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	27g	Niacin	1mg
Fiber	3g	Vitamin B6	0.4mg
Sugar	14g	Folate	24µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	26mg
Sodium	1mg	Magnesium	32mg
Potassium	422mg	Zinc	0mg
Vitamin A	76IU	Selenium	1µg
Vitamin C	10mg		



# Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Blueberries

Use any type of frozen berry instead.

### No Protein Powder

Use hemp seeds instead

## Ingredients

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Ground Flax Seed

**1 cup** Frozen Blueberries

**1 cup** Baby Spinach

**1 cup** Water (cold)

## Nutrition

Amount per serving

<b>Calories</b>	207	Calcium	190mg
<b>Fat</b>	4g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	1g	Riboflavin	0.6mg
<b>Carbs</b>	23g	Niacin	1mg
Fiber	7g	Vitamin B6	0.3mg
Sugar	13g	Folate	77µg
<b>Protein</b>	22g	Vitamin B12	0.6µg
Cholesterol	4mg	Phosphorous	352mg
Sodium	69mg	Magnesium	84mg
Potassium	372mg	Zinc	2mg
Vitamin A	2884IU	Selenium	7µg
Vitamin C	12mg		

# Rice Cakes with Almond Butter & Banana

3 ingredients · 5 minutes · 1 serving



## Directions

1. Spread almond butter on the rice cake and top with sliced banana. Enjoy!

## Notes

### No Almond Butter

Use peanut, cashew or sunflower seed butter instead.

### More Flavor

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

### More Fiber

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

## Ingredients

- 1 Plain Rice Cake
- 1 **tblsp** Almond Butter
- 1/2 Banana (medium, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	183	Calcium	58mg
<b>Fat</b>	9g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	2g	Thiamine	0mg
Monounsaturated	5g	Riboflavin	0.2mg
<b>Carbs</b>	24g	Niacin	2mg
Fiber	4g	Vitamin B6	0.2mg
Sugar	8g	Folate	22µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	124mg
Sodium	4mg	Magnesium	72mg
Potassium	354mg	Zinc	1mg
Vitamin A	38IU	Selenium	3µg
Vitamin C	5mg		

# Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



## Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

## Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Maple Syrup
- 1 tsp Nutmeg
- 1 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	189	Calcium	55mg
<b>Fat</b>	6g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	28g	Niacin	0mg
Fiber	7g	Vitamin B6	0.1mg
Sugar	9g	Folate	142µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	140mg
Sodium	6mg	Magnesium	43mg
Potassium	259mg	Zinc	1mg
Vitamin A	25IU	Selenium	3µg
Vitamin C	1mg		



# Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 3 servings



## Directions

1. Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
2. Remove chips from oven. Serve with salsa. Enjoy!

## Notes

### Flavoured Chips

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### Extra Mexican Flavour

Squeeze a lime wedge over the chips after baking.

### Low FODMAP

Ensure the salsa is onion-free.

## Ingredients

3 Brown Rice Tortillas

1 1/2 cups Organic Salsa

## Nutrition

Amount per serving

<b>Calories</b>	188	Calcium	39mg
<b>Fat</b>	3g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	36g	Niacin	1mg
Fiber	6g	Vitamin B6	0.2mg
Sugar	8g	Folate	5µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	43mg
Sodium	1094mg	Magnesium	20mg
Potassium	358mg	Zinc	0mg
Vitamin A	599IU	Selenium	1µg
Vitamin C	3mg		

# Slow Cooker Lentil Chili

15 ingredients · 5 hours · 3 servings



## Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, 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.

## Ingredients

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

## Nutrition

Amount per serving

Calories	306	Calcium	103mg
Fat	6g	Iron	6mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg

Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	48g	Niacin	2mg
Fiber	20g	Vitamin B6	0.3mg
Sugar	8g	Folate	118µg
<b>Protein</b>	16g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	280mg
Sodium	298mg	Magnesium	86mg
Potassium	992mg	Zinc	3mg
Vitamin A	3910IU	Selenium	2µg
Vitamin C	48mg		



# Brown Rice

2 ingredients · 45 minutes · 3 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

**3/4 cup** Brown Rice (uncooked)

**1 1/2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	170	Calcium	16mg
<b>Fat</b>	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.3mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	35g	Niacin	3mg
Fiber	2g	Vitamin B6	0.2mg
Sugar	0g	Folate	11µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	144mg
Sodium	5mg	Magnesium	56mg
Potassium	116mg	Zinc	1mg
Vitamin A	0IU	Selenium	8µg
Vitamin C	0mg		

# Mexican Black Bean Salad

8 ingredients · 15 minutes · 2 servings



## Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

## Notes

### More Flavor

Add cilantro, tomato, corn or hot sauce.

### Leftovers

Salad will keep in the fridge for up to 3 days.

### No Black Beans

Use cooked lentils or chickpeas instead.

## Ingredients

- 1 cup Black Beans (cooked)
- 1/2 Red Bell Pepper (chopped)
- 2 tbsps Red Onion (chopped)
- 1/2 Avocado (diced)
- 2 tbsps Lime Juice
- 1/8 tsp Chili Powder
- 1/8 tsp Cumin
- 1/16 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	210	Calcium	37mg
<b>Fat</b>	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.3mg
Monounsaturated	5g	Riboflavin	0.1mg
<b>Carbs</b>	29g	Niacin	2mg
Fiber	12g	Vitamin B6	0.3mg
Sugar	3g	Folate	186µg
<b>Protein</b>	9g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	161mg
Sodium	85mg	Magnesium	81mg
Potassium	650mg	Zinc	1mg

Vitamin A	1069IU	Selenium	1µg
Vitamin C	48mg		



# Quinoa

2 ingredients · 15 minutes · 4 servings



## 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 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	157	Calcium	29mg
<b>Fat</b>	3g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	1g	Riboflavin	0.1mg
<b>Carbs</b>	27g	Niacin	1mg
Fiber	3g	Vitamin B6	0.2mg
Sugar	0g	Folate	78µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	194mg
Sodium	4mg	Magnesium	86mg
Potassium	239mg	Zinc	1mg
Vitamin A	6IU	Selenium	4µg
Vitamin C	0mg		

# Black Bean Dip

6 ingredients · 15 minutes · 4 servings



## Directions

1. Add all ingredients to the jar of your food processor and process until very smooth.
2. Transfer into a bowl and enjoy!

## Notes

### Serve it With

Brown rice tortilla chips, veggie sticks or as a spread.

### Leftovers

Store in an airtight container in the fridge for 5 days, or freeze for two months or more.

## Ingredients

- 1 1/2 cups Black Beans (cooked, from the can)
- 1 1/3 tsps Cumin
- 1/3 tsp Smoked Paprika
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 Lime (juiced)
- 2/3 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	130	Calcium	25mg
<b>Fat</b>	5g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	3g	Riboflavin	0mg
<b>Carbs</b>	16g	Niacin	0mg
Fiber	6g	Vitamin B6	0.1mg
Sugar	0g	Folate	97µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	95mg
Sodium	396mg	Magnesium	49mg
Potassium	255mg	Zinc	1mg
Vitamin A	111IU	Selenium	1µg
Vitamin C	2mg		



# Brown Rice Tortilla Chips

1 ingredient · 15 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
2. Remove chips from oven. Let cool and enjoy!

## Notes

### Serve it With

Turmeric Hummus, Layered Nacho Dip, any of our soups or chilis.

### Flavoured Chips

See our Garlic Chili Lime Chips, Nacho Cheese Doritos and Honey Cinnamon Chips recipes.

### Storage

Refrigerate in an air-tight container up to 5 days.

## Ingredients

4 Brown Rice Tortillas (thawed)

## Nutrition

Amount per serving

<b>Calories</b>	150	Calcium	0mg
<b>Fat</b>	3g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	27g	Niacin	0mg
Fiber	3g	Vitamin B6	0mg
Sugar	3g	Folate	0µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	0mg
Sodium	170mg	Magnesium	0mg
Potassium	0mg	Zinc	0mg
Vitamin A	0IU	Selenium	0µg
Vitamin C	0mg		



# Peaches & Cream Overnight Oats

8 ingredients · 8 hours · 3 servings



## Directions

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

## Notes

### Storage

Store in jars in the fridge up to 4 days.

### No Coconut Yogurt

Use plain Greek yogurt instead.

## Ingredients

- 3/4 cup** Oats (quick or traditional)
- 3/4 tsp** Cinnamon
- 3 tbsps** Chia Seeds
- 1 1/2 cups** Unsweetened Coconut Yogurt
- 1 1/2 cups** Unsweetened Almond Milk
- 1 1/2 tsp** Vanilla Extract
- 1 1/2 tbsps** Maple Syrup
- 1 1/2** Peach (medium, diced)

## Nutrition

Amount per serving

<b>Calories</b>	269	Calcium	574mg
<b>Fat</b>	10g	Iron	2mg
Saturated	3g	Vitamin D	51IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.2mg
<b>Carbs</b>	40g	Niacin	1mg
Fiber	8g	Vitamin B6	0mg
Sugar	13g	Folate	10µg
<b>Protein</b>	6g	Vitamin B12	1.4µg
Cholesterol	0mg	Phosphorous	99mg
Sodium	108mg	Magnesium	82mg
Potassium	348mg	Zinc	1mg

Vitamin A	496IU	Selenium	6µg
Vitamin C	5mg		

# Lentils, Rapini & Mashed Potatoes

4 ingredients · 25 minutes · 2 servings



## Directions

1. Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
2. Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
3. Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
4. Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

## Notes

### Extra Creamy

Mash the potatoes with coconut or almond milk for extra creaminess.

### No Rapini

Use broccoli, broccolini or green beans instead.

### Less Bitter Rapini

Saute the rapini in your choice of oil and seasoning after boiling.

### Storage

Refrigerate in an airtight container up to 3 to 4 days.

### Serving Size

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

## Ingredients

- 3/4 tsp Sea Salt (divided)
- 2 Russet Potato (medium, peeled and chopped)
- 1/2 bunch Rapini (chopped, divided)
- 1 cup Green Lentils (cooked, drained and rinsed)

## Nutrition

Amount per serving

<b>Calories</b>	306	<b>Calcium</b>	179mg
<b>Fat</b>	1g	<b>Iron</b>	7mg
Saturated	0g	<b>Vitamin D</b>	0IU
Trans	0g	<b>Vitamin E</b>	3mg
Polyunsaturated	1g	<b>Thiamine</b>	0.5mg
Monounsaturated	0g	<b>Riboflavin</b>	0.3mg
<b>Carbs</b>	60g	<b>Niacin</b>	6mg
Fiber	15g	<b>Vitamin B6</b>	1.0mg
Sugar	4g	<b>Folate</b>	302µg
<b>Protein</b>	18g	<b>Vitamin B12</b>	0µg
Cholesterol	0mg	<b>Phosphorous</b>	391mg
Sodium	972mg	<b>Magnesium</b>	117mg
Potassium	1692mg	<b>Zinc</b>	2mg
Vitamin A	4977IU	<b>Selenium</b>	5µg
Vitamin C	56mg		



# Edamame

1 ingredient · 5 minutes · 2 servings



## Directions

1. Enjoy as a snack or add as a side to a main dish, salad or soup.

## Notes

### Storage

Refrigerate in an airtight container up to 4 days.

## Ingredients

1 cup Frozen Edamame (shelled, thawed)

## Nutrition

Amount per serving

<b>Calories</b>	94	Calcium	49mg
<b>Fat</b>	4g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	1g	Riboflavin	0.1mg
<b>Carbs</b>	7g	Niacin	1mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	2g	Folate	241µg
<b>Protein</b>	9g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	131mg
Sodium	5mg	Magnesium	50mg
Potassium	338mg	Zinc	1mg
Vitamin A	231IU	Selenium	1µg
Vitamin C	5mg		

# Roasted Veggie and Quinoa Bowl

12 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

## Notes

### Leftovers

Store in the fridge for up to four days.

### No Quinoa

Use rice or cauliflower rice instead.

### No Broth

Use water instead.

### Cooked Chickpeas

Use cooked chickpeas from the can to save time.

## Ingredients

- 2 cups Broccoli (chopped into florets)
- 2 Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup Chickpeas (cooked)
- 1/4 cup Lemon Juice (divided)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2/3 cup Quinoa (uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Pumpkin Seeds (optional)

## Nutrition

		Amount per serving	
<b>Calories</b>	432	Calcium	159mg
<b>Fat</b>	11g	Iron	6mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Thiamine	0.5mg
Monounsaturated	3g	Riboflavin	0.5mg
<b>Carbs</b>	72g	Niacin	2mg
Fiber	12g	Vitamin B6	0.6mg
Sugar	14g	Folate	225µg

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<b>Protein</b>	16g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	424mg
Sodium	610mg	Magnesium	149mg
Potassium	960mg	Zinc	3mg
Vitamin A	12964IU	Selenium	11µg
Vitamin C	65mg		



# Lentils

3 ingredients · 30 minutes · 3 servings



## Directions

1. Add lentils and water to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 30 minutes or until tender. Add more water if needed to ensure the lentils remain just barely covered.
2. When cooked, drain the excess liquid and season with salt to your preference. Enjoy!

## Notes

### Serve It With

Another side dish or add to any soup or salad for extra protein.

### Simple Lentil Salad

Stir in olive oil, lemon juice, vinegar and/or fresh herbs.

### Save Time

Use canned lentils instead, which are already cooked.

### Storage

Refrigerate in an airtight container up to four days. Freeze for longer.

### Serving Size

One serving is equal to approximately 1/2 cup of cooked lentils.

## Ingredients

**3/4 cup** Dry Lentils (green or brown, rinsed)

**1 1/2 cups** Water

**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	169	Calcium	29mg
<b>Fat</b>	1g	Iron	3mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.4mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	30g	Niacin	1mg
Fiber	5g	Vitamin B6	0.3mg
Sugar	1g	Folate	230µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	135mg
Sodium	153mg	Magnesium	25mg
Potassium	325mg	Zinc	2mg
Vitamin A	19IU	Selenium	0µg
Vitamin C	2mg		

# Swiss Chard, Lentil & Rice Bowl

11 ingredients · 1 hour · 2 servings



## Directions

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## Notes

### Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

### No Swiss Chard

Use kale, spinach or collard greens instead.

### More Protein

Top with a poached egg.

## Ingredients

- 1/4 cup Brown Rice (uncooked)
- 1/3 cup Water
- 1 1/2 tsps Coconut Oil
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Garlic (clove, minced)
- 1 1/2 tsps Apple Cider Vinegar
- 1 cup Lentils (cooked, drained and rinsed)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	310	Calcium	69mg
<b>Fat</b>	12g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	1g	Thiamine	0.3mg
Monounsaturated	6g	Riboflavin	0.2mg
<b>Carbs</b>	41g	Niacin	3mg
Fiber	10g	Vitamin B6	0.4mg
Sugar	3g	Folate	195µg

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<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	289mg
Sodium	160mg	Magnesium	125mg
Potassium	721mg	Zinc	2mg
Vitamin A	4702IU	Selenium	7µg
Vitamin C	23mg		



# Oven Baked Potato Wedges

5 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
3. Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
4. Serve immediately and enjoy!

## Notes

### More Flavor

Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

### No Olive Oil

Use avocado oil instead.

### Leftovers

Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.

## Ingredients

- 2 Russet Potato (medium, cut into wedges)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 **tsp** Italian Seasoning
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	194	Calcium	32mg
<b>Fat</b>	4g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	2g	Riboflavin	0.1mg
<b>Carbs</b>	37g	Niacin	2mg
Fiber	4g	Vitamin B6	0.6mg
Sugar	2g	Folate	45µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	123mg
Sodium	172mg	Magnesium	52mg
Potassium	954mg	Zinc	1mg
Vitamin A	18IU	Selenium	1µg
Vitamin C	14mg		

# Lentil, Sweet Potato & Arugula Salad

8 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

## Notes

### No Lentils

Use chickpeas or ground meat instead.

### No Tahini

Use sunflower seed butter instead.

### No Arugula

Use baby spinach, kale or mixed greens instead.

### Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

## Ingredients

- 1 Sweet Potato (medium, diced)
- 3/4 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 1 cup Lentils (cooked)

## Nutrition

Amount per serving

<b>Calories</b>	292	Calcium	141mg
<b>Fat</b>	10g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	4g	Thiamine	0.4mg
Monounsaturated	4g	Riboflavin	0.3mg
<b>Carbs</b>	40g	Niacin	2mg
Fiber	12g	Vitamin B6	0.3mg
Sugar	8g	Folate	221µg
<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	329mg
Sodium	62mg	Magnesium	77mg
Potassium	731mg	Zinc	2mg

Vitamin A	9714IU	Selenium	8µg
Vitamin C	6mg		