



## Plant-Based Stress & Anxiety Support Program

Created by Cynthia Libert, M.D.



# Plant-Based Stress & Anxiety Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Breakfast Baked Potato with Sun Butter	Breakfast Baked Potato with Sun Butter
						Mushroom & Tofu Scramble	Mushroom & Tofu Scramble
<b>Snack 1</b>	Vegan Ranch Dressing	Vegan Ranch Dressing	Vegan Ranch Dressing	Banana Chia Crisps	Banana Chia Crisps	Banana Chia Crisps	Banana Chia Crisps
	Cucumber Slices	Cucumber Slices	Cucumber Slices				
<b>Lunch</b>	Chickpea Tikka Masala with Couscous	Chickpea Tikka Masala with Couscous	Tofu, Broccoli & Brown Rice	Spiced Cauliflower Rice Bowl	Burrito Bowl with Quinoa Tofu Taco Filling	Roasted Cauliflower Burrito Bowl	Mediterranean Buddha Bowl
<b>Snack 2</b>	Pistachios	Pistachios	Pistachios	Vegan Ranch Dressing	Apple with Almond Butter	Apple with Almond Butter	Apple with Almond Butter
				Cucumber Slices			
<b>Dinner</b>	Tofu, Broccoli & Brown Rice	Tofu, Broccoli & Brown Rice	Spiced Cauliflower Rice Bowl	Burrito Bowl with Quinoa Tofu Taco Filling	Roasted Cauliflower Burrito Bowl	Mediterranean Buddha Bowl	Roasted Cauliflower Burrito Bowl

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 2124	<b>Calories</b> 2124	<b>Calories</b> 2209	<b>Calories</b> 2058	<b>Calories</b> 1860	<b>Calories</b> 1898	<b>Calories</b> 1898
<b>Fat</b> 123g	<b>Fat</b> 123g	<b>Fat</b> 143g	<b>Fat</b> 104g	<b>Fat</b> 93g	<b>Fat</b> 96g	<b>Fat</b> 96g
Saturated 34g	Saturated 34g	Saturated 37g	Saturated 13g	Saturated 9g	Saturated 8g	Saturated 8g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 41g	Polyunsaturated 41g	Polyunsaturated 45g	Polyunsaturated 18g	Polyunsaturated 14g	Polyunsaturated 21g	Polyunsaturated 21g
Monounsaturated 36g	Monounsaturated 36g	Monounsaturated 49g	Monounsaturated 44g	Monounsaturated 39g	Monounsaturated 44g	Monounsaturated 44g
<b>Carbs</b> 199g	<b>Carbs</b> 199g	<b>Carbs</b> 185g	<b>Carbs</b> 233g	<b>Carbs</b> 211g	<b>Carbs</b> 226g	<b>Carbs</b> 226g
Fiber 49g	Fiber 49g	Fiber 42g	Fiber 67g	Fiber 71g	Fiber 58g	Fiber 58g
Sugar 34g	Sugar 34g	Sugar 22g	Sugar 51g	Sugar 66g	Sugar 67g	Sugar 67g
<b>Protein</b> 85g	<b>Protein</b> 85g	<b>Protein</b> 75g	<b>Protein</b> 77g	<b>Protein</b> 76g	<b>Protein</b> 65g	<b>Protein</b> 65g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 2938mg	Sodium 2938mg	Sodium 2252mg	Sodium 1652mg	Sodium 1266mg	Sodium 902mg	Sodium 902mg
Potassium 3876mg	Potassium 3876mg	Potassium 3825mg	Potassium 5104mg	Potassium 4900mg	Potassium 4316mg	Potassium 4316mg
Vitamin A 4349IU	Vitamin A 4349IU	Vitamin A 2061IU	Vitamin A 4975IU	Vitamin A 4732IU	Vitamin A 21104IU	Vitamin A 21104IU
Vitamin C 294mg	Vitamin C 294mg	Vitamin C 211mg	Vitamin C 241mg	Vitamin C 234mg	Vitamin C 152mg	Vitamin C 152mg
Calcium 962mg	Calcium 962mg	Calcium 919mg	Calcium 1494mg	Calcium 1481mg	Calcium 978mg	Calcium 978mg
Iron 23mg	Iron 23mg	Iron 19mg	Iron 22mg	Iron 20mg	Iron 21mg	Iron 21mg
Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 101IU	Vitamin D 101IU	Vitamin D 6IU	Vitamin D 6IU
Vitamin E 10mg	Vitamin E 10mg	Vitamin E 9mg	Vitamin E 15mg	Vitamin E 22mg	Vitamin E 22mg	Vitamin E 22mg
Thiamine 2.9mg	Thiamine 2.9mg	Thiamine 3.2mg	Thiamine 2.9mg	Thiamine 1.5mg	Thiamine 3.3mg	Thiamine 3.3mg

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Thiamine	2.0mg	Thiamine	2.0mg	Thiamine	0.2mg	Thiamine	2.0mg	Thiamine	1.0mg	Thiamine	0.0mg	Thiamine	0.0mg
Riboflavin	1.9mg	Riboflavin	1.9mg	Riboflavin	2.0mg	Riboflavin	3.6mg	Riboflavin	2.6mg	Riboflavin	3.8mg	Riboflavin	3.8mg
Niacin	21mg	Niacin	21mg	Niacin	24mg	Niacin	24mg	Niacin	14mg	Niacin	25mg	Niacin	25mg
Vitamin B6	3.8mg	Vitamin B6	3.8mg	Vitamin B6	4.0mg	Vitamin B6	4.7mg	Vitamin B6	3.3mg	Vitamin B6	5.1mg	Vitamin B6	5.1mg
Folate	611µg	Folate	611µg	Folate	426µg	Folate	584µg	Folate	596µg	Folate	607µg	Folate	607µg
Vitamin B12	4.2µg	Vitamin B12	4.2µg	Vitamin B12	4.2µg	Vitamin B12	7.6µg	Vitamin B12	3.4µg	Vitamin B12	11.3µg	Vitamin B12	11.3µg
Phosphorous	2046mg	Phosphorous	2046mg	Phosphorous	2052mg	Phosphorous	1501mg	Phosphorous	1267mg	Phosphorous	1367mg	Phosphorous	1367mg
Magnesium	807mg	Magnesium	807mg	Magnesium	812mg	Magnesium	848mg	Magnesium	811mg	Magnesium	777mg	Magnesium	777mg
Zinc	14mg	Zinc	14mg	Zinc	13mg	Zinc	10mg	Zinc	9mg	Zinc	10mg	Zinc	10mg
Selenium	50µg	Selenium	50µg	Selenium	58µg	Selenium	46µg	Selenium	27µg	Selenium	61µg	Selenium	61µg

# Plant-Based Stress & Anxiety Support Program

71 items

## Fruits

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- 3 Apple
- 2 3/4 Avocado
- 8 Banana
- 1 **tbsp** Lemon Juice
- 2 1/4 **tsps** Lime Juice
- 1 1/4 **cups** Raspberries

## Breakfast

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- 1/2 **cup** Almond Butter
- 1/4 **cup** Granola

## Seeds, Nuts & Spices

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- 1/2 **cup** Cashews
- 1 1/3 **cups** Chia Seeds
- 2 **tsps** Chili Powder
- 1 1/2 **tsps** Cinnamon
- 1 2/3 **tsps** Cumin
- 1 1/2 **tsps** Curry Powder
- 1 **tsp** Garam Masala
- 1 **tsp** Garlic Powder
- 1/4 **cup** Ground Flax Seed
- 1 **cup** Hemp Seeds
- 1/4 **tsp** Italian Seasoning
- 1/2 **tsp** Onion Powder
- 1/2 **tsp** Oregano
- 1/2 **tsp** Paprika
- 1 1/2 **cups** Pistachios
- 1 3/4 **tsps** Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/3 **tsps** Sesame Seeds
- 3/4 **tsp** Smoked Paprika
- 1/2 **tsp** Turmeric

## Frozen

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- 1/2 **cup** Frozen Cauliflower

## Vegetables

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- 6 **cups** Broccoli
- 1 1/4 **heads** Cauliflower
- 2 **tsps** Chives
- 1/2 **cup** Cilantro
- 2 1/2 Cucumber
- 1 3/4 Garlic
- 1 **tbsp** Ginger
- 1/2 **cup** Oyster Mushrooms
- 2 **tsps** Parsley
- 2 1/2 Red Bell Pepper
- 1/4 **cup** Red Onion
- 3/4 **head** Romaine Hearts
- 2 Sweet Potato
- 1/2 **tsp** Thyme
- 1 Zucchini

## Boxed & Canned

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- 1 2/3 **cups** Black Beans
- 1 2/3 **cups** Brown Rice
- 2 1/2 **cups** Chickpeas
- 3/4 **cup** Crushed Tomatoes
- 1 1/2 **cups** Organic Coconut Milk
- 1/2 **cup** Organic Salsa
- 1 **cup** Organic Vegetable Broth
- 3/4 **cup** Quinoa

## Baking

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- 1/4 **cup** Cacao Powder
- 1 **tbsp** Monk Fruit Sweetener
- 1 1/3 **tsps** Nutritional Yeast
- 1 **tbsp** Unsweetened Shredded Coconut
- 3/4 **tsp** Vanilla Extract

## Bread, Fish, Meat & Cheese

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- 1/4 **cup** Hummus
- 1 1/2 **lbs** Tofu

## Condiments & Oils

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- 2 **tsps** Apple Cider Vinegar
- 1/3 **cup** Extra Virgin Olive Oil
- 2 **tsps** Miso Paste
- 1/4 **cup** Pitted Kalamata Olives
- 1 **tbsp** Sesame Oil
- 1/4 **cup** Sunflower Seed Butter
- 3 1/2 **tsps** Tahini
- 3 **tsps** Tamari

## Cold

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- 2 **cups** Unsweetened Almond Milk

## Other

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- 1/2 **cup** Chocolate Protein Powder
- 1/4 **cup** Couscous
- 2 2/3 **cups** Water

# Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 3 servings



## Directions

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

### Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

### No Raspberries

Use strawberries or blueberries instead.

## Ingredients

**1 1/2 cups** Organic Coconut Milk (full fat, from the can)

**1 tbsp** Monk Fruit Sweetener

**3/4 tsp** Vanilla Extract

**3/4 cup** Hemp Seeds

**1/4 cup** Ground Flax Seed

**1/4 cup** Chia Seeds

**1 tbsp** Unsweetened Shredded Coconut

**3/4 cup** Raspberries

## Nutrition

Amount per serving

<b>Calories</b>	606	Calcium	156mg
<b>Fat</b>	51g	Iron	5mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	18g	Thiamine	0.5mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	25g	Niacin	4mg
Fiber	11g	Vitamin B6	0.3mg
Sugar	4g	Folate	50µg
<b>Protein</b>	20g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	669mg
Sodium	33mg	Magnesium	339mg

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Potassium	840mg	Zinc	4mg
Vitamin A	15IU	Selenium	0µg
Vitamin C	8mg		

# Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



## Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

### More Flavor

Add cinnamon to your smoothie base.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

### No Smoothie Bowl

Drink as a regular smoothie instead.

### Smoothie Consistency

For a creamier texture, use a frozen banana.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

## Nutrition

	Amount per serving	
<b>Calories</b>	561	Calcium 755mg
<b>Fat</b>	24g	Iron 6mg
Saturated	3g	Vitamin D 101IU
Trans	0g	Vitamin E 6mg
Polyunsaturated	4g	Thiamine 0.3mg
Monounsaturated	8g	Riboflavin 1.0mg
<b>Carbs</b>	59g	Niacin 3mg
Fiber	19g	Vitamin B6 0.9mg
Sugar	22g	Folate 101µg
<b>Protein</b>	33g	Vitamin B12 0.6µg
Cholesterol	4mg	Phosphorous 548mg



Sodium	223mg	Magnesium	309mg
Potassium	1510mg	Zinc	3mg
Vitamin A	788IU	Selenium	12µg
Vitamin C	50mg		

# Breakfast Baked Potato with Sun Butter

5 ingredients · 50 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
3. Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

## Notes

### More Toppings

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

### No Sunflower Seed Butter

Use any nut or seed butter.

### Meal Prep

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

## Ingredients

- 2 Sweet Potato (medium)
- 1/4 cup Sunflower Seed Butter
- 2 Banana (sliced)
- 2 tbsps Hemp Seeds
- 1/2 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	471	Calcium	79mg
<b>Fat</b>	23g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	7g	Thiamine	0.3mg
Monounsaturated	13g	Riboflavin	0.3mg
<b>Carbs</b>	62g	Niacin	5mg
Fiber	10g	Vitamin B6	0.9mg
Sugar	23g	Folate	125µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	466mg
Sodium	74mg	Magnesium	234mg
Potassium	1168mg	Zinc	3mg
Vitamin A	18538IU	Selenium	35µg
Vitamin C	14mg		

# Mushroom & Tofu Scramble

6 ingredients · 10 minutes · 2 servings



## Directions

1. Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
2. Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
3. Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately 1.5 cups.

### More Flavor

Add your choice of spices and/or herbs.

### Additional Toppings

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

### No Vegetable Broth

Use water instead.

## Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Organic Vegetable Broth (divided)
- 8 ozs Tofu (extra firm, drained, crumbled)
- 2 tsps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	114	Calcium	323mg
<b>Fat</b>	6g	Iron	3mg
Saturated	1g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	3g	Thiamine	2.4mg
Monounsaturated	2g	Riboflavin	2.6mg
<b>Carbs</b>	4g	Niacin	14mg
Fiber	2g	Vitamin B6	2.7mg
Sugar	1g	Folate	18µg
<b>Protein</b>	14g	Vitamin B12	11.3µg
Cholesterol	0mg	Phosphorous	153mg
Sodium	268mg	Magnesium	44mg
Potassium	309mg	Zinc	1mg
Vitamin A	54IU	Selenium	15µg
Vitamin C	0mg		

# Vegan Ranch Dressing

10 ingredients · 10 minutes · 4 servings



## Directions

1. In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
2. Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately two tablespoons of dressing.

### Serve it With

Veggie sticks for dipping or on any of our burgers or salads.

### Leftovers

Keeps well in the fridge up to 4 to 5 days.

## Ingredients

- 1/2 cup Cashews (raw)
- 1/4 cup Water
- 1 1/2 tps Nutritional Yeast
- 1/3 tsp Sea Salt
- 1 1/2 tps Apple Cider Vinegar
- 1 1/2 tbsps Tahini
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 2 tbsps Parsley (finely chopped)
- 2 tbsps Chives (finely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	141	Calcium	39mg
<b>Fat</b>	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	3g	Thiamine	1.0mg
Monounsaturated	6g	Riboflavin	1.0mg
<b>Carbs</b>	8g	Niacin	6mg
Fiber	1g	Vitamin B6	1.0mg
Sugar	1g	Folate	22µg
<b>Protein</b>	4g	Vitamin B12	4.2µg
Cholesterol	0mg	Phosphorous	130mg

Sodium	235mg	Magnesium	53mg
Potassium	167mg	Zinc	1mg
Vitamin A	229IU	Selenium	4µg
Vitamin C	3mg		

# Cucumber Slices

1 ingredient · 5 minutes · 4 servings



## Directions

1. Slice the cucumber and enjoy!

## Notes

### Storage

Cucumber can keep up to one week in the fridge if stored in water.

## Ingredients

2 Cucumber

## Nutrition

Amount per serving

<b>Calories</b>	23	Calcium	24mg
<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>	5g	Niacin	0mg
Fiber	1g	Vitamin B6	0.1mg
Sugar	3g	Folate	11µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	36mg
Sodium	3mg	Magnesium	20mg
Potassium	221mg	Zinc	0mg
Vitamin A	158IU	Selenium	0µg
Vitamin C	4mg		

# Banana Chia Crisps

3 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

## Notes

### Storage

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

### Serving Size

One serving is equal to approximately 12 small crisps.

## Ingredients

4 Banana (medium, ripe)

1 cup Chia Seeds

1 1/3 tbsps Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	351	Calcium	300mg
<b>Fat</b>	16g	Iron	5mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	49g	Niacin	1mg
Fiber	16g	Vitamin B6	0.4mg
Sugar	14g	Folate	24µg
<b>Protein</b>	9g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	28mg
Sodium	1mg	Magnesium	174mg
Potassium	782mg	Zinc	0mg
Vitamin A	83IU	Selenium	1µg
Vitamin C	10mg		

# Chickpea Tikka Masala with Couscous

11 ingredients · 45 minutes · 2 servings



## Directions

1. In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
2. Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
3. Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
4. If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

## Notes

### Gluten-Free

Omit the couscous and serve with quinoa or brown rice instead.

### Storage

Refrigerate in an airtight container up to 5 days.

### Make It Creamy

Add coconut milk.

## Ingredients

- 1 **tblsp** Ginger (grated)
- 1 **1/2 tsps** Curry Powder
- 1/2 **tsp** Cumin
- 1 **tsp** Garam Masala
- 2 **cups** Chickpeas
- 2 **cups** Broccoli (chopped into florets)
- 1 Red Bell Pepper (stem and seeds removed, chopped)
- 3/4 **cup** Crushed Tomatoes
- 3/4 **cup** Organic Vegetable Broth
- 1/2 **tsp** Sea Salt
- 1/4 **cup** Couscous (dry, uncooked)

## Nutrition

Amount per serving

<b>Calories</b>	444	Calcium	179mg
<b>Fat</b>	6g	Iron	8mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	2g	Thiamine	0.4mg
Monounsaturated	1g	Riboflavin	0.3mg
<b>Carbs</b>	82g	Niacin	4mg
Fiber	21g	Vitamin B6	0.7mg
Sugar	16g	Folate	384µg



<b>Protein</b>	23g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	429mg
Sodium	1055mg	Magnesium	141mg
Potassium	1248mg	Zinc	4mg
Vitamin A	2873IU	Selenium	10µg
Vitamin C	168mg		

# Pistachios

1 ingredient · 1 minute · 3 servings



## Directions

1. Divide into bowls, peel and enjoy!

## Ingredients

1 1/2 cups Pistachios (in the shell)

## Nutrition

Amount per serving

<b>Calories</b>	344	Calcium	65mg
<b>Fat</b>	28g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	9g	Thiamine	0.5mg
Monounsaturated	14g	Riboflavin	0.1mg
<b>Carbs</b>	17g	Niacin	1mg
Fiber	7g	Vitamin B6	1.0mg
Sugar	5g	Folate	31µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	301mg
Sodium	1mg	Magnesium	74mg
Potassium	630mg	Zinc	1mg
Vitamin A	317IU	Selenium	4µg
Vitamin C	3mg		

# Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



## Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

## Ingredients

- 1 Apple
- 2 tbsps Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	Calcium	119mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
<b>Carbs</b>	31g	Niacin	1mg
Fiber	8g	Vitamin B6	0.1mg
Sugar	20g	Folate	22µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	179mg
Sodium	4mg	Magnesium	96mg
Potassium	428mg	Zinc	1mg
Vitamin A	99IU	Selenium	1µg
Vitamin C	8mg		

# Tofu, Broccoli & Brown Rice

10 ingredients · 1 hour · 3 servings



## Directions

1. In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
2. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
4. In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
5. Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

## Notes

### No Tofu

Use chicken, shrimp or chickpeas.

### Leftovers

Keeps well in the fridge for 3 to 4 days.

## Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tamari
- 2 tbsps Miso Paste (optional)
- 1 tbsp Sesame Oil
- 12 1/3 ozs Tofu (sliced into cubes)
- 3 tbsps Sesame Seeds (optional)

## Nutrition

		Amount per serving	
<b>Calories</b>	566	Calcium	499mg
<b>Fat</b>	27g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	9g	Thiamine	0.5mg
Monounsaturated	12g	Riboflavin	0.3mg
<b>Carbs</b>	62g	Niacin	6mg
Fiber	8g	Vitamin B6	0.7mg
Sugar	5g	Folate	113µg
<b>Protein</b>	25g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	481mg

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Sodium	1611mg	Magnesium	180mg
Potassium	770mg	Zinc	4mg
Vitamin A	757IU	Selenium	32µg
Vitamin C	108mg		

# Spiced Cauliflower Rice Bowl

13 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

### No Brown Rice

Use jasmine rice, cauliflower rice, quinoa or millet instead.

## Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

## Nutrition

Amount per serving

Calories	529	Calcium	136mg
Fat	26g	Iron	4mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	6g	Thiamine	0.7mg
Monounsaturated	14g	Riboflavin	0.4mg
Carbs	68g	Niacin	7mg
Fiber	14g	Vitamin B6	0.9mg

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Sugar	4g	Folate	199µg
<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	435mg
Sodium	369mg	Magnesium	146mg
Potassium	1197mg	Zinc	3mg
Vitamin A	585IU	Selenium	18µg
Vitamin C	85mg		

# Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 2 servings



## Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

### Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

## Ingredients

- 1/4 cup Quinoa (uncooked)
- 4 ozs Tofu (extra firm, crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 cup Organic Salsa (divided)
- 1 1/2 tsps Lime Juice
- 1/2 tsp Nutritional Yeast
- 1 Red Bell Pepper (sliced)
- 1/4 head Romaine Hearts (chopped)
- 1/2 cup Black Beans (cooked)
- 1 Avocado (diced)

## Nutrition

Amount per serving

Calories	453	Calcium	240mg
Fat	27g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	6mg
Polyunsaturated	5g	Thiamine	0.9mg
Monounsaturated	16g	Riboflavin	1.0mg

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<b>Carbs</b>	44g	Niacin	7mg
Fiber	16g	Vitamin B6	1.4mg
Sugar	7g	Folate	227µg
<b>Protein</b>	17g	Vitamin B12	2.8µg
Cholesterol	0mg	Phosphorous	324mg
Sodium	821mg	Magnesium	146mg
Potassium	1227mg	Zinc	3mg
Vitamin A	3132IU	Selenium	11µg
Vitamin C	89mg		

# Roasted Cauliflower Burrito Bowl

11 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
2. While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
3. In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
4. Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

### More Flavor

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

### Additional Toppings

Serve with corn tortilla chips.

## Ingredients

- 3/4 head Cauliflower (cut into florets)
- 1/3 tsp Cumin
- 3/4 tsp Chili Powder (divided)
- 3/4 tsp Smoked Paprika (divided)
- 1/8 tsp Sea Salt (divided)
- 1 1/8 cups Black Beans (cooked)
- 1/3 cup Water
- 3/4 Avocado
- 3/4 Garlic (clove, minced)
- 3/4 tsp Lime Juice
- 3 tbsps Cilantro (finely chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	208	Calcium	67mg
<b>Fat</b>	8g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.3mg
Monounsaturated	5g	Riboflavin	0.2mg
<b>Carbs</b>	28g	Niacin	2mg
Fiber	12g	Vitamin B6	0.5mg
Sugar	3g	Folate	222µg
<b>Protein</b>	10g	Vitamin B12	0µg

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Cholesterol	0mg	Phosphorous	188mg
Sodium	217mg	Magnesium	86mg
Potassium	953mg	Zinc	2mg
Vitamin A	630IU	Selenium	2µg
Vitamin C	77mg		

# Mediterranean Buddha Bowl

12 ingredients · 10 minutes · 2 servings



## Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## Notes

### No Hummus

Use tzatziki instead.

### More Protein

Top with crumbled feta cheese or cooked chicken breast.

### Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### More Flavour

Serve with a lemon wedge and black pepper.

## Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	467	Calcium	90mg
<b>Fat</b>	25g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	6g	Thiamine	0.3mg
Monounsaturated	14g	Riboflavin	0.3mg
<b>Carbs</b>	52g	Niacin	2mg
Fiber	10g	Vitamin B6	0.5mg
Sugar	6g	Folate	196µg

<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	353mg
Sodium	338mg	Magnesium	143mg
Potassium	676mg	Zinc	3mg
Vitamin A	1700IU	Selenium	7µg
Vitamin C	43mg		