

Healthy Meals to Make with Non-Perishable Foods

Created by Dr Cobi Slater



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Dr Cobi Slater

From our hearts to yours, please enjoy this menu plan that utilizes non perishable ingredients.

Please stay health and safe.

Blessings to all!

Dr Cobi and the Essential Health Team

Healthy Meals to Make with Non-Perishable Foods

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sun Butter Oatmeal Cookie Granola	Cinnamon Maple Brown Rice Porridge	Cinnamon Oat Museli	Coconut Black Rice Pudding	Sun Butter Oatmeal Cookie Granola	Cinnamon Maple Brown Rice Porridge	Coconut Black Rice Pudding
Snack 1	Savoury Roasted Chickpeas	Dried Apricots & Almonds	Brown Rice Chips with Salsa	Macadamia Nuts & Walnuts	Brown Rice Chips with Salsa	Savoury Roasted Chickpeas	Chocolate Dusted Almonds
Lunch	Middle Eastern Lentils & Rice with Crispy Onions	Slow Cooker Black Beans & Rice	Lentil Masala Soup	Turmeric Chili Rice	Spicy Coconut Lentil Soup	Coconut Rice with Beans	Red Lentil Dahl
Dinner	Cozy Curried Lentils with Kale & Cauliflower	Garlicky Broccoli & Chickpea Pasta	Maple Turmeric Chickpeas & Freekeh	One Pot Taco Pasta	Meal Prep Black Bean & Sweet Potato Burritos	Tuna Noodle Casserole	Brown Rice Noodles & Veggies

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87 items

Fruits

- 1 1/3 **tbsps** Lemon Juice
- 3 1/2 **tbsps** Lime Juice
- 2 2/3 Peach
- 10 2/3 **cups** Strawberries

Breakfast

- 1 **cup** Maple Syrup
- 1/2 **cup** Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 1/2 **cups** Almonds
- 1 1/3 Bay Leaf
- 1 **tsp** Black Pepper
- 1 1/16 **tbsps** Chili Powder
- 2 1/3 **tbsps** Cinnamon
- 2 1/4 **tbsps** Cumin
- 2 1/2 **tbsps** Curry Powder
- 1 1/8 **tbsps** Garam Masala
- 1/2 **cup** Macadamia Nuts
- 1/4 **cup** Poultry Seasoning
- 2 **tbsps** Pumpkin Seeds
- 1/4 **cup** Raw Peanuts
- 1/4 **tsp** Red Pepper Flakes
- 3 1/3 **tbsps** Sea Salt
- 2 **tsps** Smoked Paprika
- 1/3 **cup** Sunflower Seeds
- 1 1/4 **tbsps** Turmeric
- 1 **cup** Walnuts

Frozen

- 12 Brown Rice Tortillas
- 3/4 **cup** Frozen Corn
- 2/3 **cup** Frozen Edamame
- 1 **cup** Frozen Peas

Vegetables

- 4 **cups** Broccoli
- 1/4 **head** Cauliflower
- 2 1/4 **cups** Cilantro
- 17 1/2 Garlic
- 1 **tbsp** Ginger
- 1/3 Green Bell Pepper
- 2 2/3 **stalks** Green Onion
- 8 1/2 **cups** Kale Leaves
- 1 1/3 **cups** Mushrooms
- 1/4 **cup** Parsley
- 1 2/3 Red Bell Pepper
- 1 1/2 **cups** Red Onion
- 2 1/3 Sweet Potato
- 2/3 Tomato
- 2/3 White Onion
- 2 1/3 Yellow Onion

Boxed & Canned

- 3 1/2 **cups** Black Beans
- 2 2/3 **cups** Black Rice
- 1/2 **cup** Brown Basmati Rice
- 2 **cups** Brown Rice
- 8 **ozs** Brown Rice Fettuccine
- 1 1/3 **cups** Brown Rice Fusilli
- 1 1/3 **cups** Brown Rice Pasta Shells
- 14 3/4 **cups** Chickpeas
- 4 **cups** Diced Tomatoes
- 1 1/3 **cups** Dry Black Beans
- 3/4 **cup** Dry Green Lentils
- 1 **cup** Dry Lentils
- 2 1/2 **cups** Dry Red Lentils
- 1 **cup** Freekeh
- 4 3/4 **cups** Jasmine Rice
- 1 2/3 **cups** Organic Chicken Broth
- 8 3/4 **cups** Organic Coconut Milk
- 4 2/3 **cups** Organic Salsa
- 8 1/2 **cups** Organic Vegetable Broth

Bread, Fish, Meat & Cheese

- 10 2/3 **ozs** Extra Lean Ground Beef

Condiments & Oils

- 1/4 **cup** Avocado Oil
- 3 3/4 **tbsps** Coconut Oil
- 2 1/16 **tbsps** Dijon Mustard
- 3/4 **cup** Extra Virgin Olive Oil
- 1/3 **cup** Sunflower Seed Butter
- 1/3 **cup** Tamari

Cold

- 9 **cups** Unsweetened Almond Milk

Other

- 1/2 **cup** Dried Apricots
- 1 **cup** Sweet Potato Chips
- 18 1/3 **cups** Water

- 1 tbsp** Tomato Paste
- 1 can** Tuna
- 3 cups** Whole Wheat Penne

Baking

- 2 tsps** Cocoa Powder
- 3 tbsps** Nutritional Yeast
- 1/3 cup** Oat Flour
- 2 1/3 cups** Oats
- 2/3 cup** Organic Raisins
- 1 tsp** Stevia Powder
- 1 3/4 tbsps** Tapioca Flour
- 1 cup** Unsweetened Coconut Flakes
- 1/4 cup** Unsweetened Shredded Coconut
- 1 3/4 tbsps** Vanilla Extract

Sun Butter Oatmeal Cookie Granola

8 ingredients · 45 minutes · 8 servings



Directions

1. Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
3. Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
4. Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

Notes

Storage

Refrigerate in an airtight container up to one week or less. Freeze if longer.

Serve it With

Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

Optional Add-Ins

Chocolate chips, nuts, coconut flakes or pumpkin seeds.

Ingredients

- 1 1/3 cups Oats (rolled)
- 1/3 cup Oat Flour
- 1/3 cup Sunflower Seeds
- 1/3 cup Organic Raisins
- 2/3 tsp Cinnamon
- 1/3 cup Sunflower Seed Butter
- 2 2/3 tbsps Maple Syrup
- 1 1/3 tbsps Coconut Oil (melted)

Cinnamon Maple Brown Rice Porridge

6 ingredients · 1 hour · 4 servings



Directions

1. Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir in the rice.
2. Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
3. Divide the porridge between bowls and top with the chopped strawberries. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup of porridge.

Nut-Free

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

Additional Toppings

Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, extra berries or a drizzle of almond butter.

No Maple Syrup

Use honey or agave instead.

Cooking Tip

To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.

Ingredients

- 4 cups Unsweetened Almond Milk
- 1/4 cup Maple Syrup
- 1 tbsp Cinnamon
- 2 tsp Vanilla Extract
- 1 cup Brown Rice (long grain, rinsed well under cold water)
- 4 cups Strawberries (chopped)

Cinnamon Oat Museli

6 ingredients · 5 minutes · 4 servings



Directions

1. Combine all ingredients and transfer to an airtight container until ready to serve.

Notes

Serve It With

Any type of milk or yogurt, nutmeg, ground ginger, honey, maple syrup or fruit.

Warm It Up

Heat the museli with milk in a saucepan or microwave before eating. The dry museli mix can also be toasted in a large pan or in the oven for added flavor.

Overnight Museli

Let the museli soak in milk in the refrigerator overnight. Store in a portable container if on-the-go.

Serving Size

One serving is equal to approximately 1/2 cup.

Storage

Store in an airtight container and keep in a cool, dry place up to two months.

Ingredients

- 1 cup Oats (large flake)
- 1/2 cup Rice Puffs Cereal
- 1/2 cup Walnuts (chopped)
- 1/4 cup Organic Raisins
- 2 tbsps Pumpkin Seeds
- 1/2 tsp Cinnamon

Coconut Black Rice Pudding

8 ingredients · 35 minutes · 4 servings



Directions

1. Rinse the rice and add it to a large bowl. Cover with water and soak for at least one hour, or overnight.
2. Drain and rinse the soaked rice and add to a medium sized pot with the coconut milk, water and sea salt. Cook over medium heat until it begins to boil, then reduce heat to medium-low. Simmer for about 20 to 25 minutes, stirring frequently. Once it is done cooking, stir in the vanilla and set aside.
3. Divide the rice into bowls and top with sliced fruit and coconut flakes. Enjoy!

Notes

Prep Ahead

Make the rice ahead of time and serve it cold in the morning.

Likes it Sweet

Add maple syrup or honey to taste.

No Time for Soaking

If you are unable to soak the rice ahead of time, the cooking time will increase to about 35 minutes and you will need to add extra water.

Leftovers

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

Ingredients

- 1 1/3 cups Black Rice (uncooked)
- 2 1/4 cups Organic Coconut Milk (from the can)
- 2/3 cup Water
- 1/3 tsp Sea Salt
- 2/3 tsp Vanilla Extract
- 1 1/3 cups Strawberries (sliced)
- 1 1/3 Peach (sliced)
- 1/2 cup Unsweetened Coconut Flakes

Savoury Roasted Chickpeas

5 ingredients · 30 minutes · 8 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
3. Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
4. Let cool before storing in an airtight container in the fridge.

Notes

Leftovers

They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy

Bake for longer if you like them really crispy.

Ingredients

- 12 cups** Chickpeas (canned, or cooked and drained)
- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Poultry Seasoning
- 2 tsp** Sea Salt
- 1 tsp** Black Pepper

Dried Apricots & Almonds

2 ingredients · 5 minutes · 4 servings



Directions

1. Combine apricots and almonds in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers

Store in an airtight container for up to one month at room temperature, or 6 months in the refrigerator.

Nut-Free

Use sunflower seeds instead of almonds.

Ingredients

1/2 cup Dried Apricots

1/2 cup Almonds

Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 8 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

8 Brown Rice Tortillas

4 cups Organic Salsa

Macadamia Nuts & Walnuts

2 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

Notes

Leftovers

Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

More Flavor

Toast in the oven or on the stovetop.

Additional Toppings

Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..

Ingredients

1/2 cup Macadamia Nuts

1/2 cup Walnuts

Chocolate Dusted Almonds

5 ingredients · 5 minutes · 4 servings



Directions

1. In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia overtop and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

No Stevia Powder

Use monk fruit sweetener, honey or maple syrup instead.

Ingredients

- 1 cup Almonds
- 2 tbsps Coconut Oil (melted)
- 2 tsps Cocoa Powder
- 1/2 tsp Sea Salt
- 1 tsp Stevia Powder

Middle Eastern Lentils & Rice with Crispy Onions

8 ingredients · 35 minutes · 4 servings



Directions

1. Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
2. Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
3. Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
4. Divide the lentils and rice into bowls. Top with the crispy onions and parsley. Enjoy!

Notes

More Toppings

Add yogurt, pomegranate seeds, slivered almonds, crushed pistachios or raisins.

No Jasmine Rice

Use any type of long grain rice instead.

No Onions

Use fried garlic or crushed vegetable chips instead.

Serving Size

One serving is equal to approximately one cup.

Storage

Refrigerate in an airtight container up to 5 days or freeze if longer.

Ingredients

1/2 cup Dry Lentils (green, uncooked and rinsed)

1 3/4 cups Water

1/2 tsp Sea Salt

1 cup Jasmine Rice (dry, uncooked)

3/4 tsp Cumin

2 tbsps Avocado Oil

1 Yellow Onion (medium, peeled, thinly sliced)

1/4 cup Parsley (stems removed, finely chopped)

Slow Cooker Black Beans & Rice

9 ingredients · 6 hours · 4 servings



Directions

1. Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
2. Cook the rice according to the instructions on the package.
3. Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Ingredients

- 1 1/3 cups Dry Black Beans (uncooked)
- 2/3 White Onion (diced)
- 1 cup Diced Tomatoes (fresh or canned)
- 2 tsps Cumin
- 2/3 tsp Sea Salt
- 1 1/3 tbsps Extra Virgin Olive Oil
- 3 1/3 cups Water
- 1 1/3 Bay Leaf (optional)
- 2 cups Jasmine Rice (dry)

Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Red Onion (finely diced)
- 4 **Garlic** (cloves, minced)
- 1 **tsp** Turmeric
- 1 **tbsp** Garam Masala
- 1 **tsp** Sea Salt
- 1 **cup** Cilantro (finely diced)
- 4 **cups** Organic Vegetable Broth
- 3 **cups** Diced Tomatoes
- 1 **cup** Dry Red Lentils
- 1 **cup** Organic Coconut Milk (canned, full-fat)
- 4 **cups** Kale Leaves (finely sliced)

Turmeric Chili Rice

5 ingredients · 15 minutes · 4 servings



Directions

1. Cook the rice according to the directions on the package.
2. Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
3. Divide into bowls and enjoy!

Notes

No Jasmine Rice

Use any type of rice or quinoa instead.

No Olive Oil

Use butter or ghee instead.

Serve it With

Our Lime Basil Grilled Tuna Steaks, 15 Minute Halibut with Dill Pesto or One Pan Salmon with Rainbow Veggies.

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tsp Turmeric
- 1 1/2 tps Chili Powder
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil

Spicy Coconut Lentil Soup

10 ingredients · 40 minutes · 4 servings



Directions

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy

Swap out some of the water for coconut milk.

Likes it Really Spicy

Add cayenne pepper.

No Smoked Paprika

Use regular paprika.

More Veggies

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Ingredients

1/2 cup Brown Basmati Rice (uncooked)

1/2 cup Dry Lentils (uncooked)

1/4 cup Unsweetened Shredded Coconut

2 tsps Smoked Paprika

1 tsp Chili Powder

1/4 tsp Turmeric (ground)

1 tsp Cumin (ground)

1/2 tsp Sea Salt

7 cups Water

1/4 cup Cilantro (optional, chopped)

Coconut Rice with Beans

4 ingredients · 25 minutes · 4 servings



Directions

1. Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
2. Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
3. Divide onto plates and enjoy!

Notes

Serving Size

One serving is equal to approximately one cup.

Storage

Refrigerate in an airtight container up to 5 days or freeze if longer.

Ingredients

3/4 cup Water

2/3 cup Organic Coconut Milk (from the can or carton)

3/4 cup Jasmine Rice (uncooked, rinsed)

1 2/3 cups Black Beans (cooked)

Red Lentil Dahl

13 ingredients · 40 minutes · 4 servings



Directions

1. Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
2. Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
3. Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of dahl.

More Flavor

Add chili powder, cayenne or a drizzle of honey.

Additional Toppings

Serve with extra cilantro or lime wedges.

Serve it With

Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency

If the lentils are too thick, add additional vegetable broth until desired consistency is reached.

Ingredients

- 1 cup Red Onion (finely chopped)
- 1/4 cup Water
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 1/2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/2 cups Dry Red Lentils (rinsed)
- 2 1/2 cups Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 1/2 cup Cilantro
- 1 1/2 tsps Lime Juice

Cozy Curried Lentils with Kale & Cauliflower

11 ingredients · 40 minutes · 4 servings



Directions

1. In a pot over medium-high heat, sauté the onions with a splash of the vegetable broth. Cook until browned, stirring frequently and adding more broth as needed to prevent the onions from sticking.
2. Add the garlic, curry powder, garam masala, half the salt and tomato paste. Stir for one minute.
3. Add the remaining vegetable broth, coconut milk and lentils. Bring to a simmer and cook for 20 minutes. Add the cauliflower and simmer for another 15 minutes or until tender.
4. Stir in the kale leaves until wilted and season to your preference with the remaining salt. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Include a pinch of cinnamon and cumin, maple syrup, celery, carrots, grated ginger, and/or bay leaves..

Additional Toppings

Top with yogurt, cream, parsley, brown rice, barley, quinoa or crusty bread.

Ingredients

- 1/2 Yellow Onion (diced)
- 2 cups Organic Vegetable Broth (divided)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Curry Powder
- 1/2 tsp Garam Masala
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Tomato Paste
- 1 cup Organic Coconut Milk (full-fat, from the can)
- 3/4 cup Dry Green Lentils
- 1/4 head Cauliflower (chopped into small florets)
- 1 1/2 cups Kale Leaves (stems removed, chopped)

Garlicky Broccoli & Chickpea Pasta

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
3. Meanwhile, cook the pasta according to package directions.
4. In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
5. Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
6. Divide between plates and serve immediately. Enjoy!

Ingredients

- 4 cups** Broccoli (finely chopped)
- 2 cups** Chickpeas (cooked, patted dry)
- 2 tbsps** Avocado Oil
- 1 tsp** Sea Salt (divided)
- 3 cups** Whole Wheat Penne
- 1/3 cup** Extra Virgin Olive Oil (divided)
- 4** Garlic (cloves, minced and divided)
- 2 tbsps** Nutritional Yeast
- 1/2 cup** Water
- 1 1/3 tbsps** Lemon Juice

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

Serving Size

One serving is equal to approximately 2 1/4 cups.

Gluten-Free

Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor

Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Additional Toppings

Top with additional nutritional yeast, vegan parmesan cheese, fresh parsley, lemon zest, black pepper or red pepper flakes.

Maple Turmeric Chickpeas & Freekeh

7 ingredients · 25 minutes · 4 servings



Directions

1. Combine freekeh 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 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. Meanwhile, add kale to a pan with enough water to cover the leaves halfway. Cook over medium-high heat until lightly steamed, about 3 to 5 minutes. Drain and set aside.
3. In a mixing bowl, combine the cooked freekeh with the chickpeas, maple syrup, turmeric and sea salt. Divide the freekeh and kale onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1 cup of maple turmeric chickpeas and freekeh, and 1/2 to 3/4 cup of steamed kale.

Gluten-Free

Use quinoa instead of freekeh.

More Flavor

Cook with broth instead of water.

Additional Toppings

Top with red pepper flakes.

Ingredients

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 3 cups Kale Leaves (stems removed, leaves torn)
- 3/4 cup Chickpeas (cooked)
- 3 tbsps Maple Syrup
- 1 1/2 tsps Turmeric
- 3/4 tsp Sea Salt

One Pot Taco Pasta

14 ingredients · 40 minutes · 4 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

No Ground Beef

Use ground chicken or turkey instead.

Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 10 **2/3 ozs** Extra Lean Ground Beef
- 2 **2/3 stalks** Green Onion (finely chopped)
- 1 **1/3** Garlic (cloves, minced)
- 2/3 **tsp** Cumin (ground)
- 2/3 **tsp** Chili Powder
- 1/8 **tsp** Sea Salt
- 2/3 **Tomato** (large, diced)
- 1/3 **cup** Frozen Corn (thawed)
- 1/3 **cup** Black Beans (cooked, from the can)
- 2/3 **Red Bell Pepper** (diced)
- 1 **2/3 cups** Organic Chicken Broth
- 2/3 **cup** Organic Salsa
- 1 **1/3 cups** Brown Rice Pasta Shells (dry, uncooked)

Meal Prep Black Bean & Sweet Potato Burritos

13 ingredients · 45 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
2. Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
3. In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
4. Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
5. If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas

Use corn or whole wheat tortillas instead.

Ingredients

- 2 1/3 Sweet Potato (large, peeled and sliced)
- 2 1/3 tps Extra Virgin Olive Oil
- 3/4 Yellow Onion (medium, diced)
- 1 2/3 Garlic (cloves, minced)
- 1 2/3 cups Black Beans (cooked, from the can)
- 1/3 cup Frozen Corn
- 1/3 Green Bell Pepper (diced)
- 1/3 cup Water
- 1 2/3 tbsps Dijon Mustard
- 3/4 tsp Cumin
- 1 1/4 tbsps Tamari
- 1/8 tsp Sea Salt (or more to taste)
- 4 Brown Rice Tortillas (11 inches)

Less Work

Use refried beans, or process the beans in a food processor.

Tuna Noodle Casserole

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
3. In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
4. Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
5. Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an air-tight container up to 3 days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

No Tuna

Use edamame, chicken or chickpeas instead.

No Tapioca Flour

Use arrowroot powder or cornstarch instead.

Ingredients

- 1 1/3 cups Brown Rice Fusilli (dry)
- 1 1/3 cups Mushrooms (sliced)
- 1 cup Frozen Peas
- 3/4 cup Organic Coconut Milk (canned, full fat)
- 1 cup Unsweetened Almond Milk
- 2 2/3 tsps Nutritional Yeast
- 1 1/3 tsps Dijon Mustard
- 1 tsp Sea Salt
- 1 3/4 tbsps Tapioca Flour
- 1 can Tuna (drained)
- 1 cup Sweet Potato Chips (crushed)

Brown Rice Noodles & Veggies

10 ingredients · 20 minutes · 4 servings



Directions

1. Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Add back to the pot.
2. While the pasta cooks, in a small pot over medium-low heat add the tamari, maple syrup, lime juice, garlic and water. Bring to a low boil. Add the pepper and edamame and cook for 3 to 5 minutes, until cooked through.
3. Pour the sauce and edamame mixture over the pasta and toss to combine. Serve with chopped peanuts and cilantro on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Omit the peanuts.

More Flavor

Add chili flakes.

Additional Toppings

Add additional vegetables such as broccoli, snap peas or mushrooms.

Ingredients

8 ozs Brown Rice Fettuccine

1/4 cup Tamari

1 tbsp Maple Syrup

2 tbsps Lime Juice

2 Garlic (clove, minced)

1/2 cup Water

1 Red Bell Pepper (sliced)

2/3 cup Frozen Edamame (thawed)

1/4 cup Raw Peanuts (chopped)

1/2 cup Cilantro (chopped, optional)