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Healthy Midlife Reset (Fall)Week
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Hi There!

Welcome to the Fall Healthy Midlife Reset! I'm excited to be on this journey with you.

Enclosed in this packet is your meal plan and shopping list. Our focus is to simply get back to a way of eating real, whole foods that are unprocessed and so good for you. The meals and recipes are a good balance of nutrients and variety of foods that are health supportive, specifically for midlife women.

Midlife Mentions

Each day is approximately 1500-1600 calories, which is an average for most women. That said, we are not here to starve, suffer or be in a diet mindset. Post summer eating might mean that these calories don't feel like enough. Pay attention to your feelings around food. Check out my video where I introduce what it means to eat from an emotional state of mind versus a physical mindset.

For right now, try to enjoy the process of cooking and trying new foods if this meal plan feels different for you.

Meal Planning Notes

The meal plan, the calories, the list - they are all a guide for you to follow. Understandably life gets in the way. However, if you shop and start getting prepared over a weekend you will be well ahead of the game. I imagine you will be very happy when you know you have snacks and meals ready to go.

Shopping Notes

So, let's get started! Keep this guide on your computer or print it - totally up to you. Just be sure to print the shopping list to take with you to the grocery store.

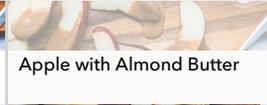
You can see that some of the pictures in the meal plan are shaded. This is to indicate that you will be making one recipe and using the rest as leftovers. The shaded days are the leftover days. In the world of meal planning and healthy eating, leftovers can save you a lot of time in the kitchen.

Be sure to go through the recipes and make note of serving sizes. The size of your family, if you live alone, and/or you definitely want extras or leftovers, make sure you are making enough food. You can always double the recipes, or cut them in half. Consider also that many of the recipes can be made and the extra frozen. Another meal planning win!

Cooking Tips

Be sure to read the recipes before you start cooking! Know what you need to do beforehand (such as making a whole grain) so cooking is easy and streamlined.

Good luck with your first week! Heather

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Vanilla Overnight Oats	 Blueberry Vanilla Overnight Oats	 Blueberry Vanilla Overnight Oats	 Fluffy Kale & Mushroom Egg White Omelette	 Fluffy Kale & Mushroom Egg White Omelette	 Carrot Cake Breakfast Bars	 Carrot Cake Breakfast Bars
	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Broccoli & Carrot Rollups	 Moroccan Chicken Stew	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Roasted Cauliflower Burrito Bowl	 Shredded Creamy Brussels Sprouts Salad	 Roasted Beet & Arugula Salad	 Roasted Beet & Arugula Salad
	 Turmeric Hummus	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs
Snack 2	 Pear Blackberry Smoothie		 Turmeric Hummus	 Pear Blackberry Smoothie	 Turmeric Hummus		
			 Carrot Sticks	 Carrot Sticks	 Carrot Sticks		
Dinner	 Spicy Moroccan Chicken Stew	 Sheet Pan Spicy Jerk Shrimp with Pineapple	 Roasted Cauliflower Burrito Bowl	 Shredded Creamy Brussels Sprouts Salad	 Roasted Salmon Filet	 Roasted Chicken Souvlaki	 Middle Eastern Chickpea Cakes
		 Rainbow Chopped Salad with Tahini Dressing	 Rainbow Chopped Salad with Tahini Dressing	 Rainbow Chopped Salad with Tahini Dressing	 Rainbow Chopped Salad with Tahini Dressing	 Rainbow Chopped Salad with Tahini Dressing	 Rainbow Chopped Salad with Tahini Dressing
Snack 3		 Almond Oat Cookies	 Almond Oat Cookies	 Almond Oat Cookies		 Almond Oat Cookies	

Fruits

- 3 Apple
- 1 Avocado
- 2 cups Blackberries
- 1 1/2 cups Blueberries
- 3 Pear
- 4 Lemons
- 2 Limes
- 1 Orange

Breakfast

- 1/4 cup Almond Butter
- 2/3 cup Maple Syrup
- 1 1/2 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1 tbsps Cinnamon
- 0 Coarse Salt & Black Pepper
- 1 tsp Coarse Salt And Freshly Ground Pepper
- 1 tsp Cumin
- 2 tbsps Dried Thyme
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Ground Cinnamon
- 2 1/2 tsps Ground Cumin
- 1/3 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 1/2 tbsps Jerk Seasoning
- 1/2 tsp Nutmeg
- 1 tsp Oregano
- 1 tsp Paprika
- 2/3 cup Pumpkin Seeds
- 1 tbsps Smoked Paprika
- 2 tpsps Turmeric
- 1/2 cup Walnuts

Frozen

- 1 Brown Rice Tortilla

Vegetables

- 8 cups Arugula
- 4 cups Baby Spinach
- 4 Beet
- 4 cups Brussels Sprouts
- 1 head Cauliflower
- 2 cups Cherry Tomatoes
- 8 Cremini Mushrooms
- 3 stalks Green Onion
- 4 cups Mini Potatoes
- 1 Yellow Bell Pepper
- 4 Yellow Onion
- 3 Red Pepper
- 1 medium Red Onion
- 1 head Broccoli
- 1 bunch Cilantro
- 1 head Garlic
- 7 Carrots
- 1 bunch Kale
- 1 bunch Parsley
- 1 head Purple Cabbage

Boxed & Canned

- 1 cup Brown Rice
- 2 cups Quinoa
- 1 15-ounce Can Black Beans
- 1 32-ounce Can Diced Tomatoes
- 2 15-ounce Cans Chickpeas

Baking

- 2 1/3 cups Almond Flour
- 1/4 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 cup Dark Chocolate Chips
- 1/4 cup Oat Flour
- 1 1/4 cups Oats
- 1/3 cup Organic Raisins
- 2 2/3 tbsps Raw Honey
- 1 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Chicken Thighs
- 1/2 cup Goat Cheese
- 2 tbsps Grated Parmesan
- 1 lb Salmon Fillet
- 1 1/2 lbs Shrimp
- 1 1/2 lbs Tofu

Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 1/4 cup Balsamic Vinegar
- 1/3 cup Coconut Oil
- 2 tsps Dijon Mustard
- 1 1/2 cups Extra Virgin Olive Oil
- 2 tbsps Sesame Oil
- 1/2 cup Tahini
- 3 tbsps Tamari

Cold

- 12 Egg
- 1 1/3 cups Egg Whites
- 3 3/4 cups Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1/2 cup Unsweetened Plain Yogurt

- 3 cups Frozen Pineapple
- 2 cups Mixed Berries



Blueberry Vanilla Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Steel Cut Oats
- 1 1/2 cups Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Vanilla Extract
- 1 tbsp Maple Syrup
- 1 1/2 tsps Ground Cinnamon
- 2 tsps Chia Seeds
- 1 1/2 cups Blueberries (fresh or frozen)

Directions

- 1 In a mixing bowl, or divided up evenly between three mason jars, add the oats, yogurt, almond milk, vanilla, maple syrup, cinnamon and chia seeds. Stir well to combine.
- 2 Place in the refrigerator overnight or for at least 8 hours.
- 3 When ready to eat, top with blueberries. Serve and enjoy!

Notes

Culinary Pharmacy - Yogurt: Yogurt is full of healthy, living bacteria, fantastic for immune function and digestion.

Leftovers: Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free: Use coconut milk or hemp milk instead of almond milk.

Additional Toppings: Top with sliced almonds or walnuts if desired.



Fluffy Kale & Mushroom Egg White Omelette

1 serving

10 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil (divided)
- 1 cup Kale Leaves (tough stems removed, chopped)
- 4 Cremini Mushrooms (or other mushrooms, sliced)
- 1/8 tsp Garlic Powder
- 1 tbsp Grated Parmesan
- 1/4 tsp Sea Salt
- 2/3 cup Egg Whites (see notes)

Directions

- 1 In a large pan, heat the oil over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
- 2 Add the remaining oil to the same pan and heat over medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the kale and mushrooms down the middle of the omelette. Fold the sides of the omelette towards the center and enjoy!

Notes

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



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Carrot Cake Breakfast Bars

10 servings

40 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

Directions

- 1 Preheat the oven to 350°F. Line a 8x8 baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Leftovers: Store in the fridge in a sealed container for up to 5 days. Freeze for longer.



Yogurt & Berries

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2 cups Mixed Berries (fresh or frozen,
thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

No Frozen Berries: Use any type of fresh fruit instead.



Broccoli & Carrot Rollups

1 serving
10 minutes

Ingredients

- 1 Brown Rice Tortilla (large)
- 1/2 cup Broccoli (chopped)
- 1 Carrot (small, grated)
- 1/2 Red Bell Pepper (sliced thin)

Directions

- 1 Spread a thin layer of the hummus evenly over the tortilla. Add the broccoli, carrot, and red pepper on top. Roll tightly into a wrap and slice into quarters. Enjoy!

Notes

Leftovers: For best results, assemble the wrap just before eating.

Other Ideas: Cucumbers, spinach or other greens can be added to the wrap.

Tortilla Notes: Be sure to warm the tortilla to soften it before assembling.



Turmeric Hummus

12 servings

10 minutes

Ingredients

- 1 3/4 lbs Chickpeas (28-ounce can, drained and rinsed)
- 1 Garlic (clove)
- 3 tbsps Lemon Juice (from 1 lemon)
- 1 tsp Turmeric
- 1 tsp Ground Cumin
- 1 tsp Paprika
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Water
- 3 tbsps Tahini
- 1/2 tsp Coarse Salt (more to taste)

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms.

Notes

Culinary Pharmacy - Spices: All spices, including the most notable, turmeric, have an abundance of healing properties. Spices not only make your food taste interesting they are full of anti-cancer and anti-inflammatory benefits. Add them in whenever possible.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Roasted Beet & Arugula Salad

4 servings

50 minutes

Ingredients

4 Beet (medium, skin on. Golden or red)
3 tbsps Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
2 tsps Raw Honey
Sea Salt & Black Pepper (to taste)
8 cups Arugula (packed)
1 Pear (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F. Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 3 Add the arugula to a salad bowl and top with the beets, pear, goat cheese, and pumpkin seeds. Drizzle the dressing on top.

Notes

No Pumpkin Seeds: Omit or use sunflower seeds instead.

No Apple: Use a pear instead.

No Honey: Use maple syrup instead.

Save Time: Roast the beets ahead of time.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Pear Blackberry Smoothie

1 serving
10 minutes

Ingredients

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

Directions

- 1 Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Culinary Pharmacy - Flax: When it comes to hormone health, flaxseeds are one of the best foods to add to your diet. They are high in phytoestrogens and can help with hot flashes, mood and other hormonal imbalances.

No Blackberries: Use blueberries instead.

No Pear: Use and apple instead.



Carrot Sticks

1 serving
5 minutes

Ingredients

1 Carrot (medium)

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.



Spicy Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 lb Chicken Breast (1 package of skinless/boneless)
2 Yellow Onion (diced)
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
1 tsp Sea Salt
2 1/2 cups Diced Tomatoes (large can)
1/2 cup Parsley (finely chopped and divided)
2 cups Baby Spinach (about 2 large handfuls)
2 tbsps Raw Honey
1/3 cup Organic Raisins

Directions

- 1 Dice the onion and cut the chicken into cubes.
- 2 Heat the olive oil over medium heat in a large soup pot. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 3 Stir in tomatoes, half the parsley, spinach, honey, and raisins. Bring down to a simmer, cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 4 Uncover and serve over whole wheat couscous or brown rice if preferred. Garnish with remaining parsley. Enjoy!

Notes

You Can Also Serve it With: brown rice, quinoa, roasted winter squash or sweet potato

Storage: Place in single serving containers and refrigerate up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use a large can of drained and rinsed chickpeas instead of chicken and maple syrup instead of honey.



Sheet Pan Spicy Jerk Shrimp with Pineapple

4 servings

30 minutes

Ingredients

- 1 cup Brown Rice
- 1 1/2 lbs Shrimp (deveined, peeled, tails removed)
- 3 cups Frozen Pineapple (thawed)
- 2 Red Bell Pepper (thinly sliced)
- 1 cup Red Onion (1 large onion, thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Jerk Seasoning (or to taste)
- Coarse Salt And Freshly Ground Pepper
- 1 Lime

Directions

- 1 In a medium saucepan bring 2 cups of water to a boil with a sprinkle of salt. Add the rice, cover and bring down to a simmer. Cook for 45 minutes. Turn the heat off and set aside.
- 2 Preheat the oven to 400°F.
- 3 To a large baking sheet, add the shrimp on one side of the pan and the pineapple, peppers, and onions to the other side. Drizzle everything with the oil, salt, pepper and jerk seasoning. Toss until evenly coated then arrange everything into an even layer. Roast for six to eight minutes or until the shrimp is cooked through.
- 4 Remove the shrimp from the baking sheet and continue to cook for another 10 minutes, until the peppers are tender.
- 5 Return the shrimp to the baking sheet, cut the lime in half and drizzle shrimp with the lime juice. Stir to combine. Divide the rice and shrimp between plates.

Notes

Culinary Pharmacy - Shrimp: Shrimp are a great source of protein with relatively few calories. Shrimp are also high in astaxanthin, a carotenoid that is very high in antioxidants that serve the nervous system.

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

Make it Spicy: Add jalapeno or other hot peppers.

No Rice: Use quinoa or cauliflower rice instead.



Roasted Cauliflower Burrito Bowl

4 servings

35 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/2 tsp Coarse Salt (divided)
- 1 1/2 cups Black Beans (15-ounce can, cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

Directions

- 1 Preheat the oven to 425°F. Toss the cauliflower with the olive oil, 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

Culinary Pharmacy - Cauliflower: Even though it lacks color, cauliflower is a nutritional powerhouse! Full of fiber, antioxidants and, most important, sulforaphane, and antioxidant that inhibits cancer growth.

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

Additional Toppings: Serve with corn tortilla chips and/or brown rice.



Shredded Creamy Brussels Sprouts Salad

4 servings

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1/4 cup Plain Greek Yogurt
- 2 tsps Maple Syrup
- Coarse Salt & Black Pepper
- 4 cups Brussels Sprouts (trimmed and very thinly sliced)
- 1 cup Parsley (chopped and packed)
- 1 Apple (cored and thinly sliced)
- 1/3 cup Pumpkin Seeds (toasted)

Directions

- 1 In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
- 2 Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Culinary Pharmacy - Brussels Sprouts: Brussels Sprouts are a cruciferous vegetable, meaning they are very high in fiber and sulfur, a natural detoxifier for your liver.

Leftovers: Store in an airtight container in the fridge for up to 3 days.



Roasted Salmon Filet

4 servings
15 minutes

Ingredients

- 1 lb Salmon Fillet
- 1 tsp Coarse Salt And Freshly Ground Pepper
- 1 tsp Dried Thyme

Directions

- 1 Preheat oven to 400 degrees F.
- 2 Line a rimmed baking sheet with a aluminum foil. Place the salmon, skin side down, on the pan. Sprinkle the salmon with salt, pepper and thyme.
- 3 Bake the salmon for 11-15 minutes, depending on how thick your salmon is. It should flake easily with a fork. Remove from oven and let sit, covered loosely with foil, for 5 minutes and serve

Notes

Culinary Pharmacy - Salmon: Salmon is one of the best fish you can eat - full of healthy omega-3 fats and good for you protein.



Roasted Chicken Souvlaki

4 servings

45 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Lemon (zested and juiced)
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1 tsp Dried Thyme
- 2 tsps Smoked Paprika (divided)
- 1/2 tsp Sea Salt (divided)
- 4 cups Mini Potatoes (red or yellow, halved)
- 2 Yellow Onion (cut into large wedges)

Directions

- 1 Preheat the oven to 425°F.
- 2 In a large bowl, add the chicken thighs, half the oil, lemon juice and zest, balsamic vinegar, oregano, thyme, 1/2 of the smoked paprika, and half the salt. Mix well to combine and let it sit for 15 minutes.
- 3 Meanwhile, cut the potatoes and toss with the remaining oil, salt, and smoked paprika. Place in the oven to bake for 15 minutes.
- 4 Remove the potatoes from the oven, add the chicken and the onion. Place back in the oven for 25 minutes, until the chicken is cooked through. Serve and enjoy!

Notes

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

Additional Toppings: Top with feta cheese, sun-dried tomatoes, and/or olives.



Tofu Veggie Fried Quinoa

4 servings
35 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 tbsps Sesame Oil (divided)
- 1 1/2 lbs Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 2 cups Broccoli (chopped)
- 1 cup Purple Cabbage (thinly sliced)
- 1 Carrot (medium, diced)
- 4 Egg (large, whisked)
- 3 tbsps Tamari
- 3 stalks Green Onion (sliced)

Directions

- 1 Cook the quinoa according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

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

No Tamari: Use low sodium soy sauce or coconut aminos instead.



Middle Eastern Chickpea Cakes

4 servings
40 minutes

Ingredients

- 1 cup Quinoa (rinsed)
- 15 ozs Chickpeas (small can, drained and rinsed)
- 1/2 cup Unsweetened Plain Yogurt
- 1 1/2 tsps Ground Cumin
- 1 cup Cilantro (you can use parsley too, chopped coarse)
- 1 tsp Coarse Salt
- 1 Egg
- 1/2 cup Almond Flour
- 2 tsps Extra Virgin Olive Oil

Directions

- 1 Preheat your oven to 400 degrees F. Cook the quinoa according to package directions. Let sit for about 30 minutes to cool.
- 2 In a food processor, mix together the chickpeas, yogurt, spices, cilantro, and salt in a food processor or blender. Transfer to a mixing bowl. Add in the egg, quinoa, and flour. Mix together well. The mixture should be dry enough to roll together into balls.
- 3 Using a 1/4 cup measuring cup measure out equal portions of the mixture. Roll into balls, lay on a baking sheet, and press slightly to make cakes. Place in the refrigerator for about 30 minutes to allow them to firm up.
- 4 Using a large sauté pan heat half the oil on medium-high heat until shimmering. Add as many cakes as you can without crowding them. Cook for about 2-3 minutes on each side to brown them. Line a baking sheet with parchment paper and place the cakes on it while you cook the rest of them in the pan.
- 5 When you are finished browning the cakes, place them in the oven to finish cooking, about 8 minutes.

Notes

Leftovers: These Chickpea Cakes will easily freeze and store for at least a month.



Rainbow Chopped Salad with Tahini Dressing

3 servings
15 minutes

Ingredients

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 2 cups Cherry Tomatoes
- 1 Carrot (medium, grated or sliced)
- 1 Yellow Bell Pepper (chopped)
- 2 tbsps Hemp Seeds
- 3 cups Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency.
- 2 In a salad bowl, toss together the tomatoes, carrots, bell pepper, and purple cabbage. Drizzle about half the dressing, enough to coat the salad, and let sit in order to soften the cabbage and wilt the vegetables a bit.
- 3 When you're ready to eat the salad, drizzle additional dressing on top and sprinkle with the hemp seeds.

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Almond Oat Cookies

12 servings

30 minutes

Ingredients

2 tbsps Ground Flax Seed (divided)
3 tbsps Water
1/4 cup Coconut Oil (softened)
1/4 cup Maple Syrup
1/2 tsp Vanilla Extract
1 1/4 cups Oats (rolled)
1/3 cup Almond Flour
1/4 cup Oat Flour
1/2 tsp Cinnamon
1/4 tsp Baking Powder
1/8 tsp Sea Salt
1/4 cup Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2 In a small bowl or ramekin add half of the ground flax with the water. Stir and let sit for about five minutes until thickened.
- 3 To a mixing bowl, add the coconut oil and maple syrup and mix to combine. Stir in the flax mixture and vanilla extract. Add the oats, almond flour, oat flour, cinnamon, baking powder, salt, and the remaining flax. Mix well until everything is fully combined. Fold in the chocolate chips.
- 4 Form the cookie dough into balls approximately 1.5-inches in diameter then place on the prepared cookie sheet and press into a flat cookie shape approximately three inches in diameter.
- 5 Bake for 10 to 12 minutes or until the cookies are golden brown on the bottom. Allow the cookies to rest for five minutes on the cookie sheet before transferring to a cooling rack to cool completely. Cookies are best served chilled from the refrigerator or freezer. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or store in the freezer for up to three months.

Serving Size: One serving is equal to one cookie.

More Flavor: Add chopped almonds, walnuts, or pecans.