



Spaghetti squash with spicy marinara sauce, mushrooms, spinach and tempeh

3 servings. Ready in 60 min.

Ingredients

Squash, winter, spaghetti, raw, 1 Med Squash (10 oz)
Mushrooms, portabella, raw, 2 cup diced (6.1 oz)
Spinach, 1 bunch (12.1 oz)
Tempeh, cooked, 300 grams (10.7 oz)
Diced red onion, 2 portion(s) (7.1 oz)
Garlic, 4 tablespoon (1.1 oz)
Red chili flakes, 1 tsp (3 oz)
Fresh Basil, 4 tbsp, chopped (0.4 oz)
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)
Coarse kosher salt, 2 tsp (0.3 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Sunflower seeds, 1 cup (4.6 oz)
Tomato sauce, canned, no salt added, 2 can (29.4 oz)
Parsley, 0.5 cup (1.1 oz)

Instructions/Preparation

For Squash

1. Half and de-seed the squash. lightly coat with olive oil, salt and pepper and place in a 400 degree oven until soft on top and the squash can be easily scrapped out with a fork.
2. Scrap the spaghetti squash into a mixing bowl.

For the sauce.

1. In a pot add olive oil and saute the garlic and onions. Lightly season with salt and pepper. Add the chili flake, basil and add the tomato sauce. Bring to a boil and reduce to a simmer. Cook on low for one hour.

-In a saute pan add some olive oil and add the mushrooms. Lightly season with salt and pepper. Once fully cooked add the tempeh and sauce for another 2-3 minutes. Add the spinach and lightly toss together and add to the mixing bowl.

-Add the spicy tomato sauce and stir together coating everything evenly. Finally add parsley and sunflower seeds and enjoy!!

Food	Energy/srv v	Protein/srv v	Fat/srv	Carbs/srv v
Squash, winter, spaghetti, raw, 1 Med Squash (10 oz)	28.9 kcal	0.6 g	0.5 g	6.4 g
Mushrooms, portabella, raw, 2 cup diced (6.1 oz)	12.6 kcal	1.2 g	0.2 g	2.2 g
Spinach, 1 bunch (12.1 oz)	26.1 kcal	3.2 g	0.4 g	4.1 g
Tempeh, cooked, 300 grams (10.7 oz)	195 kcal	19.9 g	11.4 g	7.6 g
Diced red onion, 2 portion(s) (7.1 oz)	27.3 kcal	0.8 g	0 g	7.1 g
Garlic, 4 tablespoon (1.1 oz)	15.9 kcal	0.7 g	0.1 g	3.5 g
Red chili flakes, 1 tsp (3 oz)	0 kcal	0 g	0 g	0 g
Fresh Basil, 4 tbsps, chopped (0.4 oz)	0.8 kcal	0.1 g	0 g	0.1 g
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
Coarse kosher salt, 2 tsp (0.3 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Sunflower seeds, 1 cup (4.6 oz)	251.1 kcal	8.9 g	22.1 g	8.6 g
Tomato sauce, canned, no salt added, 2 can (29.4 oz)	65.8 kcal	3.3 g	0.8 g	14.5 g
Parsley, 0.5 cup (1.1 oz)	3.7 kcal	0.3 g	0.1 g	0.6 g
TOTAL	805.92 kcal	39.14 g	55.69 g	55.37 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	572.51 g	n/a	n/a	n/a
Sugars, total	18.71 g	n/a	n/a	n/a
Galactose	0.12 g	n/a	n/a	n/a
Fiber, total dietary	14.06 g	n/a	n/a	n/a
Calcium, Ca	425.14 mg	n/a	n/a	n/a
Iron, Fe	11.66 mg	n/a	n/a	n/a
Magnesium, Mg	369.9 mg	n/a	n/a	n/a
Phosphorus, P	764.84 mg	n/a	n/a	n/a
Potassium, K	2553.93 mg	n/a	n/a	n/a
Sodium, Na	1446.77 mg	n/a	n/a	n/a
Zinc, Zn	5.68 mg	n/a	n/a	n/a
Copper, Cu	2.05 mg	n/a	n/a	n/a
Manganese, Mn	3.94 mg	n/a	n/a	n/a
Selenium, Se	38.08 µg	n/a	n/a	n/a
Vitamin A, IU	13000.64 IU	n/a	n/a	n/a
Vitamin A, RAE	651.04 µg	n/a	n/a	n/a
Carotene, beta	7786.18 µg	n/a	n/a	n/a
Carotene, alpha	15.03 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	24.49 mg	n/a	n/a	n/a
Vitamin D	5.73 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.17 µg	n/a	n/a	n/a
Lycopene	38072.45 µg	n/a	n/a	n/a
Lutein + zeaxanthin	14660.35 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	72.01 mg	n/a	n/a	n/a
Thiamin	0.94 mg	n/a	n/a	n/a
Riboflavin	1.02 mg	n/a	n/a	n/a
Niacin	12.97 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.97 mg	n/a	n/a	n/a
Vitamin B6	1.6 mg	n/a	n/a	n/a
Folate, total	408.7 µg	n/a	n/a	n/a
Vitamin B12	0.17 µg	n/a	n/a	n/a
Choline, total	96.82 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	750.67 µg	n/a	n/a	n/a
Betaine	137.29 mg	n/a	n/a	n/a
Tryptophan	0.26 g	n/a	n/a	n/a
Threonine	0.75 g	n/a	n/a	n/a
Isoleucine	0.84 g	n/a	n/a	n/a
Leucine	1.23 g	n/a	n/a	n/a
Lysine	0.85 g	n/a	n/a	n/a
Methionine	0.33 g	n/a	n/a	n/a
Cystine	0.29 g	n/a	n/a	n/a
Phenylalanine	0.86 g	n/a	n/a	n/a
Tyrosine	0.51 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	8.44 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	1.15 mg	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	15.56 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	41.31 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Five bean ribolitta with kale

5 servings. Ready in 75 min.

Ingredients

100% organic chickpeas (garbanzos), canned, 1 can (8.6 oz)
100% organic black-eyed peas, 1 cup (9.3 oz)
100% organic black beans, canned, 1 can (15.2 oz)
100% organic kidney beans, Fresh, 1 can (15.7 oz)
100% organic lima beans (butterbeans), canned, 1 can (12.1 oz)
Orange peel, raw, 1 orange zest (0.4 oz)
Diced red onion, 2 cup (7.1 oz)
Carrot, 1 cup (4.8 oz)
Celery, 1 cup (3.4 oz)
Garlic, 0.5 cup (2.4 oz)
Tomato puree, without salt added, 1 can (29 oz) (401 x 411) (29.4 oz)
Vegetable Stock (Broth), 2 cup (16.8 oz)
Parsley, 0.5 cup (1.1 oz)
Thyme, 1 tablespoons (0.3 oz)
Coarse kosher salt, 3 tsp (0.5 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)
100% organic kale, 2 bunch (9.4 oz)

Instructions/Preparation

1. Preheat an oven to 300 degrees.
- 2, In a large pot add the olive oil, once hot add the red onion, carrot and celery and season with salt and pepper. Saute for 5-7 minutes or until soft.
3. Add the garlic, parsley, thyme, orange peel and tomato sauce and cook for another 2-3 minutes.
4. Add the beans and stir all ingredients together. Add the veggie stock till it slightly covers the top of the beans. Place in the oven and bake for an hour.
5. Remove the pot and add the chopped kale, bake for another 10-15 minutes and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
100% organic chickpeas (garbanzos), canned, 1 can (8.6 oz)	66.2 kcal	3.4 g	1.2 g	11 g
100% organic black-eyed peas, 1 cup (9.3 oz)	59.8 kcal	4 g	0.6 g	9.2 g
100% organic black beans, canned, 1 can (15.2 oz)	77.5 kcal	5.1 g	0.2 g	14.1 g
100% organic kidney beans, Fresh, 1 can (15.7 oz)	293 kcal	20.8 g	0.7 g	52.8 g
100% organic lima beans (butterbeans), canned, 1 can (12.1 oz)	53.7 kcal	3.4 g	0.1 g	10.1 g
Orange peel, raw, 1 orange zest (0.4 oz)	2.1 kcal	0 g	0 g	0.6 g
Diced red onion, 2 cup (7.1 oz)	16.4 kcal	0.5 g	0 g	3.8 g
Carrot, 1 cup (4.8 oz)	11 kcal	0.2 g	0.1 g	2.6 g
Celery, 1 cup (3.4 oz)	3 kcal	0.1 g	0 g	0.6 g
Garlic, 0.5 cup (2.4 oz)	20.3 kcal	0.9 g	0.1 g	4.5 g
Tomato puree, without salt added, 1 can (29 oz) (401 x 411) (29.4 oz)	62.5 kcal	2.7 g	0.3 g	14.8 g
Vegetable Stock (Broth), 2 cup (16.8 oz)	4.7 kcal	0 g	0 g	1.2 g
Parsley, 0.5 cup (1.1 oz)	2.2 kcal	0.2 g	0 g	0.4 g
Thyme, 1 tablespoons (0.3 oz)	1.4 kcal	0.1 g	0 g	0.3 g
Coarse kosher salt, 3 tsp (0.5 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 2 tsp, ground (0.2 oz)	2.3 kcal	0.1 g	0 g	0.6 g
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)	106.1 kcal	0 g	12 g	0 g
100% organic kale, 2 bunch (9.4 oz)	25.7 kcal	2.2 g	0.5 g	4.6 g
TOTAL	807.97 kcal	43.68 g	15.98 g	131.03 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	497.66 g	n/a	n/a	n/a
Sugars, total	18 g	n/a	n/a	n/a
Galactose	0.09 g	n/a	n/a	n/a
Fiber, total dietary	45.77 g	n/a	n/a	n/a
Calcium, Ca	387.3 mg	n/a	n/a	n/a
Iron, Fe	16.82 mg	n/a	n/a	n/a
Magnesium, Mg	269.53 mg	n/a	n/a	n/a
Phosphorus, P	694.5 mg	n/a	n/a	n/a
Potassium, K	2929.12 mg	n/a	n/a	n/a
Sodium, Na	2292.55 mg	n/a	n/a	n/a
Zinc, Zn	4.88 mg	n/a	n/a	n/a
Copper, Cu	2.6 mg	n/a	n/a	n/a
Manganese, Mn	2.79 mg	n/a	n/a	n/a
Selenium, Se	12.2 µg	n/a	n/a	n/a
Vitamin A, IU	11444.88 IU	n/a	n/a	n/a
Vitamin A, RAE	562.86 µg	n/a	n/a	n/a
Carotene, beta	6237.93 µg	n/a	n/a	n/a
Carotene, alpha	960.24 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	6.93 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	35764.03 µg	n/a	n/a	n/a
Lutein + zeaxanthin	4763.14 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	109.21 mg	n/a	n/a	n/a
Thiamin	0.79 mg	n/a	n/a	n/a
Riboflavin	0.58 mg	n/a	n/a	n/a
Niacin	6.07 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.04 mg	n/a	n/a	n/a
Vitamin B6	1.1 mg	n/a	n/a	n/a
Folate, total	567.33 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	56.7 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	513.27 µg	n/a	n/a	n/a
Betaine	0.55 mg	n/a	n/a	n/a
Tryptophan	0.42 g	n/a	n/a	n/a
Threonine	1.48 g	n/a	n/a	n/a
Isoleucine	1.6 g	n/a	n/a	n/a
Leucine	2.8 g	n/a	n/a	n/a
Lysine	2.4 g	n/a	n/a	n/a
Methionine	0.5 g	n/a	n/a	n/a
Cystine	0.4 g	n/a	n/a	n/a
Phenylalanine	1.91 g	n/a	n/a	n/a
Tyrosine	0.98 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	2.11 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.71 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	85.26 g	n/a	n/a	n/a

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Vegan Farro salad with arugula, mushrooms, walnuts, tempeh and balsamic vinaigrette

3 servings. Ready in 30 min.

Ingredients

Arugula, 3 bunch (12.1 oz)
Farro ancient grains, 1.5 cup (9.6 oz)
Maitake Mushrooms, 2 cup diced (5 oz)
King oyster mushroom, 1.5 JAR) | ((9.1 oz)
Tempeh, cooked, 300 grams (10.7 oz)
Aged balsamic vinaigrette, 8 Tbsp (4.3 oz)
Coarse kosher salt, 2.5 tsp (0.4 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Red chili flakes, 1 tsp (3 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Vegetable Stock (Broth), 3 cup (25.2 oz)
Shallots, 1 tbsp chopped (0.4 oz)
Garlic, 1 tablespoon (0.3 oz)
Parsley, 2 Tablespoon (0.3 oz)
Walnuts, 1 cup shelled (50 halves) (3.6 oz)
Avocado Oil, 2 tbsp (1 oz)

Instructions/Preparation

1. In a pot add the farro and vegetable stock. Bring to a boil and simmer. Cook until the faro is tender and cooked through. Strain, cool and place in a mixing bowl.
2. Wash the arugula and add to the mixing bowl with the cooled farro.
3. In a saute pan add the avocado oil and get the pan hot. Add the mushrooms, lightly season with salt and pepper and cook till golden brown. Add the shallots, garlic and cook for another 2-3 minutes.
4. Add the chili flakes, parsley and lemon juice. Season to taste and let cool. Then add to the mixing bowl and toss together with the chopped walnuts.
5. Add the balsamic vinaigrette and lightly season with salt and pepper to taste. Add the cooked tempeh on top and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Arugula, 3 bunch (12.1 oz)	28.3 kcal	2.9 g	0.7 g	4.1 g
Farro ancient grains, 1.5 cup (9.6 oz)	279.9 kcal	12 g	0 g	60 g
Maitake Mushrooms, 2 cup diced (5 oz)	14.5 kcal	0.9 g	0.1 g	3.3 g
King oyster mushroom, 1.5 JAR (9.1 oz)	40.8 kcal	3 g	0 g	1 g
Tempeh, cooked, 300 grams (10.7 oz)	195 kcal	19.9 g	11.4 g	7.6 g
Aged balsamic vinaigrette, 8 Tbsp (4.3 oz)	133.2 kcal	0 g	14.7 g	1.3 g
Coarse kosher salt, 2.5 tsp (0.4 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 2 tsp, ground (0.2 oz)	3.8 kcal	0.2 g	0 g	1 g
Red chili flakes, 1 tsp (3 oz)	0 kcal	0 g	0 g	0 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Vegetable Stock (Broth), 3 cup (25.2 oz)	11.8 kcal	0 g	0 g	3 g
Shallots, 1 tbsp chopped (0.4 oz)	2.4 kcal	0.1 g	0 g	0.6 g
Garlic, 1 tablespoon (0.3 oz)	4 kcal	0.2 g	0 g	0.9 g
Parsley, 2 Tablespoon (0.3 oz)	1 kcal	0.1 g	0 g	0.2 g
Walnuts, 1 cup shelled (50 halves) (3.6 oz)	218 kcal	5.1 g	21.7 g	4.6 g
Avocado Oil, 2 tbsp (1 oz)	82.5 kcal	0 g	9.3 g	0 g
TOTAL	1018.58 kcal	44.36 g	58.08 g	88.61 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	0.15 g	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	459.02 g	n/a	n/a	n/a
Sugars, total	9.21 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	13.03 g	n/a	n/a	n/a
Calcium, Ca	407.53 mg	n/a	n/a	n/a
Iron, Fe	6.75 mg	n/a	n/a	n/a
Magnesium, Mg	193.73 mg	n/a	n/a	n/a
Phosphorus, P	472.96 mg	n/a	n/a	n/a
Potassium, K	1146.83 mg	n/a	n/a	n/a
Sodium, Na	2778.71 mg	n/a	n/a	n/a
Zinc, Zn	3.58 mg	n/a	n/a	n/a
Copper, Cu	1.31 mg	n/a	n/a	n/a
Manganese, Mn	3.07 mg	n/a	n/a	n/a
Selenium, Se	3.52 µg	n/a	n/a	n/a
Vitamin A, IU	3423.07 IU	n/a	n/a	n/a
Vitamin A, RAE	146.44 µg	n/a	n/a	n/a
Carotene, beta	1753.04 µg	n/a	n/a	n/a
Carotene, alpha	0.18 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	0.79 mg	n/a	n/a	n/a
Vitamin D	524.07 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	13.11 µg	n/a	n/a	n/a
Lycopene	0.31 µg	n/a	n/a	n/a
Lutein + zeaxanthin	4178.5 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	31.79 mg	n/a	n/a	n/a
Thiamin	0.3 mg	n/a	n/a	n/a
Riboflavin	0.63 mg	n/a	n/a	n/a
Niacin	6.02 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.34 mg	n/a	n/a	n/a
Vitamin B6	0.55 mg	n/a	n/a	n/a
Folate, total	181.8 µg	n/a	n/a	n/a
Vitamin B12	0.14 µg	n/a	n/a	n/a
Choline, total	56.53 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	169.93 µg	n/a	n/a	n/a
Betaine	0.35 mg	n/a	n/a	n/a
Tryptophan	0.08 g	n/a	n/a	n/a
Threonine	0.26 g	n/a	n/a	n/a
Isoleucine	0.26 g	n/a	n/a	n/a
Leucine	0.46 g	n/a	n/a	n/a
Lysine	0.2 g	n/a	n/a	n/a
Methionine	0.09 g	n/a	n/a	n/a
Cystine	0.09 g	n/a	n/a	n/a
Phenylalanine	0.28 g	n/a	n/a	n/a
Tyrosine	0.19 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	8.67 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	2.6 mg	n/a	n/a	n/a
Beta-sitosterol	29 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	28.05 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	75.57 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Power Green Saute with Chorizo Seitan crumbles, sunflower seeds and avocado

3 servings. Ready in 35 min.

Ingredients

Organic kale, 4 bunch (18.7 oz)
Asparagus, Fresh, 2 bunch (30.9 oz)
Broccoli rabe, raw, 3 bunches (24.3 oz)
Chorizo seitan in crumbles, 10 ONZ (10.2 oz)
Shallots, 1 cup (0.4 oz)
Garlic, 0.5 cup (2.4 oz)
Coarse kosher salt, 2.5 tsp (0.4 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Parsley, fresh, 2 chopped handful (2.9 oz)
Avocado, 3 avocado (16.9 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Vegetable Stock (Broth), 0.5 cup (4.2 oz)
Extra Virgin Olive Oil, 5 tablespoon (2.7 oz)
Sunflower seeds, 4 portion(s) (4 oz)

Instructions/Preparation

For the Veggies.

1. Get a big pot of water boiling seasoned with with kosher salt.
2. Add the asparagus cook till tender and place in ice bath to cool, remove and reserve.
3. Add the broccoli rabe. Cook for 3 minutes. Then place in a ice bath, remove and reserve.
4. In a big saute pan add 3 tbsp of olive oil. Add the chopped shallots and garlic and cook for 2-3 minutes. Add all the vegetables and season with salt and pepper.
5. Finally add the lemon juice, half the parsley and vegetable stock. Season to taste and portion.

For the Chorizo.

1. In a small saute pan add the rest of the olive oil and add the seitan crumbles. Cook till crispy and add the rest of the parsley.
2. Toss together and add on top of veggies.
3. Add the sunflower seeds and avocado on top and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Organic kale, 4 bunch (18.7 oz)	85.6 kcal	7.5 g	1.6 g	15.3 g
Asparagus, Fresh, 2 bunch (30.9 oz)	57.7 kcal	6.4 g	0.3 g	11.2 g
Broccoli rabe, raw, 3 bunches (24.3 oz)	49.9 kcal	7.2 g	1.1 g	6.5 g
Chorizo seitan in crumbles, 10 ONZ (10.2 oz)	166.3 kcal	25 g	2.5 g	11.7 g
Shallots, 1 cup (0.4 oz)	2.6 kcal	0.1 g	0 g	0.6 g
Garlic, 0.5 cup (2.4 oz)	33.8 kcal	1.4 g	0.1 g	7.5 g
Coarse kosher salt, 2.5 tsp (0.4 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 2 tsp, ground (0.2 oz)	3.8 kcal	0.2 g	0 g	1 g
Parsley, fresh, 2 chopped handful (2.9 oz)	9.6 kcal	0.8 g	0.2 g	1.7 g
Avocado, 3 avocado (16.9 oz)	252.8 kcal	3.2 g	23.2 g	13.5 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Vegetable Stock (Broth), 0.5 cup (4.2 oz)	2 kcal	0 g	0 g	0.5 g
Extra Virgin Olive Oil, 5 tablespoon (2.7 oz)	221 kcal	0 g	25 g	0 g
Sunflower seeds, 4 portion(s) (4 oz)	218 kcal	7.8 g	19.2 g	7.5 g
TOTAL	1106.68 kcal	59.49 g	73.38 g	77.94 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	836.46 g	n/a	n/a	n/a
Sugars, total	13.75 g	n/a	n/a	n/a
Galactose	0.16 g	n/a	n/a	n/a
Fiber, total dietary	34.18 g	n/a	n/a	n/a
Calcium, Ca	711.71 mg	n/a	n/a	n/a
Iron, Fe	18.82 mg	n/a	n/a	n/a
Magnesium, Mg	362.95 mg	n/a	n/a	n/a
Phosphorus, P	861.12 mg	n/a	n/a	n/a
Potassium, K	3180.72 mg	n/a	n/a	n/a
Sodium, Na	2313.17 mg	n/a	n/a	n/a
Zinc, Zn	7.75 mg	n/a	n/a	n/a
Copper, Cu	4.37 mg	n/a	n/a	n/a
Manganese, Mn	4.09 mg	n/a	n/a	n/a
Selenium, Se	34.29 µg	n/a	n/a	n/a
Vitamin A, IU	28174.17 IU	n/a	n/a	n/a
Vitamin A, RAE	1405.26 µg	n/a	n/a	n/a
Carotene, beta	16682.37 µg	n/a	n/a	n/a
Carotene, alpha	158.4 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	29.87 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.31 µg	n/a	n/a	n/a
Lutein + zeaxanthin	20837.77 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	336.97 mg	n/a	n/a	n/a
Thiamin	1.71 mg	n/a	n/a	n/a
Riboflavin	1.32 mg	n/a	n/a	n/a
Niacin	13.75 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	4.59 mg	n/a	n/a	n/a
Vitamin B6	2.36 mg	n/a	n/a	n/a
Folate, total	843.44 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	142.28 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	2348.11 µg	n/a	n/a	n/a
Betaine	16.9 mg	n/a	n/a	n/a
Tryptophan	0.37 g	n/a	n/a	n/a
Threonine	1.02 g	n/a	n/a	n/a
Isoleucine	1.1 g	n/a	n/a	n/a
Leucine	1.75 g	n/a	n/a	n/a
Lysine	1.43 g	n/a	n/a	n/a
Methionine	0.47 g	n/a	n/a	n/a
Cystine	0.41 g	n/a	n/a	n/a
Phenylalanine	1.19 g	n/a	n/a	n/a
Tyrosine	0.7 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	8.95 g	n/a	n/a	n/a
Stigmasterol	3.16 mg	n/a	n/a	n/a
Campesterol	7.9 mg	n/a	n/a	n/a
Beta-sitosterol	120.08 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	15.28 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	43.76 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Roasted beets with beet tops and pistachios

1 serving. Ready in 30 min.

Ingredients

Beets, 1.5 pounds (24.3 oz)
Beet greens, raw, 3 bunch (0.2 oz)
Extra Virgin Olive Oil, 6 tablespoon (3.2 oz)
Coarse kosher salt, 3 tsp (0.5 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Thyme, 1 handful (0.1 oz)
Spices, bay leaf, 3 bay leaves (0.1 oz)
Orange, Fresh, 1 orange (4.7 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Shallots, 3 tbsp chopped (1.1 oz)
Garlic, 3 tablespoon (0.9 oz)
Nuts, pistachio nuts, dry roasted, without salt added, 1 cup (4.4 oz)
Red Wine Vinegar, 2 tablespoons (1.1 oz)
Parsley, fresh, 2 Tablespoon (0.3 oz)

Instructions/Preparation

1. In a deep roasting pan add the beets, half the olive oil, oranges and lemons (juiced), thyme, bay leaf, 1/2 cup of water, red wine vinegar, salt and pepper.
2. Cover with aluminum foil and place in a 400 degree oven. Cook till beets are fork tender.
3. Remove and let cool. With a paper towel scrap the skins off of the beets and half or quarter them depending on the size of the beets.
4. In a small saute pan add 1/4 of the remaining olive oil and add the chopped beet greens. Lightly season with salt and pepper. Cook lightly and portion.
5. In another small saute pan add the remaining olive oil, shallots and garlic. Saute lightly for 2-3 minutes. Add the beets and saute for another 3-5 minutes. Add the parsley and minced pistachios. Then toss together, portion on top of the beet greens and enjoy!!

Food	Energy/sr v	Protein/ srv	Fat/sr v	Carbs/ srv
Beets, 1.5 pounds (24.3 oz)	292.8 kcal	11 g	1.2 g	65.1 g
Beet greens, raw, 3 bunch (0.2 oz)	1.3 kcal	0.1 g	0 g	0.3 g
Extra Virgin Olive Oil, 6 tablespoon (3.2 oz)	795.6 kcal	0 g	90 g	0 g
Coarse kosher salt, 3 tsp (0.5 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 2 tsp, ground (0.2 oz)	11.5 kcal	0.5 g	0.1 g	2.9 g
Thyme, 1 handful (0.1 oz)	2 kcal	0.1 g	0 g	0.5 g
Spices, bay leaf, 3 bay leaves (0.1 oz)	9.4 kcal	0.2 g	0.3 g	2.2 g
Orange, Fresh, 1 orange (4.7 oz)	62 kcal	1.2 g	0.2 g	15.5 g
Lemon Juice, 1 lemon yields (1.7 oz)	10.6 kcal	0.2 g	0.1 g	3.3 g
Shallots, 3 tbsp chopped (1.1 oz)	21.6 kcal	0.8 g	0 g	5 g
Garlic, 3 tablespoon (0.9 oz)	35.8 kcal	1.5 g	0.1 g	7.9 g
Nuts, pistachio nuts, dry roasted, without salt added, 1 cup (4.4 oz)	703.6 kcal	25.9 g	56.4 g	34.8 g
Red Wine Vinegar, 2 tablespoons (1.1 oz)	6.1 kcal	0 g	0 g	0.1 g
Parsley, fresh, 2 Tablespoon (0.3 oz)	2.9 kcal	0.2 g	0.1 g	0.5 g
TOTAL	1955.19 kcal	41.74 g	148.4 5 g	138.21 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	0.16 g	n/a	n/a	n/a
Water	840.26 g	n/a	n/a	n/a
Sugars, total	71.84 g	n/a	n/a	n/a
Galactose	0.07 g	n/a	n/a	n/a
Fiber, total dietary	39.22 g	n/a	n/a	n/a
Calcium, Ca	425.17 mg	n/a	n/a	n/a
Iron, Fe	14.73 mg	n/a	n/a	n/a
Magnesium, Mg	343.23 mg	n/a	n/a	n/a
Phosphorus, P	948.75 mg	n/a	n/a	n/a
Potassium, K	4129.26 mg	n/a	n/a	n/a
Sodium, Na	6330.91 mg	n/a	n/a	n/a
Zinc, Zn	6.09 mg	n/a	n/a	n/a
Copper, Cu	2.37 mg	n/a	n/a	n/a
Manganese, Mn	5.21 mg	n/a	n/a	n/a
Selenium, Se	21.92 µg	n/a	n/a	n/a
Vitamin A, IU	2214.36 IU	n/a	n/a	n/a
Vitamin A, RAE	112.04 µg	n/a	n/a	n/a
Carotene, beta	1131.31 µg	n/a	n/a	n/a
Carotene, alpha	15.25 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	16.4 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.92 µg	n/a	n/a	n/a
Lutein + zeaxanthin	2166.46 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	152.95 mg	n/a	n/a	n/a
Thiamin	1.27 mg	n/a	n/a	n/a
Riboflavin	0.71 mg	n/a	n/a	n/a
Niacin	4.88 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.43 mg	n/a	n/a	n/a
Vitamin B6	2.43 mg	n/a	n/a	n/a
Folate, total	885.28 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	153.01 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	235.16 µg	n/a	n/a	n/a
Betaine	877.93 mg	n/a	n/a	n/a
Tryptophan	0.49 g	n/a	n/a	n/a
Threonine	1.31 g	n/a	n/a	n/a
Isoleucine	1.66 g	n/a	n/a	n/a
Leucine	2.75 g	n/a	n/a	n/a
Lysine	2.04 g	n/a	n/a	n/a
Methionine	0.64 g	n/a	n/a	n/a
Cystine	0.55 g	n/a	n/a	n/a
Phenylalanine	1.84 g	n/a	n/a	n/a
Tyrosine	1 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	19.77 g	n/a	n/a	n/a
Stigmasterol	2.46 mg	n/a	n/a	n/a
Campesterol	12.3 mg	n/a	n/a	n/a
Beta-sitosterol	258.3 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	26.55 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	98.99 g	n/a	n/a	n/a

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Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Turmeric Cauliflower Rice with lentils, artichoke hearts, mushrooms, spinach and pine nuts

3 servings. Ready in 45 min.

Ingredients

Cauliflower "rice", 9 cup (9.1 oz)
Artichoke hearts in extra virgin olive oil, 8 Tbsp (4.3 oz)
Nuts, pine nuts, dried, 2 tbsp (3.6 oz)
Maitake Mushrooms, 3 cup diced (7.5 oz)
Spinach, 3 cups (3.1 oz)
Lentils, Canned, 1 Can (14.3 oz)
Olive Oil, 3 tablespoon (1.6 oz)
Parsley, 3 Tablespoon (0.4 oz)
Garlic, 6 garlic clove (0.9 oz)
Shallots, 1 cup (0.4 oz)
Turmeric, 4 tsp (0.3 oz)
Coarse kosher salt, 2 tsp (0.3 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Vegetable Stock (Broth), 0.5 cup (4.2 oz)
Lemon Juice, 1 lemon yields (1.7 oz)

Instructions/Preparation

1. In a large saute pan add the olive oil, once hot add the mushrooms, garlic and shallots, and lightly season with salt and pepper.
2. Once the mushrooms are sautéed add the cauliflower rice and cook for 3-5 minutes.
3. Add the lentils and artichoke hearts chopped up and saute for another 3 minutes.
4. Finally add the turmeric, the rest of the salt and pepper, lemon juice, stock and parsley and stir together for another minute.
5. Portion and add the pine nuts on top and enjoy!!

Food	Energy/sr v	Protein/sr v	Fat/sr v	Carbs/sr v
Cauliflower ""rice"", 9 cup (9.1 oz)	20.4 kcal	2 g	0 g	4 g
Artichoke hearts in extra virgin olive oil, 8 Tbsp (4.3 oz)	60 kcal	1.3 g	4 g	4 g
Nuts, pine nuts, dried, 2 tbsp (3.6 oz)	224.3 kcal	4.6 g	22.8 g	4.4 g
Maitake Mushrooms, 3 cup diced (7.5 oz)	21.7 kcal	1.4 g	0.1 g	4.9 g
Spinach, 3 cups (3.1 oz)	6.7 kcal	0.8 g	0.1 g	1.1 g
Lentils, Canned, 1 Can (14.3 oz)	154.7 kcal	12 g	0.5 g	26.8 g
Olive Oil, 3 tablespoon (1.6 oz)	132.6 kcal	0 g	15 g	0 g
Parsley, 3 Tablespoon (0.4 oz)	1.4 kcal	0.1 g	0 g	0.3 g
Garlic, 6 garlic clove (0.9 oz)	11.9 kcal	0.5 g	0 g	2.6 g
Shallots, 1 cup (0.4 oz)	2.6 kcal	0.1 g	0 g	0.6 g
Turmeric, 4 tsp (0.3 oz)	8.3 kcal	0.3 g	0.1 g	1.8 g
Coarse kosher salt, 2 tsp (0.3 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Vegetable Stock (Broth), 0.5 cup (4.2 oz)	2 kcal	0 g	0 g	0.5 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
TOTAL	652.09 kcal	23.22 g	42.77 g	52.53 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	0.23 g	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	248.18 g	n/a	n/a	n/a
Sugars, total	8.4 g	n/a	n/a	n/a
Galactose	0.03 g	n/a	n/a	n/a
Fiber, total dietary	18.92 g	n/a	n/a	n/a
Calcium, Ca	109.12 mg	n/a	n/a	n/a
Iron, Fe	9.7 mg	n/a	n/a	n/a
Magnesium, Mg	174.16 mg	n/a	n/a	n/a
Phosphorus, P	524.9 mg	n/a	n/a	n/a
Potassium, K	1398.54 mg	n/a	n/a	n/a
Sodium, Na	1495.42 mg	n/a	n/a	n/a
Zinc, Zn	4.81 mg	n/a	n/a	n/a
Copper, Cu	1.07 mg	n/a	n/a	n/a
Manganese, Mn	4.67 mg	n/a	n/a	n/a
Selenium, Se	7.2 µg	n/a	n/a	n/a
Vitamin A, IU	3166.07 IU	n/a	n/a	n/a
Vitamin A, RAE	153.39 µg	n/a	n/a	n/a
Carotene, beta	1849.08 µg	n/a	n/a	n/a
Carotene, alpha	0.09 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	6.19 mg	n/a	n/a	n/a
Vitamin D	786.1 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	19.67 µg	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	3770.31 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	24.74 mg	n/a	n/a	n/a
Thiamin	0.5 mg	n/a	n/a	n/a
Riboflavin	0.42 mg	n/a	n/a	n/a
Niacin	7.87 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.28 mg	n/a	n/a	n/a
Vitamin B6	0.49 mg	n/a	n/a	n/a
Folate, total	335.06 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	108.61 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	236.68 µg	n/a	n/a	n/a
Betaine	30.23 mg	n/a	n/a	n/a
Tryptophan	0.19 g	n/a	n/a	n/a
Threonine	0.69 g	n/a	n/a	n/a
Isoleucine	0.82 g	n/a	n/a	n/a
Leucine	1.39 g	n/a	n/a	n/a
Lysine	1.18 g	n/a	n/a	n/a
Methionine	0.23 g	n/a	n/a	n/a
Cystine	0.29 g	n/a	n/a	n/a
Phenylalanine	0.89 g	n/a	n/a	n/a
Tyrosine	0.6 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	5.22 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	8.07 mg	n/a	n/a	n/a
Beta-sitosterol	44 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	13.33 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	33.62 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.