



GLP-1 Weekly Meal Planner

Quick and easy meals to help support healthy GLP-1 levels.

- **High fiber foods**
- **High proteins**
- **Healthy fats**

Breakfast

Egg & Avocado Bowl
Burrito Bowl Oatmeal
Egg Breakfast Cups
Spinach Frittata
Protein Breakfast Bowl
Overnight Protein Oats
Blueberry Protein Cups

Lunch

Hemp Split Pea Soup
Chicken Soup
Lentil Soup
Berry Salad
Best BLT Salad
Kale Salad
Greek Yogurt Chicken Salad

Dinner

Palmini Pasta & Pesto
Simple Protein Plate
White Chili
Black Bean & Quinoa Stuffed Peppers
Veggie & Tofu Stir-Fry
Cashew Chicken Bake
Chickpea Tuna Salad

Dessert

Chocolate Berries
Almond-Coconut Cookies
Simple Chocolate Chip Cookies
x3 Chocolate Brownie Bars
Yogurt Pops
Avocado Chocolate Mousse
Peanut Butter Fudge

Snacks

Cottage Cheese
Non-fat Greek Yogurt
Nuts
Protein Bars
Protein Smoothies
Fruit
Vegetables
No Bake Energy Balls



Produce

Apple (fuji), 2 Large	Garlic, 13 Cloves
Avocados, 6 Small	Ginger Root, 3"
Bananas, 3 Small	Green Beans, 1 LBS
Basil Leaves, 1 Large Bunch	Jalapeno Pepper, 2 Large
Bell Pepper (red), 1 Large	Kale, 3/4 LBS
Bell Peppers (green or yellow), 8 Large	Lemon, 1 Small
Berries (blueberries, blackberries or strawberries), 1 LBS	Lettuce (romaine), 1 Head
Berries or Cherries, 30 Large	Mushrooms (portabella or shitake), 1/4 LBS
Blueberries, 2/3 LBS	Onion (red), 1 large
Carrots, 9 Large	Onion (yellow), 4 Large
Celery, 1 Small Bunch	Orange (for grated zest only), 1 Small
Cilantro, 1 Small Bunch	Parsley, 1 Small Bunch
Cucumber, 1 Medium	Raisins or dried cranberries, 2 OZ
Dill, 1 Small Bunch	Raspberries, 1/4 LBS
Dried Fruit (cranberries), 1/2 OZ	Spinach or Mixed Greens, 1 1/4 LBS
Dried Fruit (raisins, currants or cherries), 6 OZ	Sweet Potatoes, 1/4 LBS
	Tomatoes (cherry), 3 OZ
	Tomatoes, 11 Medium

Snacks

Cottage Cheese	Fruit (apples, bananas & pears are great choices but berries are the best)
Non-fat Greek Yogurt	Protein Bars (w/ low sugar)
Nuts (almonds, pistachios & peanuts are best)	

Oils, dressings & seasonings

All-Purpose Seasoning, 1/4 TSP
 Avocado Oil, 6 TBS
 Balsamic Vinegar, 1 1/3 TBS
 Black Pepper, 1 TSP
 Cayenne Pepper, 1/4 TSP
 Cinnamon (ground cinnamon), 2 1/4 TSP
 Cloves (ground cloves), 1/4 TSP
 Coconut Oil, 2 TBS
 Cumin, 2 TSP
 Dressing (ranch), 1 TSP
 Dressing (vinaigrette), 2 TSP
 Garlic Powder, 3/4 TSP
 Ginger (ground ginger), 1/2 TSP
 Hoison Sauce, 1/2 Cup
 Olive Oil (extra virgin), 9 1/2 TBS
 Oregano, 2 TSP
 Salt (coarse), 1/2 TSP
 Salt (sea salt), 6 1/4 TSP
 Sesame Oil, 2 TBS
 Soy Sauce (low-sodium), 1/2 Cup
 Turmeric, 1/2 TSP

Refrigerated Foods

Almond Milk (unsweetened), 5 1/4 Cups
 Bacon or Vegan Substitute, 1 Package
 Butter or Margerine (unsalted), 2 1/2 Cups
 Cheese (blue cheese), 1/4 Cup
 Cheese (feta), 1/2 Cup
 Cheese (parmesan), 2 TBS
 Cheese (white Cheddar), 3/4 Cup
 Chicken, 4 1/2 LBS
 Cream Cheese, 8 OZ
 Eggs, 33 Large
 Greek Yogurt, 3 1/4 Cup
 Half and Half, 1/2 Cup
 Milk, 3/4 Cup
 Mozzarella 8 OZ

Other

Protein Powder (vanilla), 1 Cup
 Protein Powder (hemp), 1/2 Cup

Pantry

Almond Butter, 1 Cup	Chocolate (bittersweet), 1 LBS	Hummus, 1 Cup	Rice (brown), 1 Cup
Almonds (roasted), 1/2 Cup	Chocolate (dairy-free dark, 60% or higher cacao), 1 LBS	Lemon Juice, 2 TBS	Salsa, 1/4 Cup
Baking Powder (aluminum free), 2 TSP	Chocolate (white), 4 OZ	Lentils, 1 Cup	Sesame Seeds, 1 TSP
Baking Soda, 1 1/2 TSP	Chocolate Chips (semi-sweet), 3 1/2 Cups	Maple Syrup, 2 1/2 TSP	Split Peas (green), 1 Cup
Beans (black), 1 Cup	Cocoa Powder, 1 Cup	Nuts (dry roasted macadamia), 1/4 Cup	Sugar (brown), 3 1/2 Cups
Beans (garbanzo), 2 Cans	Coconut (shredded or flakes), 1/2 Cup	Nuts (pecans), 1/4 Cup	Sugar (granulated), 1 Cup
Beans (great northern), 2 Cans	Cornstarch, 1 TBS	Nuts (pine), 3 TBS	Sugar (powdered), 1 Cup
Beans (refried or other mashed cooked beans), 1/2 Cup	Flaxseed, 1/2 Cup	Oats, 6 1/2 Cup	Sugar ((Sucanat)), 1/2 Cup
Bone Broth (organic chicken), 72 OZ	Flour (almond), 1 2/3 Cup	Olives, 1/2 Cup	Sunflower Seeds, 1 TSP
Cashews, 1 Cup	Flour (unbleached all-purpose), 3 Cups	Pasta (angel hair), 12 OZ	Syrup (light agave), 1/4 Cup
Chia Seeds, 2 1/2 TBS	Honey (cranberry optional), 7 TBS	Pasta Sauce, 1 Cup	Tofu (extra-firm), 14 OZ
Chickpeas, 1 1/2 Cup		Peanut Butter (smooth, unsweetened), 2 Cups	Tuna, 1 Can
		Puffed Millet, 1 TBS	Vanilla Extract, 7 1/4 TSP
		Quinoa (white), 3 Cup	Vegetable Broth, 10 Cups
			Walnuts, 1 1/4 Cup



Breakfast Recipe Review

Egg & Avocado Breakfast Bowl

½ sliced small avocado
1 sliced hard-boiled egg
2 cups of spinach or mixed greens
1 small or ½ large banana, sliced
¼ cup of oats, such as Bob's Red Mill or NOW Foods

1. Combine avocado, egg and spinach/mixed greens in a bowl.
2. Sprinkle oats over the top and finish with sliced banana.



Breakfast Recipe Review

Burrito Bowl Oatmeal

1/2 cup of oats, such as Bob's Red Mill or NOW Foods

3/4 cup milk

1/2 cups of refried beans or other mashed cooked beans from Cadia

1/2 cup lettuce, chopped

1 small or 1/2 large avocado, sliced

1 small or 1/2 large tomato, diced

1/4 cup onion, diced

1/4 cup salsa from Siete or Cadia

1. Cook 1/2 cup of oats in 3/4 cup of milk.
2. Beat in 1/2 cup of low-sodium, fat-free refried beans or other mashed cooked beans.
3. Serve with chopped lettuce, tomato, and onion, plus salsa and avocado.



Breakfast Recipe Review

Egg Breakfast Cups

3 cups fresh baby spinach
1 ¼ cups chopped tomatoes (or 12 sliced grape tomatoes)
8 OZ Mozzarella from Cadia or LaClare (skip this for Paleo and Whole30)
3-4 tablespoon thinly sliced basil
12 large eggs, beaten
¾ teaspoon salt
½ teaspoon Frontier ground black pepper
½ teaspoon Frontier garlic powder optional
1-2 tablespoon grated Parmesan cheese optional
Cadia Balsamic Vinegar to drizzle optional

1. Preheat the oven to 350 ° F. Lightly spray a muffin tin with no stick cooking spray. Then divide equally the spinach across 12 cups.
2. Slice the tomatoes, then fill the cups with the tomato, mozzarella and basil.
3. Beat the eggs and stir in salt, pepper, and garlic powder. If desired, stir in grated Parmesan cheese, Pour into cups of the muffin tin, filling each ¾ full, and bake for 15-19 minutes, or until the eggs have set.
4. Serve hot with a drizzle of balsamic vinegar, if desired.



Breakfast Recipe Review

Spinach Frittata

1 tablespoon olive oil, such as Bragg or Ellyndale
1 small onion, halved and sliced into half moons
1 clove garlic minced
4-5 ounces baby spinach see notes for frozen spinach
8 large eggs
1/2 cup Organic Valley half and half, sub with your favorite dairy or non-dairy milk
1/2 cup Follow Your Heart Feta Cheese Crumbles
2 tablespoons chopped fresh dill
Salt and pepper to taste

1. Preheat the oven to 400 degrees. Heat the olive oil in a medium 10" cast iron or heatproof skillet over medium heat. Add the onion and cook 3 minutes until softened. Add the garlic and cook 30 seconds more. Add the baby spinach and cook 2-3 minutes or until completely wilted, then pour the mixture out onto a cutting board and roughly chop.
2. Brush olive oil from the bottom of the pan around the edges of the skillet (or add more oil if needed), then add the spinach mixture back to the pan and spread evenly across the bottom.
3. Beat the eggs with the half and half until well blended, then whisk in the feta cheese, chopped dill, salt and pepper to taste until combined. Pour the egg mixture over the top of the spinach mixture.
4. Cook the frittata on the stove top over medium heat just until the edges begin to set (about 2 minutes), then place in the oven. Bake for 8-10 minutes or until puffed and golden on top. Remove from heat and allow to cool slightly.



Breakfast Recipe Review

Protein Breakfast Bowl

1½ cup unsweetened Almond Breeze almond milk
1 cup rolled oats, such as Bob's Red Mill or NOW Foods
1 tbsp vanilla protein powder from NOW Foods
1 tbsp NOW Foods chia seeds
½ cup of water
¼ cup Maple Hill greek yogurt
¼ cup fresh blueberries
¼ cup fresh raspberries
1 tbsp dried cranberries
2 tbsp NOW Foods walnuts
1 tsp NOW Foods sunflower seeds
1 tsp NOW Foods maple syrup

1. Heat up a saucepan to medium-high.
2. Add almond milk, oats, protein powder, chia seeds, and water.
3. Bring it to a boil, then reduce the heat and let it simmer for 3-5 minutes until the oats are fully cooked. Make sure you don't burn them.
4. Add in your oatmeal into a bowl and top with yogurt, berries, walnuts & sunflower seeds.
5. Drizzle with maple syrup.



Breakfast Recipe Review

Overnight Protein Oats

1/2 cup unsweetened Almond Breeze almond milk
1/4 cup plain Maple Hill greek yogurt
1/2 cup rolled oats, such as Bob's Red Mill or NOW Foods
1/2 tbsp NOW Foods chia seeds
1/2 cup fresh berries
1 tbsp vanilla protein powder from NOW Foods
1 tbsp Once Again Organic unsweetened peanut butter
1/4 tsp vanilla extract, such as Simply Organic or Cadia
1/2 tbsp NOW Foods maple syrup

1. Mix all the ingredients in a food container or glass jar. Make sure you combine them well.
2. Keep in the fridge for 8 hours or overnight.
3. When you take it out of the fridge, top it with fresh berries.



Breakfast Recipe Review

Blueberry Protein Cups

3 1/4 cups oats, such as Bob's Red Mill or NOW Foods
1/4 cup NOW Foods Sucanat Cane Sugar
1 tsp Simply Organic ground cinnamon
2 tsp Otto's Naturals Grain Free Baking Powder
2 mashed ripe bananas
2 tbs coconut oil, melted, such as Dr. Bronner's or Cadia
2-4 scoops of protein powder from NOW Foods
2 eggs
2 tsp vanilla extract, such as Simply Organic or Cadia
2 cups unsweetened Almond Breeze almond milk
1 cup fresh blueberries

1. Preheat oven to 350 degrees F. Spray a 12 cup muffin pan with cooking spray or line with paper liners.
2. Add the mashed bananas, oil, eggs, milk and vanilla to your stand mixer and mix until combined. Add the oats, cinnamon, protein powder and baking powder and mix through with the wet ingredients.
3. With a spatula fold in the blueberries. The batter is going to be sort of liquid like, this is normal. With a medium cookie scoop fill the prepared muffin cups all the way to the top.
4. Bake for about 25 minutes or until set and just lightly brown on the edges. Transfer muffing pan to a wire cooling rack and allow the cups to cool completely on the baking pan for easiest removal.



Lunch Recipe Review

Hemp Split Pea Soup

1 quart Cadia Organic Vegetable Broth
1 cup Cadia green split peas
3 chopped carrots
½ cup NOW Organic Hemp Protein Powder
½ red onion, chopped
2 cloves garlic, finely chopped
1 tablespoon Ellyndale Avocado Oil
1 teaspoon salt
a drizzle of olive oil, such as Bragg or Ellyndale
a sprinkle of shaved NOW Dry Roasted Salted Macadamia Nuts

1. In a large stockpot, on medium heat, add avocado oil.
2. Saute carrots, red onions, and garlic for 3-5 minutes.
3. Add vegetable broth, green split peas, hemp protein powder, and salt.
4. Cover, place on low heat and cook for 1 hour.
5. Blend soup for 2-3 minutes on high until smooth.
6. Serve with a drizzle of Ellyndale Extra Virgin Olive Oil and shaved roasted, salted macadamia nuts for added protein and flavor. Enjoy!



Lunch Recipe Review

Chicken Soup

a drizzle of Ellyndale Avocado Cooking Oil
1-inch of ginger root, grated
3 cloves garlic, minced
1/2 onion, sliced or chopped
2 packs Bonified Provisions Organic Chicken Bone Broth
1/2 cup sweet potato, chopped
1/2 cup shitake or portabella mushrooms, sliced
1/2 cup organic kale, chopped and deveined
1/2 cup shredded carrots
1/2 cup cooked, shredded chicken

1. Heat a large soup pot on medium-high. Add cooking oil, ginger, garlic, and onion and cook until fragrant.
2. Add chicken broth, sweet potato, mushrooms, kale, and carrots and simmer on low for 30 minutes to infuse the flavor.
3. Finally, add the pre-cooked chicken and allow it to simmer until warmed. Enjoy!

** For a vegan alternative, replace the chicken and broth with water and vegan bouillon, quinoa and a drained, rinsed can of black beans.*



Lunch Recipe Review

Lentil Soup

1 small onion
4 Tablespoons Ellyndale Avocado Oil
½ teaspoon Simply Organic Ground Ginger
½ teaspoon Simply Organic Cinnamon
½ teaspoon Simply Organic Turmeric
6 cups Cadia vegetable broth
1 generous cup of Cadia Organic Lentils
1 can organic diced tomatoes (or fresh)
1 can Cadia Organic Garbanzo Beans, drained
salt to taste, about 1 teaspoon
2 Tablespoons Volcano or Ingrilli Lemon Juice

1. In a large pot, sauté onion in avocado oil until tender.
2. Add ginger, cinnamon, turmeric. Stir and let the spices combine briefly. This gets so aromatic, which is the best part!
3. Add vegetable broth, lentils, tomatoes, garbanzo beans, and salt.
4. Bring to a boil, reduce heat to low, simmer for about 30 minutes, or until lentils are tender, stirring occasionally.
5. Right before serving, add the lemon juice.
6. Add additional salt to taste.



Lunch Recipe Review

Berry Salad

4 cups spinach or mixed greens
1/2 cup fresh raspberries
1/2 cup fresh blueberries
1/4 cup Follow Your Heart Blue Cheese (or substitute shredded white cheddar)
1/2 cup NOW Organic Walnuts
a drizzle of olive oil, such as Bragg or Ellyndale
a drizzle of Annie's Lite Raspberry Vinaigrette

1. Add all ingredients to a large salad bowl.
2. Toss salad with desired amount of dressing and a drizzle of olive oil.



Lunch Recipe Review

Best BLT Salad

1 cup washed, chopped romaine lettuce

1 cup washed, chopped spinach

2 strips of Applegate Naturals Uncured Turkey Bacon or No Sugar Bacon
(Vegans can omit this step, or try pan-frying long-cut strips of Beyond Meat Breakfast Sausages instead.)

1/3 cup fresh cherry tomatoes, halved

1/4 cup chopped onion, rinsed for mild flavor

Primal Kitchen Ranch or Vegan Ranch Dressing to drizzle

1. Wash, chop, strain or spin your ingredients as needed. (For example, you will spin your lettuces to dry, and stain your rinsed, chopped onions.)
2. Pan fry your bacon or sliced vegan sausages. Note that sausages may take a tablespoon of cooking oil, but bacon will not need any added oils for this step. Chop into bite-sized pieces!
 2. Add all ingredients to a large personal salad bowl, and drizzle to perfection!



Lunch Recipe Review

Kale Salad

4 cups chopped kale
1/3 cup Cadia Organic Raisins or Made by Nature Organic Dried Cranberries
1/3 cup Organic Walnuts Halves & Pieces from NOW Foods
1 organic fuji apple, chopped
Organic Sesame Seeds from NOW Foods
1/2 cup Extra Virgin olive oil, such as Bragg or Ellyndale
1/3 cup Cadia Balsamic Vinegar
4 tablespoons cranberry honey from Some Honey
a dash of salt
a dash of pepper

1. Combine dressing ingredients in a bottle and shake.
2. Chop kale into bite sized pieces.
3. Add raisins or dried cranberries.
4. Pour over desirable amount of dressing. Stir to evenly coat the salad.
5. Add chopped apple and sesame seeds before serving.



Lunch Recipe Review

Greek Yogurt Chicken Salad

2.5 cups cooked shredded chicken about 1 lb
1/2 cup plain Maple Hill greek yogurt
1 tablespoon fresh parsley chopped finely
1/2 cup celery diced finely
1 cup apples chopped
1/4 cup NOW Foods pecans chopped
1/4 teaspoon Simply Organic Garlic Powder
1/4 teaspoon pepper
1/4 teaspoon salt

1. Cook chicken. Bring a pot of water to a boil and boil chicken for 10-14 minutes. You can also cook chicken in the instant pot, crockpot or buy a rotisserie chicken and shred it.
2. While chicken is cooking, chop parsley, celery, apples and pecans.
3. Once chicken is cooked, shred the chicken by pulling apart with 2 forks.
4. Add chopped ingredients, spices, greek yogurt and shredded chicken in a bowl.
5. Toss together using a spatula until all ingredients are thoroughly coated with yogurt.
6. Serve on a sandwich or over a salad.



Dinner Recipe Review

Palmini Pasta & Pesto

3 Tablespoons NOW Pine Nuts, Raw Organic
a few handfuls of fresh basil (10-15 leaves)
1-2 Tablespoons olive oil, such as Bragg or Ellyndale
2 fresh garlic cloves
2 Tablespoons grated Parmesan
a dash of salt
1 container Palmini Hearts of Palm Angel Hair

1. Pour pine nuts into a mortar. Pound and grind until a smooth paste forms.
2. Add a few sprigs of basil, slowly at a time. Continue grinding the mixture.
3. Splash a bit of olive oil in, 1-2 Tablespoons depending on desired consistency.
4. Continue to add basil, along with two cloves of garlic, into the mortar. Continue to mash the ingredients together.
5. Pour in a tablespoon or two of grated parmesan. Combine until a chunky paste forms. Add salt to taste.
6. Once the pesto is made, rinse the palmini noodles thoroughly with water. Once washed and drained, add to a frying pan.
7. Heat the palmini on the stove, and after a minute or two, add the pesto.
8. Heat until warmed.



Dinner Recipe Review

Simple Protein Plate

1 can organic Cadia Organic Garbanzo beans
1/2 cup your favorite mixed greens
a drizzle of Annie's Goddess Dressing or Lemon & Chive Vinaigrette
4 hard boiled eggs
a dash of Simply Organic All-Purpose Seasoning
a pinch of salt (optional)
4 carrots, peeled and sliced
1 cup of ESTI or Ithaca hummus

1. In a separate bowl, combine garbanzo beans with shredded greens, and a drizzle of dressing. Toss and set aside.
2. Peel hard boiled eggs and slice in two, season and set aside.
3. Plate carrot slices and hummus for dipping with eggs and tosses bean salad, makes 4 servings.



Dinner Recipe Review

White Chili

2 Tablespoons Extra Virgin olive oil, such as Bragg or Ellyndale
1 large onion
2 chopped green or yellow bell peppers
2 teaspoons Cadia Organic Cumin
2 teaspoons Frontier oregano
1/4 teaspoon Frontier Organic Cayenne Pepper
a pinch of Simply Organic Ground Cloves
2 cloves of garlic, minced
1 large jalapeno, minced
2 lbs skinless, diced chicken (may replace with vegan meat substitute)
3 cups Cadia Organic Free-Range Chicken Broth or Vegetable Broth
2 cans Cadia Organic Great Northern Beans
White cheese (substitute with Follow Your Heart or Daiya vegan cheese)
Salt and pepper to taste

1. In a large pot, simmer onions and bell peppers in olive oil over medium heat until soft and translucent. Add spices: cumin, oregano, cayenne, cloves, minced garlic, and jalapeno.
2. Add chicken and chicken stock, bring to a boil and then reduce heat to a simmer for 20 minutes (or until chicken is completely cooked).
3. Drain canned beans, add to pot, and cook another 10 minutes. Salt and pepper to taste
4. Top with white cheese or vegan cheese!



Dinner Recipe Review

Black Bean & Quinoa Stuffed Peppers

- 4 large bell peppers, de-seeded; tops cut & chopped for filling; cut in half lengthwise to stuff
- 2 cups cooked NOW Foods Organic Quinoa
 - 1 cup canned Cadia Black Beans, drained and rinsed
 - 1 cup Cadia pasta sauce (Roasted Garlic is recommended)
 - ¼ cup cilantro, coarsely chopped, plus more for topping
 - ½ cup Cadia Cheddar Cheese, grated, plus more for topping
 - Salt and pepper to taste
 - Optional: Maple Hill greek yogurt as topping

1. Preheat your oven at 350 degrees F. Line a 9 x 13 baking dish with parchment paper.
2. Cook quinoa according to package directions.
3. In a large bowl, mix together the cooked quinoa, black beans, chopped bell pepper tops, cheese, pasta sauce, cilantro, salt, and pepper.
4. Pack each bell pepper with the filling. Place beside one another in the baking dish, cover with aluminum foil, and bake for 25-30 minutes, until peppers are tender.
5. Top with additional cheese, cilantro, Greek yogurt if you would like.



Dinner Recipe Review

Veggie & Tofu Stir-Fry

- 1 package of Mori-Nu Firm or Extra-firm Tofu
- 2 cups roughly chopped green beans
- 1 cup diced carrots or red pepper
- 2 Tbsp Ellyndale Organic Sesame Oil for sautéing (or sub peanut or coconut)
- 1/4 cup San-J Low-sodium Soy Sauce
- 1 Tbsp fresh grated ginger
- 2 Tbsp Wholesome Organic Brown Sugar (reduce slightly for less sweet sauce)
- 1 Tbsp NOW Foods agave or maple syrup (honey if not vegan // reduce for less sweet sauce)
- 1 Tbsp cornstarch (can substitute with Bob's Red Mill Arrowroot Starch)
- Grain Trust Organic Steamed Brown Rice (optional)

1. Preheat oven to 400 degrees F (204 C) and begin drying your tofu. Drain, remove it from the package and place between two thick towels folded into the shape of the tofu. If not using a tofu press, place a plate or bowl on top and top it with something heavy like a book.
2. Let it dry for about 15 minutes, changing your towels if they get too wet. Once dry, unwrap, chop tofu into roughly 1-inch cubes or rectangles.
3. Arrange tofu on a lightly greased or parchment-lined baking sheet to prevent sticking and bake for a total of 25-35 minutes, flipping once halfway through to ensure even cooking. This will dry out the tofu and help give it a more meat-like texture. If you want a tougher texture, cook it for 30-35. For a slightly more tender texture, pull it out at 20-25 minutes to check.
4. Once it's golden brown and a bit tough and firm, remove from the oven set it out to dry a bit more while you prep your vegetables.
5. In a small mixing bowl, whisk together all of the sauce ingredients – set aside.
6. To a large skillet over medium-high heat, add sesame oil and swirl to coat. Then add veggies and toss to coat. Cook for 5-7 minutes, stirring often. When the vegetables have some color and have softened a bit, add the sauce and stir. It should bubble and thicken. Then add the tofu and stir to coat.
7. Cook the mixture for 3-5 minutes, stirring often. When veggies are cooked to your preferred doneness, remove from heat. Serve as is or over brown rice for a more filling meal.



Dinner Recipe Review

Cashew Chicken Bake

- 1 cup NOW Foods Organic Quinoa, rinsed and uncooked
- 1 cup yellow onion, minced
- 2 medium bell peppers, any color, chopped into bite-sized pieces
- 1 lb. boneless skinless chicken breast, diced into bite-sized pieces
- 1/2 cup hoisin sauce, or substitute San-J Low-sodium Soy Sauce if unable to get hoisin
- 1 tablespoon minced garlic
- 2 tablespoons San-J Low-sodium Soy Sauce or tamari, low sodium
- 1/2 tablespoon fresh ginger, minced (fresh ginger paste works, too)
- 1.25 cups water
- 1 cup NOW Foods cashews, raw or roasted work
- optional garnishes: green onion and/or sesame seeds
- Chosen Foods coconut oil cooking spray

1. Preheat oven to 375°F and spray a casserole dish with coconut oil cooking spray.
2. Place 1 cup uncooked quinoa on the bottom of the casserole dish and layer with diced onion and red pepper on top. Place sliced chicken on top of veggies.
3. Prep sauce by mixing together hoisin sauce, minced garlic, soy sauce, fresh ginger, and 1 cup of water. I used a fork to whisk everything together.
4. Evenly pour the sauce over chicken breast.
5. Bake at 375° for 45 minutes, covered. Remove from oven and add 1 cup of cashews and bake for another 10 minutes.
6. Let quinoa casserole sit for 5-10 minutes to continue thickening and cooling.
7. Garnish with green onion and/or sesame seeds before serving.



Dinner Recipe Review

Chickpea Tuna Salad

1/2 cup Cadia or Wild Planet tuna, drained
1 1/2 cup Arrowhead Mills Organic Chickpeas; cooked, rinsed and drained
2 tomatoes, chopped
1 cucumber, chopped
1 jalapeno
1 garlic clove, minced
1 cup greens, chopped
1/2 small red onion, chopped
1/2 cup olives, pitted
1 Tbsp olive oil, such as Bragg or Ellyndale
1/2 tsp dry basil
1/2 lemon, juice of
salt and pepper to taste

1. Chop all vegetables.
2. Cook, rinse and drain chickpeas
3. Rinse and drain tuna.
4. Add everything to a bowl. Add olive oil and lemon juice and combine it all.
5. Salt and pepper to taste and enjoy immediately or use the meal prep option.



Dessert Recipe Review

Chocolate Berries

30 berries or sweet cherries

1 ½ cups dairy free Enjoy Life or PASCHA chocolate chips

1. Wash the fruit, and if using cherries remove the pits from them using a cherry pitter. Set the fruit on a paper towel lined plate to dry.
2. Place the chocolate chips in a small sauce pan and heat over medium low heat, stirring occasionally until smooth and melted. (You can also use a microwave to melt the chocolate if you prefer).
3. Line a cookie sheet with waxed paper.
4. Place one fruit at a time in the melted chocolate and use a spoon to make sure it gets fully coated. Set the chocolate covered fruit on the prepared cookie sheet. You can use the spoon to drizzle a little more chocolate over each for a decoration if desired.
5. Place the finished fruit in the refrigerator for 30-45 minutes to set.
6. Store the finished fruit in the refrigerator, up to 2-3 days.



Dessert Recipe Review

Almond-Coconut Cookies

- 1 $\frac{2}{3}$ cups almond flour, such as NOW Foods or Bob's Red Mill
- $\frac{2}{3}$ cup NOW Foods cocoa powder
- $\frac{1}{4}$ teaspoon salt
- 1 stick ($\frac{1}{2}$ cup) Kerrygold Salted Butter, room temperature
- 1 $\frac{1}{4}$ cups packed Wholesome Organic Brown Sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla extract, such as Simply Organic or Cadia
- $\frac{1}{2}$ cup chopped Pascha Extra Bitter-Sweet Dark Chocolate Chips
- $\frac{1}{2}$ cup chopped NOW Foods roasted almonds
- $\frac{1}{2}$ cup Bob's Red Mill, Shredded Coconut

1. In a medium bowl, whisk together flour, cocoa, and salt.
2. In a mixer fitted with the paddle attachment, beat butter with brown sugar on medium-high speed until light & fluffy, about 5 minutes.
3. Add egg and vanilla; beat on medium speed just to combine. Reduce speed to low and slowly add flour mixture, beating until combined.
4. Fold in chocolate and almonds.
5. Shape dough into a 1-inch-thick disk, tightly wrap in plastic, and refrigerate at least 1 hour and up to 1 day.
6. Preheat oven to 350 degrees.
7. Place coconut in a shallow dish. Scoop 2 tablespoons dough and form into a ball; roll in coconut to coat. Repeat with remaining dough.
8. Place balls on parchment-lined baking sheets, 1 inch apart; pressing each lightly to flatten.
9. Bake until cookies are cracked but still slightly soft, 16 to 18 minutes. Once cooled, store in an airtight container at room temp up to 5 days.



Dessert Recipe Review

Simple Chocolate Chip Cookies

1 cup almond butter, such as Justin's or Manna Organics
1 cup semi-sweet dairy free Enjoy Life or PASCHA chocolate chips
½ cup packed Wholesome Organic Brown Sugar
2 large eggs
½ teaspoon coarse salt

1. Preheat oven to 350 degrees. In a bowl, stir together almond butter, chocolate chips, sugar, eggs, and salt until a dough forms.
2. Place 1-tablespoon mounds of dough 1 inch apart on parchment-lined baking sheets.
3. Bake cookies until puffed and tops are set, about 10 minutes.
4. Transfer to a wire rack; let cool. Cookies can be stored in an airtight container up to 3 days.



Dessert Recipe Review

x3 Chocolate Brownie Bars

3 sticks Kerrygold Salted Butter, cubed, plus more, softened, for sheet

3 cups Cadia unbleached all-purpose flour

¼ cups NOW Foods cocoa powder

1 ½ teaspoons Bob's Red Mill baking soda

½ teaspoons salt

1 pound Pascha Extra Bitter-Sweet Dark Chocolate Chips, coarsely chopped (3 cups)

1 cup NOW Foods Coconut Sugar (can substitute granulated sugar)

1 ½ cups packed Wholesome Organic Brown Sugar

3 large eggs, room temperature

2 teaspoons vanilla extract, such as Simply Organic or Cadia

8 ounces NOW Foods roasted unsalted nuts (peanuts, pecans, or walnuts),
coarsely chopped (1 ⅔ cups)

6 ounces Made in Nature dried fruits (such as apricots, mangoes or cranberries) (1 ¼ cups)

4 ounces Pascha white chocolate, coarsely chopped (¾ cup)

1. Preheat oven to 350 degrees. Brush a 13-by-18-inch rimmed baking sheet with butter.
2. In a bowl, whisk together flour, cocoa, baking soda, and salt until thoroughly combined.
3. In a large heatproof bowl set over a pot of simmering water, melt butter with 10 ounces (2 cups) bittersweet chocolate. Remove from heat; stir until smooth. Let cool 5 minutes.
4. Add both sugars, eggs, and vanilla and beat on medium speed, or whisk vigorously by hand, until thickened slightly and glossy, 2 to 3 minutes. Reduce speed to low; beat in flour mixture just until combined. Stir in two-thirds of nuts and dried fruits.
5. Transfer batter to prepared sheet, spreading evenly to edges. Sprinkle evenly with white chocolate and remaining nuts, dried fruits, and 1 cup bittersweet chocolate. Gently press toppings into batter by hand.
6. Bake until edges are puffed and just set but center is still wobbly, 20 to 23 minutes.
7. Transfer pan to a wire rack; let cool completely. Cut lengthwise into thirds, then crosswise into 1-inch-thick rectangles. Bars can be stored in an airtight container at room temperature up to 5 days, or stacked between layers of parchment in a freezer bag and frozen up to 1 month. (Thaw at room temperature before serving.)



Dessert Recipe Review

Yogurt Pops

1/2 pound of fresh berries (blueberries, blackberries or strawberries) (1 1/2 cups cut)
2 cups Maple Hill greek yogurt

1. Cut the fruit into even pieces: Depending on the size of your berries, you'll want to quarter or halve them.
2. Fold cut berries into yogurt.
3. Fill ice-pop molds and freeze until firm, at least 6 hours; store for up to 3 days.

** If you don't have ice-pop molds, use can use wax-coated paper cups, small baking tins or ice cube trays. You can also use loaf pans; For easy removal, be sure to line the pan with plastic wrap or parchment paper. After the popsicles are partially frozen insert the sticks, evenly spaced apart. Once they are fully frozen, slice into individual servings*



Dessert Recipe Review

Avocado Chocolate Mousse

- 1¼ cups unsweetened Almond Breeze almond milk or canned Cadia coconut milk
- 1 pound dairy-free dark chocolate, preferably 60% cacao, coarsely chopped
- 4 small ripe avocados—pitted, peeled and chopped
- ¼ cup NOW Foods Light Agave Syrup
- 1 tablespoon finely grated orange zest
- 2 tablespoons Arrowhead Mills Puffed Millet
- 2 teaspoons sea salt
- 1 tablespoon extra-virgin olive oil, such as Bragg or Ellyndale

1. In a small saucepan, heat the almond or coconut milk over medium-high heat until it registers 175°F on an instant-read thermometer. Remove from the heat and stir in the chopped chocolate until melted; let cool to room temperature.
2. In the bowl of a blender, combine the avocados, agave, orange zest and cooled chocolate mixture; blend on high speed until smooth.
3. To serve, divide the mousse among four bowls. Sprinkle evenly with the puffed millet, sea salt, and drizzle with the olive oil.



Dessert Recipe Review

Peanut Butter Fudge

- 1 cup Kerrygold Salted Butter
- 1 cup Once Again Organic unsweetened peanut butter add ¼ teaspoon salt if unsalted
- 8 ounces Tofutti Better Than Cream Cheese
- 1 teaspoon vanilla extract, such as Simply Organic or Cadia
- 1 cup sugar free powdered sugar or Swerve Confectioners
- ½ cup vanilla protein powder from NOW Foods (see notes)
- 1 teaspoon NOW Foods BetterStevia extract powder

1. Line a 9x9 square pan with parchment paper or grease lightly.
2. In saucepan over low heat, melt cream cheese and butter together just until combined. Remove from heat and add peanut butter. Stir until smooth..
3. Add remaining ingredients. Blend with an electric mixer until well combined. If you have trouble getting the mixture to blend, let it cool down a bit and try blending it again.
4. Pour fudge into prepared pan and spread out evenly.
5. Chill in refrigerator until set.

**If using Whey for protein powder, it can be replaced with collagen powder for a dairy-free option.
The stevia and protein powder can be omitted if you up the powdered sweetener to 2 cups.*



Snack Recipe Review

No Bake Energy Balls

- 1 cup oats, such as Bob's Red Mill or NOW Foods
- ½ cup Spectrum Essentials ground flaxseed
- ⅔ cup Once Again Organic smooth unsweetened peanut butter
- 3 tbsp Some Honey
- ½ cup semi-sweet dairy free Enjoy Life or PASCHA chocolate chips
- 1 tsp vanilla extract, such as Simply Organic or Cadia
- ¾ tsp Simply Organic ground cinnamon
- 1 tsp NOW Foods chia seeds (optional)

1. In a mixing bowl, combine all ingredients and mix thoroughly. Cover and refrigerate for 1 to 2 hours.
2. Roll the chilled mixture into balls about 1 inch in diameter. Enjoy immediately or refrigerate for up to 1 week. Makes 20.