

RECIPE MACRO & INGREDIENT summary

Common allergens are **bolded** (in grey). Substitutions are given within the list for items that appear infrequently. For frequently occurring items, the following substitutions are suggested, and are not listed: almond butter \approx sunflower seed butter, almond extract - omitted, coconut milk \approx plant-based cooking cream, coconut oil \approx neutral-flavored oil of choice, soy milk \approx pea milk, tamari \approx coconut aminos, walnuts \approx sunflower seeds.

The following ingredient substitutions can also be made to suit your preferences or access to certain products: allulose \approx granulated sweetener of choice (e.g. erythritol or erythritol blend), apple cider or rice vinegar \approx red/white wine vinegar, Dijon mustard \approx preferred mustard, Herbes de Provence \approx Italian seasoning, kala namak \approx normal salt, olive oil \approx neutral-flavored oil of choice, tamari \approx soy sauce or liquid aminos.

FV - recipe Variation

FSF - soy-free version using **bold bean** option

RECIPES	MACROS				SER	PER SERVING			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Vanilla Coconut Chia Pudding	1,078	43	74	8.6	4	270	11	19	2.1
Pumpkin Spice Chia Pudding FV	1,126	44	75	16	4	281	11	19	3.9
Chocolate Chia Pudding FV	1,195	51	80	16	4	299	13	20	3.9
Golden Milk Chia Pudding FV	1,117	44	75	15	4	279	11	19	3.6
Toffee Latté Chia Pudding FV	1,100	44	75	12	4	275	11	19	3.0
Carrot Cake Breakfast Bars	1,415	66	114	22	6	236	11	19	3.6
Fudgy Zucchini Breakfast Bars FV	1,411	64	117	22	6	235	11	19	3.6
Falafel-Inspired Breakfast Bars FV	1,416	69	115	22	6	236	12	19	3.7
Crunchy Granola Bars/Soft Cookies	5,446	215	460	51	20	272	11	23	2.5
Almond Joy Frappé	539	33	41	9.2	1	539	33	41	9.2
Fruit-Tea Smoothie (Blackberry)	173	18	5.4	7.2	1	173	18	5.4	7.2
Fruit-Tea Smoothie (Raspberry)	183	18	5.6	8.5	1	183	18	5.6	8.5
Fruit-Tea Smoothie (Strawberry)	160	18	5.2	8.6	1	160	18	5.2	8.6
Flax & Almond Flour Bread	1,342	39	111	12	6	224	6.6	18	2.0
Flax & Lupin Flour Bread	1,049	57	71	7.7	6	175	9.4	12	1.3
Flax & Peanut Flour Bread	1,213	71	75	15	6	202	12	12	2.5
Flax & Protein Powder Bread	1,235	60	87	5.4	6	206	10	15	0.9
Flax & Sesame Flour Bread	1,193	66	77	20	6	199	11	13	3.3
Hemp & Pumpkin Seed Crackers	2,108	127	153	15	12	176	11	13	1.3
Sesame & Pumpkin Seed Crackers FV	2,033	112	148	22	12	169	9.3	12	1.9
Cream of Asparagus Soup	632	18	53	12	3	211	6.0	18	4.1
Cream of Broccoli Soup	667	21	53	11	3	222	7.0	18	3.6
Cream of Celery Soup	613	14	53	10	3	204	4.8	18	3.3
Cream of Mushroom Soup	629	19	53	11	3	210	6.3	18	3.7
Cream of Zucchini Soup	626	16	53	13	3	209	5.3	18	4.3
Multi-Option Minestrone	1,253	67	86	37	5	251	13	17	7.4
Multi-Option Minestrone FSF	1,191	44	64	73	5	238	8.8	13	15
Lemon Garlic Spinach	827	19	74	22	4	207	4.8	19	5.4
Lemon Garlic Spinach Dressing	689	2.0	7.2	13	12	57	0.2	6.0	1.1
Broccoli & Cauliflower Salad	1,817	72	148	33	4	454	18	37	8.4
Broccoli & Cauliflower Salad Dressing	915	6.5	95	3.6	14	65	0.5	6.8	0.3
Broccoli & Cauliflower Salad with soy-based <i>Bacony Bits</i>	1,803	65	147	37	4	451	16	37	9.3
Unconventional Tabbouleh	2,168	90	184	33	4	542	22	46	8.4
Unconventional Tabbouleh Dressing	495	0.4	54	4.9	8	62	0.1	6.8	0.6

Vanilla Coconut Chia Pudding: allulose, chia seeds, **coconut milk** (full-fat, canned), vanilla extract, salt, **soymilk**.

Carb booster: fruit toppings

Variations: **Pumpkin Spice Chia Pudding** - pumpkin purée (canned) and pumpkin spice; **Golden Milk Chia Pudding** - cinnamon, ginger (fresh), and turmeric;

Chocolate Chia Pudding - cocoa powder; **Toffee Latté Chia Pudding** - instant coffee and liquid stevia (toffee-flavored).

Carrot Cake Breakfast Bars: allulose, **almond butter**, baking powder, carrot, cinnamon, **coconut oil**, flaxseed meal, hemp hearts, nutmeg, nutritional yeast flakes, protein powder (vanilla), pumpkin purée (canned), salt, vanilla extract, **walnuts**.

Carb booster: oats

Variations: **Fudgy Zucchini Breakfast Bars** - cocoa powder, zucchini [omit carrot, cinnamon, or nutmeg]; **Falafel-Inspired Breakfast Bars** - black pepper, cardamom, coriander, crushed red pepper flakes, cumin, garlic (fresh and powder), parsley (fresh or dried), protein powder (plain pea), olive oil, onion (fresh and powder), **tamari**, [omit allulose, coconut oil, cinnamon, nutmeg, protein powder (vanilla), or vanilla extract].

Crunchy Granola Bars/Soft Cookies: allulose, **almond butter**, **almond extract** (optional), baking powder, **Brazil nuts** or additional pumpkin seeds, chia seeds, chocolate chips, cinnamon, **coconut oil**, flaxseed meal, hemp hearts, nutritional yeast flakes, protein powder (vanilla), pumpkin seeds, salt, sesame seeds (brown or black), vanilla extract, **walnuts**.

Carb boosters: oats, cashews, or pistachios

Almond Joy Frappé: **almond butter**, **almond extract**, cocoa powder, **coconut milk** (full-fat, canned), protein powder (vanilla), **soymilk**.

Fruit-Tea Smoothie: berries (e.g. blackberries, raspberries, or strawberries), protein powder (vanilla or berry-flavored), **soymilk**, teabag (berry-flavored - optional).

Carb-booster: blueberries

Flax & Fill-in-the-Blank Bread: baking powder, flaxseed meal, nutritional yeast flakes, olive oil, psyllium husks (whole), salt, vinegar (apple cider), xanthan gum (optional), and one of the following flours: **almond**, **lupin**, **peanut** (defatted), protein powder (plain pea), or sesame seed (defatted).

Carb booster: chickpea flour

Hemp & Pumpkin Seed Crackers: baking powder, black pepper, chia seeds, hemp hearts, Herbes de Provence, nutritional yeast flakes, olive oil, protein powder (plain pea), psyllium husks (whole), pumpkin seeds, salt.

Variation: Sesame & Pumpkin Seed Crackers - sesame seeds (brown or black) [omit hemp hearts].

Cream of Vary-the-Vegetable Soup: bay leaf, bouillon cubes or vegetable broth, celery, crushed red pepper flakes, garlic, Herbes de Provence, **MCT oil powder** or additional olive oil, mushrooms (white), nutritional yeast flakes, olive oil, onion, red bell pepper, **soymilk**, **tamari**, Worcestershire sauce (optional), and one of the following main vegetables: asparagus, broccolini, celery, mushrooms, or zucchini.

Carb boosters: broccoli or green beans

Multi-Option Minestrone: bay leaf, black pepper, bouillon cubes or vegetable broth, celery, crushed red pepper flakes, cumin, garlic (fresh and powder), Herbes de Provence, mushrooms (white), nutritional yeast flakes, olive oil, onion (fresh and powder), oregano, **soybeans** or **cannellini beans**, spinach, thyme, tomatoes (canned, diced), tomato paste, either carrot or turnip, and one of the following: cauliflower, green beans, wax beans, or zucchini.

Carb-boosters: potato, rice, or pasta

Lemon Garlic Spinach: garlic, lemon juice, olive oil, oregano, salt, spinach.

Broccoli & Cauliflower Salad: allulose, *Bacony Bits*, broccoli, cauliflower, garlic, mayonnaise, mustard (Dijon), nutritional yeast flakes, onion, pumpkin seeds, vinegar (apple cider), salt.

Carb-boosters: raisins or cranberries

Unconventional Tabbouleh: cauliflower (riced or to rice), cucumber, garlic, green onions, hemp hearts, parsley (fresh), lemon juice, olive oil, olives (black), salt, sesame seeds (brown or black), spinach, tomato.

Carb-boosters: pomegranate, quinoa, or bulgur wheat

RECIPES	MACROS				SER	PER SERVING			
	CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
Lupini Caesar Salad	1,678	54	145	20	4	419	14	36	4.9
Lupini Caesar Dressing	992	15	99	8.9	18	55	0.8	5.5	0.5
Lupini Caesar Salad with soy-based Bacony Bits	1,668	51	144	22	4	417	13	36	5.4
Spicy Cabbage Slaw	893	32	66	29	4	223	8.0	16	7.2
Spicy Cabbage Slaw Dressing	432	5.5	42	5.0	8	54	0.7	5.2	0.6
Spicy Bean & Bell Pepper Salad	1,445	85	101	31	4	361	21	25	7.7
Spicy Bean & Bell Pepper Salad FSF	1,372	59	80	73	4	343	15	20	18
Hearty Homestyle Chili	2,778	201	169	77	10	278	20	17	7.7
Hearty Homestyle Chili FSF	2,565	153	125	152	10	257	15	13	15
Hearty Homestyle Chili with soy-based TVP	2,723	175	164	92	10	272	18	16	9.2
Kung Pao Beans on Cauli-Hemp Rice	1,949	126	137	40	5	390	25	27	7.9
Kung Pao Beans on Cauli-Hemp Rice FSF	1,853	98	115	78	5	371	20	23	16
Bean & Pumpkin Curry Patties	1,925	106	141	38	10	193	11	14	3.8
Bean & Pumpkin Curry Patties FSF	1,823	81	120	72	10	182	8.1	12	7.2
Eggy Tofu Salad	654	19	62	2.1	2	327	9.4	31	1.0
Seasoned Air-fryer Tofu	764	61	49	6.5	4	191	15	12	1.6
Seasoned Air-fryer Tofu Seasoning Mix	84	9.7	1.1	4.8	4	21	2.4	0.3	1.2
Coconut Kung Pao Noodle Bowl	784	21	62	21	3	261	7.1	21	7.1
Mediterranean Fauxttata Bites	1,658	86	131	22	12	138	7.1	11	1.9
Green Onion Curry Bites FV	1,551	84	121	18	12	129	7.0	10	1.5
Faux-Sheesy Broccoli Bites FV	1,622	91	122	23	12	135	7.6	10	1.9
Riced Edamame Rolls	1,091	42	84	16	6	182	7.0	14	2.7
Riced Lupini Rolls	1,087	47	80	22	6	181	7.8	13	3.6
Chickpea Risoni Rolls FSF	1,201	40	79	55	6	200	6.7	13	9.2
Riced Edamame Roll Sauce	395	1.1	41	4.4	6	66	0.2	6.9	0.7
Edamame "Rice" Mixture	384	30	18	6.3	6	64	5.1	3.0	1.0
Devilled Cucumber Slices	1,075	37	92	14	12	90	3.1	7.6	1.2
Kung Pao-ish Sauce	656	12	55	23	24	27	0.5	2.3	1.0
Kung Pao-ish Sauce made with coconut aminos (Coconut Secret)	678	2.2	55	40	24	28	0.1	2.3	1.7
Soybean Hummus	1,731	75	145	28	10	173	7.5	15	2.8
Lupini Hummus	1,525	58	128	33	10	153	5.8	13	3.3
Chickpea Hummus	1,796	71	130	70	10	180	7.1	13	7.0
Garlic Oregano Vinaigrette	992	1.0	108	3.6	12	83	0.1	9.0	0.3
MCT Ranch Dressing	457	4.9	45	4.6	10	46	0.5	4.5	0.5
Bacony Bits	462	42	30	3.1	16	29	2.6	1.9	0.2
Bacony Bits (soy-based TVP)	434	29	28	11	16	27	1.8	1.7	0.7
Salty Seasoned Seeds FV	1,109	64	85	11	16	69	4.0	5.3	0.7
Green Eggg Pâté	1,041	68	72	12	8	130	8.5	9.1	1.5
Faux-Sheesy Jalapeno Pâté FV	1,180	81	75	21	8	147	10	9.4	2.6
Shiitake Herb Pâté FV	808	43	58	16	6	135	7.2	10	2.7

Lupini Caesar Salad: Bacony Bits, Brazil nuts or hemp hearts, Flax & Lupin Bread croutons or croutons made with an a different type of Flax & Fill-in-the-Blank Bread, garlic, lemon juice, lettuce (Romaine), lupini beans (brined) or soybeans or pumpkin seeds, mayonnaise, mustard (Dijon), nutritional yeast flakes, olive oil, salt, **soymilk**.

Carb-booster: Flax & Chickpea Bread croutons

Spicy Cabbage Slaw: allulose, black pepper, cabbage (green), green onions, garlic, mustard (Dijon), nutritional yeast flakes, olive oil or mayonnaise, oregano, pumpkin seeds, salt, sriracha, **tamari**, vinegar (red or white wine).

Carb-boosters: red cabbage and carrot, or broccoli slaw

Spicy Bean & Bell Pepper Salad: allulose, bell peppers, black pepper, garlic, mustard (Dijon), nutritional yeast flakes, olive oil or mayonnaise, onion, oregano, pumpkin seeds, salt, **soybeans** or **pinto beans**, sriracha, **tamari**, vinegar (red or white wine).

Hearty Homestyle Chili: allulose, celery, chili powder, cocoa powder, cumin, garlic (fresh and powder), jalapeño slices (pickled), liquid smoke (optional), mushrooms (white), nutritional yeast flakes, olive oil, onion (fresh and powder), red bell pepper, salt, **soybeans** or **kidney beans**, tomatoes (canned, diced), tomato sauce (canned), tomato paste, TVP (preferably pea-based) or fresh plant-based ground/mince.

Carb-booster: corn (canned)

Kung Pao Beans on Cauli-Hemp Rice: cauliflower (riced or to rice), green beans, green onions, hemp hearts, Kung Pao-ish Sauce, mushrooms (white), **peanuts** (oil-roasted) or almonds or pumpkin seeds, red bell pepper, **soybeans** or **black beans**.

Carb boosters: jasmine rice, quinoa, or chickpea rice/risoni

Bean & Pumpkin Curry Patties: coconut milk (full-fat, canned), coconut oil, crushed red pepper flakes, curry powder, flaxseed meal, garam masala, garlic (fresh and powder), ginger (fresh), hemp hearts, nutritional yeast flakes, onion (fresh and powder), protein powder (plain pea), pumpkin purée (canned), salt, **soybeans** or **black beans**, **tamari**, tomatoes (canned, diced), tomato paste, **walnuts**.

Carb-booster: canned peas or sweet potato

Eggy Tofu Salad: black pepper, chives (fresh or dried), cumin, dill (fresh or dried), garlic, kala namak, mayonnaise, nutritional yeast flakes, paprika, **tofu** (extra-firm).

Seasoned Air-fryer Tofu: black pepper, cayenne pepper, cumin, garlic powder, nutritional yeast flakes, olive oil, onion powder, salt, **tamari**, **tofu** (extra-firm).

Coconut Kung Pao Noodle Bowl: bok choy, carrot, coconut milk (full-fat, canned), Kung Pao-ish Sauce, mushrooms (white), nutritional yeast flakes, sesame seeds (brown or black), shirataki noodles.

Carb boosters: broccoli and extra carrot

Variation (soup): tamari or coconut aminos, sesame oil, and lime juice [omit noodles].

Mediterranean Fauxttata Bites: baking powder, basil (fresh), black pepper, crushed red pepper flakes, cumin, garlic powder, hemp hearts, Herbes de Provence, kala namak, lemon juice, mustard (Dijon), nutritional yeast flakes, olive oil, olives (black), onion powder, paprika, protein powder (plain pea), pumpkin seeds, **soymilk**, tomatoes (sun-dried, in oil).

Variations: [omit basil, olives, and sun-dried tomatoes] **Green Onion Curry Bites** - curry powder, garam masala, garlic, ginger (fresh), green onions; **Faux-Sheesy Broccoli Bites** - broccoli, liquid smoke (optional), onion, salt [omit kala namak].

Riced Edamame Rolls: alfalfa sprouts, allulose, avocado, chia seeds, edamame (frozen, shelled) or lupini beans or chickpea risoni/rice, garlic, green onion, lemon juice, lettuce (mixed greens) or microgreens, mayonnaise, radishes, nori (sushi sheets), salt, sesame seeds (brown or black), sriracha, and vinegar (rice).

Carb-boosters: carrot, beet, red bell pepper, or mango

Devilled Cucumber Slices: black pepper, cucumber, Green Eggg Pâté, kala namak, mayonnaise, mustard (Dijon).

Kung Pao-ish Sauce: allulose, black pepper, coriander (the spice - optional), cornstarch, crushed red pepper flakes, garlic, ginger (fresh), onion, **tamari**, sesame oil, vinegar (rice).

Soybean Hummus: cumin, garlic, lemon juice, nutritional yeast flakes, olive oil, salt, **soybeans** or lupini beans or chickpeas, **soymilk**, tahini.

Garlic Oregano Vinaigrette: allulose, black pepper, garlic, mustard (Dijon), olive oil, oregano, vinegar (red or white wine).

MCT Ranch Dressing: black pepper, dill, garlic (fresh and powder), lemon juice, mayonnaise, MCT oil powder or additional mayonnaise, nutritional yeast flakes, onion powder, parsley, salt, **soymilk**, vinegar (apple cider), Worcestershire sauce (optional).

Bacony Bits: cumin, garlic powder, liquid smoke (optional), liquid stevia (preferably maple), nutritional yeast flakes, olive oil, paprika, **tamari**, TVP (preferably pea-based).

Green Eggg Pâté: agar agar, garlic powder, kala namak, nutritional yeast flakes, onion powder, pumpkin seeds.

Variations: [omit kala namak]. **Sheesy Jalapeño Pâté** - cumin, jalapeño slices (pickled), lemon juice, white or chickpea miso paste; **Shiitake Herb Pâté** - crushed red pepper flakes, garlic, Herbes de Provence, mushrooms (shiitake), olive oil, onion, **tamari**.

RECIPES	MACROS	FULL RECIPE				SER	PER SERVING			
		CALS	PRO	FAT	NC		CALS	PRO	FAT	NC
✓food - using the bold carb-booster options										
Carrot Cake Breakfast Bars ✓oats	1,423	66	107	36	6	237	11	18	6.0	
Fudgy Zucchini Breakfast Bars ✓oats	1,419	64	110	36	6	236	11	18	6.1	
Falafel-Inspired Breakfast Bars ✓oats	1,424	70	108	37	6	237	12	18	6.1	
Crunchy Granola Bars/Soft Cookies ✓oats	5,584	209	431	144	20	279	10	22	7.2	
Crunchy Granola Bars/Soft Cookies ✓cashews	5,511	223	452	79	20	276	11	23	3.9	
Crunchy Granola Bars/Soft Cookies ✓pistachios	5,481	224	451	64	20	274	11	23	3.2	
Fruit-Tea ✓Blueberry Smoothie	189	18	5.2	16	1	189	18	5.2	16	
Flax & ✓Chickpea Flour Bread	1,175	41	71	47	6	196	6.8	12	7.8	
Cream of ✓Broccoli Soup	664	19	54	17	3	221	6.5	18	5.8	
Cream of ✓Green Bean Soup	657	17	53	18	3	219	5.7	18	5.9	
Multi-Option Minestrone ✓potato	1,335	69	87	54	5	267	14	17	11	
Multi-Option Minestrone ✓pasta	1,479	75	87	81	5	296	15	17	16	
Multi-Option Minestrone ✓rice	1,377	70	87	61	5	275	14	17	12	
Broccoli & Cauliflower Salad ✓cranberries	1,981	72	148	75	4	495	18	37	19	
Broccoli & Cauliflower Salad ✓raisins	1,979	73	148	74	4	495	18	37	18	
Unconventional Tabbouleh ✓pomegranate	2,234	91	185	45	4	559	23	46	11	
Unconventional Tabbouleh ✓quinoa	2,298	94	178	71	4	575	23	44	18	
Unconventional Tabbouleh ✓bulgar	2,229	91	175	64	4	557	23	44	16	
Lupini Caesar Salad ✓croutons made with Flax & Chickpea Flour Bread	1,720	49	145	33	4	430	12	36	8.2	
Spicy Cabbage Slaw ✓red cabbage and carrot	938	33	66	38	4	235	8.2	17	9.5	
Spicy Cabbage Slaw ✓broccoli slaw	984	44	68	36	4	246	11	17	9.1	
Hearty Homestyle Chili ✓corn	2,888	205	171	97	10	289	20	17	9.7	
Kung Pao Beans on Cauli-Hemp Rice ✓rice	2,124	127	137	81	5	425	25	27	16	
Kung Pao Beans on Cauli-Hemp Rice ✓quinoa	2,034	124	127	81	5	407	25	25	16	
Kung Pao Beans on Cauli-Hemp Rice ✓chickpea rice/risoni	1,974	128	118	81	5	395	26	24	16	
Bean & Pumpkin Curry Patties ✓peas	2,028	113	142	50	10	203	11	14	5.0	
Bean & Pumpkin Curry Patties ✓sweet potato	1,977	106	141	51	10	198	11	14	5.1	
Coconut Kung Pao Noodle Bowl ✓broccoli and extra carrot	843	23	62	31	3	281	7.8	21	10	
Riced Edamame Rolls ✓carrot	1,145	44	84	25	6	191	7.3	14	4.2	
Riced Edamame Rolls ✓beet	1,131	44	84	22	6	188	7.3	14	3.7	
Riced Edamame Rolls ✓red bell pepper	1,126	44	84	22	6	188	7.3	14	3.6	
Riced Edamame Rolls ✓mango	1,153	43	84	30	6	192	7.2	14	4.9	
✓food - nut/peanut-free options										
Carrot Cake Breakfast Bars ✓sunflower seeds	1,416	71	109	20	6	236	12	18	3.4	
Fudgy Zucchini Breakfast Bars ✓sunflower seeds	1,412	69	111	21	6	235	11	19	3.4	
Falafel-Inspired Breakfast Bars ✓sunflower seeds	1,417	74	109	21	6	236	12	18	3.5	
Crunchy Granola Bars/Soft Cookies ✓extra pumpkin and sunflower seeds	5,468	236	448	49	20	273	12	22	2.4	
Almond Joy Frappé ✓sunflower seed butter (no almond extract)	553	34	42	7.8	1	553	34	42	7.8	
Lupini Caesar Salad ✓hemp hearts	1,664	58	142	20	4	416	14	35	5.0	
Kung Pao Beans on Cauli-Hemp Rice ✓almonds	1,901	119	133	41	5	380	24	27	8.2	
Kung Pao Beans on Cauli-Hemp Rice ✓pumpkin seeds	1,989	134	135	39	5	398	27	27	7.9	
Bean & Pumpkin Curry Patties ✓sunflower seeds	1,870	108	133	40	10	187	11	13	4.0	