



HOTT Plant-Based Student Athlete Program



High Octane Training and Therapy
<https://highoctanetraining.ca/>

This program was created with the following key considerations:

Energy

Eating enough calories enhances athletic performance by decreasing fatigue and the risk of disease and injury. It also enables athletes to optimize training and recover faster. Energy requirements for adolescents are variable depending on age, activity level, growth rate, and stage of physical maturity.

Macronutrients

Macronutrients, such as carbohydrates, protein, and fats, provide the fuel for physical activity and sports participation. An ideal diet for student athletes comprises over 40% carbohydrates, 10% to 30% protein, and over 25% fat. Timing of food consumption is important to optimize performance. The program includes meals and snacks planned throughout the day with recovery foods consisting of easy-to-digest carbohydrates and protein to allow muscles to rebuild and ensure proper recovery.











































Calcium

Calcium is important for bone health, normal enzyme activity, and muscle contraction. The daily recommended intake of calcium is over 1000 mg/day. Calcium is found in a variety of foods and beverages in this program, including fortified milk and grain products, coconut yogurt, almond butter, and tofu.

Iron

Iron is important for oxygen delivery to body tissues. During adolescence, more iron is required to support growth as well as increases in blood volume and lean muscle mass. Adolescents 14 to 18 years of age require up to 11 mg/day for males and 15 mg/day for females. Iron-rich foods in this program include tofu, seeds, leafy green vegetables, and fortified whole grains.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Vanilla Protein Yogurt Parfait	 Vanilla Protein Yogurt Parfait	 Vanilla Protein Yogurt Parfait	 Toast with Almond Butter & Peaches	 Toast with Almond Butter & Peaches	 Coconut Yogurt Chia Pudding	 Coconut Yogurt Chia Pudding
Snack 1	 Dark Chocolate & Pistachios	 Creamy Blueberry Smoothie	 Berry Avocado Smoothie	 Peanut Butter Bagel & Berries Breakfast Box	 Berry Avocado Smoothie	 Peanut Butter & Pretzels	 Strawberry Almond Protein Smoothie
		 Clean Trail Mix	 Pistachios		 Pistachios		 Clean Trail Mix
Lunch	 Hummus & Veggie Wrap	 Greek Pasta Mason Jar Salad	 Hummus & Veggie Wrap	 Carrot, Hummus & Arugula Wrap	 Smashed Chickpea Salad Wrap	 Tofu Veggie Wrap	 Almond Butter & Banana Sandwich
Snack 2	 Creamy Blueberry Smoothie	 Dark Chocolate & Pistachios	 Peanut Butter Bagel & Berries Breakfast Box	 Berry Avocado Smoothie	 Peanut Butter Bagel & Berries Breakfast Box	 Strawberry Almond Protein Smoothie	 Peanut Butter & Pretzels
	 Clean Trail Mix			 Pistachios		 Clean Trail Mix	
Dinner	 Greek Pasta Mason Jar Salad	 Hummus & Veggie Wrap	 Carrot, Hummus & Arugula Wrap	 Smashed Chickpea Salad Wrap	 Tofu Veggie Wrap	 Almond Butter & Banana Sandwich	 Tofu Veggie Wrap



Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 41%	Fat	<div><div></div></div> 41%
Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 46%	Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 43%
Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 16%
Calories	2325	Calories	2325	Calories	2464	Calories	2557	Calories	2515	Calories	2452	Calories	2452
Fat	125g	Fat	125g	Fat	133g	Fat	116g	Fat	106g	Fat	116g	Fat	116g
Saturated	34g	Saturated	34g	Saturated	32g	Saturated	22g	Saturated	19g	Saturated	16g	Saturated	16g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	24g	Polyunsaturated	24g	Polyunsaturated	29g	Polyunsaturated	25g	Polyunsaturated	19g	Polyunsaturated	38g	Polyunsaturated	38g
Monounsaturated	36g	Monounsaturated	36g	Monounsaturated	35g	Monounsaturated	33g	Monounsaturated	30g	Monounsaturated	49g	Monounsaturated	49g
Carbs	248g	Carbs	248g	Carbs	257g	Carbs	301g	Carbs	304g	Carbs	280g	Carbs	280g
Fiber	56g	Fiber	56g	Fiber	57g	Fiber	58g	Fiber	55g	Fiber	49g	Fiber	49g
Sugar	53g	Sugar	53g	Sugar	72g	Sugar	77g	Sugar	80g	Sugar	55g	Sugar	55g
Protein	90g	Protein	90g	Protein	92g	Protein	98g	Protein	106g	Protein	102g	Protein	102g
Cholesterol	7mg	Cholesterol	7mg	Cholesterol	11mg	Cholesterol	9mg	Cholesterol	9mg	Cholesterol	4mg	Cholesterol	4mg
Sodium	1372mg	Sodium	1372mg	Sodium	2180mg	Sodium	2635mg	Sodium	3301mg	Sodium	2899mg	Sodium	2899mg
Potassium	3123mg	Potassium	3123mg	Potassium	3253mg	Potassium	3177mg	Potassium	3145mg	Potassium	3512mg	Potassium	3512mg
Vitamin A	7378IU	Vitamin A	7378IU	Vitamin A	17539IU	Vitamin A	17549IU	Vitamin A	12802IU	Vitamin A	6889IU	Vitamin A	6889IU
Vitamin C	188mg	Vitamin C	188mg	Vitamin C	209mg	Vitamin C	149mg	Vitamin C	179mg	Vitamin C	229mg	Vitamin C	229mg
Calcium	1519mg	Calcium	1519mg	Calcium	1860mg	Calcium	1428mg	Calcium	1708mg	Calcium	2170mg	Calcium	2170mg
Iron	22mg	Iron	22mg	Iron	18mg	Iron	22mg	Iron	23mg	Iron	22mg	Iron	22mg
Vitamin D	0IU	Vitamin D	0IU	Vitamin D	101IU	Vitamin D	101IU	Vitamin D	101IU	Vitamin D	151IU	Vitamin D	151IU
Vitamin E	10mg	Vitamin E	10mg	Vitamin E	14mg	Vitamin E	19mg	Vitamin E	18mg	Vitamin E	24mg	Vitamin E	24mg
Vitamin K	185µg	Vitamin K	185µg	Vitamin K	184µg	Vitamin K	275µg	Vitamin K	409µg	Vitamin K	189µg	Vitamin K	189µg
Vitamin B6	1.7mg	Vitamin B6	1.7mg	Vitamin B6	1.9mg	Vitamin B6	1.6mg	Vitamin B6	1.6mg	Vitamin B6	1.8mg	Vitamin B6	1.8mg
Vitamin B12	5.0µg	Vitamin B12	5.0µg	Vitamin B12	6.6µg	Vitamin B12	3.6µg	Vitamin B12	3.6µg	Vitamin B12	2.0µg	Vitamin B12	2.0µg
Magnesium	596mg	Magnesium	596mg	Magnesium	565mg	Magnesium	550mg	Magnesium	481mg	Magnesium	667mg	Magnesium	667mg
Zinc	12mg	Zinc	12mg	Zinc	11mg	Zinc	11mg	Zinc	10mg	Zinc	10mg	Zinc	10mg





Fruits

- ☐ 1 1/2 Avocado
- ☐ 3 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 2 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 2 Peach
- ☐ 4 1/2 cups Strawberries

Breakfast

- ☐ 2/3 cup All Natural Peanut Butter
- ☐ 1 cup Almond Butter
- ☐ 3 tbsps Cashew Butter
- ☐ 3/4 cup Granola

Seeds, Nuts & Spices

- ☐ 2/3 cup Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 2 cups Clean Trail Mix
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 2 1/2 cups Pistachios, In Shell
- ☐ 1/8 tsp Sea Salt

Frozen

- ☐ 3 Brown Rice Tortilla
- ☐ 1 1/2 cups Frozen Berries
- ☐ 2 cups Frozen Blueberries
- ☐ 2 3/4 cups Frozen Cauliflower
- ☐ 2 1/2 cups Frozen Strawberries

Vegetables

- ☐ 4 cups Arugula
- ☐ 3 cups Baby Spinach
- ☐ 2 3/4 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 1/2 Cucumber
- ☐ 1/4 cup Parsley
- ☐ 1 1/2 cups Purple Cabbage
- ☐ 3/4 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 10 leaves Romaine
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 1 1/2 cups Brown Rice Fusilli, Cooked
- ☐ 2 1/2 cups Chickpeas
- ☐ 112 grams Pretzels

Baking

- ☐ 50 grams Dark Chocolate

Bread, Fish, Meat & Cheese

- ☐ 340 grams Gluten-Free Bagel
- ☐ 396 grams Sourdough Bread
- ☐ 423 grams Tofu
- ☐ 7 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 1/2 tbsps Balsamic Vinegar
- ☐ 2 tbsps Dijon Mustard
- ☐ 1 1/2 tsps Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 3 tbsps Tamari

Cold

- ☐ 1 1/4 cups Hummus
- ☐ 3 cups Plain Coconut Milk
- ☐ 3 cups Unsweetened Almond Milk
- ☐ 5 cups Unsweetened Coconut Yogurt

Other

- ☐ 2 1/8 cups Vanilla Protein Powder
- ☐ 2 cups Water



Vanilla Protein Yogurt Parfait

3 servings

5 minutes

Ingredients

3 cups Unsweetened Coconut Yogurt
1/3 cup Vanilla Protein Powder
1 1/2 cups Frozen Strawberries
3/4 cup Granola
3 tbsps Cashew Butter

Nutrition

Amount per serving	
Calories	435
Fat	23g
Saturated	9g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	44g
Fiber	9g
Sugar	12g
Protein	18g
Cholesterol	2mg
Sodium	81mg
Potassium	476mg
Vitamin A	56IU
Vitamin C	46mg
Calcium	604mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	4µg
Vitamin B6	0.3mg
Vitamin B12	3.0µg
Magnesium	128mg
Zinc	3mg

Directions

- 1 In a bowl, mix together the coconut yogurt and protein powder.
- 2 In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

Notes

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

Nut-Free: Omit the cashew butter or use tahini or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Use collagen powder instead or omit.



Toast with Almond Butter & Peaches

1 serving

5 minutes

Ingredients

2 1/2 tbsps Almond Butter
99 grams Sourdough Bread (toasted)
1 Peach (sliced)
1/8 tsp Cinnamon

Nutrition

Amount per serving	
Calories	547
Fat	22g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	13g
Carbs	70g
Fiber	8g
Sugar	14g
Protein	19g
Cholesterol	0mg
Sodium	479mg
Potassium	579mg
Vitamin A	490IU
Vitamin C	12mg
Calcium	148mg
Iron	5mg
Vitamin D	0IU
Vitamin E	11mg
Vitamin K	4µg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	123mg
Zinc	2mg

Directions

- 1 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Gluten-Free: Use gluten-free bread instead.

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

Likes it Sweet: Add honey.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Coconut Yogurt Chia Pudding

2 servings

30 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/3 cup Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	415
Fat	28g
Saturated	5g
Trans	0g
Polyunsaturated	12g
Monounsaturated	9g
Carbs	36g
Fiber	18g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	74mg
Potassium	498mg
Vitamin A	175IU
Vitamin C	46mg
Calcium	692mg
Iron	5mg
Vitamin D	25IU
Vitamin E	6mg
Vitamin K	2µg
Vitamin B6	0.1mg
Vitamin B12	1.4µg
Magnesium	82mg
Zinc	1mg

Directions

- 1 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes, until thickened.
- 3 Remove from the fridge and stir in the almond butter. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 cup of chia pudding.

Nut-Free: Use tahini and coconut milk instead of almond butter and almond milk.

More Flavor: Add a pinch of cinnamon or vanilla.

Likes it Sweeter: Add a drizzle of honey or maple syrup.

No Coconut Yogurt: Use regular yogurt or Greek yogurt.



Dark Chocolate & Pistachios

2 servings

5 minutes

Ingredients

50 grams Dark Chocolate (at least 70% cacao)

1 cup Pistachios, In Shell

Directions

- 1 Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	468
Fat	37g
Saturated	10g
Trans	0g
Polyunsaturated	0g
Monounsaturated	3g
Carbs	27g
Fiber	9g
Sugar	10g
Protein	14g
Cholesterol	1mg
Sodium	221mg
Potassium	179mg
Vitamin A	10IU
Vitamin C	0mg
Calcium	58mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	2µg
Vitamin B6	0mg
Vitamin B12	0.1µg
Magnesium	57mg
Zinc	1mg



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Potassium	555mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	47µg
Vitamin B6	0.4mg
Vitamin B12	1.9µg
Magnesium	79mg

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Zinc	2mg
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Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Saturated	6g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g
Cholesterol	4mg
Sodium	95mg
Potassium	887mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	684mg
Iron	3mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	20µg
Vitamin B6	0.5mg
Vitamin B12	3.6µg

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Magnesium	84mg
Zinc	2mg



Pistachios

3 servings

1 minute

Ingredients

1 1/2 cups Pistachios, In Shell

Directions

- 1 Divide into bowls, peel and enjoy!

Nutrition

Amount per serving	
Calories	318
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	16g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	216mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	40mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg



Peanut Butter & Pretzels

2 servings

5 minutes

Ingredients

112 grams Pretzels (salted)
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	408
Fat	18g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	52g
Fiber	4g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	700mg
Potassium	305mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	31mg
Iron	3mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	2µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg

Directions

- 1 Add the pretzels and peanut butter to a plate and enjoy!

Notes

Nut-Free: Use sunflower seed butter, tahini or pumpkin seed butter instead of peanut butter.

No Pretzels: Use rice cakes, crackers, celery or carrot sticks instead.



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Saturated	1g
Trans	0g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Potassium	1094mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Vitamin D	126IU
Vitamin E	6mg
Vitamin K	5µg
Vitamin B6	0.7mg
Vitamin B12	0.6µg
Magnesium	194mg
Zinc	3mg

Directions

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

Notes

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

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Hummus & Veggie Wrap

3 servings

5 minutes

Ingredients

- 3 Whole Wheat Tortilla (large)
- 3/4 cup Hummus
- 6 leaves Romaine (large, whole)
- 3/4 Avocado (sliced)
- 3/4 Cucumber (sliced)
- 3/4 Red Bell Pepper (sliced)

Nutrition

Amount per serving	
Calories	382
Fat	23g
Saturated	5g
Trans	0g
Polyunsaturated	7g
Monounsaturated	9g
Carbs	39g
Fiber	13g
Sugar	5g
Protein	11g
Cholesterol	0mg
Sodium	526mg
Potassium	855mg
Vitamin A	5978IU
Vitamin C	47mg
Calcium	168mg
Iron	4mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	98µg
Vitamin B6	0.5mg
Vitamin B12	0µg
Magnesium	117mg
Zinc	2mg

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Notes

Gluten-Free: Use a brown rice tortilla instead.

Oil-Free: Use an oil-free hummus.

More Flavor: Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating: Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



Clean Trail Mix

4 servings

2 minutes

Ingredients

2 cups Clean Trail Mix

Nutrition

Amount per serving	
Calories	347
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	9g
Carbs	34g
Fiber	0g
Sugar	0g
Protein	10g
Cholesterol	0mg
Sodium	172mg
Potassium	514mg
Vitamin A	14IU
Vitamin C	1mg
Calcium	59mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	119mg
Zinc	2mg

Directions

- 1 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2 Pour into bowl and snack away!



Peanut Butter Bagel & Berries Breakfast Box

3 servings

5 minutes

Ingredients

1/3 cup All Natural Peanut Butter
340 grams Gluten-Free Bagel (sliced in half)
1 1/2 cups Strawberries (chopped)
1 1/2 cups Blueberries

Nutrition

Amount per serving	
Calories	604
Fat	24g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	90g
Fiber	6g
Sugar	28g
Protein	13g
Cholesterol	5mg
Sodium	699mg
Potassium	347mg
Vitamin A	49IU
Vitamin C	52mg
Calcium	176mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	16µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	68mg
Zinc	1mg

Directions

- 1 Spread the peanut butter evenly overtop the bagel slices.
- 2 Arrange the peanut butter bagel, strawberries, and blueberries in a container. Enjoy!

Notes

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

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Toast the bagel before spreading the peanut butter. Top with hemp seeds or pumpkin seeds.

No Bagel: Use bread, crackers, waffles, or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113-grams.



Greek Pasta Mason Jar Salad

2 servings

20 minutes

Ingredients

2 tbsps Red Onion (small, minced)
1 1/2 tbsps Balsamic Vinegar
1 1/2 tbsps Extra Virgin Olive Oil
1 cup Chickpeas (cooked)
1/2 cup Pitted Kalamata Olives (halved)
1 cup Cherry Tomatoes (halved)
1 1/2 cups Brown Rice Fusilli, Cooked
2 cups Arugula

Nutrition

Amount per serving	
Calories	372
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	63g
Fiber	10g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	269mg
Potassium	544mg
Vitamin A	1228IU
Vitamin C	15mg
Calcium	120mg
Iron	6mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	34µg
Vitamin B6	0.3mg

Directions

- 1 In a bowl, combine the red onion, balsamic vinegar and olive oil.
- 2 Divide the dressing into jars and top with equal amounts of chickpeas, olives, tomatoes, fusilli, and arugula. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

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

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper or your choice of herbs and spices.

Additional Toppings: Feta cheese, minced garlic, cucumber, and/or bell peppers.

No Balsamic Vinegar: Use red wine vinegar instead.



Vitamin B12	0µg
Magnesium	96mg
Zinc	2mg



Carrot, Hummus & Arugula Wrap

2 servings

5 minutes

Ingredients

2 Carrot (large, grated)
1/2 cup Hummus
2 tbsps Hemp Seeds
2 Whole Wheat Tortilla (large)
2 cups Arugula

Nutrition

Amount per serving	
Calories	358
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	10g
Monounsaturated	5g
Carbs	35g
Fiber	10g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	563mg
Potassium	688mg
Vitamin A	10683IU
Vitamin C	7mg
Calcium	188mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	46µg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	168mg
Zinc	3mg

Directions

- 1 In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
- 2 Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

Notes

Leftovers: Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

More Flavor: Add everything bagel seasoning or your choice of herbs and spices.

Additional Toppings: Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.



Smashed Chickpea Salad Wrap

2 servings

10 minutes

Ingredients

- 1 1/2 cups Chickpeas
- 2 tbsps Dijon Mustard
- 2 tbsps Lemon Juice
- 1/8 tsp Sea Salt
- 2 tbsps Red Onion (finely chopped)
- 1/4 cup Parsley (finely chopped)
- 2 Whole Wheat Tortilla (large)
- 4 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	363
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	57g
Fiber	15g
Sugar	8g
Protein	16g
Cholesterol	0mg
Sodium	583mg
Potassium	676mg
Vitamin A	5554IU
Vitamin C	21mg
Calcium	192mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	189µg
Vitamin B6	0.4mg

Directions

- 1 Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
- 2 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers: Store components separately in the fridge until ready to assemble and serve.

Gluten-Free: Use a gluten-free or brown rice tortilla.

Serving Size: One serving is equal to one wrap.



Vitamin B12	0µg
Magnesium	107mg
Zinc	3mg



Tofu Veggie Wrap

3 servings

25 minutes

Ingredients

423 grams Tofu (extra firm, pressed, sliced)
3 tbsps Tamari
3 Brown Rice Tortilla
3 cups Baby Spinach
3/4 Cucumber (julienned)
3/4 Carrot (julienned)
1 1/2 cups Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	316
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	38g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	1229mg
Potassium	656mg
Vitamin A	5936IU
Vitamin C	37mg
Calcium	468mg
Iron	5mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	180µg
Vitamin B6	0.4mg
Vitamin B12	0µg

Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

Notes

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

More Flavor: Add additional tamari or sesame oil to the wrap.

Additional Toppings: Sesame seeds, avocado, mushrooms or bell peppers.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread.

No Tofu: Use tempeh or edamame.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Magnesium	99mg
Zinc	2mg



Almond Butter & Banana Sandwich

2 servings

5 minutes

Ingredients

- 1/4 cup Almond Butter
- 198 grams Sourdough Bread
- 1 Banana (sliced into rounds)

Nutrition

Amount per serving	
Calories	492
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	67g
Fiber	7g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	480mg
Potassium	445mg
Vitamin A	38IU
Vitamin C	7mg
Calcium	111mg
Iron	4mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	0µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	103mg
Zinc	1mg

Directions

- 1 Spread the almond butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

Gluten-Free: Use gluten free bread.

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

More Flavor: Add a dash of cinnamon.

Likes it Sweet: Add honey.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.