

Renew & Restore Meal Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Coconut Yogurt Chia Pudding	Coconut Yogurt Chia Pudding	Coconut Yogurt Chia Pudding	Strawberry Almond Protein Smoothie	Strawberry Almond Protein Smoothie	Savory Golden Oats	Savory Golden Oats
Snack 1	Banana	Toasted Trail Mix	Pear & Walnuts	Roasted Edamame	Pear & Walnuts	Almond, Chia & Banana Toast	Pear & Walnuts
	Almonds						
Lunch	Mushroom & Edamame Stir Fry	Thai Cauliflower & Sweet Potato Curry	Mushroom & Edamame Stir Fry	One Pan Tempeh & Veggies	Chickpea Tikka Masala with Couscous	One Pan Tofu, Brussels Sprouts & Cauliflower	Japanese Eggplant & Tofu Stir Fry
Snack 2	Toasted Trail Mix	Banana	Toasted Trail Mix	Pear & Walnuts	Roasted Edamame	Roasted Edamame	Almond, Chia & Banana Toast
		Almonds					
Dinner	Thai Cauliflower & Sweet Potato Curry	Mushroom & Edamame Stir Fry	One Pan Tempeh & Veggies	Chickpea Tikka Masala with Couscous	One Pan Tofu, Brussels Sprouts & Cauliflower	Japanese Eggplant & Tofu Stir Fry	One Pan Tofu, Brussels Sprouts & Cauliflower

Renew & Restore Meal Program

65 items

Fruits

- ☐ **8** Banana
- ☐ **1 1/2 tbsps** Lime Juice
- ☐ **4** Pear
- ☐ **3 cups** Strawberries

Breakfast

- ☐ **3/4 cup** Almond Butter
- ☐ **1 1/2 tsps** Maple Syrup

Seeds, Nuts & Spices

- ☐ **1 3/4 cups** Almonds
- ☐ **2/3 cup** Chia Seeds
- ☐ **1/2 tsp** Cinnamon
- ☐ **1/2 tsp** Cumin
- ☐ **1 1/2 tsps** Curry Powder
- ☐ **1 tsp** Garam Masala
- ☐ **1/2 tsp** Garlic Powder
- ☐ **2 tbsps** Ground Flax Seed
- ☐ **1 tsp** Onion Powder
- ☐ **1 tsp** Oregano
- ☐ **1/3 cup** Pumpkin Seeds
- ☐ **3/4 cup** Raw Peanuts
- ☐ **2 1/16 tsps** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **1 2/3 tbsps** Sesame Seeds
- ☐ **1 tsp** Turmeric
- ☐ **1 cup** Walnuts

Frozen

- ☐ **6 1/2 cups** Frozen Edamame
- ☐ **1 1/2 cups** Frozen Strawberries

Vegetables

- ☐ **2 cups** Baby Spinach
- ☐ **4 cups** Broccoli
- ☐ **1 1/2 cups** Brussels Sprouts
- ☐ **1 1/2 heads** Cauliflower
- ☐ **3 cups** Cauliflower Rice
- ☐ **2 tbsps** Cilantro
- ☐ **15** Cremini Mushrooms
- ☐ **2** Eggplant
- ☐ **8 1/2** Garlic
- ☐ **3 tbsps** Ginger
- ☐ **1 1/2 cups** Kale Leaves
- ☐ **1 1/2** Red Bell Pepper
- ☐ **1** Red Hot Chili Pepper
- ☐ **1/2** Sweet Potato
- ☐ **1/3 cup** Thai Basil
- ☐ **1** Yellow Onion

Boxed & Canned

- ☐ **1/2 cup** Canned Coconut Milk
- ☐ **2 cups** Chickpeas
- ☐ **1/4 cup** Couscous
- ☐ **3/4 cup** Crushed Tomatoes
- ☐ **3/4 cup** Dry Red Lentils
- ☐ **5 3/4 cups** Vegetable Broth

Baking

- ☐ **1 1/2 tbsps** Arrowroot Powder
- ☐ **1 tsp** Nutritional Yeast
- ☐ **1 cup** Oats
- ☐ **1/3 cup** Raisins

Bread, Fish, Meat & Cheese

- ☐ **4 slices** Gluten Free Bread
- ☐ **9 ozs** Tempeh
- ☐ **1 3/4 lbs** Tofu

Condiments & Oils

- ☐ **3 1/2 tbsps** Avocado Oil
- ☐ **1/4 cup** Balsamic Vinegar
- ☐ **2 tbsps** Dijon Mustard
- ☐ **2 tbsps** Extra Virgin Olive Oil
- ☐ **2 1/4 tsps** Sesame Oil
- ☐ **1/3 cup** Tamari
- ☐ **1 tbsp** Thai Red Curry Paste

Cold

- ☐ **3 1/4 cups** Unsweetened Almond Milk
- ☐ **1 1/2 cups** Unsweetened Coconut Yogurt

Other

- ☐ **1/2 cup** Vanilla Protein Powder
- ☐ **2 tbsps** Water

Coconut Yogurt Chia Pudding

5 ingredients · 30 minutes · 3 servings



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.

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

3/4 cup Unsweetened Almond Milk

1 1/2 cups Frozen Strawberries

1/4 cup Almond Butter

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



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.

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

Savory Golden Oats

9 ingredients · 20 minutes · 2 servings



Directions

1. Bring the vegetable broth to a gentle boil over medium-high heat.
2. Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
3. Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.

More Flavor

Add red pepper flakes, fresh ground black pepper or fresh garlic.

Additional Toppings

Fresh herbs, green onions, diced tomatoes or sesame seeds.

No Vegetable Broth

Use water instead and increase the sea salt to taste.

Ingredients

- 4 cups** Vegetable Broth
- 1 cup** Oats (rolled)
- 1/2 cup** Dry Red Lentils
- 1 tsp** Onion Powder
- 1 tsp** Turmeric
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt
- 2 cups** Baby Spinach
- 1 tsp** Nutritional Yeast (optional)

Banana

1 ingredient · 1 minute · 2 servings



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

2 Banana

Almonds

1 ingredient · 2 minutes · 2 servings



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

1/2 cup Almonds (raw)

Pear & Walnuts

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor

Season the pear with cinnamon.

Ingredients

1 Pear

1/4 cup Walnuts

Roasted Edamame

3 ingredients · 45 minutes · 3 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Ingredients

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

Almond, Chia & Banana Toast

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead.

No Chia Seeds

Use hemp seeds instead.

No Almond Butter

Use another nut butter instead.

Ingredients

2 tbsps Almond Butter

2 slices Gluten-Free Bread (toasted)

1 tbsp Chia Seeds

1/4 tsp Cinnamon

1 Banana (sliced)

Mushroom & Edamame Stir Fry

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat the sesame oil in a large pan or skillet over medium-high heat.
2. Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
3. Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
4. Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
5. Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
6. To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings

Asian-style hot sauce or sesame seeds.

No Cauliflower Rice

Use white rice, brown rice or quinoa instead.

No Kale

Use spinach or Swiss chard instead.

Ingredients

- 2 1/4 **tsps** Sesame Oil
- 15 Cremini Mushrooms (sliced)
- 3/4 Yellow Onion (small, sliced)
- 1 1/2 **cups** Kale Leaves (finely chopped)
- 3 **cups** Frozen Edamame (thawed)
- 3 **tbsps** Vegetable Broth
- 3 **tbsps** Tamari
- 1 1/2 **tbsps** Ginger (fresh, finely grated)
- 3 Garlic (clove, minced)
- 3 **cups** Cauliflower Rice

Toasted Trail Mix

5 ingredients · 10 minutes · 3 servings



Directions

1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serve it With

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo

Replace peanuts with another type of nut or seed.

Storage

Refrigerate in an air-tight container.

Other Add-Ins

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Ingredients

3/4 cup Almonds (raw)

1/8 tsp Sea Salt (omit if using salted nuts)

3/4 cup Raw Peanuts

1/3 cup Pumpkin Seeds

1/3 cup Raisins

Thai Cauliflower & Sweet Potato Curry

11 ingredients · 35 minutes · 2 servings



Directions

1. Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
2. Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
3. Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
4. Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 2 cups of curry.

More Flavor

Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With

Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.

Ingredients

- 1/4 Yellow Onion (chopped)
- 1 1/2 Garlic (clove, minced)
- 1 1/2 **tsps** Ginger (fresh, grated or minced)
- 2 **tbsps** Water
- 1 **tbsp** Thai Red Curry Paste
- 3/4 **cup** Vegetable Broth
- 1/2 **cup** Canned Coconut Milk (full fat)
- 1/4 **cup** Dry Red Lentils
- 1/2 **head** Cauliflower (small, chopped into florets)
- 1/2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 **tbsps** Cilantro (chopped, optional for garnish)

One Pan Tempeh & Veggies

11 ingredients · 50 minutes · 2 servings



Directions

1. Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
2. Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
3. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
4. Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
5. Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Fresh herbs or green onion.

Serve It With

Brown rice, quinoa or cauliflower rice.

Vegetables

Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

No Vegetable Broth

Use water instead.

Ingredients

1/4 cup Balsamic Vinegar
2 tbsps Dijon Mustard
2 tbsps Vegetable Broth
2 Garlic (clove, minced)
1 tsp Oregano
3/4 tsp Sea Salt
9 ozs Tempeh (cut into thin strips)
2 cups Broccoli (cut into florets)
1/2 cup Frozen Edamame (thawed)
1/4 head Cauliflower (cut into florets)
1/2 Red Bell Pepper (chopped)

Chickpea Tikka Masala with Couscous

11 ingredients · 45 minutes · 2 servings



Directions

1. In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
2. Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
3. Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
4. If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

Notes

Gluten-Free

Omit the couscous and serve with quinoa or brown rice instead.

Storage

Refrigerate in an airtight container up to 5 days.

Make It Creamy

Add coconut milk.

Ingredients

- 1 **tblsp** Ginger (grated)
- 1 **1/2 tsps** Curry Powder
- 1/2 **tsp** Cumin
- 1 **tsp** Garam Masala
- 2 **cups** Chickpeas
- 2 **cups** Broccoli (chopped into florets)
- 1 Red Bell Pepper (stem and seeds removed, chopped)
- 3/4 **cup** Crushed Tomatoes
- 3/4 **cup** Vegetable Broth
- 1/2 **tsp** Sea Salt
- 1/4 **cup** Couscous (dry, uncooked)

One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
2. Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
3. Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Ingredients

- 1 1/2 lbs Tofu (extra firm, drained)
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Avocado Oil
- 1 1/2 tsps Maple Syrup
- 1 1/2 tbsps Arrowroot Powder
- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 3/4 head Cauliflower (chopped into florets)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Seeds

Japanese Eggplant & Tofu Stir Fry

9 ingredients · 20 minutes · 2 servings



Directions

1. In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
2. In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
3. Divide between plates, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is roughly 1 cup of eggplant and tofu.

Like it Sweet

Add a touch of maple syrup or honey.

No Lime Juice

Use rice vinegar instead.

Additional Toppings

Serve over top of rice, cauliflower rice or quinoa.

Ingredients

- 2 **tbsps** Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 5 **2/3 ozs** Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 **tsps** Sesame Seeds
- 1/3 **cup** Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 **1/2 tbsps** Lime Juice
- 2 **tsps** Tamari