

These recipes are flexible enough for you to decide you're own proportions of ingredients.

RECIPES

Quinoa Lentil Salad

Quinoa (cooked)
Lentils (canned)
Olive oil
Lemon juice
Spices: cumin, garlic powder, salt, pepper

- In a large bowl, combine cooked quinoa, and lentils
- Drizzle with olive oil and lemon juice.
- Season with cumin, garlic powder, salt, and pepper to taste.
- Toss well and serve as a nutritious meal or side.

Chia Oat Pudding

Oats
Chia seeds
Plant-based milk (coconut milk, almond milk, etc.)
Vanilla extract
Walnuts

- In a bowl or jar, combine 1/2 cup oats, 2 tablespoons chia seeds, and 1 cup plant-based milk.
- Add a splash of vanilla extract and stir well.
- Cover and refrigerate overnight (or at least 4 hours) until the mixture thickens.
- Top with chopped walnuts before serving.

Quick Tuna Pasta with Tomato Sauce and Chickpeas

Whole-wheat pasta (cooked)
Canned tuna
Jarred tomato sauce
Chickpeas (drained and rinsed)

- Heat the jarred tomato sauce in a saucepan.
- Stir in the chickpeas and drained tuna, and simmer for 5–7 minutes.
- Toss the cooked pasta with the sauce mixture until well-coated.
- Serve warm and enjoy a hearty meal.

Three-Bean Salad

Chickpeas
Kidney beans
Green beans (canned or fresh)
Olive oil
Lemon juice or vinegar
Spices: garlic powder, salt, pepper
Directions:

- Drain and rinse the chickpeas, kidney beans, and green beans.
- In a bowl, mix the beans together.
- Drizzle with olive oil and lemon juice or vinegar.
- Add garlic powder, salt, and pepper to taste.
- Toss well and serve as a side or light meal.