

Sweet Potato & Black Bean Tacos (2 tacos)

Estimated Calories: ~370

Protein: ~14g

Fiber: ~12g

Ingredients:

- 1 medium sweet potato (about 5 oz), peeled and diced
- 1/2 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cumin
- Salt & pepper to taste
- 1/2 cup canned black beans (rinsed and drained)
- 1/4 cup finely chopped red onion
- 1/4 cup chopped cilantro (optional)
- 1 teaspoon lime juice
- 4 small corn tortillas (6-inch)
- 2 tablespoons plain Greek yogurt (as a healthy sour cream substitute)
- Hot sauce (optional)

Roast the Sweet Potato:

Preheat oven to 425°F (220°C).

Toss diced sweet potato with olive oil, paprika, cumin, salt, and pepper.

Spread on a baking sheet and roast for 20–25 minutes, flipping halfway, until tender and slightly crispy.

Prepare the Filling:

In a small bowl, mix black beans, chopped red onion, lime juice, and optional cilantro.

Warm the corn tortillas on a skillet or microwave.

Assemble the Tacos:

Divide the roasted sweet potato and black bean mixture between tortillas.

Top each with a little Greek yogurt and optional hot sauce



Chickpea & Quinoa Power Bowl (Serves 1)

Calories: ~390

Protein: ~18g

Fiber: ~13g

Prep Time: ~15 minutes

Cook Time: ~15 minutes (or use pre-cooked grains to save time)



Ingredients:

1/2 cup cooked quinoa

1/2 cup canned chickpeas (rinsed & drained)

1 cup baby spinach or kale

1/4 cup chopped cucumber

1/4 cup cherry tomatoes, halved

1 tablespoon hummus

1 tablespoon tahini or lemon-tahini dressing

1 teaspoon olive oil

1 teaspoon lemon juice

Salt & pepper to taste

Optional: pinch of cumin or garlic powder for extra flavor

Instructions:

1. Cook the quinoa (or use pre-cooked/quinoa packs to save time).
2. Sauté greens in olive oil for 1–2 minutes until slightly wilted (or serve raw).
3. Assemble the bowl:
 Layer quinoa, chickpeas, sautéed greens, cucumber, and cherry tomatoes.
 Top with hummus and drizzle with tahini and lemon juice.
4. Season with salt, pepper, and optional cumin/garlic powder.

Lentil & Veggie Stir-Fry with Brown Rice (Serves 1)

Calories: ~390

Protein: ~19g

Fiber: ~14g

Prep Time: 5–10 minutes

Cook Time: 10–15 minutes

Ingredients:

1/2 cup cooked brown rice

1/2 cup cooked lentils (canned or pre-cooked)

1 cup broccoli florets (fresh or frozen)

1/2 cup sliced bell pepper

1/4 cup shredded carrot

1 teaspoon sesame oil or olive oil

1 tablespoon low-sodium soy sauce or coconut aminos

1/2 teaspoon garlic powder or 1 minced garlic clove

1/2 teaspoon grated fresh ginger (optional)

Chili flakes or hot sauce to taste (optional)



Instructions:

Steam or sauté veggies in a nonstick pan with 1 tsp oil for 5–7 minutes until tender.

Add cooked lentils, soy sauce, garlic, and ginger. Stir-fry together for 2–3 minutes.

Serve over warm brown rice.

Optional: Garnish with a squeeze of lime or chopped green onion.

Speedy Lentil & Spinach Soup (1 serving)

Prep time: 5 minutes

Cook time: 15-20 minutes (if using dried lentils, less if using pre-cooked or canned)

Calories: ~380-410

Protein: ~20-25g

Fiber: ~18-22g



Ingredients:

1/2 cup dried red or green lentils (or 1 cup cooked lentils, canned and rinsed)

2 cups vegetable broth (low sodium preferred)

1/2 cup diced carrots (about 1 small carrot)

1/4 cup diced celery (about 1 small stalk)

1/2 cup diced onion (about 1/4 small onion)

2 cups fresh spinach

1 clove garlic, minced (optional)

1/2 tsp dried thyme or oregano

Salt and black pepper to taste

1 tsp olive oil (optional, for sautéing vegetables)

1 tbsp nutritional yeast (optional, for cheesy flavor and B vitamins)

Instructions:

Prep Vegetables: Dice the carrots, celery, and onion. Mince the garlic if using.

Sauté Aromatics (Optional but recommended): In a medium saucepan, heat the olive oil over medium heat. Add the diced carrots, celery, and onion. Sauté for 5-7 minutes, until softened. Add the minced garlic and dried thyme/oregano and cook for another minute until fragrant.

To save time/calories: Skip the oil and sautéing. Add all vegetables directly to the broth in the next step.

Combine & Simmer: Add the dried lentils (if using) and vegetable broth to the saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes, or until the lentils are tender. If using pre-cooked or canned lentils, add them after the vegetables have cooked for about 10 minutes, and just simmer until heated through and flavors meld (about 5-10 minutes).

Add Spinach & Season: Stir in the fresh spinach and cook until wilted (1-2 minutes).

Finish: Stir in nutritional yeast (if using). Season with salt and black pepper to taste.

Hearty Chickpea Salad Wrap with Hummus (1 serving)

Prep time: 10 minutes. Cook time: 0 minutes (or 20-25 minutes if roasting chickpeas)

Calories: ~380-410

Protein: ~18-22g

Fiber: ~14-18g

Ingredients:

- 1/2 can (7.5 oz) chickpeas (garbanzo beans), rinsed and drained
- 2 tbsp hummus (plain or your favorite flavor)
- 1 tbsp finely diced red onion (or 1/2 green onion, chopped)
- 1 tbsp chopped fresh parsley or cilantro (optional)
- 1 tsp lemon juice
- 1/4 tsp Dijon mustard
- Pinch of garlic powder
- Salt and black pepper to taste
- 1 large (about 8-10 inch) whole wheat tortilla or whole wheat pita bread
- 1 cup mixed greens (lettuce, spinach, spring mix)
- 1/4 cup diced cucumber or bell pepper (optional, for extra crunch)

Instructions:

Prepare Chickpea Salad: In a medium bowl, add the rinsed and drained chickpeas. Using a fork or a potato masher, lightly mash the chickpeas. You want them mostly mashed but with some whole pieces for texture.

Optional Roasting: For extra flavor and texture, you can roast the chickpeas. Toss them with a tiny bit of olive oil and a pinch of salt/pepper, then roast at 400°F (200°C) for 20-25 minutes until lightly crisp. Let them cool slightly before mashing.

Mix Dressing: To the mashed chickpeas, add the hummus, diced red onion (or green onion), fresh parsley/cilantro (if using), lemon juice, Dijon mustard, and garlic powder. Mix well to combine.

Season: Season the chickpea salad with salt and black pepper to taste.

Assemble Wrap: Lay out your whole wheat tortilla or open your pita bread.

Layer: Spread the chickpea salad evenly over the tortilla/pita.

Add Greens & Veggies: Top with the mixed greens and diced cucumber or bell pepper (if using).

Wrap It Up: Carefully roll up the tortilla tightly, or fold the pita. Slice in half if desired.



Tofu Scramble with Veggies & Whole Wheat Toast (1 Serving)

Prep time: 5 minutes. Cook time: 10-12 minutes

Calories: ~390-420

Protein: ~25-30g

Fiber: ~8-12g

Ingredients:

1/2 block (7 oz / 200g) firm or extra-firm tofu, pressed lightly (to remove excess water)

1/2 cup chopped bell peppers (any color)

1/2 cup spinach

1/4 small onion, diced (about 2 tbsp)

1/4 tsp turmeric powder (for color and mild flavor)

Pinch of black salt (kala namak, optional, for an "eggy" flavor)

1/4 tsp garlic powder

Salt and black pepper to taste

1 tsp olive oil

1 slice whole wheat bread, toasted

1 tbsp nutritional yeast (optional, for cheesy flavor)

1 tbsp chopped fresh chives or parsley (optional, for garnish)



Instructions:

Prepare Tofu: Crumble the pressed tofu into a bowl using your hands or a fork. It should resemble scrambled eggs.

Sauté Veggies: Heat the olive oil in a non-stick pan over medium heat. Add the diced onion and bell peppers. Sauté for 3-5 minutes until they start to soften.

Add Tofu & Spices: Add the crumbled tofu to the pan. Sprinkle with turmeric powder, black salt (if using), garlic powder, salt, and black pepper. Stir well to combine, ensuring the tofu is evenly coated with the turmeric for that classic scrambled "egg" color.

Cook Scramble: Cook for 5-7 minutes, stirring occasionally, until the tofu is heated through and slightly golden in spots.

Wilt Spinach: Stir in the fresh spinach and nutritional yeast (if using). Cook for another 1-2 minutes, until the spinach wilts.

Serve: Transfer the tofu scramble to a plate. Serve immediately with a slice of whole wheat toast. Garnish with fresh chives or parsley if desired.

