



**Date:** 08 October 2018

**Practitioner:** Rachel Aust

**Client Name:** Premium Coaching

## Meal Plan

	<b>Monday</b>
Breakfast	5-Minute Kimchi Tofu Scramble, <b>1 serving (548 g)</b>
Lunch	Easy Tabouleh, <b>0.5 serving (516 g)</b> Falafel, <b>2 patty (approx 2-1/4" dia) (34 g)</b>
Dinner	Cilantro Lime Quinoa - 3 Points, <b>1 serving (163 g)</b> Tempeh, <b>1 cup (166 g)</b>
Snacks	No Bake Macadamia Pecan Slice, <b>1 serving (34 g)</b> Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), <b>100 grams (100 g)</b> Strawberries, <b>0.5 cup, halves (76 g)</b>

	<b>Tuesday</b>
<b>Breakfast</b>	Coconut Strawberry Banana Smoothie, <b>1 serving (36 g)</b> Unsweetened pea protein powder, upc: 039978003607, <b>0.25 cup (27 g)</b>
<b>Lunch</b>	Cilantro Lime Quinoa - 3 Points, <b>1 serving (163 g)</b> Tempeh, <b>1 cup (166 g)</b>
<b>Dinner</b>	Avocado Basil Pesto Zucchini Noodles, <b>1 serving (335 g)</b>
<b>Snacks</b>	Raspberry Chia Seed Pudding, <b>1 serving (255 g)</b> Almonds, <b>1 portion(s) (35 g)</b> No Bake Macadamia Pecan Slice, <b>1 serving (34 g)</b>

	<b>Wednesday</b>
<b>Breakfast</b>	5-Minute Kimchi Tofu Scramble, <b>1 serving (548 g)</b> Avocado, <b>0.5 avocado (79 g)</b>
<b>Lunch</b>	Avocado Basil Pesto Zucchini Noodles, <b>1 serving (335 g)</b>
<b>Dinner</b>	Farro and Pine Nut Tabbouleh, <b>1 serving (278 g)</b> Falafel, <b>2 patty (approx 2-1/4" dia) (34 g)</b>
<b>Snacks</b>	Unsweetened pea protein powder, upc: 039978003607, <b>0.25 cup (27 g)</b> Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), <b>100 grams (100 g)</b> Cashew Nuts, <b>1 portion(s) (30 g)</b>

	<b>Thursday</b>
Breakfast	Raspberry Chia Seed Pudding, <b>1 serving (255 g)</b> Easy, All-Natural Protein Bars, <b>1 serving (60 g)</b>
Lunch	Farro and Pine Nut Tabbouleh, <b>1 serving (278 g)</b> Falafel, <b>2 patty (approx 2-1/4" dia) (34 g)</b>
Dinner	Mixed Bean Salad with Sun-Dried Tomatoes, <b>1 serving (157 g)</b>
Snacks	No Bake Macadamia Pecan Slice, <b>1 serving (34 g)</b> Strawberries, <b>0.5 cup, halves (76 g)</b>

	<b>Friday</b>
<b>Breakfast</b>	Raspberry Chia Seed Pudding, <b>1 serving (255 g)</b> Easy, All-Natural Protein Bars, <b>1 serving (60 g)</b>
<b>Lunch</b>	Mixed Bean Salad with Sun-Dried Tomatoes, <b>1 serving (157 g)</b>
<b>Dinner</b>	Hoisin-glazed Tempeh with Green Beans and Cashews, <b>1 serving (349 g)</b>
<b>Snacks</b>	No Bake Macadamia Pecan Slice, <b>1 serving (34 g)</b> Unsweetened pea protein powder, upc: 039978003607, <b>0.25 cup (27 g)</b>

	<b>Saturday</b>
<b>Breakfast</b>	Coconut Strawberry Banana Smoothie, <b>1 serving (36 g)</b> Unsweetened pea protein powder, upc: 039978003607, <b>0.25 cup (27 g)</b>
<b>Lunch</b>	Hoisin-glazed Tempeh with Green Beans and Cashews, <b>1 serving (349 g)</b>
<b>Dinner</b>	Roasted Sweet Potato and Onion Salad, <b>1 serving (125 g)</b> Falafel, <b>2 patty (approx 2-1/4" dia) (34 g)</b>
<b>Snacks</b>	Easy, All-Natural Protein Bars, <b>1 serving (60 g)</b> Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), <b>100 grams (100 g)</b> Strawberries, <b>0.5 cup, halves (76 g)</b>

	<b>Sunday</b>
<b>Breakfast</b>	4-Ingredient Super Fluffy Vegan Protein Pancakes, <b>2 serving (194 g)</b> Blueberries, <b>1 portion(s) (50 g)</b>
<b>Lunch</b>	Roasted Sweet Potato and Onion Salad, <b>1 serving (125 g)</b> Falafel, <b>2 patty (approx 2-1/4" dia) (34 g)</b>
<b>Dinner</b>	Mixed Bean Salad with Sun-Dried Tomatoes, <b>1 serving (157 g)</b>
<b>Snacks</b>	Raspberry Chia Seed Pudding, <b>1 serving (255 g)</b> Easy, All-Natural Protein Bars, <b>1 serving (60 g)</b>

## Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
<b>M</b> <b>O</b>	5-Minute Kimchi Tofu Scramble, 1 serving (548 g)	Easy Tabouleh, 0.5 serving (516 g) Falafel, 2 patty (approx 2-1/4" dia) (34 g)	Cilantro Lime Quinoa – 3 Points, 1 serving (163 g) Tempeh, 1 cup (166 g)	No Bake Macadamia Pecan Slice, 1 serving (34 g) Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), 100 grams (100 g) Strawberries, 0.5 cup, halves (76 g)
<b>T</b> <b>U</b>	Coconut Strawberry Banana Smoothie, 1 serving (36 g) Unsweetened pea protein powder, upc: 039978003607, 0.25 cup (27 g)	Cilantro Lime Quinoa – 3 Points, 1 serving (163 g) Tempeh, 1 cup (166 g)	Avocado Basil Pesto Zucchini Noodles, 1 serving (335 g)	Raspberry Chia Seed Pudding, 1 serving (255 g) Almonds, 1 portion(s) (35 g) No Bake Macadamia Pecan Slice, 1 serving (34 g)
<b>W</b> <b>E</b>	5-Minute Kimchi Tofu Scramble, 1 serving (548 g) Avocado, 0.5 avocado (79 g)	Avocado Basil Pesto Zucchini Noodles, 1 serving (335 g)	Farro and Pine Nut Tabbouleh, 1 serving (278 g) Falafel, 2 patty (approx 2-1/4" dia) (34 g)	Unsweetened pea protein powder, upc: 039978003607, 0.25 cup (27 g) Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), 100 grams (100 g) Cashew Nuts, 1 portion(s) (30 g)
<b>T</b> <b>H</b>	Raspberry Chia Seed Pudding, 1 serving (255 g) Easy, All-Natural Protein Bars, 1 serving (60 g)	Farro and Pine Nut Tabbouleh, 1 serving (278 g) Falafel, 2 patty (approx 2-1/4" dia) (34 g)	Mixed Bean Salad with Sun-Dried Tomatoes, 1 serving (157 g)	No Bake Macadamia Pecan Slice, 1 serving (34 g) Strawberries, 0.5 cup, halves (76 g)
<b>F</b> <b>R</b>	Raspberry Chia Seed Pudding, 1 serving (255 g) Easy, All-Natural Protein Bars, 1 serving (60 g)	Mixed Bean Salad with Sun-Dried Tomatoes, 1 serving (157 g)	Hoisin-glazed Tempeh with Green Beans and Cashews, 1 serving (349 g)	No Bake Macadamia Pecan Slice, 1 serving (34 g) Unsweetened pea protein powder, upc: 039978003607, 0.25 cup (27 g)
<b>S</b> <b>A</b>	Coconut Strawberry Banana Smoothie, 1 serving (36 g) Unsweetened pea protein powder, upc: 039978003607, 0.25 cup (27 g)	Hoisin-glazed Tempeh with Green Beans and Cashews, 1 serving (349 g)	Roasted Sweet Potato and Onion Salad, 1 serving (125 g) Falafel, 2 patty (approx 2-1/4" dia) (34 g)	Easy, All-Natural Protein Bars, 1 serving (60 g) Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), 100 grams (100 g) Strawberries, 0.5 cup, halves (76 g)
<b>S</b> <b>U</b>	4-Ingredient Super Fluffy Vegan Protein Pancakes, 2 serving (194 g) Blueberries, 1 portion(s) (50 g)	Roasted Sweet Potato and Onion Salad, 1 serving (125 g) Falafel, 2 patty (approx 2-1/4" dia) (34 g)	Mixed Bean Salad with Sun-Dried Tomatoes, 1 serving (157 g)	Raspberry Chia Seed Pudding, 1 serving (255 g) Easy, All-Natural Protein Bars, 1 serving (60 g)

## Recipes

### Raspberry Chia Seed Pudding

**Raspberry Chia Seed Pudding** 1 serving. Ready in 5 min.

#### Ingredients

Chia seeds, **3 tbsp (36 g)**

Coconut, milk, canned, reduced fat, **0.5 can (200 g)**

Raspberries, **10 raspberries (19 g)**



#### Instructions/Preparation

1. Combine chia seeds and coconut milk and stir the seeds through as evenly as possible.
2. (Optional) Add in a teaspoon of maple syrup or some vanilla bean seeds
3. In a separate bowl, crush up some raspberries with a fork, add to chia seeds
4. Let the mixture set in the fridge for at least 3 hours (I usually find overnight works best)

Original source: <https://eatrunlift.me/eat-run-lift/2014/09/09/chia-seed-snack?rq=chia%20>

## No Bake Macadamia Pecan Slice

**No Bake Macadamia Pecan Slice** 10 servings. Ready in 60 min.

### Ingredients

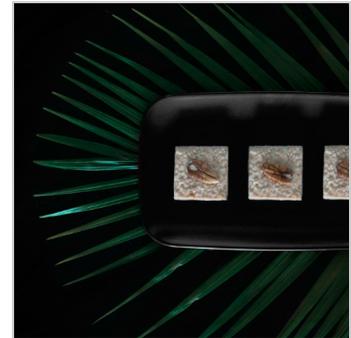
Macadamia nuts, **2 cup (248 g)**

Almond Butter, **2 tbsp (32 g)**

Coconut Oil, **2 tbsp (26 g)**

Stevia, **2 package (2 g)**

Pecan nuts, **10 pecans (28 g)**



### Instructions/Preparation

1. Place macadamia nuts into a food processor and break them down into fine pieces
2. Tip the macadamias into a mixing bowl and add in the almond butter, coconut oil and stevia
3. Mix together well
4. Take a baking tray and line it with baking paper
5. Tip the mixture into the baking tray and press it up to one side (the mixture should be thick enough to want to hold together, it should not be runny and should not take up a large amount of the baking tray)
6. Evenly spread the 10 pecans on top (as guidelines to where you will cut the slice)
7. Place in the freezer for 1-2 hours before eating, and keep stored in the freezer

Original source: <https://eatrunlift.me/eat-run-lift/2017/6/30/recipe-no-bake-macadamia-pecan-slice>

## Easy Tabouleh

**Easy Tabouleh** 1 serving. Ready in 45 min.

### Ingredients

Salt, **1 1/2 tsp (1 g)**

3 tablespoons of olive oil, **3 servings (42 g)**

1/2 lemon juice from a lemon, **0.5 juice of lemon (15 g)**

2 smalls cucumbers, **2 cucumber (600 g)**

1 bunch of flat leaf parsley, **1 cup (57 g)**

2 medium sized tomatoes, **2 medium whole (2-3/5" dia) (246 g)**

1/2 cup bulgur, **0.5 cup (70 g)**



### Instructions/Preparation

1. Chop the vegetables and parsley finely. The restaurant version has the veggies diced fairly small and I wanted to stay true to that.
2. Rinse the cracked wheat in a fine mesh sieve and let drain.
3. Combine all ingredients in a large bowl.

Original source: <http://www.foodista.com/recipe/HC6SVFST/easy-tabouleh>

## 4-Ingredient Super Fluffy Vegan Protein Pancakes

**4-Ingredient Super Fluffy Vegan Protein Pancakes** 6 servings. Ready in 15 min.

### Ingredients

½ tsp salt, **0.5 teaspoon (4 g)**

1½ cup water, **1.5 cup (377 g)**

1 tbsp baking powder, **1 tablespoon (12 g)**

2 tbsp maple syrup, **2 tablespoons (42 g)**

1 cup all-purpose flour, **1 C (123 g)**

¼ cup organic brown rice protein powder (i use north coast naturals), **0.25 cup (27 g)**



### Instructions/Preparation

Mix the dry ingredients together in a bowl. Add the maple syrup, then slowly add the water, mixing until "just mixed." It should be a little lumpy. Cook in a hot non-stick pan until bubbles appear in the centre of each pancake. Flip and cook for a few more minutes. Serves 2-3.

Original source: <http://www.runningonrealfood.com/4-ingredient-mega-fluffy-vegan-protein-pancakes/>

## Coconut Strawberry Banana Smoothie

**Coconut Strawberry Banana Smoothie** 8 servings. Ready in 1 min.

### Ingredients

- 1 whole banana, **1 (114 g)**
- 3 frozen strawberries, **3 medium (1-1/4" dia) (36 g)**
- 1 tablespoon of unsweetened toasted coconut, **1 tsp (5 g)**
- ½ cup of coconut milk, **0.5 cup (118 g)**
- 1 teaspoon of agave nectar, **1 teaspoon (10 g)**
- ¼ cup of crushed ice, **0.25 cup (4 g)**

### Instructions/Preparation

Add banana, strawberries, crushed ice, and coconut milk to blender. Blend until smooth. Add unsweetened toasted coconut and agave nectar {or honey}. Top with a sprinkle of toasted coconut and enjoy!



Original source: <http://www.joyfulhealthyeats.com/coconut-strawberry-banana-smoothie/>

## Easy, All-Natural Protein Bars

**Easy, All-Natural Protein Bars** 6 servings. Ready in 15 min.

### Ingredients

2/3 cup dates, **0.67 cup (99 g)**

2/3 cup dried figs, **0.67 cup (101 g)**

1 cup almonds, **1 cup (140 g)**

3 tablespoons hemp protein powder, **3 tablespoons (21 g)**



### Instructions/Preparation

#### Simple Process

- Process the almonds (or other nuts) in a food processor or high-speed blender. You don't need a fine powder, but if the almond chunks are too large it may be difficult to keep the bars from falling apart.
- Add the figs, dates, or another moist dried fruit and process until evenly mixed. You may need to scrape the sides of your blender a few times.
- Add any mix-ins you desire (shredded coconut, chocolate chips, protein powder, etc.) Be careful not to make the mixture too wet or too dry. If necessary, you can add a little water to help blend.
- Dump the mixture onto a flat surface and form your bars. Store in the fridge or freezer. Enjoy!

That's all

Original source: <http://spoonacular.com/1374003217513>

## Hoisin-glazed Tempeh with Green Beans and Cashews

### Hoisin-glazed Tempeh with Green Beans and Cashews

4 servings. Ready in 45 min.

#### Ingredients

- 1 tbs. vegetable oil, **1 tablespoons (14 g)**
- 4 tsp. hoisin sauce, **4 teaspoons (16 g)**
- 1 12-oz. pkg. frozen whole baby green beans, **12 ounces (348 g)**
- 4 cloves garlic, minced (4 tsp.), **4 clove (12 g)**
- 1 ½ tbs. minced fresh ginger, **1.5 tablespoon (11 g)**
- 1 8-oz. pkg. tempeh, cut into ½-inch cubes, **8 oz (232 g)**
- 1 tbs. low-sodium soy sauce or tamari, **1 tablespoons (15 g)**
- 1 tsp. cornstarch, **1 teaspoon (3 g)**
- 2 ½ tsp. rice vinegar, divided, **2.5 tsp (13 g)**
- 1/3 cup roasted, unsalted cashews, **0.33 cup (732 g)**



#### Instructions/Preparation

1. Whisk together hoisin sauce, 2 tsp. rice vinegar, soy sauce, cornstarch, and 1/2 cup water in small bowl. Set aside.
2. Heat skillet or wok over medium heat. Add oil, then ginger and garlic. Stir-fry 1 to 2 minutes, or until garlic turns pale gold.
3. Add tempeh and hoisin sauce mixture to pan. Stir to coat tempeh. Cover, reduce heat to medium-low, and simmer 2 minutes, or until sauce begins to thicken.
4. Stir in green beans. Cover, and simmer 4 to 5 minutes, or until beans are hot, stirring occasionally. Stir in remaining 1/2 tsp. rice vinegar. Serve topped with cashews.

Original source: <http://www.vegetariantimes.com/recipe/hoisin-glazed-tempeh-with-green-beans-and-cashews/>

## Avocado Basil Pesto Zucchini Noodles

**Avocado Basil Pesto Zucchini Noodles** 2 servings. Ready in 20 min.

### Ingredients

½ cup packed fresh basil leaves, **0.5 cup (12 g)**  
½ large ripe avocado, **0.5 avocado, NS as to Florida or California (101 g)**  
1 tbsp fresh lemon juice, **1 tablespoons (15 g)**  
2 cloves garlic, **2 clove (6 g)**  
2 medium zucchini, ends trimmed, **2 medium (392 g)**  
2 tbsp pine nuts (i used walnuts), **2 tablespoons (20 g)**  
3 tbsp water (more if needed), **3 tablespoons (48 g)**  
½ cup sliced grape tomatoes, **0.5 cup (75 g)**  
Salt and pepper, to taste, **2 servings (1 g)**



### Instructions/Preparation

Use a julienne peeler, mandolin, or spiralizer to spiralize the zucchini into noodles. Add noodles to a large bowl. Add basil, avocado, garlic, walnuts, and lemon juice to a food processor and pulse for 20 seconds or until pesto is chopped (I processed until it was smooth and creamy). You may need to add more water to get it to your desired consistency. Transfer to a bowl with the zucchini noodles and toss the noodles until they are well coated. Top with tomatoes. Serve room temperature or chilled..

Original source: <http://www.hummusapien.com/avocado-basil-pesto-zucchini-noodles/>

## Mixed Bean Salad with Sun-Dried Tomatoes

**Mixed Bean Salad with Sun-Dried Tomatoes** 14 servings. Ready in 45 min.

### Ingredients

- 1/2 cup chopped fresh basil, **0.5 cup (11 g)**
- 1 teaspoon salt, **1 teaspoon (7 g)**
- 1/2 cup chopped fresh parsley, **0.5 cup (27 g)**
- 1 (8-ounce) jar oil-packed sun-dried tomato halves, **8 oz (232 g)**
- 1 (15-ounce) can black beans, rinsed and drained, **15 ounce (435 g)**
- 1/4 cup sugar, **0.25 cup (45 g)**
- 1/4 teaspoon freshly ground black pepper, **0.25 teaspoon (1 g)**
- 1 (15.8-ounce) can black-eyed peas, rinsed and drained, **15.8 ounce (448 g)**
- 1 (15-ounce) can red kidney beans, rinsed and drained, **15 ounce (425 g)**
- 1 (15-ounce) can white kidney beans, rinsed and drained, **15 ounce (425 g)**
- 1/2 teaspoon dry mustard, **0.5 teaspoon (1 g)**
- 1/2 red onion, thinly sliced, **0.5 (55 g)**
- 1/3 cup red wine vinegar, **0.33 cup (80 g)**

### Instructions/Preparation

Drain sun-dried tomatoes in a sieve over a bowl, reserving oil. Place 1/4 cup reserved oil in a medium bowl. Return the remaining oil to sun-dried tomato jar; reserve for another use. Chop drained tomatoes; place in a large bowl. Add parsley and next 6 ingredients (through onion) to chopped tomatoes, and stir gently to combine. Add vinegar and remaining ingredients to 1/4 cup reserved oil, stirring with a whisk. Drizzle over bean mixture; toss gently to coat. Cover and chill.



Original source: <http://www.myrecipes.com/recipe/mixed-bean-salad-with-sun-dried-tomatoes-10000000689963/>

## Farro and Pine Nut Tabbouleh

**Farro and Pine Nut Tabbouleh** 4 servings. Ready in 45 min.

### Ingredients

3 tablespoons extra-virgin olive oil,**3 servings (42 g)**  
Juice from 1 lemon,**1 juice of lemon (30 g)**  
1 small cucumber,**1 cucumber (300 g)**  
1 clove garlic, finely chopped,**1 garlic clove (4 g)**  
3/4 cup chopped fresh parsley,**0.75 cup chopped (45 g)**  
2 large heirloom tomatoes,**2 medium whole (2-3/5" dia) (246 g)**  
1/2 small jalapeño chile, seeded and finely chopped,**0.5 pepper (7 g)**  
2 tablespoons pine nuts,**2 tablespoons (20 g)**  
1 cup canned chickpeas, rinsed and drained,**1 cup (164 g)**  
1 cup farro (found at gourmet stores),**1 cup (200 g)**  
1/2 small red onion, cut into 1/2-inch pieces,**0.5 (55 g)**



### Instructions/Preparation

Preparation Heat oven to 350°F. Cook farro as directed on package; set aside. Halve tomatoes. Scoop out and discard inner meat and seeds. Cut tomatoes into 1/4-inch pieces and place in a bowl. Peel cucumber, halve lengthwise and scoop out seedy center. Cut cucumber into 3/4-inch pieces; add to tomatoes. Add garlic and onion. Toast pine nuts on a baking sheet in oven until slightly browned, about 6 minutes. Transfer to bowl. Add cooled farro, chickpeas, oil, lemon juice, parsley and jalapeño; stir to combine. Season with salt and pepper and stir again. Marinate at room temperature about 20 minutes before serving. Per serving: 367 calories, 14.3 g fat, 1.8 g saturated, 52 g carbohydrates, 7.5 g fiber, 12.7 g protein Nutritional analysis provided by Self

Original source: <http://www.epicurious.com/recipes/food/views/Farro-and-Pine-Nut-Tabbouleh-360329>

## Roasted Sweet Potato and Onion Salad

### **Roasted Sweet Potato and Onion Salad** 6

servings. Ready in 55 min.

#### Ingredients

1/4 teaspoon salt,**0.25 teaspoon (2 g)**  
2 tablespoons balsamic vinegar,**2 Tbs (34 g)**  
1/3 cup olive oil,**0.33 cup (67 g)**  
1/2 teaspoon grated lemon peel,**0.5 teaspoon (2 g)**  
1/2 teaspoon minced chives,**0.5 tsp (1 g)**  
1 garlic clove, minced,**1 clove (3 g)**  
1 large onion, cut into eight wedges,**1 onion (108 g)**  
4 small sweet potatoes, peeled and cut into 1-inch cubes,**4 sweetpotato, 5" long (520 g)**  
1 teaspoon maple syrup,**1 tsp (7 g)**  
1/2 teaspoon minced fresh marjoram,**0.5 teaspoon (2 g)**  
1/4 teaspoon garlic powder,**0.25 teaspoon (1 g)**  
1/2 teaspoon pepper,**0.5 teaspoon (1 g)**



#### Instructions/Preparation

Directions In a large bowl, toss the sweet potatoes, onion, oil, salt, pepper and garlic powder. Transfer to a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 425° for 35-40 minutes or until potatoes are tender. In a small bowl, whisk the vinaigrette ingredients. Drizzle over potato mixture; toss to coat. Serve immediately. Yield: 6 servings. Originally published as Roasted Sweet Potato and Onion Salad in Taste of Home Christmas Annual Nutritional Facts 3/4 cup equals 242 calories, 17 g fat (2 g saturated fat), 0 cholesterol, 306 mg sodium, 23 g carbohydrate, 3 g fiber, 2 g protein. Print Add to Recipe Box Email a Friend

Original source: <http://www.tasteofhome.com/Recipes/roasted-sweet-potato-and-onion-salad>

## 5-Minute Kimchi Tofu Scramble

**5-Minute Kimchi Tofu Scramble** 1 serving. Ready in 45 min.

### Ingredients

Optional add-ins: salt, pepper, hot sauce, lime juice, **1 1/2 tsp (1 g)**

2 teaspoons olive oil, **2 teaspoons (8 g)**

1/4 cup green onions, **0.25 cup, chopped (25 g)**

1 block extra firm tofu, patted dry, **1 (396 g)**

1/2 cup kimchi, **0.5 cup (58 g)**

2 cups spinach, **2 cups (60 g)**



### Instructions/Preparation

Heat the oil in a large skillet over medium heat. Crumble tofu into small pieces using your hands and add to the pan. Saute for 2 - 3 minutes until starting to sizzle and brown slightly. Add remaining ingredients and cook another 2 minutes until the spinach is wilted and everything is piping hot. Serve immediately, garnish with salt, pepper and hot sauce, with a side of toast (preferably avocado toast).

Original source: <http://www.simplyquinoa.com/5-minute-kimchi-tofu-scramble/>

## Shopping List

### Spices and Herbs

- Optional add-ins: salt, pepper, hot sauce, lime juice, **2.5 1/2 tsp (3 g)**
- ½ tsp salt, **0.46 teaspoon (3 g)**
- ½ cup packed fresh basil leaves, **0.5 cup (12 g)**
- 1/2 cup chopped fresh basil, **0.11 cup (2 g)**
- 2 tablespoons balsamic vinegar, **0.67 Tbs (11 g)**

### Fats and Oils

- 2 teaspoons olive oil, **4 teaspoons (16 g)**
- 3 tablespoons of olive oil, **3 servings (42 g)**
- 1 tbs. vegetable oil, **0.5 tablespoons (7 g)**
- 1/3 cup olive oil, **0.11 cup (22 g)**
- Coconut Oil, **0.81 tbs (11 g)**

### Vegetables and Vegetable Products

- 1/4 cup green onions, **0.5 cup, chopped (50 g)**
- 2 smalls cucumbers, **1.5 cucumber (450 g)**
- 1 bunch of flat leaf parsley, **0.5 cup (29 g)**
- 2 medium sized tomatoes, **2 medium whole (2-3/5" dia) (246 g)**
- 2 cloves garlic, **4.34 clove (13 g)**
- 2 medium zucchini, ends trimmed, **2 medium (393 g)**
- 1 clove garlic, finely chopped, **0.5 garlic clove (2 g)**
- 3/4 cup chopped fresh parsley, **0.37 cup chopped (22 g)**
- 1/2 small jalapeño chile, seeded and finely chopped, **0.25 pepper (3 g)**
- 1/2 cup chopped fresh parsley, **0.11 cup (6 g)**
- 1 (8-ounce) jar oil-packed sun-dried tomato halves, **1.72 oz (50 g)**
- 1 12-oz. pkg. frozen whole baby green beans, **6.01 ounces (174 g)**
- 1 ½ tbs. minced fresh ginger, **0.75 tablespoon (5 g)**
- 1/2 teaspoon minced chives, **0.17 tsp (0 g)**
- 1 large onion, cut into eight wedges, **0.33 onion (36 g)**
- 4 small sweet potatoes, peeled and cut into 1-inch cubes, **1.34 sweetpotato, 5" long (174 g)**

### Legumes and Legume Products

- 1 block extra firm tofu, patted dry, **2 (793 g)**
- Falafel, **10 patty (approx 2-1/4" dia) (170 g)**
- Tempeh, **2 cup (332 g)**
- 1 cup canned chickpeas, rinsed and drained, **0.5 cup (82 g)**
- 1 (15-ounce) can black beans, rinsed and drained, **3.22 ounce (93 g)**
- 1 8-oz. pkg. tempeh, cut into ½-inch cubes, **4 oz (116 g)**
- 1 tbs. low-sodium soy sauce or tamari, **0.5 tablespoons (8 g)**

### Ethnic Foods

- 1/2 cup kimchi, **1 cup (115 g)**

### Produce

- 2 cups spinach, **4 cups (120 g)**
- ½ cup sliced grape tomatoes, **0.5 cup (75 g)**

- 1/2 small red onion, cut into 1/2-inch pieces, **0.36 (39 g)**

### **Fruits and Fruit Juices**

- 1 whole banana, **0.25 (29 g)**
- 3 frozen strawberries, **0.75 medium (1-1/4" dia) (9 g)**
- Avocado, **0.5 avocado (79 g)**
- Coconut, milk, canned, reduced fat, **2 can (800 g)**
- Raspberries, **40 raspberries (76 g)**
- 2/3 cup dates, **0.44 cup (66 g)**
- 2/3 cup dried figs, **0.44 cup (67 g)**
- Blueberries, **1 portion(s) (50 g)**
- 1/2 lemon juice from a lemon, **0.75 juice of lemon (22 g)**
- ½ large ripe avocado, **0.5 avocado, NS as to Florida or California (101 g)**
- 1 tbsp fresh lemon juice, **1 tablespoons (15 g)**
- 1/2 teaspoon grated lemon peel, **0.17 teaspoon (1 g)**
- Strawberries, **1.5 cup, halves (228 g)**

### **Nut and Seed Products**

- 1 tablespoon of unsweetened toasted coconut, **0.25 tsp (1 g)**
- ½ cup of coconut milk, **0.13 cup (30 g)**
- Chia seeds, **12 tbsp (144 g)**
- 1 cup almonds, **0.66 cup (93 g)**
- 2 tbsp pine nuts (i used walnuts), **3 tablespoons (30 g)**
- Macadamia nuts, **0.81 cup (100 g)**
- Almond Butter, **0.81 tbsp (13 g)**
- Pecan nuts, **4.05 pecans (11 g)**
- Almonds, **1 portion(s) (35 g)**
- Cashew Nuts, **1 portion(s) (30 g)**

### **Sweets**

- 1 teaspoon of agave nectar, **0.25 teaspoon (3 g)**
- 2 tbsp maple syrup, **0.66 tablespoons (14 g)**
- 1/4 cup sugar, **0.05 cup (10 g)**
- 1 teaspoon maple syrup, **0.33 tsp (2 g)**
- Stevia, **0.81 package (1 g)**
- Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%), **300 grams (300 g)**

### **Frozen**

- ¼ cup of crushed ice, **0.06 cup (1 g)**

### **Branded Food Products Database**

- Unsweetened pea protein powder, upc: 039978003607, **1 cup (108 g)**

### **Health Foods**

- 3 tablespoons hemp protein powder, **1.99 tablespoons (14 g)**
- ¼ cup organic brown rice protein powder (i use north coast naturals), **0.08 cup (9 g)**

### **Beverages**

- 1½ cup water, **0.5 cup (125 g)**
- 3 tbsp water (more if needed), **3 tablespoons (48 g)**

## **Baked Products**

- 1 tbsp baking powder, **0.33 tablespoon (4 g)**

## **Cereal Grains and Pasta**

- 1 cup all-purpose flour, **0.33 C (41 g)**
- 1/2 cup bulgur, **0.25 cup (35 g)**
- 1 tsp. cornstarch, **0.5 teaspoon (2 g)**

## **Spices and Seasonings**

- Salt and pepper, to taste, **2 servings (1 g)**
- 1/4 teaspoon freshly ground black pepper, **0.05 teaspoon (0 g)**
- 1/2 teaspoon dry mustard, **0.11 teaspoon (0 g)**
- 1/2 teaspoon minced fresh marjoram, **0.17 teaspoon (1 g)**
- 1/4 teaspoon garlic powder, **0.08 teaspoon (0 g)**
- 1/2 teaspoon pepper, **0.17 teaspoon (0 g)**

## **Pasta and Rice;Ethnic Foods;Health Foods**

- 1 cup farro (found at gourmet stores), **0.5 cup (100 g)**

## **Canned and Jarred**

- 1 (15.8-ounce) can black-eyed peas, rinsed and drained, **3.4 ounce (96 g)**
- 1 (15-ounce) can red kidney beans, rinsed and drained, **3.22 ounce (91 g)**
- 1 (15-ounce) can white kidney beans, rinsed and drained, **3.22 ounce (91 g)**

## **Oil, Vinegar, Salad Dressing**

- 1/3 cup red wine vinegar, **0.07 cup (17 g)**

## **Soups, Sauces, and Gravies**

- 4 tsp. hoisin sauce, **2 teaspoons (8 g)**

## **Ethnic Foods;Oil, Vinegar, Salad Dressing**

- 2 ½ tsp. rice vinegar, divided, **1.25 tsp (6 g)**

## **Meat**

- 1/3 cup roasted, unsalted cashews, **0.17 cup (366 g)**

## **Other**

