



Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:

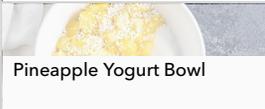
Leftovers: Days where leftovers will be used are shown by "grayed out" text.

Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie	 Brownie Protein Pancakes	 Brownie Protein Pancakes
Snack 1	 Pineapple Yogurt Bowl	 Pineapple Yogurt Bowl	 Pineapple Yogurt Bowl				
	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps				
Lunch	 One Pan Teriyaki Chicken	 Meal Prep Spaghetti with Chicken, Spinach &...	 Sun Dried Tomato & Salmon Pasta	 One Pot Cheeseburger Pasta	 Turkey, Artichoke & Olive Naan Pizza	 Salmon Nuggets with Peas	 Ground Turkey, Green Beans & Rice
Snack 2	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Toast with Cottage Cheese	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	
Dinner	 Meal Prep Spaghetti with Chicken, Spinach &...	 Sun Dried Tomato & Salmon Pasta	 One Pot Cheeseburger Pasta	 Turkey, Artichoke & Olive Naan Pizza	 Salmon Nuggets with Peas	 Ground Turkey, Green Beans & Rice	 Salmon, Rice & Arugula
Snack 3					 1.5 Tofu & Veggie Hot Pot	 2 Tofu & Veggie Hot Pot	 2.5 Tofu & Veggie Hot Pot

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  29%	Fat  31%	Fat  34%	Fat  32%	Fat  30%	Fat  33%
Carbs  42%	Carbs  42%	Carbs  41%	Carbs  42%	Carbs  40%	Carbs  39%	Carbs  38%
Protein  28%	Protein  29%	Protein  28%	Protein  24%	Protein  28%	Protein  31%	Protein  29%
Calories 1676	Calories 1683	Calories 1777	Calories 1682	Calories 1744	Calories 1687	Calories 1572
Fat 57g	Fat 56g	Fat 62g	Fat 65g	Fat 65g	Fat 59g	Fat 59g
Carbs 181g	Carbs 182g	Carbs 187g	Carbs 178g	Carbs 180g	Carbs 169g	Carbs 153g
Fiber 29g	Fiber 32g	Fiber 32g	Fiber 26g	Fiber 38g	Fiber 34g	Fiber 20g
Sugar 71g	Sugar 53g	Sugar 53g	Sugar 43g	Sugar 55g	Sugar 43g	Sugar 34g
Protein 118g	Protein 124g	Protein 125g	Protein 105g	Protein 129g	Protein 134g	Protein 119g

Fruits

- 1/8 Lemon
- 1/4 Navel Orange
- 1 1/2 cups Pineapple

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1 tsp Cinnamon
- 2/3 tsp Dried Basil
- 1 tsp Garlic Powder
- 1/2 cup Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

Frozen

- 1 cup Frozen Banana
- 1 1/2 cups Frozen Blueberries
- 2 cups Frozen Green Beans
- 1 cup Frozen Mango
- 2 1/4 cups Frozen Peaches

Vegetables

- 1 cup Arugula
- 4 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 1 cup Broccoli
- 1 1/3 Carrot
- 3/4 stalk Celery
- 2 cups Cherry Tomatoes
- 2 Cremini Mushrooms
- 2 3/4 Cucumber
- 2 1/16 cups Fresh Peas
- 3 1/2 Garlic
- 1 1/2 tsps Ginger
- 2 cups Mushrooms
- 2 cups Napa Cabbage
- 1 cup Snap Peas
- 1/4 Yellow Onion

Boxed & Canned

- 1 1/8 cups Brown Rice Fusilli
- 1/2 cup Brown Rice Spaghetti
- 1/4 cup Chicken Broth
- 5 ozs Chickpea Pasta
- 1 1/8 cups Diced Tomatoes
- 3/4 cup Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 1 oz Oat Crackers
- 14 ozs Shiratake Noodles
- 6 cups Vegetable Broth

Baking

- 2 2/3 tsps All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 1 tbsp Raw Honey
- 1 1/2 tsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/3 ozs Cheddar Cheese
- 13 ozs Chicken Breast
- 4 1/2 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 4 ozs Mozzarella Cheese
- 2 pieces Naan
- 1 1/4 lbs Salmon Fillet
- 3 ozs Sliced Turkey Breast
- 16 ozs Tofu
- 3 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 2 tbsps Black Olives
- 1 tbsp Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 3 1/8 tsps Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 1 tbsp Tamari
- 2 tbsps Tomato Sauce

Cold

- 2 1/4 cups Cottage Cheese
- 2/3 Egg
- 3 cups Oat Milk
- 1/4 cup Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 2 cups Calabash Squash
- 1/2 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 1 cup Water



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

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

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Pineapple Yogurt Bowl

3 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 1/2 cups Pineapple (chopped)
- 1 1/2 tbsps Unsweetened Shredded Coconut (optional)

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	17g
Fiber	3g
Sugar	9g
Protein	1g

Directions

- 1 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

Notes

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

Additional Toppings: Top with chopped nuts, seeds, and/or granola.

More Fruit: Add berries, mango, banana, or kiwi.

No Coconut Yogurt: Use plain or Greek yogurt instead.



Deli Beef Wraps

3 servings

10 minutes

Ingredients

3/4 Cucumber (medium, julienned)

3/4 stalk Celery (julienned)

4 1/2 ozs Deli Roast Beef

Nutrition

Amount per serving	
Calories	69
Fat	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

Directions

- 1 Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

Notes

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

Serving Size: One serving equals approximately two deli beef wraps.

Additional Toppings: Add pickle, tomato, arugula, and/or micro greens.



One Pan Teriyaki Chicken

1 serving

40 minutes

Ingredients

- 5 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tbsp Sesame Oil
- 1/4 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 1 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

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

No Coconut Aminos: Use tamari instead.



Toast with Cottage Cheese

3 servings

10 minutes

Ingredients

3/4 cup Cottage Cheese
3 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Cottage Cheese Crackers with Cucumbers

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1 1/2 Cucumber (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g

Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Add sliced tomatoes.



Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 servings

30 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Cherry Tomatoes
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 8 ozs Chicken Breast (sliced in halves)
- 2 cups Baby Spinach
- 1/2 cup Brown Rice Spaghetti (dry)

Nutrition

Amount per serving	
Calories	468
Fat	15g
Carbs	52g
Fiber	5g
Sugar	4g
Protein	32g

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Sun Dried Tomato & Salmon Pasta

2 servings

15 minutes

Ingredients

5 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet
1 1/2 Garlic (clove, minced)
1/4 Yellow Onion (medium, diced)
1/3 cup Sun Dried Tomatoes (drained, chopped)
1/4 tsp Italian Seasoning
1/4 cup Chicken Broth
1/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	19g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	44g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use coconut milk instead of yogurt.



One Pot Cheeseburger Pasta

2 servings
20 minutes

Ingredients

- 1/3 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1/3 Carrot (medium, finely diced)
- 2/3 tsp Dried Basil
- 1/8 tsp Sea Salt
- 1 1/8 cups Diced Tomatoes (with juices)
- 1/2 cup Water
- 1 1/8 cups Brown Rice Fusilli (dry)
- 1 1/3 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	562
Fat	21g
Carbs	57g
Fiber	5g
Sugar	4g
Protein	33g

Directions

- 1 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 2 Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 3 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

Dairy-Free: Use vegan cheese, nutritional yeast, or omit.

More Flavor: Add fresh basil, oregano, onion, and/or garlic.

Additional Toppings: Sliced green onions, chopped pickles, avocado and/or plain yogurt.

Make it Vegan: Use lentils instead of ground beef.

More Veggies: Stir in finely chopped spinach before topping with cheese.



Turkey, Artichoke & Olive Naan Pizza

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 4 ozs Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 3 ozs Sliced Turkey Breast (chopped)
- 2 Cremini Mushrooms (sliced)
- 2 tbsps Black Olives (pitted, sliced)

Nutrition

Amount per serving	
Calories	478
Fat	18g
Carbs	50g
Fiber	5g
Sugar	6g
Protein	27g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the tomato sauce evenly over the naan. Top with half the mozzarella, artichoke hearts, turkey, mushrooms, olives, and then the remaining mozzarella.
- 3 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Naan: One piece of naan is 3.2 oz or 90 grams.



Salmon Nuggets with Peas

2 servings

20 minutes

Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
2/3 Egg (large)
1 oz Oat Crackers (crushed)
8 ozs Salmon Fillet (chopped into chunks, patted dry)
2 cups Fresh Peas (or frozen and thawed)

Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	41g
Fiber	12g
Sugar	8g
Protein	34g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of salmon and one cup of peas.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

Make it Vegan: Use tofu instead of salmon.



Ground Turkey, Green Beans & Rice

2 servings

20 minutes

Ingredients

- 3/4 tsp Coconut Oil
- 8 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/2 cup Jasmine Rice (dry/uncooked)
- 2 cups Frozen Green Beans

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	47g
Fiber	5g
Sugar	3g
Protein	26g

Directions

- 1 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 2 Meanwhile, cook your rice according to the directions on the package and set aside.
- 3 Steam your green beans.
- 4 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

No Ground Turkey: Use ground chicken, beef, pork, or lamb instead.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Green Beans: Use asparagus, edamame or green peas instead.

Likes it Spicy: Serve with hot sauce.



Salmon, Rice & Arugula

1 serving
25 minutes

Ingredients

- 4 ozs Salmon Fillet
- 1/8 tsp Sea Salt
- 1/4 cup Jasmine Rice (dry, uncooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 cup Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Tofu & Veggie Hot Pot

4 servings
30 minutes

Ingredients

6 cups Vegetable Broth
1 tbsp Tamari
1 tbsp Rice Vinegar
1/2 tsp Sea Salt
2 cups Mushrooms (halved)
2 cups Calabash Squash (chopped)
2 cups Napa Cabbage (thinly sliced)
16 ozs Tofu (extra firm, broiled, cubed)
14 ozs Shiratake Noodles (rinsed, drained)

Nutrition

Amount per serving	
Calories	143
Fat	6g
Carbs	12g
Fiber	3g
Sugar	5g
Protein	15g

Directions

- 1 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 2 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 3 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

Serving Size: One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

More Flavor: Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

Additional Toppings: Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

No Calabash Squash: Use zucchini or celery instead.

No Shiratake Noodles: Use ramen or rice noodles instead.