



## Plant-Based Bone Health Support Program

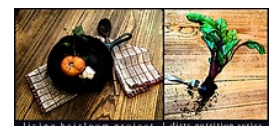
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# Plant-Based Bone Health Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Apple Cinnamon Porridge	Apple Cinnamon Porridge	Apple Cinnamon Porridge	Creamy Apple Pie Smoothie	Creamy Apple Pie Smoothie	Almond, Chia & Banana Toast	Almond, Chia & Banana Toast
<b>Snack 1</b>	Banana with Almond Butter	Apple with Almond Butter	Banana with Almond Butter	Apple with Almond Butter	Banana with Almond Butter	Almond Butter & Jam Chia Pudding	Almond Butter & Jam Chia Pudding
<b>Lunch</b>	White Bean, Spinach & Tomato Salad	One Pan Tofu, Brussels Sprouts & Cauliflower	Zucchini White Bean Roll Ups	Broccoli Almond Protein Salad	Broccoli Almond Protein Salad	Tofu, Broccoli & Brown Rice	Tofu, Broccoli & Brown Rice
	Maple Tahini Dressing	Brown Rice	Brown Rice				
<b>Snack 2</b>	Baby Carrots & Hummus	Baby Carrots & Hummus	Baby Carrots & Hummus	Chopped Bell Peppers	Chopped Bell Peppers	Cucumber Hummus Bites	Cucumber Hummus Bites
				Maple Tahini Dressing	Maple Tahini Dressing		
<b>Dinner</b>	One Pan Tofu, Brussels Sprouts & Cauliflower	Zucchini White Bean Roll Ups	White Bean, Spinach & Tomato Salad	Falafel Salad with Green Tahini Sauce	Tofu, Broccoli & Brown Rice	Falafel Salad with Green Tahini Sauce	Falafel Salad with Green Tahini Sauce
	Brown Rice	Brown Rice	Maple Tahini Dressing				



# Plant-Based Bone Health Support Program

51 items

## Fruits

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- ☐ 7 Apple
- ☐ 6 Banana
- ☐ 1 Lemon
- ☐ 1 1/2 **tbsps** Lemon Juice
- ☐ 1 **cup** Raspberries

## Breakfast

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

## Seeds, Nuts & Spices

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- ☐ 1/4 **cup** Almonds
- ☐ 1/4 **tsp** Black Pepper
- ☐ 1/3 **cup** Chia Seeds
- ☐ 1 2/3 **tbsps** Cinnamon
- ☐ 3/4 **tsp** Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 2/3 **tbsps** Sesame Seeds

## Frozen

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- ☐ 1 **cup** Frozen Edamame
- ☐ 8 Ice Cubes

## Vegetables

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- ☐ 2 1/4 **cups** Baby Carrots
- ☐ 8 **cups** Baby Spinach
- ☐ 6 **cups** Broccoli
- ☐ 1 **cup** Brussels Sprouts
- ☐ 1/2 **head** Cauliflower
- ☐ 1/2 Cucumber
- ☐ 4 1/2 Garlic
- ☐ 2 **stalks** Green Onion
- ☐ 1/2 Orange Bell Pepper
- ☐ 2 **cups** Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 1/4 **cup** Shallot
- ☐ 1 Tomato
- ☐ 1/2 Yellow Bell Pepper
- ☐ 2 Zucchini

## Boxed & Canned

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- ☐ 2 **cups** Brown Rice
- ☐ 2 **cups** Lentils
- ☐ 4 **cups** White Navy Beans

## Baking

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- ☐ 1 **tbsp** Arrowroot Powder
- ☐ 2 **cups** Oats

## Bread, Fish, Meat & Cheese

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- ☐ 4 **slices** Gluten-Free Bread
- ☐ 1 1/4 **cups** Hummus
- ☐ 1 3/4 **lbs** Tofu

## Condiments & Oils

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- ☐ 1 **tbsp** Avocado Oil
- ☐ 1/3 **cup** Extra Virgin Olive Oil
- ☐ 2 **tbsps** Miso Paste
- ☐ 1/4 **cup** Pesto
- ☐ 1 1/2 **tsps** Rice Vinegar
- ☐ 1 1/2 **tbsps** Sesame Oil
- ☐ 1/2 **cup** Tahini
- ☐ 1/4 **cup** Tamari
- ☐ 1 **cup** Tomato Sauce

## Cold

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- ☐ 6 **cups** Unsweetened Almond Milk

## Other

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- ☐ 1/4 **cup** Vanilla Protein Powder
- ☐ 4 1/2 **cups** Water





# Apple Cinnamon Porridge

6 ingredients · 15 minutes · 3 servings



## Directions

1. Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
2. When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!

## Notes

### Meal Prep

This porridge can be made ahead of time and stored in the fridge. Reheat in the microwave or on the stovetop with a splash of almond milk.

### Gluten-Free

Use gluten-free certified oats if needed.

### Apple

A tart apple like a Granny Smith or Macintosh works best for this recipe.

## Ingredients

- 1 cup** Oats (quick or rolled)
- 3 cups** Unsweetened Almond Milk
- 3** Apple (small, peeled and finely chopped)
- 1 tbsp** Cinnamon
- 3 tbsps** Maple Syrup
- 3 tbsps** Almond Butter (optional)



# Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Apple Type

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

1 Apple (medium, peeled and chopped)

1/2 Banana (frozen)

4 Ice Cubes

2 **tbsps** Vanilla Protein Powder

2 **tbsps** Oats

1 **tbsp** Almond Butter

3/4 **tsp** Cinnamon (ground)

1 **cup** Unsweetened Almond Milk



# Almond, Chia & Banana Toast

5 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Nut-Free

Use sunflower seed butter instead.

### No Chia Seeds

Use hemp seeds instead.

### No Almond Butter

Use another nut butter instead.

## Ingredients

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**2 tbsps** Almond Butter

**2 slices** Gluten-Free Bread (toasted)

**1 tbsp** Chia Seeds

**1/4 tsp** Cinnamon

**1** Banana (sliced)



# Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



## Directions

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1. Slice banana.
2. Dip in almond butter.
3. Bam.

## Notes

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### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

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- 1 Banana
- 2 tbsps Almond Butter

# Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

## Notes

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### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

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- 1 Apple
- 2 **tbsps** Almond Butter



# Almond Butter & Jam Chia Pudding

4 ingredients · 30 minutes · 2 servings



## Directions

1. In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash the raspberries until they resemble jam.
3. Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

## Notes

### Leftovers

Refrigerate covered for up to five days.

### Nut-Free

Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

### More Protein

Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

### Additional Toppings

Add cacao nibs for crunch.

## Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1 cup** Raspberries
- 2 tbsps** Almond Butter



# White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 2 servings



## Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

## Notes

### No White Beans

Use chickpeas or lentils instead.

### Extra Flavour

Add avocado, lemon juice and/or feta cheese.

### Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

## Ingredients

**1 tbsp** Extra Virgin Olive Oil

**1/4 cup** Shallot (diced)

**2** Garlic (cloves, minced)

**2 cups** White Navy Beans (cooked, drained and rinsed)

**4 cups** Baby Spinach (chopped)

**1** Tomato (medium, diced)

Sea Salt & Black Pepper (to taste)



# Maple Tahini Dressing

5 ingredients · 5 minutes · 4 servings



## Directions

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1. Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is equal to approximately two tablespoons.

### Too Thick

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

## Ingredients

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**1/4 cup** Tahini

**2 tbsps** Maple Syrup

**1 1/2 tbsps** Lemon Juice

**2 tbsps** Water (warm)

**1/4 tsp** Sea Salt



# Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 2 servings



## Directions

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1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

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- 2 cups** Broccoli (chopped into small florets)
- 1 cup** Frozen Edamame (shelled)
- 2 stalks** Green Onion (sliced)
- 1/4 cup** Almonds (chopped)
- 2 tbsps** Almond Butter
- 1 1/2 tsps** Rice Vinegar
- 1 1/2 tsps** Tamari (or Coconut Aminos)
- 1 1/2 tsps** Maple Syrup
- 1 1/2 tsps** Sesame Oil
- 1/2** Garlic (clove, minced)
- 1 tbsp** Water



# Baby Carrots & Hummus

2 ingredients · 5 minutes · 3 servings



## Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

## Notes

### No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

### Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

## Ingredients

2 1/4 cups Baby Carrots

3/4 cup Hummus

# Chopped Bell Peppers

3 ingredients · 5 minutes · 2 servings



## Directions

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## Notes

### Storage

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

## Ingredients

1/2 Yellow Bell Pepper

1/2 Orange Bell Pepper

1/2 Red Bell Pepper



# Cucumber Hummus Bites

3 ingredients · 10 minutes · 2 servings



## Directions

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1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## Notes

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### More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

## Ingredients

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**1/2** Cucumber (large)

**1/2 cup** Hummus

**1/4 tsp** Black Pepper

# One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 2 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

**15 3/4 ozs** Tofu (extra firm, drained)  
**1 tbsp** Tamari  
**1 tbsp** Avocado Oil  
**1 tsp** Maple Syrup  
**1 tbsp** Arrowroot Powder  
**1 cup** Brussels Sprouts (trimmed and halved)  
**1/2 head** Cauliflower (chopped into florets)  
**1 tsp** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
**2 tsps** Sesame Seeds



# Brown Rice

2 ingredients · 45 minutes · 4 servings



## Directions

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1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

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**1 cup** Brown Rice (uncooked)

**2 cups** Water



# Zucchini White Bean Roll Ups

5 ingredients · 1 hour · 2 servings



## Directions

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1. Preheat your oven to 350°F (177°C).
2. Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
3. In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
4. Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
5. Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

## Notes

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### No White Beans

Use chickpeas instead.

## Ingredients

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**2** Zucchini (medium)

**2 cups** White Navy Beans (cooked, from the can)

**1/4 cup** Pesto

Sea Salt & Black Pepper (to taste)

**1 cup** Tomato Sauce

# Falafel Salad with Green Tahini Sauce

10 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
2. Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
3. Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
4. Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

## Notes

### Speed It Up

Skip making the tahini sauce and serve with hummus instead.

## Ingredients

- 3/4 cup** Oats (quick or traditional)
- 2 cups** Lentils (cooked, drained and rinsed)
- 2** Garlic (cloves, minced)
- 1/2 tsp** Sea Salt
- 2 cups** Parsley (divided)
- 1** Lemon (juiced and divided)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1/4 cup** Tahini
- 1/4 cup** Water
- 4 cups** Baby Spinach (or mixed greens)





# Tofu, Broccoli & Brown Rice

10 ingredients · 1 hour · 3 servings



## Directions

1. In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
2. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
4. In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
5. Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

## Notes

### No Tofu

Use chicken, shrimp or chickpeas.

### Leftovers

Keeps well in the fridge for 3 to 4 days.

## Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tamari
- 2 tbsps Miso Paste (optional)
- 1 tbsp Sesame Oil
- 12 1/3 ozs Tofu (sliced into cubes)
- 3 tbsps Sesame Seeds (optional)

