



Florida Kidney PHYSICIANS

21-DAY COOKBOOK

Explore a delicious plant-based meal plan



By Dr. Morales Lappot



BREAKFAST

Scrambled Tofu with Spinach and Mushrooms**Ingredients:**

- ½ block firm tofu, crumbled
- ½ cup fresh spinach, chopped
- ¼ cup mushrooms, diced
- 1 tbsp olive oil
- ½ tsp turmeric
- ¼ tsp garlic powder

Instructions:

Heat olive oil in a pan over medium heat.

Add mushrooms and sauté for 2–3 minutes until softened.

Add tofu, turmeric, and garlic powder; cook for 5 minutes.

Stir in spinach and cook until wilted. Serve warm.



LUNCH

Steamed Broccoli and Grilled Zucchini with Tahini Sauce**Ingredients:**

- 1 cup broccoli florets
- 1 zucchini, sliced
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil

Instructions:

Steam broccoli for 5 minutes until tender.

Grill zucchini for 4 minutes per side over medium heat.

Mix tahini, lemon juice, and olive oil; drizzle over vegetables.

Serve warm.



DINNER

Lentil Patties with Sautéed Green Beans**Ingredients:**

- ½ cup cooked lentils
- ¼ cup almond flour
- ½ tsp cumin
- ½ tsp paprika
- ½ cup green beans, chopped
- 1 tbsp olive oil

Instructions:

Mash lentils and mix with almond flour, cumin, and paprika. Form patties.

Heat olive oil in a pan and cook patties for 3 minutes per side.

Sauté green beans in the same pan for 5 minutes.

Serve patties with green beans.



BREAKFAST

**Almond Flour Pancakes
with Raspberries****Ingredients:**

- ½ cup almond flour
- 1 tbsp ground flaxseed
- ½ cup unsweetened almond milk
- ¼ cup fresh raspberries
- ½ tsp baking powder

Instructions:

Mix almond flour, flaxseed, and baking powder. Add almond milk and stir.

Cook in a non-stick pan for 2–3 minutes per side.

Top with raspberries and serve.



LUNCH

**Grilled Eggplant
and Asparagus with Quinoa****Ingredients:**

- ½ eggplant, sliced
- ½ cup asparagus spears
- ½ cup cooked quinoa
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

Instructions:

Grill eggplant and asparagus until tender.

Toss with quinoa, olive oil, and balsamic vinegar; serve warm.



DINNER

**Roasted Cauliflower
and Chickpea Salad****Ingredients:**

- ½ cup chickpeas
- 1 cup cauliflower florets
- 1 tbsp tahini
- 1 tbsp lemon juice
- ½ tsp cumin

Instructions:

Roast cauliflower at 375°F for 20 minutes.

Toss with chickpeas, tahini, lemon juice, and cumin; serve warm.



BREAKFAST

Chia Seed Pudding with Almond Milk and Strawberries

Ingredients:

- 3 tbsp chia seeds
- ½ cup unsweetened almond milk
- ¼ cup diced strawberries
- ½ tsp vanilla extract

Instructions:

Mix chia seeds and almond milk; let sit for 10 minutes or overnight.

Stir in vanilla extract and top with strawberries. Serve chilled.



LUNCH

Spinach and Avocado Salad with Pumpkin Seeds

Ingredients:

- 2 cups fresh spinach
- ½ avocado, sliced
- 1 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions:

Toss spinach with avocado and pumpkin seeds.

Drizzle with olive oil and lemon juice; serve immediately.



DINNER

Tempeh Stir-Fried with Bok Choy and Mushrooms

Ingredients:

- ½ cup tempeh, diced
- 1 cup chopped bok choy
- ½ cup sliced mushrooms
- 1 tbsp sesame seeds
- 1 tbsp olive oil

Instructions:

Heat olive oil over medium heat.

Sauté tempeh for 3 minutes.

Add bok choy and mushrooms; stir-fry for 5 minutes.

Sprinkle with sesame seeds and serve.



BREAKFAST

Smoothie with Pea Protein, Cucumber, Kale, and Lemon Juice

Ingredients:

- 1 scoop pea protein powder
- ½ cucumber, chopped
- 1 cup kale (stems removed)
- 1 tbsp lemon juice
- ½ cup unsweetened almond milk

Instructions:

Combine all ingredients in a blender. Blend until smooth; serve immediately.



LUNCH

Roasted Brussels Sprouts with Tahini and Sunflower Seeds

Ingredients:

- 1 cup Brussels sprouts, halved
- 1 tbsp olive oil
- 1 tbsp tahini
- 1 tbsp sunflower seeds
- ½ tsp lemon juice

Instructions:

Preheat oven to 375°F.

Toss Brussels sprouts with olive oil; roast for 20 minutes.

Drizzle with tahini and lemon juice, sprinkle with sunflower seeds; serve warm.



DINNER

Baked Stuffed Peppers with Quinoa and Black Beans

Ingredients:

- 2 bell peppers, halved and seeded
- ½ cup cooked quinoa
- ½ cup black beans
- ½ tsp cumin
- ½ tsp garlic powder
- 1 tbsp olive oil

Instructions:

Preheat oven to 375°F.

Mix quinoa, black beans, cumin, and garlic powder.

Stuff the bell peppers with the mixture.

Drizzle with olive oil and bake for 25 minutes; serve warm.



BREAKFAST

Chickpea Flour "Omelet" with Spinach and Bell Peppers**Ingredients:**

- ½ cup chickpea flour
- ½ cup water
- ¼ cup diced bell peppers
- ¼ cup fresh spinach
- ½ tsp turmeric

Instructions:

Whisk chickpea flour, water, and turmeric.

Heat a non-stick pan and pour in the mixture; cook for 2 minutes.

Add bell peppers and spinach, fold the omelet, and cook for another 2 minutes.

Serve warm.



LUNCH

Grilled Zucchini with Lentil Stew**Ingredients:**

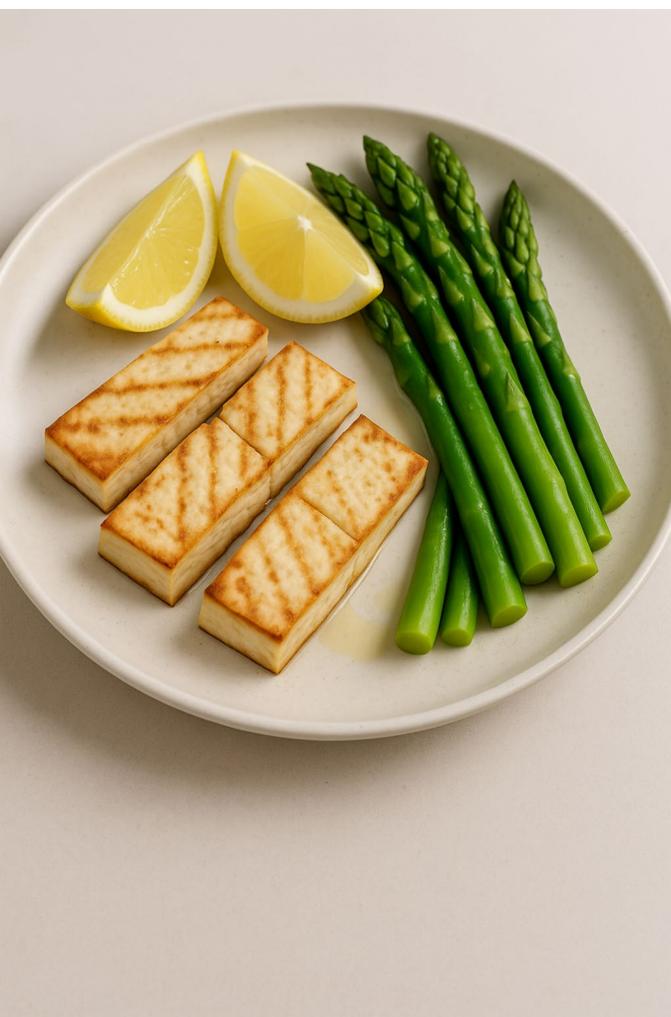
- 1 zucchini, sliced
- ½ cup cooked lentils
- ½ tsp cumin
- ½ tsp paprika
- 1 tbsp olive oil

Instructions:

Grill zucchini slices for 4 minutes per side over medium heat.

Mix lentils with cumin, paprika, and olive oil.

Serve lentils over grilled zucchini.



DINNER

Tofu with Steamed Asparagus and Lemon Juice**Ingredients:**

- ½ block firm tofu, cubed
- 1 cup asparagus spears
- 1 tbsp lemon juice
- 1 tbsp olive oil

Instructions:

Steam asparagus for 5 minutes.

Sauté tofu in olive oil over medium heat until golden.

Drizzle with lemon juice and serve.



BREAKFAST

Almond Butter on Low-Carb Bread with Sliced Pear

Ingredients:

- 1 slice low-carb bread
- 1 tbsp almond butter
- ½ pear, sliced

Instructions:

Toast the bread lightly.
Spread almond butter on top and arrange pear slices.
Serve warm.



LUNCH

Spinach and Grilled Cauliflower Salad with Hemp Seeds

Ingredients:

- 2 cups spinach
- 1 cup cauliflower florets
- 1 tbsp hemp seeds
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

Instructions:

Grill cauliflower florets for 10 minutes.
Toss with spinach and hemp seeds.
Drizzle with olive oil and balsamic vinegar before serving.



DINNER

Roasted Eggplant Stuffed with Chickpeas and Parsley

Ingredients:

- 1 small eggplant, halved
- ½ cup chickpeas
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped

Instructions:

Roast eggplant halves at 375°F for 25 minutes.
Mash chickpeas with olive oil and parsley.
Stuff the mixture into eggplant halves and serve.



BREAKFAST

Chia Seed Pudding with Almond Milk and Cocoa Powder

Ingredients:

- 3 tbsp chia seeds
- ½ cup unsweetened almond milk
- ½ tsp cocoa powder
- ½ tsp vanilla extract

Instructions:

Mix all ingredients together.

Let sit for 10 minutes (or overnight), then stir and serve.



LUNCH

Crisp Cabbage & Cucumber Salad with Citrus Vinaigrette

Ingredients:

- 1 cup shredded green cabbage
- ½ cup shredded red cabbage
- ½ cucumber, thinly sliced
- ½ red bell pepper, thinly sliced
- 1 tbsp extra-virgin olive oil
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder

Instructions:

In a large bowl, combine the shredded green and red cabbages with the cucumber and red bell pepper.

In a small bowl, whisk together the olive oil, lemon juice, and garlic powder.

Drizzle the dressing over the vegetables and toss gently until evenly coated.



DINNER

Roasted Cauliflower & Zucchini Medley with Herb-Infused Olive Oil

Ingredients:

- 1 cup cauliflower florets
- 1 medium zucchini, sliced into half-moons
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- ½ tsp dried thyme
- ½ tsp dried basil
- 1 tbsp fresh lemon juice

Instructions:

Preheat your oven to 375°F.

In a bowl, toss the cauliflower florets and zucchini slices with olive oil, minced garlic, dried thyme, and dried basil until they're evenly coated.

Spread the vegetables in a single layer on a baking sheet. Roast for about 20 minutes—stirring halfway through—until they become tender and lightly browned.

Remove from the oven and drizzle with fresh lemon juice before serving.



BREAKFAST

Flaxseed Porridge with Unsweetened Almond Milk and Sliced Kiwi

Ingredients:

- 3 tbsp ground flaxseeds
- ½ cup unsweetened almond milk
- ½ kiwi, sliced
- ½ tsp cinnamon

Instructions:

Heat almond milk in a small pot over low heat.

Add flaxseeds and stir continuously for 2 minutes.

Remove from heat, top with kiwi slices and cinnamon; serve immediately.



LUNCH

Avocado on Whole-Grain Toast with Hemp Seeds

Ingredients:

- 1 slice whole-grain toast
- ½ avocado, mashed
- 1 tbsp hemp seeds
- ½ tsp lemon juice

Instructions:

Toast the bread lightly.

Spread mashed avocado evenly; sprinkle with hemp seeds and lemon juice.

Serve immediately.



DINNER

Stir-Fried Mushrooms with Bok Choy and Sesame Dressing

Ingredients:

- 1 cup bok choy, chopped
- ½ cup mushrooms, sliced
- 1 tbsp sesame seeds
- 1 tbsp olive oil

Instructions:

Heat olive oil over medium heat.

Sauté mushrooms for 3 minutes.

Add bok choy and cook 5 minutes more.

Sprinkle with sesame seeds and serve.



BREAKFAST

**Smoothie with Coconut Yogurt,
Blueberries, and Chia Seeds****Ingredients:**

- ½ cup unsweetened coconut yogurt
- ½ cup fresh blueberries
- 1 tbsp chia seeds
- ½ cup unsweetened almond milk

Instructions:

Blend all ingredients until smooth.
Serve chilled.



LUNCH

**Grilled Bell Peppers Stuffed with
Lentils and Fresh Herbs****Ingredients:**

- 2 bell peppers, halved and seeded
- ½ cup cooked lentils
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil

Instructions:

Preheat oven to 375°F.
Mix lentils with parsley and olive oil.
Stuff bell pepper halves with the mixture.
Bake for 20 minutes; serve warm.



DINNER

**Steamed Brussels Sprouts
with Hemp Seeds and Garlic****Ingredients:**

- 1 cup Brussels sprouts, halved
- ½ tbsp olive oil
- 1 tbsp hemp seeds
- ½ tsp minced garlic

Instructions:

Steam Brussels sprouts for 5 minutes.
Toss with olive oil, garlic, and hemp seeds; serve warm.



BREAKFAST

Scrambled Tempeh with Diced Tomatoes and Spinach**Ingredients:**

- ½ cup tempeh, crumbled
- ¼ cup diced tomatoes
- ½ cup fresh spinach
- 1 tbsp olive oil

Instructions:

Heat olive oil in a pan over medium heat.

Sauté tempeh for 3 minutes.

Add tomatoes and spinach; cook for another 5 minutes.

Serve warm.



LUNCH

Romaine Lettuce Wraps Filled with Chickpeas and Tahini Dressing**Ingredients:**

- 2 romaine lettuce leaves
- ½ cup chickpeas
- 1 tbsp tahini
- 1 tbsp lemon juice

Instructions:

Mash chickpeas lightly; mix with tahini and lemon juice.

Spoon the mixture into the lettuce leaves and wrap.



DINNER

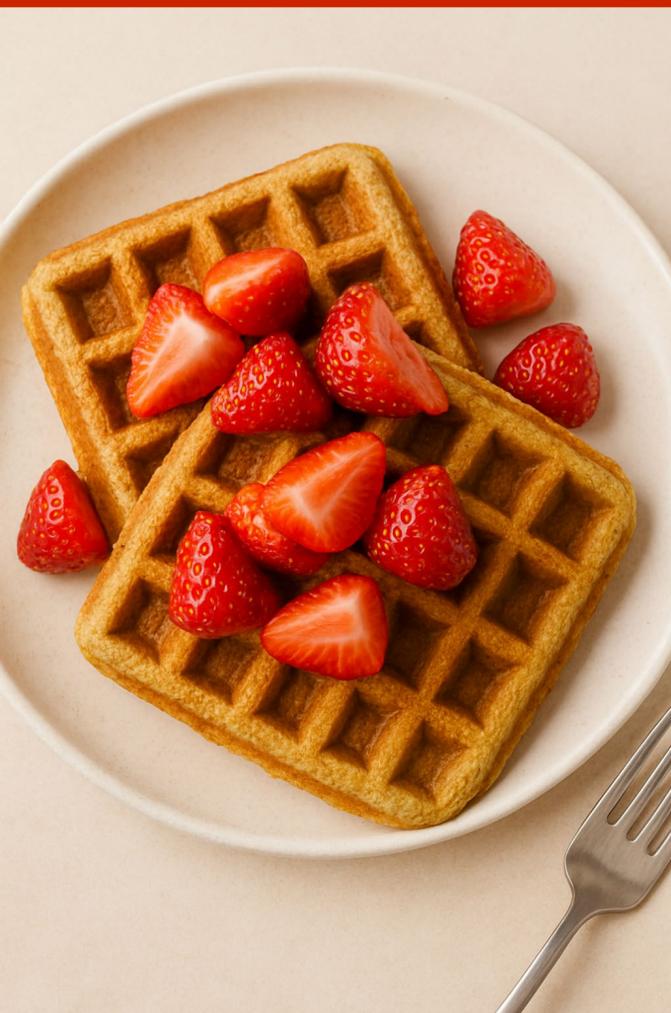
Lightly Sautéed Cabbage with Roasted Almonds**Ingredients:**

- 1 cup shredded cabbage
- 1 tbsp olive oil
- 1 tbsp chopped almonds

Instructions:

Heat olive oil over medium heat.

Sauté cabbage for 5 minutes and sprinkle roasted almonds; serve.



BREAKFAST

**Almond Flour Waffles with
Fresh Strawberries****Ingredients:**

- ½ cup almond flour
- 1 tbsp ground flaxseeds
- ½ tsp baking powder
- ½ cup unsweetened almond milk
- ¼ cup fresh strawberries

Instructions:

Mix almond flour, flaxseeds, and baking powder. Stir in almond milk.

Cook in a waffle iron as directed.

Top with strawberries and serve.



LUNCH

**Stir-Fried Mushrooms with Bok
Choy and Sesame Dressing****Ingredients:**

- 1 cup bok choy, chopped
- ½ cup mushrooms, sliced
- 1 tbsp sesame seeds
- 1 tbsp olive oil

Instructions:

Heat olive oil over medium heat.

Sauté mushrooms for 3 minutes.

Add bok choy and cook 5 minutes more.

Sprinkle with sesame seeds and serve.



DINNER

**Roasted Eggplant with
Chickpea Purée****Ingredients:**

- 1 small eggplant, halved
- ½ cup chickpeas
- 1 tbsp olive oil
- ½ tsp cumin

Instructions:

Roast eggplant halves at 375°F for 25 minutes.

Blend chickpeas with olive oil and cumin until smooth.

Spoon the purée onto the eggplant halves and serve.



BREAKFAST

Chia Pudding with Unsweetened Oat Milk and Pumpkin Seeds

Ingredients:

- 3 tbsp chia seeds
- ½ cup unsweetened oat milk
- 1 tbsp pumpkin seeds
- ½ tsp vanilla extract

Instructions:

Mix chia seeds and oat milk; let sit for 10 minutes or overnight. Stir and top with pumpkin seeds, then serve chilled.



LUNCH

Warm Kale Salad with Roasted Almonds and Avocado

Ingredients:

- 2 cups kale (stems removed)
- ½ avocado, sliced
- 1 tbsp roasted almonds
- 1 tbsp olive oil

Instructions:

Sauté kale in olive oil for 2 minutes. Toss with avocado and almonds; serve warm.



DINNER

Baked Spaghetti Squash with Grilled Asparagus

Ingredients:

- 1 small spaghetti squash
- ½ cup asparagus spears
- 1 tbsp olive oil

Instructions:

Preheat oven to 375°F. Halve the squash, remove seeds, and bake for 40 minutes. Grill asparagus for 5 minutes. Scrape the squash into strands and serve with asparagus.



BREAKFAST

Flaxseed Porridge with Unsweetened Almond Milk and Sliced Kiwi**Ingredients:**

- 3 tbsp ground flaxseeds
- ½ cup unsweetened almond milk
- ½ kiwi, sliced
- ½ tsp cinnamon

Instructions:

Heat almond milk in a small pot over low heat.

Add flaxseeds and stir continuously for 2 minutes.

Remove from heat, top with kiwi slices and cinnamon; serve immediately.



LUNCH

Stuffed Portobello Mushrooms with Sunflower Seed Pesto**Ingredients:**

- 1 tbsp sunflower seeds
- 1 tbsp olive oil
- ½ tsp garlic powder

Instructions:

Preheat oven to 375°F.

Blend sunflower seeds, garlic powder, and olive oil.

Stuff Portobello mushrooms with the mixture and bake for 20 minutes.

Serve warm.



DINNER

Lightly Sautéed Green Beans with Roasted Almonds**Ingredients:**

- 1 cup green beans, trimmed
- 1 tbsp olive oil
- 1 tbsp chopped almonds

Instructions:

Sauté green beans in olive oil for 5 minutes.

Sprinkle with roasted almonds and serve.



BREAKFAST

Buckwheat Pancakes with Blueberries and Flaxseeds**Ingredients:**

- ½ cup buckwheat flour
- 1 tbsp ground flaxseeds
- ½ cup unsweetened almond milk
- ¼ cup fresh blueberries
- ½ tsp baking powder

Instructions:

Mix buckwheat flour, flaxseeds, and baking powder. Stir in almond milk.

Cook in a non-stick pan for 2–3 minutes per side.

Top with blueberries and serve.



LUNCH

Cucumber and Avocado Salad with Pumpkin Seeds**Ingredients:**

- ½ cucumber, sliced
- ½ avocado, diced
- 1 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions:

Toss cucumber and avocado in a bowl.

Drizzle with olive oil and lemon juice.

Sprinkle pumpkin seeds and serve.



DINNER

Tempeh Stir-Fried with Bok Choy and Mushrooms**Ingredients:**

- ½ cup tempeh, diced
- 1 cup chopped bok choy
- ½ cup sliced mushrooms
- 1 tbsp sesame seeds
- 1 tbsp olive oil

Instructions:

Heat olive oil; sauté tempeh for 3 minutes.

Add bok choy and mushrooms; stir-fry for 5 minutes.

Sprinkle sesame seeds and serve.



BREAKFAST

Coconut Yogurt with Chia Seeds and Raspberries**Ingredients:**

- ½ cup unsweetened coconut yogurt
- 1 tbsp chia seeds
- ¼ cup raspberries

Instructions:

Mix coconut yogurt with chia seeds.

Let sit for 10 minutes (or overnight), then top with raspberries and serve.



LUNCH

Stuffed Bell Peppers with Lentils and Fresh Herbs**Ingredients:**

- 2 bell peppers, halved and seeded
- ½ cup cooked lentils
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil

Instructions:

Preheat oven to 375°F.

Mix lentils with parsley and olive oil.

Stuff into bell pepper halves and bake for 20 minutes; serve warm.



DINNER

Roasted Eggplant Slices with Tahini Dressing**Ingredients:**

- 1 small eggplant, sliced
- 1 tbsp tahini
- 1 tbsp olive oil
- ½ tsp cumin

Instructions:

Preheat oven to 375°F.

Brush eggplant slices with olive oil and roast for 20 minutes.

Drizzle with tahini and sprinkle cumin; serve warm.



BREAKFAST

**Almond Butter on Low-Carb
Toast with Sliced Pear****Ingredients:**

- 1 slice low-carb toast
- 1 tbsp almond butter
- ½ pear, sliced

Instructions:

Toast the bread lightly.
Spread almond butter evenly and top with pear slices. Serve.



LUNCH

**Spinach and Roasted Cauliflower
Salad with Hemp Seeds****Ingredients:**

- 2 cups fresh spinach
- 1 cup roasted cauliflower florets
- 1 tbsp hemp seeds
- 1 tbsp olive oil

Instructions:

Roast cauliflower at 375°F for 20 minutes.
Toss with spinach and hemp seeds; drizzle with olive oil and serve.



DINNER

**Baked Spaghetti Squash
with Garlic and Asparagus****Ingredients:**

- 1 small spaghetti squash
- 1 cup asparagus spears
- 1 tbsp minced garlic
- 1 tbsp olive oil

Instructions:

Preheat oven to 375°F.
Halve the squash, remove seeds, and bake for 40 minutes.
Sauté asparagus with garlic in olive oil for 5 minutes.
Scrape the squash into strands and serve with asparagus.



BREAKFAST

Flaxseed Porridge with Unsweetened Almond Milk and Cinnamon

Ingredients:

- 3 tbsp ground flaxseeds
- ½ cup unsweetened almond milk
- ½ tsp cinnamon

Instructions:

Heat almond milk in a pot over low heat.

Add ground flaxseeds and stir continuously for 2 minutes.

Remove from heat, top with cinnamon, and serve warm.



LUNCH

Crisp Cabbage & Cucumber Salad with Citrus Vinaigrette

Ingredients:

- 1 cup shredded green cabbage
- ½ cup shredded red cabbage
- ½ cucumber, thinly sliced
- ½ red bell pepper, thinly sliced
- 1 tbsp extra-virgin olive oil
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder

Instructions:

In a large bowl, combine the shredded green and red cabbages with the cucumber and red bell pepper.

In a small bowl, whisk together the olive oil, lemon juice, and garlic powder.

Drizzle the dressing over the vegetables and toss gently until evenly coated.



DINNER

Roasted Mushrooms and Bok Choy with Sesame Drizzle

Ingredients:

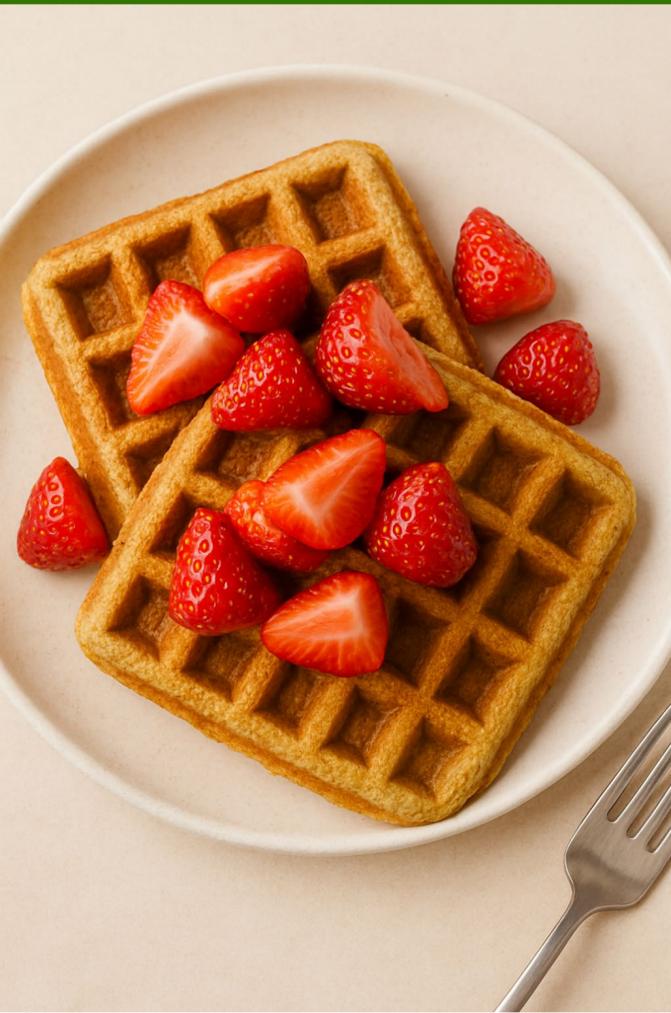
- 1 cup mushrooms, sliced
- 1 cup bok choy, chopped
- 1 tbsp sesame oil

Instructions:

Roast mushrooms at 375°F for 20 minutes.

Sauté bok choy in sesame oil for 5 minutes.

Mix together and serve warm.



BREAKFAST

Almond Flour Waffles with Fresh Strawberries

Ingredients:

- ½ cup almond flour
- 1 tbsp ground flaxseeds
- ½ tsp baking powder
- ½ cup unsweetened almond milk
- ¼ cup fresh strawberries

Instructions:

Mix almond flour, flaxseeds, and baking powder. Stir in almond milk.

Cook in a waffle iron as directed.

Top with strawberries and serve.



LUNCH

Roasted Eggplant Stuffed with Chickpeas and Fresh Herbs

Ingredients:

- 1 small eggplant, halved
- ½ cup chickpeas
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil

Instructions:

Roast eggplant halves at 375°F for 25 minutes.

Mash chickpeas with parsley and olive oil.

Stuff the mixture into the eggplant halves and serve.



DINNER

Sautéed Green Beans with Almonds and Garlic

Ingredients:

- 1 cup green beans, trimmed
- 1 tbsp olive oil
- 1 tbsp sliced almonds
- 1 tsp minced garlic

Instructions:

Heat olive oil in a pan over medium heat.

Sauté green beans for 5 minutes.

Add garlic and almonds; cook for another 2 minutes and serve.



BREAKFAST

Chia Seed Pudding with Almond Milk and Pumpkin Seeds**Ingredients:**

- 3 tbsp chia seeds
- ½ cup unsweetened oat milk
- 1 tbsp pumpkin seeds
- ½ tsp vanilla extract

Instructions:

Mix chia seeds and oat milk; let sit for 10 minutes or overnight. Stir and top with pumpkin seeds, then serve chilled.



LUNCH

Spinach and Avocado Salad with Toasted Almonds**Ingredients:**

- 2 cups fresh spinach
- ½ avocado, sliced
- 1 tbsp toasted almonds
- 1 tbsp olive oil

Instructions:

Toss spinach with avocado and toasted almonds. Drizzle with olive oil and serve.



DINNER

Sautéed Green Beans with Almonds and Garlic**Ingredients:**

- 1 cup cauliflower florets
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp tahini

Instructions:

Preheat oven to 375°F. Toss cauliflower with olive oil and garlic. Roast for 20 minutes, then drizzle with tahini before serving.



BREAKFAST

Buckwheat Pancakes with Almond Butter and Strawberries**Ingredients:**

- ½ cup buckwheat flour
- 1 tbsp ground flaxseeds
- ½ cup unsweetened almond milk
- ¼ cup fresh strawberries, sliced
- 1 tbsp almond butter
- ½ tsp baking powder

Instructions:

Mix buckwheat flour, flaxseeds, and baking powder; stir in almond milk.

Cook in a non-stick pan for 2–3 minutes per side.

Top with strawberries and almond butter; serve.



LUNCH

Spinach and Cucumber Salad with Pumpkin Seeds and Lemon Dressing**Ingredients:**

- 2 cups fresh spinach
- ½ cucumber, sliced
- 1 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions:

Combine spinach and cucumber in a bowl.

Whisk olive oil and lemon juice; drizzle over the salad.

Sprinkle pumpkin seeds and serve.



DINNER

Tempeh Stir-Fried with Garlic, Bok Choy, and Sesame Seeds**Ingredients:**

- ½ cup tempeh, diced
- 1 tbsp olive oil
- (Add garlic and a generous handful of bok choy as desired)
- 1 tbsp sesame seeds

Instructions:

Heat olive oil in a pan over medium heat.

Sauté tempeh for 3 minutes.

Add garlic and bok choy; stir-fry for 5 minutes.

Sprinkle with sesame seeds and serve.



BREAKFAST

Chia Seed Pudding with Almond Milk and Cacao Nibs

Ingredients:

- 3 tbsp chia seeds
- ½ cup unsweetened almond milk
- 1 tbsp cacao nibs
- ½ tsp vanilla extract

Instructions:

Mix chia seeds and almond milk; let sit for 10 minutes or overnight.

Stir well, top with cacao nibs, and serve chilled.



LUNCH

Grilled Eggplant and Asparagus with Lentils

Ingredients:

- ½ eggplant, sliced
- ½ cup asparagus spears
- ½ cup cooked lentils
- 1 tbsp olive oil

Instructions:

Grill eggplant and asparagus over medium heat until tender.

Toss with lentils and olive oil; serve immediately.



DINNER

Roasted Cauliflower & Zucchini Medley with Herb-Infused Olive Oil

Ingredients:

- 1 cup cauliflower florets
- 1 medium zucchini, sliced into half-moons
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- ½ tsp dried thyme
- ½ tsp dried basil
- 1 tbsp fresh lemon juice

Instructions:

Preheat your oven to 375°F.

In a bowl, toss the cauliflower florets and zucchini slices with olive oil, minced garlic, dried thyme, and dried basil until they're evenly coated.

Spread the vegetables in a single layer on a baking sheet. Roast for about 20 minutes—stirring halfway through—until they become tender and lightly browned.

Remove from the oven and drizzle with fresh lemon juice before serving.