



# Plant-Based High Protein Recipes

NEW ROOTS HERBAL



## MON



**BREAKFAST**  
Brownie Protein Pancakes



**SNACK 1**  
Celery with Peanut Butter



**LUNCH**  
Chickpea Edamame Salad with Lemon & Dill, Quinoa



**SNACK 2**  
Roasted Edamame



**DINNER**  
One Pan Tofu, Brussels Sprouts & Cauliflower

## TUE



**BREAKFAST**  
Brownie Protein Pancakes



**SNACK 1**  
Celery with Peanut Butter



**LUNCH**  
One Pan Tofu, Brussels Sprouts & Cauliflower



**SNACK 2**  
Roasted Edamame



**DINNER**  
Chili Lime Tempeh & Veggies

## WED



**BREAKFAST**  
Brownie Protein Pancakes



**SNACK 1**  
Celery with Peanut Butter



**LUNCH**  
Chili Lime Tempeh & Veggies



**SNACK 2**  
Roasted Edamame



**DINNER**  
One Pan Tofu, Brussels Sprouts & Cauliflower

## THU



**BREAKFAST**  
Curried Tofu Scramble, Toast with Peanut Butter



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Chili Lime Tempeh & Veggies



**SNACK 2**  
Oil-Free Hummus, Chopped Bell Peppers



**DINNER**  
Chickpea Edamame Salad with Lemon & Dill

## FRI



**BREAKFAST**  
Curried Tofu Scramble, Toast with Peanut Butter



**SNACK 1**  
Chocolate Cherry Chia Pudding



**LUNCH**  
Chickpea Edamame Salad with Lemon & Dill



**SNACK 2**  
Oil-Free Hummus, Chopped Bell Peppers



**DINNER**  
Tempeh, Quinoa & Broccoli

## SAT



**BREAKFAST**  
Toast with Nut Butter, Banana & Hemp Seeds



**SNACK 1**  
Mocha Overnight Protein Oats, Almonds



**LUNCH**  
Tempeh, Quinoa & Broccoli



**SNACK 2**  
Oil-Free Hummus, Chopped Bell Peppers



**DINNER**  
Crispy Peanut Tofu with Cauliflower Rice

## SUN



**BREAKFAST**  
Toast with Nut Butter, Banana & Hemp Seeds



**SNACK 1**  
Mocha Overnight Protein Oats, Almonds



**LUNCH**  
Tempeh, Quinoa & Broccoli



**SNACK 2**  
Oil-Free Hummus, Chopped Bell Peppers



**DINNER**  
Crispy Peanut Tofu with Cauliflower Rice

## FRUITS

- 1 1/2 Avocado
- 1 Banana
- 3/4 cup Cherries
- 3/4 Lemon
- 2 2/3 tbsps Lemon Juice
- 1/2 Lime
- 1/3 cup Lime Juice

## BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1/4 cup Almond Butter
- 1/2 cup Coffee
- 1 1/2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1/3 cup Chia Seeds
- 1 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 2/3 tsp Curry Powder
- 1 1/2 tpsps Garlic Powder
- 3 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 3/4 tsp Smoked Paprika

## FROZEN

- 4 1/2 cups Frozen Edamame

## VEGETABLES

- 2 cups Arugula
- 3 cups Baby Spinach
- 3 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 1 1/4 heads Cauliflower
- 4 1/2 stalks Celery
- 3 tbsps Fresh Dill
- 2 2/3 Garlic
- 1 1/2 Green Bell Pepper
- 1 Orange Bell Pepper
- 3 1/8 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 1/16 Yellow Onion

## BOXED & CANNED

- 2 3/4 cups Chickpeas
- 1 cup Quinoa
- 2/3 cup Vegetable Broth

## BAKING

- 1 1/2 tbsps Arrowroot Powder
- 1 1/2 tbsps Baking Powder
- 2 tbsps Cacao Nibs
- 3/4 cup Chickpea Flour
- 3 1/2 tbsps Cocoa Powder
- 2 1/4 tpsps Coconut Sugar
- 1/3 cup Dark Chocolate Chips
- 2 tpsps Nutritional Yeast
- 1 cup Oats
- 1 tbsp Unsweetened Shredded Coconut

## BREAD, FISH, MEAT & CHEESE

- 638 grams Tempeh
- 1.2 kilograms Tofu
- 8 slices Whole Grain Bread

## CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 1/4 tpsps Coconut Oil
- 1 1/2 tpsps Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Sesame Oil
- 3 1/2 tbsps Tahini
- 3 tbsps Tamari

## COLD

- 1 cup Plain Coconut Milk
- 2 1/2 cups Unsweetened Almond Milk

## OTHER

- 1 1/4 cups Chocolate Protein Powder
- 1 1/4 cups Water



# Brownie Protein Pancakes

3 SERVINGS 15 MINUTES



## INGREDIENTS

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

## DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 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.
- 05 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.

# Curried Tofu Scramble

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 **tsps** Vegetable Broth  
2/3 **Red Bell Pepper** (chopped)  
1/3 **Yellow Onion** (chopped)  
**298 grams** Tofu (extra firm, drained and pressed to remove water)  
2/3 **tsp** Curry Powder  
2 **tsps** Nutritional Yeast  
1/8 **tsp** Sea Salt  
2 **cups** Arugula

## DIRECTIONS

- 01** In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02** Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03** Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO VEGETABLE BROTH

Use avocado oil or extra virgin olive oil instead.

### MORE FLAVOR

Add mushrooms or fresh herbs to the dish.

# Toast with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

## DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

## NOTES

### TOPPING IDEAS

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.



# Toast with Nut Butter, Banana & Hemp Seeds

1 SERVING 5 MINUTES



## INGREDIENTS

2 slices Whole Grain Bread (toasted)  
2 tbsps Almond Butter  
1/2 Banana (sliced)  
1 tbsp Hemp Seeds  
1/8 tsp Cinnamon

## DIRECTIONS

01 Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

## NOTES

### NO HEMP SEEDS

Omit or use sunflower seeds or pumpkin seeds instead.

### GLUTEN-FREE

Use a certified gluten-free bread.

### NUT-FREE

Use sunflower seed butter instead.

# Celery with Peanut Butter

3 SERVINGS 5 MINUTES



## INGREDIENTS

4 1/2 stalks Celery (sliced into sticks)  
1/3 cup All Natural Peanut Butter

## DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

## NOTES

### NUT-FREE

Use sunflower seed butter or hummus instead.



# Chocolate Cherry Chia Pudding

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 3/4 cup Cherries (pitted)
- 1 tbsp Unsweetened Shredded Coconut

## DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NO PROTEIN POWDER

Use raw cacao powder instead of protein powder, using half the amount.

### LIKES IT SWEET

Add a drizzle of maple syrup or honey.

### ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Mocha Overnight Protein Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (rolled)  
2 tbsps Chia Seeds  
2 tbsps Cocoa Powder  
1/4 cup Chocolate Protein Powder  
1 cup Unsweetened Almond Milk  
1/2 cup Coffee (brewed and chilled)  
2 tbsps Cacao Nibs

## DIRECTIONS

- 01 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 02 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# Almonds

2 SERVINGS 2 MINUTES



## INGREDIENTS

1/2 cup Almonds (raw)

## DIRECTIONS

01 Place in a bowl and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the pantry.

### MORE FLAVOR

Roast, toast and/or season with salt.



# Chickpea Edamame Salad with Lemon & Dill

1 SERVING 10 MINUTES



## INGREDIENTS

- 1/4 Lemon (juiced)
- 1 1/2 tps Avocado Oil
- 1/2 tsp Dijon Mustard
- 1/2 tsp Maple Syrup
- 1 tbs Fresh Dill (chopped)
- 1 cup Baby Spinach (chopped)
- 1/2 cup Chickpeas (cooked)
- 1/2 cup Frozen Edamame (thawed)

## DIRECTIONS

- 01 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 02 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

### NO SPINACH

Use mixed greens, arugula, kale or romaine lettuce instead.

### SOY-FREE

Use green peas instead of edamame.

### NO CHICKPEAS

Use lentils or black beans instead.

# Quinoa

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 cup Quinoa (uncooked)  
1/3 cup Water

## DIRECTIONS

- 01 Combine quinoa 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 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

# Roasted Edamame

3 SERVINGS 45 MINUTES



## INGREDIENTS

3 cups Frozen Edamame  
1 1/2 tbsps Extra Virgin Olive Oil  
1/3 tsp Sea Salt

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

## NOTES

### LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



# Oil-Free Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 1/3 cups Chickpeas (cooked)
- 2/3 Garlic (clove, minced)
- 2 2/3 tbsps Lemon Juice
- 2/3 tsp Sea Salt
- 3 1/2 tbsps Tahini
- 2 2/3 tbsps Water (cold)

## DIRECTIONS

- 01 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 02 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1/3 cup of hummus.

### SERVE IT WITH

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

### CONSISTENCY

If hummus is too thick, add additional cold water, one tablespoon at a time.

# Chopped Bell Peppers

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper

## DIRECTIONS

- 01 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.

# One Pan Tofu, Brussels Sprouts & Cauliflower

3 SERVINGS 45 MINUTES



## INGREDIENTS

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

## DIRECTIONS

- 01 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.
- 02 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.
- 03 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.



# Chili Lime Tempeh & Veggies

3 SERVINGS 1 HOUR 40 MINUTES



## INGREDIENTS

- 1 tbsp Chili Powder (divided)
- 1 tbsp Cumin (divided)
- 1 1/2 tsps Garlic Powder (divided)
- 1 1/8 tsps Sea Salt (divided)
- 3/4 tsp Smoked Paprika
- 1/3 cup Lime Juice
- 1/3 cup Vegetable Broth
- 1 1/2 tsps Maple Syrup
- 383 grams Tempeh (cut into thin pieces)
- 1 1/2 Red Bell Pepper (thinly sliced)
- 1 1/2 Green Bell Pepper (thinly sliced)
- 3/4 Yellow Onion (thinly sliced)
- 1 1/2 tsps Water
- 1 1/2 Avocado (diced)

## DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 02 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 03 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 04 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 05 Divide between plates. Top with diced avocado and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

### ADDITIONAL TOPPINGS

Lime wedges or cilantro.

**SERVE IT WITH**

Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.

# Tempeh, Quinoa & Broccoli

3 SERVINGS 55 MINUTES



## INGREDIENTS

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 255 grams Tempeh (cut into thin pieces)
- 3/4 cup Quinoa (uncooked)
- 3 cups Broccoli (cut into florets)

## DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 04 Meanwhile, cook the quinoa according to the package directions.
- 05 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO QUINOA

Use rice instead.

### NO ITALIAN SEASONING

Use any combination of dried herbs.

### MORE FLAVOR

Drizzle the broccoli with extra virgin olive oil.

### BROCCOLI

Use fresh or frozen broccoli or substitute other vegetable instead.



# Crispy Peanut Tofu with Cauliflower Rice

2 SERVINGS 40 MINUTES



## INGREDIENTS

227 grams Tofu (extra firm, drained)  
1 1/2 tsps Sesame Oil  
1 1/2 tsps Tamari  
2 1/4 tsps Coconut Sugar  
1 1/4 tsps All Natural Peanut Butter  
1/2 head Cauliflower (medium, grated into rice)  
1/2 Lime (sliced into wedges)

## DIRECTIONS

- 01 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. Bake for 20 minutes.
- 02 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 03 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 04 Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

## NOTES

### NO TAMARI

Use soy sauce or coconut aminos.

### NO CAULIFLOWER

Use regular rice instead.

### NUT-FREE

Use sunflower seed butter instead of peanut butter.

### NO COCONUT SUGAR

Use another type of sweetener such as honey or brown sugar.

### LIKES IT SPICY

Garnish with red pepper flakes.

### HERB LOVER

Garnish with fresh mint.