

Non-Perishable Meals & Snacks

Pantry staples often take a backseat to the scene-stealing fresh produce. However, lurking in your pantry are high protein, wholesome and nutrient dense ingredients to create easy, affordable, delicious meals.



Grocery List



30 ingredients

BREAKFAST

- 1 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1/4 cup Cashews
- 1 tsp Chili Powder
- 1 1/2 tsp Cinnamon
- 1 tsp Cumin
- 1/4 tsp Ground Ginger
- 1 tsp Nutmeg
- 3/4 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 1 1/4 tpsps Sea Salt
- 2 tpsps Smoked Paprika
- 1 1/4 tpsps Turmeric

VEGETABLES

- 2 Garlic
- 1/4 Yellow Onion

BOXED & CANNED

- 1/2 cup Brown Basmati Rice
- 1/2 cup Chickpeas
- 2 cups Dry Lentils
- 2 cups Dry Red Lentils
- 2 1/2 cups Organic Vegetable Broth
- 1 cup Tomato Paste

BAKING

- 2 tbsps Nutritional Yeast
- 3/4 cup Pitted Dates
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

CONDIMENTS & OILS

- 1 tbsps Balsamic Vinegar
- 1 tbsps Extra Virgin Olive Oil
- 1/2 cup Tomato Sauce

OTHER

- 7 1/8 cups Water



Chickpea Breakfast Scramble



9 ingredients



15 minutes



3 servings

DIRECTIONS

1. In a medium-sized pan, heat the vegetable broth over medium heat.
2. In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
3. Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
4. Remove the chickpea scramble from the stove and let it cool. Divide onto plates and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to 4 days.

Service Size

One serving equals approximately 1/2 cup each of chickpeas.

INGREDIENTS

- 1/4 cup Organic Vegetable Broth
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Nutritional Yeast
- 1 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 cup Mixed Greens
- 1/3 cup Radishes (sliced)
- 1 tbsp Parsley (chopped)
- 1/2 stalk Green Onion (chopped)

NUTRITION

Amount per serving

Calories	307	Cholesterol	0mg
Fat	2g	Sodium	285mg
Carbs	26g	Vitamin A	254IU
Fiber	8g	Vitamin C	6mg
Sugar	4g	Calcium	58mg
Protein	11g	Iron	4mg



Cinnamon Ginger Energy Balls



7 ingredients



15 minutes



12 servings

DIRECTIONS

1. Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
2. Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

NOTES

Serving Size

One serving is equal to one ball.

Leftovers

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

INGREDIENTS

- 3/4 cup** Pitted Dates
- 1/2 cup** Almond (raw)
- 1/4 cup** Cashews (raw)
- 1/2 tsp** Cinnamon (ground)
- 1/4 tsp** Ground Ginger
- 1/2 tsp** Vanilla Extract
- 1/4 tsp** Sea Salt

NUTRITION

		Amount per serving	
Calories	78	Cholesterol	0mg
Fat	4g	Sodium	50mg
Carbs	9g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	6g	Calcium	22mg
Protein	2g	Iron	1mg



Spicy Coconut Lentil Soup



10 ingredients



40 minutes



4 servings

DIRECTIONS

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and enjoy!

NOTES

Serving Size

One serving size is equal to approximately 1.5 to 2 cups of soup.

Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy

Swap out some of the water for coconut milk

Likes it Spicy

Add cayenne pepper

No Smoked Paprika

Use regular paprika

INGREDIENTS

- 1/2 cup Brown Basmati Rice (uncooked)
- 1/2 cup Dry Lentils (uncooked)
- 1/4 cup Unsweetened Shredded Coconut
- 2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 1/4 tsp Turmeric (ground)
- 1 tsp Cumin (ground)
- 1/2 tsp Sea Salt
- 7 cups Water
- 1/4 cup Cilantro (optional)

NUTRITION

		Amount per serving	
Calories	206	Cholesterol	0mg
Fat	4g	Sodium	328mg
Carbs	35g	Vitamin A	848IU
Fiber	4g	Vitamin C	1mg
Sugar	1g	Calcium	61mg
Protein	8g	Iron	3mg



Sweet and Crunchy Chickpeas



5 ingredients



1 hour



4 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

INGREDIENTS

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Maple Syrup
- 1 tsp Nutmeg
- 1 tsp Cinnamon

NUTRITION

		Amount per serving	
Calories	188	Cholesterol	0mg
Fat	6g	Sodium	7mg
Carbs	28g	Vitamin A	25IU
Fiber	7g	Vitamin C	1mg
Sugar	9g	Calcium	55mg
Protein	7g	Iron	2mg



Red Lentil Bolognese Sauce



11 ingredients



40 minutes



2 servings

DIRECTIONS

1. In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
3. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

NOTES

Leftovers

Refrigerate in an airtight container for up to 5 days.

Serving Size

One serving is approximately 1 cup of sauce.

More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings

Top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.

How to Use

Serve over veggie noodles, pasta noodles or dip bread in it.

INGREDIENTS

- 1/4 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Water
- 3/4 tsp Oregano
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Tomato Paste
- 1 1/2 cups Organic Vegetable Broth
- 1/2 cup Tomato Sauce
- 1 tbsp Balsamic Vinegar (divided)

NUTRITION

		Amount per serving	
Calories	239	Cholesterol	0mg
Fat	1g	Sodium	800mg
Carbs	45g	Vitamin A	841IU
Fiber	9g	Vitamin C	8mg
Sugar	7g	Calcium	52mg
Protein	15g	Iron	6mg