

Vegan Lentil Stew (7 servings)

Ingredients:

- 500g (2 1/3 cups) split red lentils, rinsed
- 1650ml (7 cups) vegetable broth (low sodium)
- 230g (2 1/3 cups) chopped kale or spinach
- 1 large onion (150g), diced
- 2 carrots (100g), diced
- 2 celery stalks (100g), diced
- 1 bell pepper (120g), diced
- 300g (1 1/3 cups) chopped broccoli
- 1 can (14.5 oz / 411g) diced tomatoes (low sodium)
- 3 cloves garlic (9g), minced
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp turmeric
- Freshly ground black pepper, to taste
- 1/4 cup (15g) chopped fresh cilantro or parsley, for garnish

Instructions:

1. Add the rinsed split red lentils and vegetable broth to your Instant Pot. Cook on high pressure for 8 minutes, then allow the pressure to release naturally for 10 minutes. Quick release any remaining pressure.
2. In a large pan, sauté the onion, carrots, celery, and bell pepper over medium heat until softened (about 5-7 minutes).
3. Add the garlic, cumin, smoked paprika, and turmeric, stirring for another minute.
4. Add the cooked vegetables from the pan to the Instant Pot, along with the cooked lentils and their broth, chopped broccoli, diced tomatoes, and kale or spinach.
5. Using the Sauté function on the Instant Pot, adjust the heat level to low, and simmer for 15-20 minutes until the vegetables are tender.
6. Season with freshly ground black pepper to taste. Serve with a sprinkle of fresh cilantro or parsley on top.

Serving size:

- ~400g
- Kcal per serving: 325 kcal
- Protein per serving: 20g

Protein-Packed Quinoa Salad (7 servings)

Ingredients:

- 400g (2 1/3 cups) quinoa, rinsed and drained
- 1100ml (4 2/3 cups) water
- 1 can (15 oz / 425g) kidney beans, prepared from dry beans, drained, and rinsed
- 1 can (15 oz / 425g) chickpeas, drained and rinsed
- 200g (1 1/3 cups) cherry tomatoes, halved
- 1 cucumber (300g), chopped
- 1/3 cup (50g) sunflower seeds
- 1/3 cup (50g) pumpkin seeds
- 1/3 cup (15g) chopped fresh basil or parsley
- 2 1/3 cups (70g) arugula or mixed greens
- 1/3 cup (80ml) lemon juice
- 1/3 cup (80ml) olive oil
- Freshly ground black pepper, to taste

Instructions:

1. Add the rinsed quinoa and water to your Instant Pot. Cook on high pressure for 1 minute, then let the pressure release naturally for 10 minutes. Quick release any remaining pressure.
2. Fluff with a fork and allow it to cool.
3. In a large bowl, combine the cooked quinoa, kidney beans, chickpeas, cherry tomatoes, cucumber, sunflower seeds, pumpkin seeds, chopped basil or parsley, and arugula or mixed greens.
4. In a separate small bowl, whisk together the lemon juice, olive oil, and freshly ground black pepper. Pour the dressing over the quinoa salad and mix well.

Serving size:

- ~400g
- Kcal per serving: 480 kcal
- Protein per serving: 20g

Protein-Packed Berry Smoothie (7 servings)

Ingredients:

- 350g (2 1/3 cups) frozen mixed berries
- 2 medium bananas (240g)
- 70g (1/3 cup) chia seeds
- 560ml (2 1/3 cups) unsweetened almond milk
- 560g (2 1/3 cups) silken tofu
- 2 tsp vanilla extract
- 1 1/3 cups (100g) spinach or kale

Instructions:

1. In a blender, combine the frozen mixed berries, bananas, chia seeds, almond milk, silken tofu, vanilla extract, and spinach or kale.
2. Blend until smooth and creamy. If desired, adjust the sweetness with your choice of sweetener.
3. Pour into glasses and serve immediately, or store in the refrigerator for up to 24 hours.

Serving size:

- ~400g
- Kcal per serving: 270 kcal
- Protein per serving: 11g

Chickpea and Vegetable Stir-Fry (7 servings)

Ingredients:

- 2 cans (30 oz / 850g) chickpeas, drained and rinsed
- 2 large bell peppers (240g), thinly sliced
- 1 large onion (150g), thinly sliced
- 2 cups (200g) sliced mushrooms
- 2 cups (300g) broccoli florets
- 1 cup (100g) edamame (shelled)
- 3 cloves garlic (9g), minced
- 2 tbsp (30ml) low-sodium soy sauce or tamari
- 2 tbsp (30ml) rice vinegar
- 2 tbsp (30ml) water
- 1/4 cup (4 tbsp / 60g) tahini
- 2 tbsp (30ml) sriracha or hot sauce (optional)
- 1/4 cup (4 tbsp / 60g) nutritional yeast
- 1 tbsp (15ml) olive oil or water for sautéing
- 1/2 cup (65g) of chopped peanuts
- Freshly ground black pepper, to taste

Instructions:

1. In a small bowl, mix the low-sodium soy sauce or tamari, rice vinegar, water, tahini, sriracha or hot sauce (optional), and nutritional yeast. Set aside.
2. In a large skillet or wok, heat the olive oil or water over medium heat. Add the onion, bell peppers, and garlic, and sauté until softened, about 5-7 minutes.
3. Add the mushrooms, broccoli, and edamame to the skillet, and cook for another 5 minutes or until the vegetables are tender.
4. Stir in the chickpeas, peanuts and the sauce mixture, and cook for an additional 2-3 minutes until everything is heated through and well combined.
5. Season with freshly ground black pepper to taste. Serve the stir-fry over cooked quinoa, brown rice, or your favorite grain.

Serving size:

- ~400g
- Kcal per serving: 492 kcal
- Protein per serving: 26g