



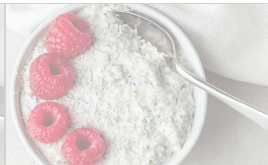



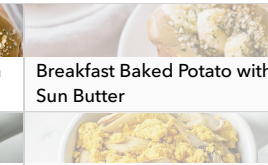

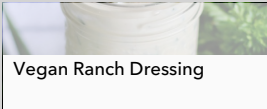
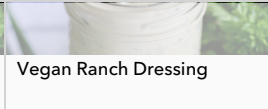





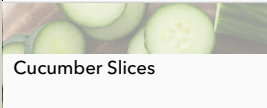
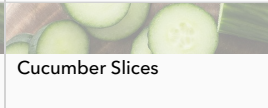



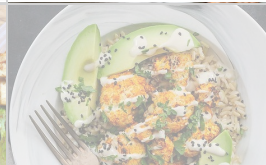

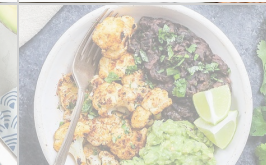


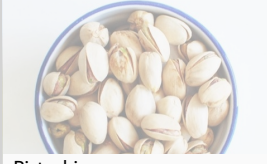





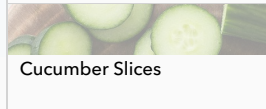


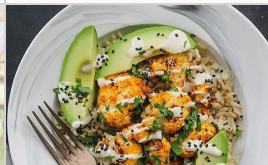



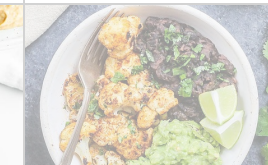


Plant-Based Stress & Anxiety Support Program - Sample



Victoria Lefebvre

<http://www.treepose.ca>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Hemp Seed Breakfast Pudding	 Coconut Hemp Seed Breakfast Pudding	 Coconut Hemp Seed Breakfast Pudding	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Breakfast Baked Potato with Sun Butter	 Breakfast Baked Potato with Sun Butter
Snack 1	 Vegan Ranch Dressing	 Vegan Ranch Dressing	 Vegan Ranch Dressing	 Banana Chia Crisps	 Banana Chia Crisps	 Banana Chia Crisps	 Banana Chia Crisps
	 Cucumber Slices	 Cucumber Slices	 Cucumber Slices				
Lunch	 Chickpea Tikka Masala with Couscous	 Chickpea Tikka Masala with Couscous	 Tofu, Broccoli & Brown Rice	 Spiced Cauliflower Rice Bowl	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Cauliflower Burrito Bowl	 Mediterranean Buddha Bowl
Snack 2	 Pistachios	 Pistachios	 Pistachios	 Vegan Ranch Dressing	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
				 Cucumber Slices			
Dinner	 Tofu, Broccoli & Brown Rice	 Tofu, Broccoli & Brown Rice	 Spiced Cauliflower Rice Bowl	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Cauliflower Burrito Bowl	 Mediterranean Buddha Bowl	 Roasted Cauliflower Burrito Bowl

Fruits

- ☐ 12 Apple
- ☐ 11 Avocado
- ☐ 32 Banana
- ☐ 1/4 cup Lemon Juice
- ☐ 3 tbsps Lime Juice
- ☐ 5 cups Raspberries

Breakfast

- ☐ 2 cups Almond Butter
- ☐ 1 cup Granola

Seeds, Nuts & Spices

- ☐ 2 cups Cashews
- ☐ 5 2/3 cups Chia Seeds
- ☐ 2 2/3 tbsps Chili Powder
- ☐ 1/3 cup Cinnamon
- ☐ 2 1/8 tbsps Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1 1/3 tbsps Garam Masala
- ☐ 1 1/3 tbsps Garlic Powder
- ☐ 1 1/8 cups Ground Flax Seed
- ☐ 3 1/2 cups Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 2 tps Onion Powder
- ☐ 2 tps Oregano
- ☐ 2 tps Paprika
- ☐ 6 cups Pistachios
- ☐ 2 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 cup Sesame Seeds
- ☐ 1 tbsp Smoked Paprika
- ☐ 1 2/3 tps Turmeric

Frozen

- ☐ 2 cups Frozen Cauliflower

Vegetables

- ☐ 24 cups Broccoli
- ☐ 5 heads Cauliflower
- ☐ 1/2 cup Chives
- ☐ 1 3/4 cups Cilantro
- ☐ 10 Cucumber
- ☐ 7 Garlic
- ☐ 1/4 cup Ginger
- ☐ 2 cups Oyster Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 10 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 3 heads Romaine Hearts
- ☐ 8 Sweet Potato
- ☐ 2 tps Thyme
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 6 1/2 cups Black Beans
- ☐ 6 2/3 cups Brown Rice
- ☐ 10 cups Chickpeas
- ☐ 3 cups Crushed Tomatoes
- ☐ 6 cups Organic Coconut Milk
- ☐ 2 cups Organic Salsa
- ☐ 3 2/3 cups Organic Vegetable Broth
- ☐ 3 cups Quinoa

Baking

- ☐ 1 cup Cacao Powder
- ☐ 1/4 cup Monk Fruit Sweetener
- ☐ 1/3 cup Nutritional Yeast
- ☐ 1/4 cup Unsweetened Shredded Coconut
- ☐ 1 tbsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 cup Hummus
- ☐ 6 1/16 lbs Tofu

Condiments & Oils

- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 1 1/4 cups Extra Virgin Olive Oil
- ☐ 1/2 cup Miso Paste
- ☐ 1 cup Pitted Kalamata Olives
- ☐ 1/4 cup Sesame Oil
- ☐ 1 cup Sunflower Seed Butter
- ☐ 1 cup Tahini
- ☐ 3/4 cup Tamari

Cold

- ☐ 8 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Chocolate Protein Powder
- ☐ 1 cup Couscous
- ☐ 10 3/4 cups Water



Coconut Hemp Seed Breakfast Pudding

12 servings

3 hours

Ingredients

6 cups Organic Coconut Milk (full fat, from the can)
1/4 cup Monk Fruit Sweetener
1 tbsp Vanilla Extract
3 cups Hemp Seeds
1 1/8 cups Ground Flax Seed
1 1/8 cups Chia Seeds
1/4 cup Unsweetened Shredded Coconut
3 cups Raspberries

Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!



Chocolate Almond Butter Smoothie Bowl

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 1 cup Chocolate Protein Powder
- 1 cup Frozen Cauliflower
- 2 Zucchini (chopped, frozen)
- 4 Banana (divided)
- 1/4 cup Almond Butter
- 1/2 cup Cacao Powder
- 1/4 cup Chia Seeds
- 1 cup Raspberries
- 1/2 cup Granola (for topping, optional)

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!



Breakfast Baked Potato with Sun Butter

8 servings

50 minutes

Ingredients

8 Sweet Potato (medium)
1 cup Sunflower Seed Butter
8 Banana (sliced)
1/2 cup Hemp Seeds
2 tps Cinnamon

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 3 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!



Mushroom & Tofu Scramble

8 servings

10 minutes

Ingredients

2 cups Oyster Mushrooms (sliced)
2/3 cup Organic Vegetable Broth
(divided)
2 lbs Tofu (extra firm, drained,
crumbled)
2 2/3 tbsps Nutritional Yeast
2/3 tsp Turmeric
2/3 tsp Sea Salt

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!



Vegan Ranch Dressing

16 servings

10 minutes

Ingredients

- 2 cups Cashews (raw)
- 1 cup Water
- 2 tbsps Nutritional Yeast
- 1 1/2 tsps Sea Salt
- 2 tbsps Apple Cider Vinegar
- 1/3 cup Tahini
- 2 tsps Garlic Powder
- 2 tsps Onion Powder
- 1/2 cup Parsley (finely chopped)
- 1/2 cup Chives (finely chopped)

Directions

- 1 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 2 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!



Cucumber Slices

16 servings
5 minutes

Ingredients

8 Cucumber

Directions

- 1 Slice the cucumber and enjoy!



Banana Chia Crisps

16 servings
25 minutes

Ingredients

16 Banana (medium, ripe)
4 cups Chia Seeds
1/3 cup Cinnamon

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!



Chickpea Tikka Masala with Couscous

8 servings
45 minutes

Ingredients

1/4 cup Ginger (grated)
2 tbsps Curry Powder
2 tsps Cumin
1 1/3 tbsps Garam Masala
8 cups Chickpeas
8 cups Broccoli (chopped into florets)
4 Red Bell Pepper (stem and seeds removed, chopped)
3 cups Crushed Tomatoes
3 cups Organic Vegetable Broth
2 tsps Sea Salt
1 cup Couscous (dry, uncooked)

Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!



Pistachios

12 servings

1 minute

Ingredients

6 cups Pistachios (in the shell)

Directions

- 1 Divide into bowls, peel and enjoy!



Apple with Almond Butter

4 servings

5 minutes

Ingredients

4 Apple
1/2 cup Almond Butter

Directions

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



Tofu, Broccoli & Brown Rice

12 servings

1 hour

Ingredients

4 cups Brown Rice (uncooked, rinsed)
8 cups Water
16 cups Broccoli (chopped into florets)
1/2 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Tamari
1/2 cup Miso Paste (optional)
1/4 cup Sesame Oil
3 1/16 lbs Tofu (sliced into cubes)
3/4 cup Sesame Seeds (optional)

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!



Spiced Cauliflower Rice Bowl

8 servings
40 minutes

Ingredients

2 2/3 cups Brown Rice (dry, uncooked)
1 tsp Sea Salt
2 heads Cauliflower (chopped into florets)
1 tsp Turmeric
2 tsps Paprika
2 tsps Thyme (dried)
1/2 cup Tahini
4 Garlic (clove, minced)
1/4 cup Lemon Juice
1/4 cup Water
4 Avocado (sliced)
1 cup Cilantro (chopped)
1 1/3 tsps Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!



Burrito Bowl with Quinoa Tofu Taco Filling

8 servings
35 minutes

Ingredients

1 cup Quinoa (uncooked)
1 lb Tofu (extra firm, crumbled)
1/4 cup Extra Virgin Olive Oil
1 2/3 tbsps Chili Powder
1 tbsp Cumin
2 tsps Oregano
2 tsps Garlic Powder
1 tsp Sea Salt
2 cups Organic Salsa (divided)
2 tsps Lime Juice
2 tsps Nutritional Yeast
4 Red Bell Pepper (sliced)
1 head Romaine Hearts (chopped)
2 cups Black Beans (cooked)
4 Avocado (diced)

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!



Roasted Cauliflower Burrito Bowl

12 servings

35 minutes

Ingredients

3 heads Cauliflower (cut into florets)
1 1/2 tsps Cumin
1 tbsp Chili Powder (divided)
1 tbsp Smoked Paprika (divided)
3/4 tsp Sea Salt (divided)
4 1/2 cups Black Beans (cooked)
1 1/2 cups Water
3 Avocado
3 Garlic (clove, minced)
1 tbsp Lime Juice
3/4 cup Cilantro (finely chopped, optional)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 2 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 3 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 4 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!



Mediterranean Buddha Bowl

8 servings

10 minutes

Ingredients

2 cups Quinoa (dry, uncooked)
2 heads Romaine Hearts (chopped)
2 cups Chickpeas (cooked, from the can)
2 Cucumber (chopped)
2 Red Bell Pepper (chopped)
1 cup Red Onion (finely chopped)
1 cup Hummus
1 cup Pitted Kalamata Olives
1/2 cup Extra Virgin Olive Oil
1/3 cup Apple Cider Vinegar
1 tsp Italian Seasoning
1/4 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!