

Healthy Recipe Starter Pack

24 simple whole-food recipes for breakfast, lunch, dinner, snacks and desserts.



Overnight Oats with Berries and Chia

Breakfast · 370 min · serves 2 · 357 kcal · 17.6 g protein · 10.3 g fiber

old-fashioned rolled oats, 2% milk, plain nonfat Greek yogurt, chia seeds, maple syrup, ground cinnamon, mixed berries

Vegetarian **High-fiber**

Anti-inflam.

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Vanilla Berry Chia Pudding

Breakfast · 245 min · serves 2 · 171 kcal · 5.0 g protein · 10.0 g fiber

chia seeds, unsweetened almond milk, maple syrup, vanilla extract, fresh strawberries and blueberries

Vegan **Vegetarian** **GF**

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Spinach and Tomato Egg Scramble

Breakfast · 13 min · serves 2 · 184 kcal · 14.1 g protein · 1.6 g fiber
eggs, baby spinach, cherry tomatoes, extra-virgin olive oil, salt, black pepper

Vegetarian **GF**

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Greek Yogurt Berry Parfait

Breakfast · 10 min · serves 2 · 254 kcal · 20.8 g protein · 6.4 g fiber
plain nonfat Greek yogurt, mixed berries, sliced strawberries, rolled oats, chopped walnuts, honey

Vegetarian **High-protein**

High-fiber

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Whole-Grain Avocado Toast with Tomato

Breakfast · 11 min · serves 2 · 204 kcal · 5.8 g protein · 7.2 g fiber
whole-grain bread, ripe avocado, lemon juice, tomato, salt, red pepper flakes

Vegan **Vegetarian**

High-fiber

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Hearty Lentil Vegetable Soup

Lunch · 50 min · serves 6 · 253 kcal · 13.8 g protein · 8.0 g fiber
extra-virgin olive oil, onion, carrots, celery, garlic, dry brown or green lentils, diced tomatoes

Vegan **Vegetarian** **GF**

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Mediterranean Quinoa Chickpea Salad

Lunch · 30 min · serves 4 · 399 kcal · 13.0 g protein · 8.7 g fiber
dry quinoa, chickpeas, cucumber, cherry tomatoes, kalamata olives, crumbled feta, chopped parsley

Vegetarian **GF** **High-fiber**

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Black Bean Burrito Bowl

Lunch · 25 min · serves 4 · 414 kcal · 14.1 g protein · 15.5 g fiber
cooked brown rice, black beans, frozen corn, red bell pepper, ground cumin, chili powder, salsa

Vegan **Vegetarian** **GF**

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Rainbow Hummus Veggie Wrap

Lunch · 10 min · serves 2 · 283 kcal · 9.0 g protein · 9.6 g fiber
whole-wheat tortillas, hummus, romaine lettuce, carrot, red bell pepper, cucumber, baby spinach

Vegan **Vegetarian**

High-fiber

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Lemon Tahini Kale Chickpea Salad

Lunch · 15 min · serves 4 · 204 kcal · 9.1 g protein · 7.9 g fiber
kale, chickpeas, shredded carrots, tahini, lemon juice, garlic, pumpkin seeds

Vegan **Vegetarian** **GF**

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Sheet-Pan Salmon with Broccoli and Sweet Potato

Dinner · 40 min · serves 4 · 480 kcal · 33.4 g protein · 6.0 g fiber
salmon, sweet potatoes, broccoli florets, extra-virgin olive oil, garlic powder, paprika, salt

GF **High-protein**

High-fiber

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Chickpea and Spinach Coconut Curry

Dinner · 30 min · serves 4 · 419 kcal · 14.2 g protein · 13.1 g fiber
olive oil, onion, garlic, fresh ginger, curry powder, ground turmeric, chickpeas

Vegan **Vegetarian** **GF**

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Ginger Tofu Vegetable Stir-Fry

Dinner · 30 min · serves 4 · 349 kcal · 24.9 g protein · 7.2 g fiber
extra-firm tofu, sesame oil, broccoli florets, red bell pepper, mushrooms, garlic, fresh ginger

Vegan Vegetarian GF

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Three-Bean Vegetable Chili

Dinner · 50 min · serves 6 · 225 kcal · 12.2 g protein · 13.9 g fiber
olive oil, onion, bell pepper, zucchini, garlic, chili powder, ground cumin

Vegan Vegetarian GF

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Roasted Sweet Potato and Black Bean Bowl

Dinner · 40 min · serves 4 · 453 kcal · 12.2 g protein · 14.0 g fiber
sweet potatoes, extra-virgin olive oil, smoked paprika, ground cumin, salt, black beans, cooked brown rice

Vegan Vegetarian GF

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Lemon Herb Chicken with Brown Rice and Greens

Dinner · 30 min · serves 4 · 445 kcal · 40.8 g protein · 4.1 g fiber
boneless skinless chicken breast, extra-virgin olive oil, lemon juice, dried oregano, garlic, salt, asparagus

GF High-protein

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Classic Hummus with Crunchy Vegetables

Snack · 10 min · serves 6 · 184 kcal · 5.5 g protein · 5.2 g fiber
chickpeas, tahini, lemon juice, garlic, extra-virgin olive oil, ground cumin, salt

Vegan Vegetarian GF

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Crispy Spiced Roasted Chickpeas

Snack · 35 min · serves 4 · 199 kcal · 8.6 g protein · 7.8 g fiber
chickpeas, olive oil, smoked paprika, garlic powder, ground cumin, salt

Vegan Vegetarian GF

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Fresh Lime Guacamole

Snack · 10 min · serves 4 · 123 kcal · 1.6 g protein · 5.1 g fiber
ripe avocados, lime juice, tomato, onion, cilantro, jalapeño, salt

Vegan Vegetarian GF

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No-Sugar-Added Nut and Seed Trail Mix

Snack · 5 min · serves 8 · 178 kcal · 5.3 g protein · 2.9 g fiber
almonds, walnut halves, pumpkin seeds, sunflower seeds, raisins, dark chocolate

Vegan Vegetarian GF

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Berry and Citrus Frozen Yogurt Bark

Dessert · 190 min · serves 8 · 61 kcal · 6.2 g protein · 1.2 g fiber
plain nonfat Greek yogurt, honey, vanilla extract, strawberries, blueberries, blackberries, mandarin orange

Vegetarian GF

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Cinnamon Walnut Baked Apples

Dessert · 40 min · serves 4 · 214 kcal · 2.5 g protein · 5.9 g fiber
apples, rolled oats, chopped walnuts, maple syrup, ground cinnamon, olive oil or melted butter

Vegetarian GF

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Dark Chocolate Dipped Strawberries

Dessert · 35 min · serves 4 · 189 kcal · 3.4 g protein · 5.1 g fiber
fresh strawberries, dark chocolate, almonds

Vegan Vegetarian GF

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Mixed Berry Oat Crumble

Dessert · 45 min · serves 6 · 281 kcal · 5.4 g protein · 6.4 g fiber
mixed berries, lemon juice, whole-wheat flour, rolled oats, whole-wheat flour, almonds, maple syrup

Vegan Vegetarian

High-fiber

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Nutrition per serving is estimated from USDA FoodData Central SR Legacy values. Full ingredients, steps and a servings scaler are on each recipe page. Photos: Unsplash (photographers credited on each recipe page).