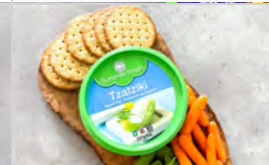


SUMMER FRESH MEAL PLAN GUIDE



Summer Fresh

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Hummus & Avocado Toast	 Mango Vanilla Overnight Oats	 Hummus & Avocado Toast	 Mango Vanilla Overnight Oats	 Mango Vanilla Overnight Oats	 Hummus & Avocado Toast	 Hummus & Avocado Toast
Lunch	 Burrito Bowls	 Smashed Chickpea Sandwich	 Burrito Bowls	 Pad Thai Salad	 Smashed Chickpea Sandwich	 Pad Thai Salad	 Black Bean Red Pepper Burgers
Snack	 Hummus Deviled Eggs	 Hummus Dippers	 Hummus Deviled Eggs	 Hummus Dippers	 Hummus Deviled Eggs	 Tzatziki Veggie Plate	 Tzatziki Veggie Plate
Dinner	 Stuffed Red Peppers	 One Pan Tofu Hummus and Veg	 Stuffed Red Peppers	 One Pan Tofu Hummus and Veg	 Greek Pasta Salad	 Black Bean Red Pepper Burgers	 Greek Pasta Salad



Summer Fresh

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	45%	Fat	42%	Fat	45%	Fat	49%	Fat	42%	Fat	49%	Fat	46%
Carbs	41%	Carbs	40%	Carbs	41%	Carbs	29%	Carbs	40%	Carbs	36%	Carbs	41%
Protein	14%	Protein	18%	Protein	14%	Protein	22%	Protein	18%	Protein	15%	Protein	13%
Calories	1467	Calories	1503	Calories	1467	Calories	1563	Calories	1528	Calories	1461	Calories	1374
Fat	76g	Fat	74g	Fat	76g	Fat	78g	Fat	73g	Fat	74g	Fat	75g
Carbs	155g	Carbs	155g	Carbs	155g	Carbs	104g	Carbs	156g	Carbs	122g	Carbs	152g
Fiber	34g	Fiber	31g	Fiber	34g	Fiber	22g	Fiber	26g	Fiber	24g	Fiber	29g
Sugar	19g	Sugar	44g	Sugar	19g	Sugar	40g	Sugar	41g	Sugar	15g	Sugar	19g
Protein	54g	Protein	71g	Protein	54g	Protein	76g	Protein	68g	Protein	50g	Protein	49g
Cholesterol	372mg	Cholesterol	17mg	Cholesterol	372mg	Cholesterol	17mg	Cholesterol	422mg	Cholesterol	24mg	Cholesterol	57mg
Sodium	1875mg	Sodium	1560mg	Sodium	1875mg	Sodium	1567mg	Sodium	1540mg	Sodium	1463mg	Sodium	1247mg
Vitamin A	8019IU	Vitamin A	9664IU	Vitamin A	8019IU	Vitamin A	11847IU	Vitamin A	4891IU	Vitamin A	17156IU	Vitamin A	15382IU
Vitamin C	201mg	Vitamin C	165mg	Vitamin C	201mg	Vitamin C	222mg	Vitamin C	202mg	Vitamin C	94mg	Vitamin C	184mg
Calcium	210mg	Calcium	1195mg	Calcium	210mg	Calcium	1408mg	Calcium	573mg	Calcium	472mg	Calcium	253mg
Iron	14mg	Iron	17mg	Iron	14mg	Iron	17mg	Iron	15mg	Iron	12mg	Iron	11mg



Summer Fresh



Summer Fresh

Fruits

- ☐ 2 Avocado

Breakfast

- ☐ 2 tsp Maple Syrup
- ☐ 3 units Summer Fresh Up & Oats

Seeds, Nuts & Spices

- ☐ 1/2 tsp Cumin
- ☐ 1 tsp Garlic Powder
- ☐ 1/2 cup Hemp Seeds
- ☐ 2 1/8 tbsps Paprika

Frozen

- ☐ 2 2/3 cups Frozen Edamame
- ☐ 1 1/2 cups Frozen Mango

Vegetables

- ☐ 2 cups Baby Carrots
- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 2/3 cups Cherry Tomatoes
- ☐ 4 cups Coleslaw Mix
- ☐ 6 1/3 Cucumber
- ☐ 1 head Green Lettuce
- ☐ 9 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 1 1/2 heads Romaine Hearts
- ☐ 2 cups Snap Peas
- ☐ 8 cups Summer Fresh 7 Grain Mix
- ☐ 10 1/2 ozs Summer Fresh Bean Medley Salad
- ☐ 5 1/3 Cups Summer Fresh Greek Pasta Feta Salad
- ☐ 3 Cups Summer Fresh Pad Thai Salad
- ☐ 2 Tomato

Boxed & Canned

- ☐ 1/2 cup Black Beans
- ☐ 2 cups Chickpeas
- ☐ 2 tbsps Cornstarch
- ☐ 1/2 cup Organic Salsa
- ☐ 2 cups Quinoa
- ☐ 1/2 Cups Summer Fresh Avocado Hummus
- ☐ 1 Cups Summer Fresh Tzatziki Dip
- ☐ 2 ozs Whole Grain Crackers

Baking

- ☐ 1 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 12 slices Rye Bread
- ☐ 3/4 cup Summer Fresh Garlic Hummus
- ☐ 2 1/2 cups Summer Fresh Hummus
- ☐ 1/2 cup Summer Fresh Roasted Red Pepper Hummus
- ☐ 3 lbs Tofu

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/3 Cups Summer Fresh Red Pepper Dip
- ☐ 1 1/2 tbsps Tamari
- ☐ 1/4 cup Vegan Mayonnaise

Cold

- ☐ 6 Egg
- ☐ 1 1/2 cups Plain Greek Yogurt

Other

- ☐ 4 Buns



Hummus & Avocado Toast

1 serving

10 minutes

Ingredients

1/2 Avocado
2 tbsps Summer Fresh Hummus
1 slice Rye Bread (toasted)
2 tbsps Hemp Seeds
1 tsp Paprika

Nutrition

Amount per serving	
Calories	414
Fat	31g
Carbs	28g
Fiber	11g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	288mg
Vitamin A	1290IU
Vitamin C	10mg
Calcium	64mg
Iron	4mg

Directions

1

On the slice of the toast, spread the hummus. Top with the sliced avocado, hemp seeds and paprika. Enjoy!

Notes

Leftovers: Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor: Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.





Summer Fresh



Mango Vanilla Overnight Oats

1 serving

5 minutes

Ingredients

1 unit Summer Fresh Up & Oats (Bowl)
1/2 cup Plain Greek Yogurt
1/2 cup Frozen Mango

Directions

1

Layer Greek yogurt, Summer Fresh Up & Oats and mangos. Enjoy right away or prepare in advance.

Nutrition

Amount per serving	
Calories	410
Fat	15g
Carbs	50g
Fiber	4g
Sugar	23g
Protein	19g
Cholesterol	17mg
Sodium	271mg
Vitamin A	1518IU
Vitamin C	37mg
Calcium	289mg
Iron	3mg





Summer Fresh



Burrito Bowls

4 servings

25 minutes

Ingredients

2 cups Quinoa
1 Red Bell Pepper (Sliced)
1 head Romaine Hearts (Chopped)
1/2 cup Organic Salsa (Divided)
1/2 Cups Summer Fresh Avocado Hummus (Divided)
10 1/2 ozs Summer Fresh Bean Medley Salad

Directions

- 1 Cook the quinoa according to package directions.
- 2 Assemble bowls with sliced red peppers, chopped romaine hearts and Summer Fresh Bean Medley Salad. Portion out salsa and Summer Fresh Avocado Hummus for topping.

Nutrition

Amount per serving	
Calories	541
Fat	16g
Carbs	83g
Fiber	13g
Sugar	10g
Protein	19g
Cholesterol	0mg
Sodium	562mg
Vitamin A	1703IU
Vitamin C	39mg
Calcium	54mg
Iron	4mg





Smashed Chickpea Sandwich

2 servings

10 minutes

Ingredients

- 1 cup Chickpeas
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1/2 Cucumber (sliced)
- 1/2 Tomato (sliced)
- 1/4 cup Red Onion
- 1/4 head Romaine Hearts
- 1/4 cup Summer Fresh Roasted Red Pepper Hummus
- 4 slices Rye Bread

Directions

- 1 Smash the chickpeas, mayo and dijon mustard in a bowl with a potato masher. Mash until desired consistency is reached.
- 2 Assemble sandwich. Coat one bread slice with the Summer Fresh Red Pepper Hummus, followed by the mashed chickpeas, followed by the veggies. Top with second slice of bread.

Nutrition

Amount per serving	
Calories	452
Fat	19g
Carbs	58g
Fiber	12g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	582mg
Vitamin A	832IU
Vitamin C	9mg
Calcium	110mg
Iron	5mg





Pad Thai Salad

4 servings

10 minutes

Ingredients

3 Cups Summer Fresh Pad Thai Salad

14 ozs Tofu

4 cups Coleslaw Mix

Nutrition

Amount per serving	
Calories	512
Fat	23g
Carbs	7g
Fiber	3g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	589mg
Vitamin A	3015IU
Vitamin C	66mg
Calcium	323mg
Iron	5mg

Directions

- 1 Press tofu for 10-15 minutes.
- 2 While tofu is pressing, combine the Summer Fresh Pad Thai Salad and coleslaw mix in a large bowl.
- 3 Once tofu is done pressing, pan fry over medium heat, with a bit of avocado oil. Fry until each side of the cube is a light brown, about 10 minutes.
- 4 Divide coleslaw and noodle mixture into individual containers and top with fried tofu.

Notes

Alternative Way of Eating : This salad can also be enjoyed warm!





Hummus Deviled Eggs

3 servings

20 minutes

Ingredients

1/4 cup Summer Fresh Garlic Hummus
6 Egg
2 tsps Paprika
4 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	378
Fat	21g
Carbs	30g
Fiber	3g
Sugar	5g
Protein	17g
Cholesterol	372mg
Sodium	564mg
Vitamin A	1302IU
Vitamin C	0mg
Calcium	74mg
Iron	4mg

Directions

- 1 Hard boil the eggs. Peel eggs and slice in half lengthwise.
- 2 Remove yolks and place them in a small mixing bowl. Mash the yolks with a fork. Add the hummus. Combine well with the fork.
- 3 Fill the center of each egg white with some of the yolk mixture. Sprinkle with paprika and serve.





Summer Fresh



Hummus Dippers

3 servings

5 minutes

Ingredients

- 2 Carrot (Sliced)
- 2 Cucumber (Sliced)
- 1 cup Summer Fresh Avocado Hummus

Directions

1

Layer 1/3 cup avocado hummus in each mason jar. Dip vegetables into the hummus and screw on lid.

Nutrition

Amount per serving	
Calories	241
Fat	15g
Carbs	23g
Fiber	7g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	381mg
Vitamin A	7023IU
Vitamin C	8mg
Calcium	84mg
Iron	3mg





Summer Fresh



Tzatziki Veggie Plate

4 servings

5 minutes

Ingredients

- 2 cups Snap Peas
- 2 cups Baby Carrots
- 1 oz Whole Grain Crackers
- 1 Cups Summer Fresh Tzatziki Dip

Directions

- 1 Divide veggies, crackers and dip out between 4 servings. Enjoy!

Nutrition

Amount per serving	
Calories	169
Fat	10g
Carbs	19g
Fiber	4g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	130mg
Vitamin A	11845IU
Vitamin C	12mg
Calcium	59mg
Iron	1mg





Summer Fresh



Stuffed Red Peppers

4 servings

35 minutes

Ingredients

8 Red Bell Pepper
8 cups Summer Fresh 7 Grain Mix

Nutrition

Amount per serving	
Calories	271
Fat	14g
Carbs	33g
Fiber	8g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	711mg
Vitamin A	3726IU
Vitamin C	152mg
Calcium	22mg
Iron	3mg

Directions

- 1 Preheat the oven to 425 °F.
- 2 Cut off the tops of the bell peppers ("lids") and set aside. Scoop out the inside and discard the seeds. Wash the peppers carefully and set aside.
- 3 Divide the Summer Fresh 7 Grain mixture between the peppers and place the "lids" on top.
- 4 Place the stuffed peppers in a greased baking tray. Bake for 20-25 minutes, until slightly brown on the edges.





One Pan Tofu Hummus and Veg

4 servings

30 minutes

Ingredients

- 2 lbs Tofu (extra firm, drained)
- 1 1/2 tsps Tamari
- 2 tsps Avocado Oil
- 2 tsps Maple Syrup
- 2 tsps Cornstarch
- 1/2 cup Summer Fresh Garlic Hummus
- 2 cups Broccoli (trimmed and halved)
- 1 head Cauliflower (chopped into florets)
- 2 tsps Avocado Oil

Nutrition

Amount per serving	
Calories	400
Fat	25g
Carbs	24g
Fiber	8g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	326mg
Vitamin A	291IU
Vitamin C	111mg
Calcium	712mg
Iron	6mg

Directions

- 1 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 corn starch. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 In a separate bowl, add hummus to broccoli and cauliflower. Mix until veggies are evenly coated.
- 3 Line a baking sheet with parchment paper. Add the "hummused" broccoli and cauliflower to the pan. Drizzle with avocado oil. Add the marinated tofu to the baking sheet. Bake for 30 minutes, flipping the tofu halfway through.
- 4 Remove from the oven and divide onto plates or store in containers for 3-4 days.

Notes

More Carbs: Serve with rice or quinoa.

Leftovers: Store in an airtight container in the fridge for 3 days

Vegetable Alternatives:

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.





Greek Pasta Salad

4 servings

10 minutes

Ingredients

- 5 1/3 Cups Summer Fresh Greek Pasta Feta Salad
- 2 2/3 cups Frozen Edamame (Thawed)
- 1 1/3 Cucumber (chopped)
- 2 2/3 cups Cherry Tomatoes (Diced)

Directions

- 1 Mix together all of the ingredients. Enjoy!

Nutrition

Amount per serving	
Calories	425
Fat	24g
Carbs	37g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	33mg
Sodium	373mg
Vitamin A	1241IU
Vitamin C	156mg
Calcium	104mg
Iron	4mg





Black Bean Red Pepper Burgers

4 servings

30 minutes

Ingredients

- 1 cup Oats
- 1/2 cup Black Beans
- 1/3 Cups Summer Fresh Red Pepper Dip
- 1/4 cup Red Onion (Diced)
- 1 tsp Garlic Powder
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 4 Buns
- 1 head Green Lettuce
- 1 Tomato (Sliced)

Directions

- 1 Preheat the oven to 350 F.
- 2 Add all ingredients except the buns, green lettuce and tomato to a medium bowl. Using a fork or potato masher, mix all ingredients together. Add more Summer Fresh Red Pepper Dip if needed to bind the burgers together.
- 3 Divide the burger mixture into fourths. Using your hands, form four patties about 4 inches in diameter. Place on parchment paper-lined baking sheet. Place in the oven for 25 minutes, slipping halfway through.
- 4 When you are ready to eat the burgers, assemble on buns with toppings which include lettuce and tomato.

Nutrition

Amount per serving	
Calories	366
Fat	10g
Carbs	68g
Fiber	6g
Sugar	1g
Protein	14g
Cholesterol	24mg
Sodium	456mg
Vitamin A	1006IU
Vitamin C	6mg
Calcium	26mg
Iron	2mg

