

















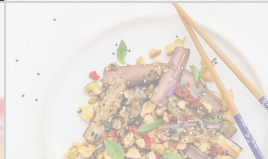

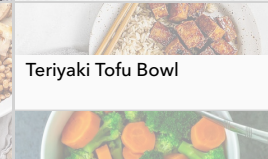













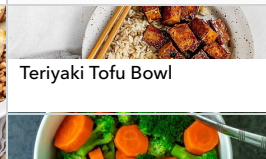


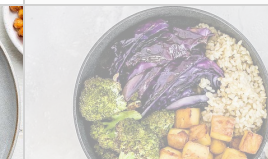
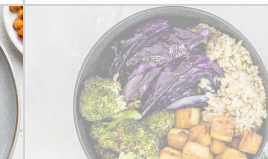


## Plant-Based High Iron Program

---

Allison Faulkner

<https://www.fundamentalwellbeing.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Carrot Tahini Oatmeal	 Carrot Tahini Oatmeal	 Chocolate Layered Chia Pudding	 Chocolate Layered Chia Pudding	 Cardamom Overnight Oats	 Cardamom Overnight Oats	 Cardamom Overnight Oats	
Snack 1	 Strawberry & Blueberry Parfait	 Apple with Peanut Butter	 Tahini Dipped Pretzels with Apple	 Watermelon Sticks with Yogurt	 Tahini Dipped Pretzels with Apple	 Coconut Yogurt with Strawberries	 Watermelon Fruit Salad	
Lunch	 Japanese Eggplant & Tofu Stir Fry	 Mason Jar Lentil Salad with Tahini Dressing	 Japanese Eggplant & Tofu Stir Fry	 Cabbage, Carrots & Mushroom Rice Bowl	 Teriyaki Tofu Bowl	 Carrots & Broccoli	 Roasted Cabbage, Broccoli & Tofu	 Eggplant & Crispy Chickpeas with Tahini
Snack 2	 Apple with Peanut Butter	 Strawberry & Blueberry Parfait	 Watermelon Sticks with Yogurt	 Tahini Dipped Pretzels with Apple	 Blueberries	 Watermelon Fruit Salad	 Coconut Yogurt with Strawberries	
Dinner	 Mason Jar Lentil Salad with Tahini Dressing	 Japanese Eggplant & Tofu Stir Fry	 Cabbage, Carrots & Mushroom Rice Bowl	 Teriyaki Tofu Bowl	 Carrots & Broccoli	 Roasted Cabbage, Broccoli & Tofu	 Eggplant & Crispy Chickpeas with Tahini	 Roasted Cabbage, Broccoli & Tofu

### Fruits

- 6 1/2 Apple
- 296 grams Blueberries
- 35 milliliters Lemon Juice
- 40 milliliters Lime Juice
- 1 Mango
- 1/2 Seedless Watermelon
- 252 grams Strawberries

### Breakfast

- 65 grams All Natural Peanut Butter
- 122 grams Granola
- 28 grams Maple Syrup

### Seeds, Nuts & Spices

- 9 grams Cardamom
- 102 grams Chia Seeds
- 1 gram Cinnamon
- 1 gram Cumin
- 6 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 42 grams Sesame Seeds

### Vegetables

- 64 grams Baby Kale
- 523 grams Broccoli
- 3 1/2 Carrot
- 6 Cremini Mushrooms
- 5 Eggplant
- 3 Garlic
- 2 grams Ginger
- 15 grams Parsley
- 512 grams Purple Cabbage
- 1 1/2 Red Hot Chili Pepper
- 21 grams Thai Basil
- 58 grams Watermelon Radish

### Boxed & Canned

- 393 grams Brown Rice
- 287 grams Chickpeas
- 330 grams Lentils
- 88 grams Pretzels
- 59 milliliters Vegetable Broth

### Baking

- 13 grams Arrowroot Powder
- 13 grams Cane Sugar
- 5 grams Cocoa Powder
- 7 grams Coconut Sugar
- 203 grams Oats

### Bread, Fish, Meat & Cheese

- 807 grams Tofu

### Condiments & Oils

- 117 milliliters Avocado Oil
- 15 milliliters Coconut Aminos
- 15 milliliters Extra Virgin Olive Oil
- 15 milliliters Rice Vinegar
- 202 grams Tahini
- 63 milliliters Tamari

### Cold

- 1.2 liters Plain Coconut Milk
- 844 grams Unsweetened Coconut Yogurt

### Other

- 141 milliliters Water



## Carrot Tahini Oatmeal

2 servings

15 minutes

### Ingredients

81 grams Oats (rolled)  
300 milliliters Plain Coconut Milk (from the box)  
18 grams Chia Seeds  
1/2 Carrot (shredded)  
13 grams Maple Syrup  
30 grams Tahini  
6 grams Sesame Seeds

### Directions

- 1 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 2 Stir in the shredded carrot and maple syrup. Divide into bowls and top with tahini and sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one cup.

**No Coconut Milk:** Use oat milk instead.



## Chocolate Layered Chia Pudding

2 servings

25 minutes

### Ingredients

- 48 grams Chia Seeds
- 180 milliliters Plain Coconut Milk (from the carton)
- 5 grams Cocoa Powder
- 169 grams Unsweetened Coconut Yogurt
- 108 grams Strawberries (cut in half)

### Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**No Coconut Yogurt:** Use another type of yogurt instead.



## Cardamom Overnight Oats

3 servings

8 hours

### Ingredients

122 grams Oats (rolled)  
720 milliliters Plain Coconut Milk  
(unsweetened, from the carton)  
36 grams Chia Seeds  
9 grams Cardamom (ground, divided)  
1 1/2 Apple (large, peeled, and diced)  
13 grams Cane Sugar

### Directions

- 1 In a medium bowl, combine the oats, coconut milk, chia seeds, and half of the cardamom. Stir well to combine. Cover and place in the fridge overnight, or for at least eight hours.
- 2 Once the oats have set, combine the diced apples, cane sugar, and remaining cardamom in a small saucepan. Cook for two to three minutes or until the apples have softened.
- 3 Remove the oats from the fridge. Divide into bowls and spoon the diced apple on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the oats in an airtight container for up to four days. Cook the apples just before serving.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Add fresh figs and/or blueberries.

**No Cane Sugar:** Use maple syrup or honey instead.



## Strawberry & Blueberry Parfait

2 servings

5 minutes

### Ingredients

225 grams Unsweetened Coconut  
Yogurt  
122 grams Granola  
72 grams Strawberries  
74 grams Blueberries

### Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



## Tahini Dipped Pretzels with Apple

3 servings

15 minutes

### Ingredients

- 27 grams Sesame Seeds
- 88 grams Pretzels
- 90 grams Tahini
- 3 Apple (small, seeds removed, sliced)

### Directions

- 1 Pour the sesame seeds onto a plate.
- 2 Dip each pretzel in the tahini, gently tapping or scraping off any excess. Transfer to the sesame seeds and coat evenly. Repeat until all pretzels are coated.
- 3 Divide the tahini-dipped pretzels and apple slices onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals one small apple and four tahini-dipped pretzels.

**Gluten-Free:** Use gluten-free pretzels or crackers.

**More Flavor:** Stir honey and cardamom into the tahini before dipping.





## Coconut Yogurt with Strawberries

2 servings

10 minutes

### Ingredients

225 grams Unsweetened Coconut Yogurt  
1 gram Cinnamon  
72 grams Strawberries (chopped)

### Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Add nuts and seeds.



## Japanese Eggplant & Tofu Stir Fry

3 servings

20 minutes

### Ingredients

45 milliliters Avocado Oil (divided)  
3 Eggplant (Japanese, large, cut into 3-inch pieces)  
241 grams Tofu (extra firm, drained and crumbled)  
3 Garlic (cloves, thinly sliced)  
9 grams Sesame Seeds  
21 grams Thai Basil (roughly chopped)  
1 1/2 Red Hot Chili Pepper (chopped)  
33 milliliters Lime Juice  
15 milliliters Tamari

### Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is roughly 1 cup of eggplant and tofu.

**Like it Sweet:** Add a touch of maple syrup or honey.

**No Lime Juice:** Use rice vinegar instead.

**Additional Toppings:** Serve over top of rice, cauliflower rice or quinoa.



## Apple with Peanut Butter

2 servings

3 minutes

### Ingredients

2 Apple  
65 grams All Natural Peanut Butter

### Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



## Watermelon Sticks with Yogurt

2 servings

10 minutes

### Ingredients

1/4 Seedless Watermelon (cut into sticks)

225 grams Unsweetened Coconut Yogurt

### Directions

- 1 Dip the watermelon sticks into the coconut yogurt. Enjoy!

### Notes

**Leftovers:** Refrigerate separately in an airtight container for up to three days.

**Serving Size:** One serving equals approximately 10 to 12 watermelon sticks and half a cup of yogurt.



## Blueberries

1 serving

2 minutes

---

### Ingredients

148 grams Blueberries

### Directions

- 1 Wash the berries and enjoy!



## Watermelon Fruit Salad

2 servings

5 minutes

### Ingredients

1/4 Seedless Watermelon (small, cut into cubes)

1 Mango (cut into cubes)

74 grams Blueberries

### Directions

- 1 Add the watermelon, mango, and blueberries to a bowl and stir to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add honey, lime juice, or fresh mint.

**Fruit:** Use strawberries, peaches, kiwi, or cantaloupe instead.



## Mason Jar Lentil Salad with Tahini Dressing

2 servings

30 minutes

### Ingredients

60 grams Tahini  
89 milliliters Water  
15 milliliters Extra Virgin Olive Oil  
30 milliliters Lemon Juice  
2 grams Sea Salt  
89 grams Purple Cabbage (chopped)  
58 grams Watermelon Radish (sliced thinly)  
132 grams Lentils (cooked)  
64 grams Baby Kale

### Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**Leftovers:** Store in the fridge for up to two days.

**Serving Size:** 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

**More Flavor:** Add herbs, chili flakes and/or garlic powder to the lentils.

**Additional Toppings:** Add hemp seeds or pumpkin seeds.

**No Baby Kale:** Use baby spinach, arugula or romaine instead.

**No Watermelon Radish:** Use regular radish instead.

**Likes it Sweet:** Add a little bit of maple syrup to the tahini dressing.



## Cabbage, Carrots & Mushroom Rice Bowl

2 servings

40 minutes

### Ingredients

- 139 grams Brown Rice (dry, uncooked)
- 15 milliliters Coconut Aminos
- 7 milliliters Lime Juice
- 22 milliliters Water
- 1 gram Ginger (fresh, grated)
- 59 milliliters Vegetable Broth
- 6 Cremini Mushrooms (sliced)
- 1 Carrot (medium, shredded)
- 89 grams Purple Cabbage (thinly sliced)
- 198 grams Lentils (cooked, rinsed)

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, combine the coconut aminos, lime juice, water, and ginger in a small bowl. Set aside.
- 3 Heat the broth in a pan over medium heat. Add the mushrooms and cook until soft and browned, about five minutes. Add water as needed to prevent sticking.
- 4 Divide the rice, mushrooms, carrot, cabbage and lentils into bowls. Drizzle the dressing ovetop and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately two cups.

**Additional Toppings:** Add sprouts, sliced green onion, or avocado. Season the lentils with salt and pepper.

**No Vegetable Broth:** Use water or your choice of cooking oil instead, adjusting the quantity accordingly.





## Teriyaki Tofu Bowl

2 servings

40 minutes

### Ingredients

116 grams Brown Rice  
227 grams Tofu (extra-firm, pressed, and cubed)  
8 milliliters Avocado Oil  
37 milliliters Tamari (divided)  
4 grams Arrowroot Powder  
15 milliliters Rice Vinegar  
7 grams Coconut Sugar  
500 milligrams Ginger (minced)  
30 milliliters Water

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

**Coconut Sugar:** Use another type of sugar, such as honey, maple syrup or brown sugar.

**More Flavor:** Add chili flakes or sriracha to the sauce.

**Additional Toppings:** Top with sesame seeds and/or green onions.



## Carrots & Broccoli

2 servings

15 minutes

### Ingredients

- 2 grams Sea Salt (optional)
- 2 Carrot (peeled, chopped)
- 182 grams Broccoli (cut into florets)

### Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Additional Toppings:** Serve with butter, ghee or olive oil and salt and pepper.

**Vegetables:** Use fresh or frozen vegetables.



## Roasted Cabbage, Broccoli & Tofu

3 servings

30 minutes

### Ingredients

- 139 grams Brown Rice (uncooked)
- 15 grams Maple Syrup
- 11 milliliters Tamari
- 34 milliliters Avocado Oil (divided)
- 340 grams Tofu (extra-firm, pressed and cubed)
- 9 grams Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 334 grams Purple Cabbage (sliced in wedges)
- 341 grams Broccoli (chopped)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 3 On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
- 4 Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add chili flakes.

**Additional Toppings:** Serve with a peanut sauce or other dipping sauce on top or on the side.



## Eggplant & Crispy Chickpeas with Tahini

2 servings

40 minutes

### Ingredients

2 Eggplant (cut in half lengthwise)  
30 milliliters Avocado Oil (divided)  
287 grams Chickpeas (cooked)  
3 grams Sea Salt (divided)  
1 gram Cumin  
23 grams Tahini  
5 milliliters Lemon Juice  
15 grams Parsley (chopped)

### Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

**More Flavor:** Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.