



**ArcticNut™**

Get the nutrition habit.

**Plantbased Family Meals**

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<https://www.arcticnut.com/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Cinnamon Porridge	 Apple Cinnamon Porridge	 Apple Cinnamon Porridge	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Almond, Chia & Banana Toast	 Almond, Chia & Banana Toast
Snack 1	 Banana with Almond Butter	 Apple with Almond Butter	 Banana with Almond Butter	 Apple with Almond Butter	 Banana with Almond Butter	 Almond Butter & Jam Chia Pudding	 Almond Butter & Jam Chia Pudding
Lunch	 White Bean, Spinach & Tomato Salad	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Zucchini White Bean Roll Ups	 Broccoli Almond Protein Salad	 Broccoli Almond Protein Salad	 Tofu, Broccoli & Brown Rice	 Tofu, Broccoli & Brown Rice
Snack 2	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Chopped Bell Peppers	 Chopped Bell Peppers	 Cucumber Hummus Bites	 Cucumber Hummus Bites
Dinner	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Zucchini White Bean Roll Ups	 White Bean, Spinach & Tomato Salad	 Falafel Salad with Green Tahini Sauce	 Tofu, Broccoli & Brown Rice	 Falafel Salad with Green Tahini Sauce	 Falafel Salad with Green Tahini Sauce

**Fruits**

- 28 Apple
- 24 Banana
- 4 Lemon
- 1/3 cup Lemon Juice
- 4 cups Raspberries

**Breakfast**

- 5 3/4 cups Almond Butter
- 1 1/2 cups Maple Syrup

**Seeds, Nuts & Spices**

- 1 cup Almonds
- 1 tsp Black Pepper
- 1 1/2 cups Chia Seeds
- 1/3 cup Cinnamon
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Sesame Seeds

**Frozen**

- 4 cups Frozen Edamame

**Vegetables**

- 9 cups Baby Carrots
- 32 cups Baby Spinach
- 24 cups Broccoli
- 4 cups Brussels Sprouts
- 2 heads Cauliflower
- 2 Cucumber
- 18 Garlic
- 2 Green Bell Pepper
- 8 stalks Green Onion
- 8 cups Parsley
- 2 Red Bell Pepper
- 1 cup Shallot
- 4 Tomato
- 2 Yellow Bell Pepper
- 8 Zucchini

**Boxed & Canned**

- 8 cups Brown Rice
- 8 cups Lentils
- 16 cups White Navy Beans

**Baking**

- 1/4 cup Arrowroot Powder
- 8 cups Oats

**Bread, Fish, Meat & Cheese**

- 16 slices Gluten Free Bread
- 5 cups Hummus
- 3.2 kilograms Tofu

**Condiments & Oils**

- 1/4 cup Avocado Oil
- 1 1/3 cups Extra Virgin Olive Oil
- 1/2 cup Miso Paste
- 1 cup Pesto
- 2 tbsps Rice Vinegar
- 1/3 cup Sesame Oil
- 2 cups Tahini
- 1 1/8 cups Tamari
- 4 cups Tomato Sauce

**Cold**

- 24 cups Unsweetened Almond Milk

**Other**

- 32 Ice Cubes
- 1 cup Vanilla Protein Powder
- 17 3/4 cups Water



## Apple Cinnamon Porridge

12 servings

15 minutes

### Ingredients

4 cups Oats (quick or rolled)  
12 cups Unsweetened Almond Milk  
12 Apple (small, peeled and finely chopped)  
1/4 cup Cinnamon  
3/4 cup Maple Syrup  
3/4 cup Almond Butter (optional)

### Directions

- 1 Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
- 2 When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!

### Notes

**Meal Prep:** This porridge can be made ahead of time and stored in the fridge. Reheat in the microwave or on the stovetop with a splash of almond milk.

**Gluten-Free:** Use gluten-free certified oats if needed.

**Apple:** A tart apple like a Granny Smith or Macintosh works best for this recipe.



## Creamy Apple Pie Smoothie

4 servings

5 minutes

### Ingredients

4 Apple (medium, peeled and chopped)  
2 Banana (frozen)  
16 Ice Cubes  
1/2 cup Vanilla Protein Powder  
1/2 cup Oats  
1/4 cup Almond Butter  
1 tbsp Cinnamon (ground)  
4 cups Unsweetened Almond Milk

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Apple Type:** For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.



## Almond, Chia & Banana Toast

4 servings

5 minutes

### Ingredients

1/2 cup Almond Butter  
8 slices Gluten-Free Bread (toasted)  
1/4 cup Chia Seeds  
1 tsp Cinnamon  
4 Banana (sliced)

### Directions

1

Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead.  
**No Chia Seeds:** Use hemp seeds instead.  
**No Almond Butter:** Use another nut butter instead.



## Banana with Almond Butter

4 servings  
2 minutes

### Ingredients

4 Banana  
1/2 cup Almond Butter

### Directions

- 1 Slice banana.  
;
- 2 Dip in almond butter.  
;
- 3 Bam.



## 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 Yummmm.



## Almond Butter & Jam Chia Pudding

8 servings  
30 minutes

### Ingredients

- 1 cup Chia Seeds
- 4 cups Unsweetened Almond Milk
- 4 cups Raspberries
- 1/2 cup Almond Butter

### Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate covered for up to five days.

**Nut-Free:** Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

**More Protein:** Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

**Additional Toppings:** Add cacao nibs for crunch.



## White Bean, Spinach & Tomato Salad

8 servings

10 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil  
1 cup Shallot (diced)  
8 Garlic (cloves, minced)  
8 cups White Navy Beans (cooked, drained and rinsed)  
16 cups Baby Spinach (chopped)  
4 Tomato (medium, diced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

### Notes

**No White Beans:** Use chickpeas or lentils instead.

**Extra Flavour:** Add avocado, lemon juice and/or feta cheese.

**Leftovers:** Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



## Maple Tahini Dressing

16 servings

5 minutes

### Ingredients

1 cup Tahini  
1/2 cup Maple Syrup  
1/3 cup Lemon Juice  
1/2 cup Water (warm)  
1 tsp Sea Salt

### Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

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

**Serving Size:** One serving is equal to approximately two tablespoons.

**Too Thick:** If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



## Broccoli Almond Protein Salad

8 servings

20 minutes

### Ingredients

8 cups Broccoli (chopped into small florets)  
4 cups Frozen Edamame (shelled)  
8 stalks Green Onion (sliced)  
1 cup Almonds (chopped)  
1/2 cup Almond Butter  
2 tbsps Rice Vinegar  
2 tbsps Tamari (or Coconut Aminos)  
2 tbsps Maple Syrup  
2 tbsps Sesame Oil  
2 Garlic (clove, minced)  
1/4 cup Water

### Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days.



## Baby Carrots & Hummus

12 servings  
5 minutes

### Ingredients

9 cups Baby Carrots  
3 cups Hummus

### Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

### Notes

**No Baby Carrots:** Use celery sticks, cucumber slices or sliced bell peppers instead.  
**Like it Spicy:** Top with a pinch of cayenne pepper or chili powder.



## Chopped Bell Peppers

8 servings

5 minutes

### Ingredients

- 2 Yellow Bell Pepper
- 2 Green Bell Pepper
- 2 Red Bell Pepper

### Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.



## Cucumber Hummus Bites

8 servings  
10 minutes

### Ingredients

2 Cucumber (large)  
2 cups Hummus  
1 tsp Black Pepper

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

### Notes

**More Flavour:** Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



## One Pan Tofu, Brussels Sprouts & Cauliflower

8 servings

45 minutes

### Ingredients

- 1.8 kilograms Tofu (extra firm, drained)
- 1/4 cup Tamari
- 1/4 cup Avocado Oil
- 1 1/3 tbsps Maple Syrup
- 1/4 cup Arrowroot Powder
- 4 cups Brussels Sprouts (trimmed and halved)
- 2 heads Cauliflower (chopped into florets)
- 1 1/3 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 2/3 tbsps Sesame Seeds

### 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 arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

### Notes

**More Carbs:** Serve with rice or quinoa.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.

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



## Brown Rice

16 servings  
45 minutes

### Ingredients

4 cups Brown Rice (uncooked)  
8 cups Water

### Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## Zucchini White Bean Roll Ups

8 servings

1 hour

### Ingredients

- 8 Zucchini (medium)
- 8 cups White Navy Beans (cooked, from the can)
- 1 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 4 cups Tomato Sauce

### Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

### Notes

**No White Beans:** Use chickpeas instead.



## Falafel Salad with Green Tahini Sauce

12 servings

30 minutes

### Ingredients

3 cups Oats (quick or traditional)  
8 cups Lentils (cooked, drained and rinsed)  
8 Garlic (cloves, minced)  
2 tsps Sea Salt  
8 cups Parsley (divided)  
4 Lemon (juiced and divided)  
1/2 cup Extra Virgin Olive Oil (divided)  
1 cup Tahini  
1 cup Water  
16 cups Baby Spinach (or mixed greens)

### Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

### Notes

**Speed It Up:** Skip making the tahini sauce and serve with hummus instead.



## 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
- 1.4 kilograms 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!

### Notes

**No Tofu:** Use chicken, shrimp or chickpeas.

**Leftovers:** Keeps well in the fridge for 3 to 4 days.