



# The NUTRIBOBA Weight Loss Program -VEGAN

## Week 8, Day 1

1141 Calories • 191g Carbs (48g Fiber) • 37g Fat • 48g Protein

### START

120 Cal • 22g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss Bubble Tea - Ceremonial Matcha Moringa**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Perception - Ceremonial Matcha Moringa Bubble Tea Latte

### MID-DAY

477 Cal • 91g Carbs (17g Fiber) • 4g Fat • 26g Protein



**Vegan Potato Broccoli Casserole**  
1 serving • 335 Cal

Ingredients for 1 serving:  
1 Potato medium (2-1/4" to 3-1/4" dia) Potato (213 g)  
1/4 cup White beans (66 g)  
1/3 tbsp Smart balance light buttery spread (4.7 g)  
1/4 cup Almond milk (60 g)  
2/3 tsp Salt (4 g)  
1/3 cup whole Mushrooms (29 g) 0.167 head medium (5-6" dia.) Cauliflower (98 g)  
1/3 tbsp Nutritional Yeast (2.5 g) 0.083 tsp Pepper (0.2 g)  
1/3 cloves, minced Garlic (1 g)  
1/3 package (10 oz) Broccoli (95 g) 0.042 tsp Cayenne pepper (0.1 g)



**Vegan Skewers**  
2 kabobs • 142 Cal

Ingredients for 2 kabobs:  
1 link America's original veggie dog (40 g)  
1 sprout Brussels sprouts (19 g) 1/4 can (15 oz) Pineapple (106 g) 1/4 onion Onions (83 g)  
1/4 cup cherry tomatoes Cherry tomatoes (37 g)  
1 tbsp Teriyaki sauce (18 g)

## MID-AFTERNOON

424 Cal • 55g Carbs (20g Fiber) • 19g Fat • 13g Protein



### Mango Chia Pudding

1 serving • 424 Cal

Ingredients for 1 serving: 1 cup

Almond milk (240 g)

1 fruit without refuse Mangos (207 g) 4 tbsp

Organic Chia Seeds (48 g)

## END OF THE DAY

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein



### NUTRIBOBA® DIY Weight Loss Bubble Tea - Turmeric Golden Vanilla

1 serving • 120 Cal

Ingredients for 1 serving:

1 serving NUTRIBOBA® Balance -Turmeric

Golden Vanilla Bubble Tea Latte

## Week 8, Day 2

1241 Calories • 172g Carbs (48g Fiber) • 59g Fat • 44g Protein

## START

120 Cal • 23g Carbs (6g Fiber) • 7g Fat • 5g Protein



### NUTRIBOBA® DIY Weight Loss Bubble Tea - Dark Chocolate Oolong Tea Latte

1 serving • 120 Cal

Ingredients for 1 serving:

1 serving NUTRIBOBA® Longevity -Dark  
Chocolate Oolong Bubble Tea Latte

## MID-DAY

738 Cal • 87g Carbs (28g Fiber) • 36g Fat • 27g Protein



### Vegan Bean Loaf with Avocado Verde Sauce

1 serving • 451 Cal

Ingredients for 1 serving:

3/8 tablespoon Flaxseed (2.6 g) 1/8 cup

Water (30 g)

1/4 tbsp Olive oil (3.4 g)

1/4 small Onions (18 g)

3/4 cloves, minced Garlic (2.2 g) 1/4

medium (approx 2-3/4" long, 2-1/2 dia.)

Red bell pepper (30 g)

1/4 medium Carrots (15 g)

1/4 pepper Jalapeno peppers (3.5 g) 1/2

tsp, ground Cumin (1.5 g)

1/4 tbsp Chili powder (1.9 g)

1/4 tsp, ground Oregano (0.5 g) 0.062 tsp

Cayenne pepper (0.1 g) 0.062 cup Fresh

cilantro (1 g)

1/2 can Canned black beans (212 g) 0.188

cup Corn (31 g)

1/8 cup Oatmeal (10 g)

1/8 cup Oat flour (17 g)

1/4 dash Salt (0.1 g)

1/4 dash Pepper (0 g)

0.083 cup Salsa verde (21 g)

1/8 fruit Avocados (25 g)

1/2 tbsp Fresh cilantro (0.5 g)



**Zucchini Hummus**  
1 serving • 287 Cal

Ingredients for 1 serving:  
1/2 medium Zucchini (98 g) 1/8 cup  
Sesame butter (30 g) 1/2 clove Garlic  
(1.5 g)  
1/2 tbsp Olive oil (6.8 g)  
1/4 tbsp Lemon juice (3.8 g) 1/4 tsp,  
ground Cumin (0.8 g) 1/4 tsp Salt (1.5  
g)  
0.062 tsp Chili powder (0.2 g) 1/2 cup  
chopped Carrots (64 g)

#### MID-AFTERNOON

263 Cal • 40g Carbs (8g Fiber) • 10g Fat • 7g Protein



**Apples and Almond Butter on  
Toast**  
1 serving • 263 Cal

Ingredients for 1 serving:  
1 slice Whole-wheat bread (28 g) 1 tbsp  
Almond butter (16 g)  
1 medium (3" dia) Apples (182 g)

#### END OF THE DAY

120 Cal • 22g Carbs (6g Fiber) • 6g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Maqui Blueberry  
Dandelion Tea Latte**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Resilience -Maqui  
Berry Dandelion Bubble Tea Latte

## Week 8, Day 3

1182 Calories • 178g Carbs (38g Fiber) • 47g Fat • 54g Protein

#### START

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Arabica Coffee Yerba  
Matte Latte**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Vitality -Coffee  
Yerba Mate Bubble Tea Latte

#### MID-DAY

464 Cal • 67g Carbs (17g Fiber) • 21g Fat • 11g Protein



**Tomato and Hummus on Rye**  
1 sandwich • 213 Cal

Ingredients for 1 sandwich: 2  
slice Rye bread (46 g) 1/4 cup  
Hummus (62 g)  
3 slice, medium (1/4" thick)  
Tomatoes (60 g)



**Bachelor Brussel Sprouts**  
1 cup • 156 Cal

Ingredients for 1 cup:  
1 cup Brussels sprouts (88 g) 1/4  
tsp Salt (1.5 g)  
1/4 tsp Pepper (0.5 g)  
1 tbsp Coconut oil (14 g)



**Apple**  
1 apple • 95 Cal

Ingredients for 1 apple:  
1 medium (3" dia) Apples (182 g)

## MID-AFTERNOON

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Turmeric Golden  
Vanilla**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Balance -Turmeric  
Golden Vanilla Bubble Tea Latte

## END OF THE DAY

478 Cal • 65g Carbs (12g Fiber) • 12g Fat • 33g Protein



**Banana oatmeal smoothie**  
1 shake • 394 Cal

Ingredients for 1 shake:  
1/2 medium (7" to 7-7/8" long)  
Banana (59 g)  
1 cup Almond milk (240 g)  
1/4 cup Oatmeal (20 g)  
1 tbsp Peanut butter (16 g)  
1 scoop Rice protein (30 g)



**Blueberries**  
1 cup • 84 Cal

Ingredients for 1 cup: 1 cup  
Blueberries (148 g)

## Week 8, Day 4

1174 Calories • 157g Carbs (47g Fiber) • 54g Fat • 52g Protein

## START

120 Cal • 22g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss Bubble  
Tea - Ceremonial Matcha Moringa**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Perception -  
Ceremonial Matcha Moringa Bubble Tea  
Latte

## MID-DAY

709 Cal • 79g Carbs (24g Fiber) • 34g Fat • 34g Protein



**Sautéed Mushrooms with Green Peas**  
1 serving • 325 Cal

Ingredients for 1 serving:  
3 1/2 cloves, minced Garlic (10 g) 1 1/2 tbsp  
Vegetable Broth (22 g) 3.167 cup sliced  
Mushrooms (228 g) 1 2/3 cup Peas (223 g)  
1/2 tbsp Olive oil (6.8 g)  
1/2 tsp Lemon juice (2.5 g)  
1/2 dash Salt (0.2 g)  
1/2 dash Pepper (0.1 g)  
1/2 tbsp Sunflower seed kernels (4.4

g)



### Baked Herb & Pistachio Falafel

1 serving • 384 Cal

Ingredients for 1 serving:

1/4 cup Spearmint (23 g)  
3 sprigs Fresh cilantro (6.7 g)  
1/4 cup Pistachio nuts (31 g)  
1/2 cup Chickpeas (120 g)  
3/4 cloves, minced Garlic (2.2 g)  
1/8 medium (2-1/2" dia) Onions (14 g) 1/2  
tbsp Olive oil (6.8 g)  
1/4 tsp, ground Cumin (0.8 g)  
1/4 tsp Buckwheat flour (0.6 g)  
1/4 tsp Baking soda (1.1 g)  
1/4 dash Salt (0.1 g)  
1/2 cup, chopped or sliced Tomatoes  
(90 g)  
1/8 pepper Jalapeno peppers (1.8 g) 1/4 tsp,  
leaves Oregano (0.2 g)  
1/2 cup Spinach (15 g)

## MID-AFTERNOON

224 Cal • 34g Carbs (12g Fiber) • 7g Fat • 8g Protein



### Bell Pepper and Hummus Snack

2 serving • 201 Cal

Ingredients for 2 serving:

2 large (2-1/4 per pound, approx 3-3/4" lo  
Red bell pepper (328 g)  
4 tbsp Hummus (60 g)



### Strawberries

1/2 cup • 23 Cal

Ingredients for 1/2 cup:

1/2 cup, whole Strawberries (72 g)

## END OF THE DAY

120 Cal • 22g Carbs (6g Fiber) • 6g Fat • 5g Protein



### NUTRIBOBA® DIY Weight Loss

Bubble Tea - Maqui Blueberry  
Dandelion Tea Latte

1 serving • 120 Cal

Ingredients for 1 serving:

1 serving NUTRIBOBA® Resilience -Maqui  
Berry Dandelion Bubble Tea Latte

## Week 8, Day 5

1151 Calories • 180g Carbs (36g Fiber) • 50g Fat • 39g Protein

## START

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein



### NUTRIBOBA® DIY Weight Loss

Bubble Tea - Arabica Coffee Yerba  
Matte Latte

1 serving • 120 Cal

Ingredients for 1 serving:

1 serving NUTRIBOBA® Vitality -Coffee  
Yerba Mate Bubble Tea Latte

**MID-DAY**

613 Cal • 79g Carbs (17g Fiber) • 26g Fat • 24g Protein

**Vegan Sweet Corn Risotto**

1 serving • 289 Cal

**Ingredients for 1 serving:**

3/4 cup Organic Vegetable Stock (180 g)  
1/4 tsp, crumbled Bay Leaf (0.1 g)  
1/4 tbsp Olive oil (3.4 g)  
1/8 medium (2-1/2" dia) Onions (14 g) 0.188 cup  
dry Splendido Arborio Superfino Rice (38 g)  
1/2 fl oz White wine (15 g)  
1/4 cup Corn (36 g)  
0.062 cup Peas (9.1 g)  
2 tbsp Nutritional Yeast (15 g)  
1/4 tbsp Smart balance light buttery spread  
(3.5 g)  
1/4 dash Salt (0.1 g)  
1/4 dash Pepper (0 g)

**Grilled Vegetables**

2 Serving • 254 Cal

**Ingredients for 2 Serving:**

1/3 clove Garlic (1 g)  
1 cup cherry tomatoes Cherry tomatoes (149 g)  
1/3 medium (2-1/2" dia) Onions (37 g) 1/3  
medium Zucchini (65 g)  
1/3 medium Squash (65 g)  
5 1/3 tbsp, chopped Mushrooms (23 g)  
1 1/3 tbsp Olive oil (18 g)  
1/3 tbsp Salt (6 g)  
1/3 tbsp Pepper (2.1 g)  
1 tbsp Balsamic vinegar (16 g) 0.083 tbsp,  
leaves Basil (0.2 g) 0.083 tbsp, leaves  
Oregano (0.2 g) 0.083 tbsp Rosemary (0.3 g)  
0.083 tbsp, leaves Thyme (0.2 g)

**Mushrooms**

2 cup sliced • 70 Cal (242 g)

**MID-AFTERNOON**

298 Cal • 55g Carbs (9g Fiber) • 10g Fat • 5g Protein

**Banana Almond Butter**

1 serving • 203 Cal

**Ingredients for 1 serving:**

1 medium (7" to 7-7/8" long) Banana  
(118 g)  
1 tbsp Almond butter (16 g)

**Apple**

1 apple • 95 Cal

**Ingredients for 1 apple:**

1 medium (3" dia) Apples (182 g)

**END OF THE DAY**

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein

**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Turmeric Golden  
Vanilla**

1 serving • 120 Cal

**Ingredients for 1 serving:**

1 serving NUTRIBOBA® Balance -Turmeric  
Golden Vanilla Bubble Tea Latte

## Week 8, Day 6

1171 Calories • 181g Carbs (34g Fiber) • 54g Fat • 32g Protein

### START

120 Cal • 23g Carbs (6g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Dark Chocolate Oolong  
Tea Latte**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Longevity -Dark  
Chocolate Oolong Bubble Tea Latte

### MID-DAY

627 Cal • 108g Carbs (18g Fiber) • 22g Fat • 13g Protein



**Vegan Corn Chowder**  
1 serving • 494 Cal

Ingredients for 1 serving:  
1 ear, large (7-3/4" to 9" long) yields Corn (143 g)  
1/2 Potato large (3" to 4-1/4" dia) Potato (184 g)  
3/4 tbsp Coconut oil (10 g)  
1/4 large Onions (38 g)  
1 1/4 cloves, minced Garlic (3.8 g) 3/4 large (7-1/4" to 8-1/2" long) Carrots (54 g)  
3/4 stalks, large (11 inches long) Celery (48 g)  
1/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (41 g)  
3/8 tsp Salt (2.2 g)  
1/4 tsp Cayenne pepper (0.5 g)  
1/4 tsp Paprika (0.5 g)  
0.062 tsp, ground Cumin (0.2 g) 0.167 cup Coconut milk (38 g)  
1/2 cup Water (118 g)



**Fruit salad**  
1 serving • 133 Cal

Ingredients for 1 serving:  
1 cup, halves Strawberries (152 g) 1 cup Blueberries (148 g)

### MID-AFTERNOON

304 Cal • 29g Carbs (4g Fiber) • 19g Fat • 9g Protein



**Peanut Butter and Banana  
Shake**  
1 serving • 304 Cal

Ingredients for 1 serving:  
1/2 medium (7" to 7-7/8" long) Banana (59 g)  
1 cup Almond milk (240 g)  
2 tbsp Peanut butter (32 g)

### END OF THE DAY

120 Cal • 22g Carbs (6g Fiber) • 6g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss  
Bubble Tea - Maqui Blueberry  
Dandelion Tea Latte**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Resilience -Maqui  
Berry Dandelion Bubble Tea Latte

## Week 8, Day 7

1176 Calories • 160g Carbs (34g Fiber) • 58g Fat • 41g Protein

### START

120 Cal • 22g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss Bubble Tea - Ceremonial Matcha Moringa**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Perception - Ceremonial Matcha Moringa Bubble Tea Latte

### MID-DAY

431 Cal • 70g Carbs (13g Fiber) • 10g Fat • 15g Protein



**Vegan Mexican Tortilla Roll Ups**  
1 serving • 405 Cal

Ingredients for 1 serving:  
1 tortilla (approx 7-8" dia) Tortillas (46 g)  
0.3 cup Hummus (74 g)  
0.2 can Canned black beans (85 g) 0.2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (24 g) 0.35 cup Corn (51 g)  
0.1 onion Onions (33 g)  
0.05 cup Fresh cilantro (0.8 g)



**Cucumber Salad**  
1 cups • 27 Cal

Ingredients for 1 cups:  
3/4 cup, sliced Cucumber (89 g) 1/4 small Onions (18 g)  
1/8 cup Vinegar (30 g)  
1/2 cloves, minced Garlic (1.5 g) 1/2 tsp Thyme (0.4 g)  
0.062 tsp Stevia Sweetener (0.1 g)

### MID-AFTERNOON

505 Cal • 44g Carbs (11g Fiber) • 34g Fat • 15g Protein



**Apples and Peanut Butter**  
1 apple • 159 Cal

Ingredients for 1 apple:  
1 medium (3" dia) Apples (182 g) 2 tsp Peanut butter (11 g)



**Pistachio nuts**  
1/2 cup • 346 Cal (62 g)

### END OF THE DAY

120 Cal • 23g Carbs (5g Fiber) • 7g Fat • 5g Protein



**NUTRIBOBA® DIY Weight Loss Bubble Tea - Turmeric Golden Vanilla**  
1 serving • 120 Cal

Ingredients for 1 serving:  
1 serving NUTRIBOBA® Balance -Turmeric Golden Vanilla Bubble Tea Latte

## Recipe directions

### **NUTRIBOBA® DIY Weight Loss Bubble Tea - Ceremonial Matcha Moringa**

Directions are for original recipe of 1 serving

1. SHAKE. DRINK. REJOICE Add one (1) Nutriboba™ ceremonial matcha moringa latte packet and one (1) Nutriboba™ low-calorie boba packet (optional) to 8oz (240 ml) of water. Shake well. Best kept refrigerated or in a cool, dry place after opening.

### **Vegan Potato Broccoli Casserole**

Directions are for original recipe of 6 serving

1. Start by dicing your potatoes, with skin on, into even pieces. Place in large pot on stove and bring to a boil. Boil for 15 minutes.
2. Once you place potatoes to boil, cut your cauliflower into chunks and place in a large saucepan, covered with water, to boil for 10 minutes.
3. Slice mushrooms. Mince garlic. Set aside.
4. Once cauliflower is done (check it by placing fork in it, should be very tender). Drain. Pour into high-powered blender along with 2/3 of the almond milk. Blend until completely smooth.
5. Place blended cauliflower back on stove in the same saucepan on low-medium heat. Add mushrooms, nutritional yeast, half of the salt, pepper, and the garlic into saucepan as well. Stir to combine. allow to cook for about 5 minutes to make the mushrooms slightly tender.
6. While cauliflower gravy is cooking, drain your boiled potatoes. Leave them for a moment.
7. Drain and add your beans and remaining almond milk into high-powered blender and blend until smooth. Pour bean mixture into a large mixing bowl. Add drained potatoes, vegan butter, and remaining salt to large bowl as well.
8. Beat potatoes with hand mixer (or by hand) until all potato ingredients are fully incorporated. Should be thick but creamy potatoes. Taste to see if need more salt, or add more milk if too thick.
9. At this point, you should steam the broccoli. You can do this quickly in the microwave according to package directions.
10. Mash the potatoes into the bottom of a large casserole dish, smooth it as evenly as possible. Top with cauliflower gravy mixture.
11. Once broccoli is cooked and has cooled enough to touch, cut broccoli into very small pieces, almost minced. Sprinkle broccoli on top of the gravy layer. Add a bit of cayenne to the top of the broccoli. Place completed dish in oven for 25 minutes at 350°F. Enjoy!

### **Vegan Skewers**

Directions are for original recipe of 8 kabobs

1. Chop Everything into approx 1" cubes and skewer in whatever order
2. Grill or cook each side in an oiled saucepan
3. Add teriyaki sauce while cooking, and use pineapple can juice to keep pan wet.

### **Mango Chia Pudding**

Directions are for original recipe of 1 serving

1. Peel and pit mango, then cut into cubes. Quickly pulse mango in a food processor or blender, to remove any chunks or stringiness. Stir together mango puree and milk in a medium-sized mixing bowl. Add chia seeds and combine thoroughly. Cover and chill for at least 2 hours to overnight, stirring occasionally. Stir well before serving.

### **NUTRIBOBA® DIY Weight Loss Bubble Tea - Turmeric Golden Vanilla**

Directions are for original recipe of 1 serving

1. SHAKE. DRINK. REJOICE: Add one (1) Nutriboba turmeric golden vanilla latte packet and one (1) Nutriboba low-calorie boba packet (optional) to 8oz (240 ml) of water. Shake well. Best kept refrigerated or in a cool, dry place after opening.

### **NUTRIBOBA® DIY Weight Loss Bubble Tea - Dark Chocolate Oolong Tea Latte**

Directions are for original recipe of 1 serving

1. SHAKE. DRINK. REJOICE Add one (1) Nutriboba™ dark chocolate oolong tea latte packet and one (1) Nutriboba™ low-calorie boba packet (optional) to 8oz (240 ml) of water. Shake well. Best kept refrigerated or in a cool, dry place after opening.

### **Vegan Bean Loaf with Avocado Verde Sauce**

Directions are for original recipe of 4 serving

1. Preheat oven to 350 degrees F. Grease a 9-inch loaf pan with nonstick cooking spray or line with parchment paper.

2. Mix flaxseed meal and 1/2 cup water to a small bowl and place in the refrigerator while you make the rest of the loaf. The flaxseed meal will help bind the loaf together.

3. Place large pan over medium heat and add 1 teaspoon of olive oil. Once oil is hot, add in finely chopped onion, garlic, bell pepper, carrots and jalapeno; saute for

5-7 minutes or until onions are translucent and carrots begin to soften a bit. Transfer to a large bowl and stir in spices and cilantro; set aside.

4. Using a blender or food processor, blend drained beans from 1 can. Transfer to the bowl with the sauteed veggies, and stir in the remaining can of drained beans along with the corn, oats, oat flour, and flaxseed meal (from the fridge!). Add salt and pepper, then taste and add more spices or salt and pepper if desired.

5. Add mixture to prepared loaf pan, pressing and smoothing to the side to make sure it bakes evenly. Bake loaf for about 35 minutes. Remove from heat and cool for 5-10 minutes.

6. Make the sauce by combining salsa verde, mashed avocado and cilantro in a medium bowl. Smooth over black bean loaf once ready to serve. Makes 4 servings. (Note: to freeze, wrap tight or place in a freezer safe ziploc bag. Will stay good for up to 3 months. You can also bake and then freeze it in the loaf pan, just ensuring that it is tightly covered. It's recommended to leave the sauce off if you plan on freezing.)

### **Zucchini Hummus**

Directions are for original recipe of 4 serving

1. Cut zucchini into chunks and steam in the microwave or on the stovetop until the zucchini is translucent and tender. Pour the zucchini into a colander and drain well.

2. Add the zucchini and all the other ingredients into blender or food processor and blend until the desired consistency is smooth. Serve at room temperature or chilled with sliced carrots.

### **Apples and Almond Butter on Toast** Directions are

for original recipe of 1 serving

1. Toast bread. While bread is toasting, cut half of an apple into slices.

2. Top toast with almond butter and sliced apples. Enjoy!

### **NUTRIBOBA® DIY Weight Loss Bubble Tea - Maqui Blueberry Dandelion Tea Latte**

Directions are for original recipe of 1 serving

1. SHAKE. DRINK. REJOICE Add one (1) Nutriboba maqui berry dandelion tea latte packet and one (1) Nutriboba low-calorie boba packet (optional) to 8oz (240 ml) of water. Shake well. Best kept refrigerated or in a cool, dry place after opening.

### **NUTRIBOBA® DIY Weight Loss Bubble Tea - Arabica Coffee Yerba Matte Latte**

Directions are for original recipe of 1 serving

1. SHAKE. DRINK. REJOICE Add one (1) Nutriboba arabica coffee yerba mate latte packet and one(1) Nutriboba low-calorie boba packet (optional) to 8oz (240 ml) of water. Shake well. Best kept refrigerated or in a cool, dry place after opening.

### **Tomato and Hummus on Rye**

Directions are for original recipe of 1 sandwich

1. Spread hummus onto bread. Top one of the slices with the tomato. Finish with remaining slice of bread and enjoy!

### **Bachelor Brussel Sprouts**

Directions are for original recipe of 2 cup

1. Wash sprouts, cut off and discard stems, then split in half length wise
2. Heat coconut oil in frying pan on medium
3. Add brussels sprout halves then season them while stirring to coat evenly
4. Cook until slightly charred on edges, allow to cool then serve (dressing optional)

### **Apple**

Directions are for original recipe of 1 apple

1. Simply wash and enjoy, or core and slice the apple for easier eating.

### **Banana oatmeal smoothie**

Directions are for original recipe of 2 shake

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

### **Blueberries**

Directions are for original recipe of 1 cup

1. Wash and enjoy

### **Sautéed Mushrooms with Green Peas**

Directions are for original recipe of 2 serving

1. Chop or press garlic.
2. Heat 3 tbsp broth over medium heat in a stainless steel skillet.
3. When broth begins to steam, add the sliced mushrooms and garlic, sauté for 3 minutes.
4. Add green peas and sauté for 4 more minutes.
5. Transfer to a bowl. Top with the oil, lemon juice, salt and pepper. Toss to coat.
6. Top with sunflower seeds.

### **Baked Herb & Pistachio Falafel** Directions are for

original recipe of 4 serving

1. Preheat the oven to 375'. Line a baking sheet with parchment paper or oiled foil. Pulse the herbs in a food processor. Add the pistachio nuts and pulse again to chop. Add the chickpeas, 2 of the garlic cloves, onion, oil, cumin, flour and baking soda and blend for thirty seconds, scraping down sides when necessary. You want the mixture a bit rough.
2. Carefully remove blade. Using your hands, form 20 small round falafels. Place them on the parchment lined baking sheet. Bake them for about 15 minutes, flipping halfway through, until browned.
3. Stir all tomato chili salsa ingredients together in another bowl. Allow ingredients to sit for flavors to blend.
4. Serve on a bed of spinach with the tomato chili salsa. Falafels will keep for about a week covered in the fridge.

### **Bell Pepper and Hummus Snack** Directions are for

original recipe of 1 serving 1. 1 bell pepper sliced with  
2 tbsp hummus.

### **Strawberries**

Directions are for original recipe of 1 cup 1. Wash and eat.

### **Vegan Sweet Corn Risotto**

Directions are for original recipe of 4 serving

1. In a medium saucepan over low heat, add the vegetable stock and 1 bay leaf. Chop onion and slice corn off of cob- set aside.
2. In a large saute or paella pan, add the oil and onion over medium high heat. Saute for 2-3 minutes, or until onion is softened.
3. Add the dry Arborio rice and saute for 3 minutes, or until rice is opaque. Stir constantly.
4. Add the white wine and cook until absorbed. About 1-2 minutes.
5. Add about 1/3 of broth into saute pan and cook until nearly absorbed. Stir frequently.
6. Add another 1/3 of broth and cook, stirring, until nearly absorbed.
7. Add the corn and peas along with the remaining broth. Discard the bay leaf.
8. The rice is done when it is tender and creamy, about 25 minutes total.
9. Stir in the nutritional yeast until combined and the vegan margarine. Season with salt and pepper. Serve immediately and enjoy!

### **Grilled Vegetables**

Directions are for original recipe of 6 Serving

1. Prepare grates and set your grill to medium-high heat.
2. Begin by preparing the garlic for roasting. Peel off the outer papery covering of the head of garlic. Using a sharp knife, slice off 1/4-inch of the top of the bulb, so that the inside of each clove is exposed. Place the head on a square of aluminum foil. Drizzle 1 tsp. olive oil over the top of the cloves, and then use your fingers to spread it around well. Then fold up the foil over the top of the cloves, so that it is fully enclosed. Set the foil package directly on top of the grill grates and cook, covered, for about 20 minutes (or until garlic cloves are soft and lightly golden).
3. Meanwhile, in a large bowl, combine tomatoes, onion, zucchini, squash, and mushrooms with 2 tbsp of the olive oil and a generous amount of freshly-ground salt and pepper. Then toss until vegetables are evenly coated. Transfer vegetables to a grill pan, and set on the grill grates (next to the foil-wrapped garlic). Grill, stirring every 2-3 minutes, until vegetables are tender and lightly charred. Remove garlic and vegetables from grill when cooked.
4. While vegetables are cooking, prepare the dressing. In a small bowl, whisk together the remaining 2 tbsp. of olive oil, balsamic vinegar, all of the roasted garlic cloves (you can use your fingers to squeeze them out of the clove), and the chopped fresh herbs until combined. Add extra salt and pepper to taste.
5. Transfer vegetables to a serving platter or bowl and drizzle with the prepared dressing. Serve immediately. Enjoy!

### **Banana Almond Butter**

Directions are for original recipe of 1 serving

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

### **Vegan Corn Chowder**

Directions are for original recipe of 4 serving

1. Remove husks from corn if present. Place ears of corn into a large pot and fill with water. Cover the pot with a lid and place on the stove over high heat. Bring to a full boil and cook until corn is plump and juicy, about 5 to 8 minutes. Use tongs to remove corn from the boiling water and place on a cutting board.
2. Chop one of the potatoes in half and carefully place into the same pot of boiling water you used to cook the corn. Allow potato to cook until soft, about 10 to 15 minutes. Remove and set aside when cooked.
3. While the potato is cooking, chop and saute the rest of the vegetables. Add the coconut oil to a separate large pot, along with the other diced potato, chopped onion, minced garlic, carrots, celery, bell pepper, salt, cayenne, paprika, and cumin. Heat to medium-high and saute, stirring occasionally, until vegetables have softened, about 10 minutes.
4. Use a knife to remove the corn kernels from all of the ears of corn. Place half of the kernels in a blender, along with the cooked potato. Add the coconut milk and water to the blender, and blend until completely smooth. This may take two or three rounds of blending. Make sure to scrape down the side of the blender as needed in between blending.
5. Add the remaining corn kernels to the pot with the sauteed vegetables, and pour the blended corn/potato (chowder) mixture into the pot. Bring to a gentle boil and cook until potato has softened, about 10 to 20 minutes.
6. Remove from heat and taste chowder. Add more salt and cayenne as desired. Enjoy!

**Peanut Butter and Banana Shake** Directions are for original recipe of 1 serving  
1. Add ingredients in a blender, enjoy!

### **Vegan Mexican Tortilla Roll Ups** Directions are for

original recipe of 5 serving

1. Drain and rinse beans and corn. Chop veggies and cilantro.
2. Slather the tortillas with hummus, getting it all the way to the edges. Distribute all toppings amongst tortillas and roll tortillas up tightly.
3. Gently slice into bite-sized pieces and serve.

### **Cucumber Salad**

Directions are for original recipe of 4 cups

1. Slice cucumbers about ¼ inch thick and add to a bowl.
2. Thinly slice a red onion and add to bowl.
3. Add apple cider vinegar, garlic, fresh thyme, and 2 pinches of stevia to a blender and blend to smooth consistency.
4. Pour vinegar mixture over the ingredients in the bowl.
5. Toss and let sit overnight (it's good right away, but it tastes even better when the ingredients hang out together for awhile). Toss a bit before serving.










### **Apples and Peanut Butter**



















Directions are for original recipe of 1 apple

















1. Core and quarter a medium apple. Spread with 2 tsp creamy natural peanut butter.


















## **Grocery List**

### **VEGETABLES**

	<b>Brussels sprouts</b> Raw	1 1/4 cup (110 g)
	<b>Jalapeno peppers</b> Raw	1/2 pepper (7 g)
	<b>Potato</b> Flesh and skin, raw	1 1/4 Potato large (3" to 4-1/4" dia) (461 g)
	<b>Tomatoes</b> Red, ripe, raw, year round average	1 1/4 medium whole (2-3/5" dia) (154 g)
	<b>Cucumber</b> Peeled, raw	1/3 large (8-1/4" long)(93 g)
	<b>Broccoli</b> Frozen, chopped, unprepared	2/3 cup (104 g)
	<b>Celery</b> Raw	1 1/4 stalk, medium (7-1/2" - 8" long) (50 g)
	<b>Spinach</b> Raw	1/2 cup (15 g)
	<b>Peas</b> Green, frozen, unprepared	1 3/4 cup (234 g)

	<b>Cauliflower</b> Raw	1 cup chopped, (1/2" pieces) (107 g)
	<b>Zucchini</b> Summer squash, includes skin, raw	1 medium (196 g)
	<b>Red bell pepper</b> Sweet, raw	3 2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (436 g)
	<b>Carrots</b> Raw	2 large (7-1/4" to 8-1/2" long) (144 g)
	<b>Fresh cilantro</b> Coriander leaves, raw	9 tbsp (9 g)
	<b>Corn</b> Sweet, yellow, raw	2 1/3 ear, medium (6-3/4" to 7-1/2" long) yiel (238 g)
	<b>Corn</b> Sweet, yellow, canned, whole kernel, drained solids	1/4 cup (41 g)
	<b>Vegetable Broth</b> From bouillons. Low sodium	1/4 cup (60 g)
	<b>Garlic</b> Raw	8 clove (24 g)
	<b>Mushrooms</b> Shiitake, raw	1 1/4 mushroom (24 g)
	<b>Mushrooms</b> Portabella, grilled	2 cup sliced (242 g)
	<b>Cherry tomatoes</b> Red, ripe, raw, year round average	1 1/4 cup cherry tomatoes (186 g)
	<b>Mushrooms</b> Brown, italian, or crimini, raw	3 cup whole (261 g)
	<b>Squash</b> Summer, all varieties, raw	1/3 medium (65 g)
	<b>Onions</b> Raw	1 2/3 medium (2-1/2" dia) (183 g)
<b>FRUITS AND FRUIT JUICES</b>		
	<b>Apples</b> With skin	4 medium (3" dia) (728 g)
	<b>Strawberries</b> Raw	1 2/3 cup, whole (240 g)
	<b>Avocados</b> Raw, All commercial varieties	1/4 fruit (50 g)

	<b>Banana</b> Raw	2 medium (7" to 7-7/8" long) (236 g)
	<b>Lemon juice</b> Raw	1/2 tbsp (7.5 g)
	<b>Blueberries</b> Raw	2 cup (296 g)
	<b>Pineapple</b> Canned, water pack, solids and liquids	1/2 cup, crushed, sliced, or chunks (123 g)
	<b>Mangos</b> Raw	1 fruit without refuse (207 g)
<b>BEVERAGES</b>		
	<b>White wine</b> Alcoholic beverage, table	1/4 serving 5 fl oz (37 g)
	<b>Water</b> Plain, clean water	2/3 cup (158 g)
	<b>NUTRIBOBA® Balance - Turmeric Golden Vanilla Bubble Tea Latte</b> <a href="http://www.drinklemonkind.com">www.drinklemonkind.com</a>	4 serving
	<b>NUTRIBOBA® Resilience - Maqui Berry Dandelion Bubble Tea Latte</b> <a href="http://www.drinklemonkind.com">www.drinklemonkind.com</a>	3 serving
	<b>NUTRIBOBA® Vitality - Coffee Yerba Mate Bubble Tea Latte</b> <a href="http://www.drinklemonkind.com">www.drinklemonkind.com</a>	2 serving
	<b>NUTRIBOBA® Longevity - Dark Chocolate Oolong Bubble Tea Latte</b> <a href="http://www.drinklemonkind.com">www.drinklemonkind.com</a>	2 serving
	<b>NUTRIBOBA® Perception - Ceremonial Matcha Moringa Bubble Tea Latte</b> <a href="http://www.drinklemonkind.com">www.drinklemonkind.com</a>	3 serving
<b>SPICES AND HERBS</b>		
	<b>Basil</b> Spices, dried	1/4 tbsp, leaves (0.525 g)
	<b>Bay leaf</b> Spices	1/4 tbsp, crumbled (0.45 g)
	<b>Chili powder</b> Spices	1/3 tbsp (2.5 g)
	<b>Cumin</b> Spices, cumin seed	1/2 tbsp, ground (4.5 g)

	<b>Oregano</b> Spices, dried	1/3 tbsp, leaves (1 g)
	<b>Paprika</b> Spices	1/4 tbsp (1.73 g)
	<b>Pepper</b> Spices, black	1/2 tbsp (3.2 g)
	<b>Cayenne pepper</b> Spices, red or cayenne	1/4 tbsp (1.32 g)
	<b>Rosemary</b> Spices, dried	1/4 tbsp (0.825 g)
	<b>Thyme</b> Spices, dried	1/3 tbsp, leaves (0.9 g)
	<b>Vinegar</b> Cider	1/4 cup (60 g)
	<b>Spearmint</b> Fresh	456 leaf, whole (23 g)
	<b>Balsamic vinegar</b>	1/4 cup (64 g)
	<b>Salt</b> Table	1 tbsp (18 g)
<b>SOUPS AND SAUCES</b>		
	<b>Teriyaki sauce</b> Ready-to-serve	1 tbsp (18 g)
	<b>Salsa verde</b>	1/4 cup (64 g)
<b>SOY &amp; LEGUMES</b>		
	<b>Hummus</b> Commercial	13 1/4 tbsp (199 g)
	<b>White beans</b> Mature seeds, canned	1/4 cup (66 g)
	<b>America's original veggie dog</b> any brand, frozen, unprepared	1 link (40 g)
	<b>Peanut butter</b> Chunk style, without salt	3 3/4 tbsp (60 g)
	<b>Canned black beans</b> Low sodium, drained	1 1/4 cup (325 g)

**Chickpeas**

(garbanzo beans, bengal gram), mature seeds, canned

1/2 cup (120 g)

**NUT AND SEED PRODUCTS****Sesame butter**

Seeds, tahini, from roasted and toasted kernels (most common type)

2 tbsp (30 g)

**Sunflower seed kernels**

Seeds, dried

1/4 cup, with hulls,  
edible yield (12 g)

**Coconut milk**

Nuts, canned (liquid expressed from grated meat and water)

1/4 cup (56 g)

**Organic Chia Seeds**

4 tbsp (48 g)

**Almond butter**

Nuts, plain, without salt added

2 tbsp (32 g)

**Almond milk**

Plain

3 1/4 cup (780 g)

**Pistachio nuts**

Nuts, raw

3/4 cup (92 g)

**Flaxseed**

Finely Ground, Organic

1/2 tablespoon (3.5 g)

**BREAKFAST CEREALS****Oatmeal**

Cereals, Quaker, dry rolled oats

1/2 cup (40 g)

**BAKED PRODUCTS****Baking soda**

Leavening agents

1/4 tbsp (3.45 g)

**Rye bread**

Reduced-calorie

2 slice (46 g)

**Tortillas**

Ready-to-bake or -fry, flour

1 tortilla (approx 7-8" dia)  
(46 g)

**Whole-wheat bread**

Commercially prepared

1 slice (28 g)









**Nutritional Yeast**

Vegan

2 1/2 tbsp (19 g)

**GRAINS AND PASTA****Buckwheat flour**

1/4 cup (30 g)

	<b>Oat flour</b> Partially debranned	1/4 cup (34 g)
	<b>Splendido Arborio Superfino Rice</b> any brand	1/4 cup dry (51 g)
	<b>Rice protein</b> Nutribiotic, organic	1 scoop (30 g)
<b>FATS AND OILS</b>		
	<b>Coconut oil</b>	1 3/4 tbsp (24 g)
	<b>Olive oil</b> Salad or cooking	3 1/3 tbsp (45 g)
	<b>Smart balance light buttery spread</b> Margarine-like spread	2/3 tbsp (9.3 g)
<b>UNCATEGORIZED</b>		
	<b>Stevia Sweetener</b>	1/4 tsp (0.25 g)
	<b>Organic Vegetable Stock</b> Low Sodium	3/4 cup (180 g)