

Braised Cabbage with Mushroom



Greens		3
Mushrooms		1
Potatoes		1
Vegetable Fats		1
Cream		1
Parsley		1
Vinegars		1
Points		9

Lentil & Roasted Veggie Salad



Lentils		1
Greens		2
Onion		1
Sweeteners		1
Cheese		1
Mustard		1
Vinegars		1
Pepper		1
Points		9

Yogurt Parfait



Milk		2
Nuts		2
Berries		1
Sweeteners		1
Points		6

Veggie Burger



Vegetable Fats		1
Mushrooms		1
Sauces		1
Rice		1
Bread		1
Pepper		1
Onions		1
Points		7

Energy Truffles



Dates		1
Nuts		2
Seeds		1
Salt		1
Points		5

Crispy Tofu



Cornstarch		1
Vegetable Fats		1
Sweeteners		1
Tofu		2
Sauces		1
Salt		1
Points		7

Kale Stew



Potatoes		3
Greens		2
Animal Fats		1
Mustard		1
Milk		1
Points		9

Souvlaki



Beetroot		2
Vegetable Fats		1
Sauces		1
Oregano		1
Pepper		2
Garlic Powder		1
Points		8

Shakshuka with mushrooms and pita bread



Mushrooms		2
Onions		1
Vegetable Fats		1
Peppers		1
Tomato		1
Pepper		1
Cheese		1
Bread		1
Points		9

Quinoa and roasted beets



Beetroot		2
Oregano		1
Vegetable Fats		1
Vinegars		1
Quinoa		1
Cheese		1
Points		7

Black bean quesadillas



Potatoes		1
Beans		1
Avocado		1
Greens		1
Rice		1
Tomato		1
Bread		1
Pepper		1
Points		8

Panna cotta



Milk		2
Sweeteners		1
Texturizers		1
Vanilla		1
Berries		1
Points		6

Not-tuna salad sandwich



Seeds		2
Mustard		1
Sweeteners		1
Onions		1
Lettuce		1
Bread		1
Celery		1
Chickpeas		1
Points		8

Gluten-free pumpkin muffins



Nuts		1
Pumpkin		1
Sweeteners		1
Milk		1
Flour		2
Salt		1
Points		7

Meat loaf



Celery		1
Tofu		2
Nuts		1
Beetroot		1
Rosemary		1
Sauces		1
Onions		1
Lentils		1
Points		9

Matcha sponge cake



Milk		3
Sweeteners		2
Berries		1
Flour		1
Nuts		1
Points		8

Green bean pasta with cashew pesto



Greens		2
Basil		1
Pasta		1
Beans		1
Salt		1
Points		6







Asparagus Frittata



Flour		1
Cream		1
Asparagus		1
Greens		1
Eggs		1
Texturizers		1
Pepper		1
Salt		1
Points		8







Cauliflower Curry



Onions		2
Lentils		1
Milk		1
Potatoes		1
Ginger		1
Garlic		1
Points		8






Chia chocolate pudding



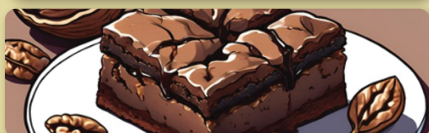
Milk		2
Banana		1
Berries		2
Seeds		1
Chocolate		1
Nuts		1
Points		8





Cheese cake



Nuts		2
Cream		2
Cheese		2
Sweeteners		2
Cornstarch		1
Points		9

Walnut Brownie



Flour		1
Chocolate		1
Vinegars		1
Sweeteners		1
Avocado		1
Banana		1
Vegetable Fats		1
Points		7

Bolognese Pasta



Pasta		1
Onion		2
Garlic		2
Salt		1
Lentils		1
Pepper		1
Tomato		1
Vinegars		1
Points		10