

	Calories				
Garlic Parmesan Ramen					
1 pkg ramen (toss the spice packet)	380				
1 tbsp Italian seasoning					
1/4 tsp garlic powder					
1/4 tsp black pepper					
1/8 tsp salt					
Red pepper flakes					
1/4 cup nutritional yeast	80				
20g crushed walnuts	140				
2 tbsp olive oil	260				
	860				
Beans and Rice					
2/3 cup dehydrated beans (pinto or black)	210				
1/3 cup minute rice	160				
1/3 cup nutritional yeast	110				
1/3 cup crushed fritos	160				
2 tsp taco seasoning	20				
1/2 tsp chipotle chili powder					
2 tbsp olive oil	260				
	920				
Red Curry Couscous					
1/2 cup couscous	325				
1/4 cup coconut milk powder	240				
2 tbsp sliced almonds (20 g)	110				
1 tbsp tomato powder	45				
2 tsp curry powder					
1 tsp ginger powder					
1/4 tsp cayenne powder					
2 tbsp olive oil	260				
	980				
Spud Bomb					
1/2 cup instant potatoes	120				
1 tbsp tomato powder	45				
2 tbsp crushed fritos	80				
1 tbsp sun-dried tomatoes (chopped)	15				
1 tbsp falafel mix	30				
1 tbsp nutritional yeast	20				
2 tbsp crushed nut mix	90				
3/4 oz freeze dried spicy veggies	75				
Spices					
2 tbsp olive oil	260				
	735				

	Calories				
Sun-Dried Tomato Couscous					
1/2 cup couscous	325				
4 pieces sun dried tomato (chopped)	30				
2 tbsp walnuts (20 g)	140				
1.5 tsp Italian seasoning					
1/2 tsp turmeric					
1/2 tsp garlic powder					
1/4 tsp black pepper					
1/8 tsp salt					
Red pepper flakes					
2 tbsp olive oil	260				
	755				
Thai Peanut Ramen					
1 pkg ramen (toss the spice packet)	380				
2 tbsp coconut milk powder	120				
1 tbsp peanuts	50				
1/2 tsp ginger powder					
1/4 tsp red pepper flakes					
1 packet True Lime powder					
1 packet peanut butter	190				
2 tbsp freeze dried spicy veggies	40				
2 tbsp olive oil	260				
	1040				
Tomato Basil Polenta					
3 pkgs instants grits, butter flavor	300				
2 tbsp whole milk powder	75				
1 piece sun-dried tomato (chopped)					
2 tbsp freeze dried spicy veggies	40				
1/4 tsp garlic powder					
1/4 tsp dried basil					
1/8 tsp black pepper					
1/4 cup nutritional yeast	80				
1 tbsp walnuts	70				
2 tbsp olive oil	260				
	825				