Cowgirl Caviar by Your Plant-Based Journey, LLC

3 Roma Tomatoes chopped or a heaping cup of Cherry Tomatoes quartered.
½ of a large Red Onion.
1 cup Corn: fresh, frozen, or canned
1 Red Bell Pepper, seeded and chopped
1 Yellow Bell Pepper, seeded and chopped
1 Green Bell Pepper, seeded and chopped
1-2 Jalapeno Peppers - seeds removed, diced small (optional)
½ cup Cilantro, rinsed and chopped – Add desired amount to taste.
2 - 14.5 Oz. cans of Garbanzo Beans drained and rinsed
2 avocados, peeled and diced up and tossed in the juice of 2-3 Limes
2-3 Limes juiced
Black Pepper to taste (optional)

This is a chop and drop recipe. You can omit the Red and Yellow peppers and just use Green. You can substitute green onions. You can substitute cannellini beans, black beans, or split peas. Feel free to mix it up!

Nutrition Facts

Serves 8
Serving Size 1 cup

Amount Per Serving

Calories 274
% Daily Value*  
Total Fat 7.3g 11%
Cholesterol 0mg 0%
Sodium 146.5mg 6%
Total Carbohydrate 47g 16%
Dietary Fiber 10.3g 41%
Sugars 5.8g
Protein 8.9g 18%
Vitamin A 54.8µg 4%
Vitamin C 71.8mg 120%

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### Nutrition Facts

**Serving Size**: 1 cup Brown Rice  
**Serves**: 1  
**Amount Per Serving**  
- **Calories**: 218  
- **% Daily Value***:  
  - Total Fat: 1.6g **2%**  
  - Cholesterol: 0mg **0%**  
  - Sodium: 2mg **0%**  
- **Total Carbohydrate**: 45.8g **15%**  
  - Dietary Fiber: 3.5g **14%**  
  - Sugars: 0g  
- **Protein**: 4.5g **9%**  
  - Vitamin A: 0%  
  - Vitamin C: 0%  

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### Nutrition Facts

**Serves**: 1  
**Serving Size**: 3 Cups Fresh Spinach  
**Amount Per Serving**  
- **Calories**: 21  
- **% Daily Value***:  
  - Total Fat: 0.4g **1%**  
  - Cholesterol: 0mg **0%**  
  - Sodium: 71.1mg **3%**  
- **Total Carbohydrate**: 3.3g **1%**  
  - Dietary Fiber: 2g **8%**  
  - Sugars: 0.4g  
- **Protein**: 2.6g **5%**  
  - Vitamin A: 422.1µg **28%**  
  - Vitamin C: 25.3mg **42%**  

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### Nutrition Facts

**Serving Size**: 1 SAD Meal  
- 8 oz New York Strip  
- 8 oz Baked potato & a White Dinner Roll  
**Serves**: 1  
**Amount Per Serving**  
- **Calories**: 845  
- **% Daily Value***:  
  - Total Fat: 31.3g **48%**  
  - Cholesterol: 226mg **75%**  
  - Sodium: 1004.2mg **42%**  
- **Total Carbohydrate**: 51.6g **17%**  
  - Dietary Fiber: 3.5g **14%**  
  - Sugars: 12.5g  
- **Protein**: 84.8g **170%**  
  - Vitamin A: 7%  
  - Vitamin C: 3%  

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### Common Cruciferous Vegetables

- Asparagus
- Broccoli
- Napa Cabbage
- Arugula
- Brussels Sprouts
- Spinach
- Kale
- Bok Choy
- Collard Greens
- Cauliflower
- Turnup Greens
- Cilantro
- Beet Greens
- Mustard Greens
- Swiss Chard
- Parsley