

GREEN SMOOTHIE LIFESTYLE



**PLANT-BASED
RECIPE COOKBOOK**

WWW.PLANTBASEDCOOKBOOK.COM

Copyright © 2019

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

You are encouraged to print this book for easy reading.

Use this information at your own risk.

Contents

Introduction	5
Chapter 1 – Why greens?	10
Chapter 2 - Benefits of Green Smoothies	12
Chapter 3 – What are the Best Greens You Should Use	17
Other beneficial greens you might want to look at:	22
Are some greens better than others?	23
Chapter 6 – What are Smoothies and How Do You Make One	26
Chapter 7 – Are Smoothies Safe? What are the Common Mistakes to Avoid?	30
Mistake 1: Not rotating the greens	30
Mistake 2: Not checking for allergies.....	30
Mistake 3: Focusing on Fruits Instead of Veggies.....	31
Mistake 4: Not Keeping Things Natural.....	33
Mistake 5: Not Using a Good Blender	34
Mistake 6: Not Using Proper Recipes.....	35
Chapter 8 - 7 Healthy and Yummy Smoothie Recipes.....	37
Recipe 1: Orange Spinach Surprise.....	38
Recipe 2: Green Avocado Smoothie	39
Recipe 3: Green Detox Smoothie.....	40
Recipe 4: Romaine Lettuce Smoothie	40

Green Smoothie Lifestyle

Recipe 5: Kale Kissed by Ginger Smoothie.....	41
Recipe 6: Kool Kiwi Spinach Smoothie.....	42
Recipe 7: Tropical Smoothie Dream	43
Conclusion – Making Smoothies a Part of Your Life	44

Introduction

There is an old proverb that says, "Health is a crown on a well man's head that no sees but a sick man."

This is very true. We live in a very hectic world today where everyone is focused on building a successful career and raising a happy family. They often place their health on the backburner, thinking that they can exercise and eat right later on.

They procrastinate exercise waiting till they're successful or have time to spare. They opt for quick, unhealthy meals because they have no time to prepare well-balanced meals.

They fail to realize that if you don't make time for exercise, you must make time for illness. They forget that whatever they eat and drink is either fighting disease or feeding it.

Today, more than ever, one needs to focus on his or her health and well-being. It is crucial. Our lives are filled with deadlines,

Green Smoothie Lifestyle

meetings, work demands and stress. The food we eat is high in calories but low in nutrients.

High carbohydrate meals, oily and fatty foods, processed foods, junk food, etc. wreak havoc on our health and bodies. It happens slowly but surely. Therein lies the problem. People do not feel the impact of their poor choices till health problems occur much later on. By then, it can be too late.

High cholesterol levels, type 2 diabetes, blood pressure issues and countless other health problems are often a direct result of poor eating and a sedentary lifestyle.

Green Smoothie Lifestyle

There is an interesting story.



The Dalai Lama, when asked what surprised him most about humanity, answered, "Man.... Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

(*Photo credit – [Christopher - Flickr: dalailama1 20121014 4639](#))

A wise man indeed. The point to note here is that while your career and family may be important, nothing supersedes your health.

From what you've read so far, it may seem to be all gloom and doom if you're guilty of having neglected your health for a while. Cast your fears aside. Your health and body constantly seek to improve and get better. You just need to assist them.

Green Smoothie Lifestyle

This finally brings us to the main point... Green smoothies. The miracle that even Popeye relied on. Technically, Popeye ate spinach. But you get the drift... Your greens are important for good health.

There is a movie titled, "Fat, Sick and Nearly Dead". You may have watched it, and if you've not, you might wish to check on YouTube to see if it has been uploaded there.

The movie is a real-life documentary about, Joe Cross, who was 100 lbs overweight and facing several serious health issues. Joe adopted a plant-based diet and mostly drank raw vegetable and fruit juices.

Within a few months, he had shed his excess weight and his health had improved by leaps and bounds. This certainly is testament to the power of a healthy diet.

Green Smoothie Lifestyle

There are several different types of smoothies which come in a range of different colors. In this guide, we'll be focusing on green smoothies which are without a doubt, the most powerful type of smoothies at restoring your health and vitality.

Are you sick and tired of feeling sick and tired? You are? Read on to find out how green smoothies will put you in the pink of health.

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." - **Ancient Ayurvedic Proverb**

Chapter 1 – Why greens?



The first question that will pop into many people's minds when thinking of starting a juicing or smoothie diet will be, "Why are green smoothies better than other smoothies?"... After all, aren't all vegetables and fruits beneficial?

Yes, it's true that different fruit and vegetables contain a multitude of vitamins and antioxidants. However, greens contain a lot more vitamins and antioxidants than the other vegetables which are called "Phytonutrients". With a good mix of greens in

Green Smoothie Lifestyle

your smoothies, you will not miss out on any vitamins that your body needs.

You should note that the drinks are made with raw vegetables and fruits. There are no additives, artificial flavouring, sugar or sweeteners, etc. The smoothies are best consumed in their raw form to derive the optimal benefits from the healthy, wholesome nutrients.

Now that we've discovered that green smoothies are a massive shortcut to excellent health & vitality, let's look at the benefits that can be accrued from preparing and consuming these smoothie gifts from nature.

Chapter 2 - Benefits of Green Smoothies

Now we've discovered that green smoothies are excellent for one's health, let's look at how they actually help you get healthier and stronger.

□ **Increased energy**

While you may not notice a change overnight, as you consume green smoothies over a period of 2 or 3 weeks, you'll notice that you have more energy and a better outlook in general. You will have more vitality and zest for life. You won't be able to explain why... but rest assured that the green smoothies are making a difference.

To achieve this, it's best to consume the smoothies on an empty stomach. Another good time to drink these smoothies is after an exercise session when your body is craving nutrients.

□ Aids in weight loss

As mentioned earlier, Joe Cross lost almost 100 pounds from a juice fast. It may make many people panic when they think of not eating food and merely drinking smoothies. They fear starving or becoming under-nourished.

This is a huge fallacy. Our bodies require nutrients from food. That is true. However, there is a severe dearth of good nutrients in the food we consume these days. That is why people never feel satiated and constantly keep eating.

The food they're eating is high in processed ingredients, additives, etc. While it may fill the stomach, these are empty calories that lack the nutrients the body needs. As a result, the body craves more food to compensate for the lack of ingredients. So, people eat more, get obese and stay unhealthy.

Green smoothies are packed with micronutrients that the body craves. You would be surprised to learn that a single glass of green vegetable juice, full of good nutrients that the body craves, is more beneficial than an entire meal at a swanky restaurant.

□ They Combat and Prevent Illness

This is pretty straightforward. Right from young, parents have instructed their children to eat their greens. Everyone knows that vegetables are essential for good health and for strengthening your immune system. Prevention is better than cure.

□ They Contain Healing Properties, Prevent Acne and Aid in Detoxification

Green smoothies contain essential vitamins, minerals and nutrients that encourage quick healing. This is one reason why bodybuilders consume greens products. They usually take supplements in tablet form. Drinking green smoothies is much more beneficial than popping greens supplement tablets.

Acne sufferers, especially teenagers notice that their acne problems tend to diminish when consuming green juices. Since the greens are rich in vitamin A, sulphur, vitamin k, vitamin c, etc. the body's immune system is stronger and is able to combat health issues such as acne or even yeast infections effectively.

Detoxification is another fantastic benefit of green juices. The food we eat, water we drink and even the air we breathe is often filled with toxins. Green smoothies will help the body detoxify itself more effectively.

Other benefits:

- ☐ They are easily digested and the body is able to quickly assimilate the essential nutrients.
- ☐ The smoothies are rich in fiber and help maintain a healthy digestive system.
- ☐ They can be delicious once you get used to them. The mix of fruits and vegetables can be tasty. You're consuming a very tasty 'medicine' for your body.
- ☐ If you struggle to eat vegetables, green smoothies are a very convenient replacement. This applies to kids who hate eating vegetables. It is much easier to gulp down a green smoothie instead of gnawing on Brussels sprouts like a

Green Smoothie Lifestyle

hamster at the dinner table. They are just as healthy too.
The smoothies, not the hamster.

- ☐ Green smoothies help to maintain a healthy cholesterol level in the body.

As you can see, you have nothing to lose and everything to gain by drinking green smoothies often.



Chapter 3 – What are the Best Greens You Should Use

Not all green vegetables and fruits are created equal. When making a green smoothie, it's best to use vegetables that have the most nutrients to pack a punch. I mean, You want to get the best benefits from your smoothies.

Let's look at some of the best greens (in no particular order) that you can use to whip up those awesome smoothies.

□ Spinach

Yup! Popeye was right. This truly is a fantastic green that is full of goodness. It is low in calories yet contains protein, iron, vitamins and minerals.

Spinach has been shown to lower the risk of cancer, strengthens bones, reduces the risk of asthma and other infections, lowers blood pressure and aids in glucose control for diabetics.

□ Kale

Similar to spinach, kale is splendid for nourishing the body. In fact, kale contains more nutrients than spinach. It maintains healthy skin, strong bones, improves digestion and prevents the onset of many health problems.

□ Broccoli



Broccoli is a cruciferous vegetable. It is fantastic for combating the effects of a poor diet. Our diets are rich in omega-6 fatty acids and this has thrown the balance of omega-3 and omega-6 fatty acids out of whack.

Green Smoothie Lifestyle

Our foods have become packed with estrogen, resulting in more men suffering from gynecomastia and other issues. Broccoli mitigates the negative effects of estrogen.

It's also rich in fiber and sulforaphane. This sulphur compound prevents cancers such as lung and colon cancer. Broccoli is definitely a vegetable that you should include in your smoothies often.

It does have a strong taste. So, start by using small amounts till you develop an acquired taste for it and are able to drink it without forcing yourself to.

□ Collards

Collards are rich in vitamin K that promotes good bone health. They reduce the risks of developing colorectal, prostate and lung cancer. They also help diabetes sufferers maintain a stable blood glucose level.

An additional benefit of collard greens is that they contain choline. Choline helps with learning, memory, muscle movement and also promotes good sleep. Something which many people sorely need.

□ Cabbage



Cabbage is extremely low in calories but is high in fiber, protein, vitamin C and antioxidants. One cup of cabbage contains almost 50% of the average adult's daily vitamin C requirements.

It also contains manganese, potassium, calcium, folate, thiamine and vitamin B6. Antioxidants such as beta-carotene, lutein, etc. can also be found in cabbage.

You can reduce the risks of getting cancer, enhance your immunity, prevent cardiovascular disease and improve digestion by consuming cabbage.

□ Celery



Just like the vegetables mentioned earlier, celery is rich in antioxidants, fiber, vitamins and minerals. It can prevent cancer and helps to lower one's blood pressure. One point to

note is that some people are severely allergic to celery. Make sure you are not allergic to celery before consuming it.

□ Dandelion Greens

Rich in vitamin C, iron, vitamin B6 and potassium. Also contains copper, folate, thiamine and phosphorous. Helps to good heart health and stabilise blood pressure levels.

An excellent vegetable that is rich in many vitamins and nutrients. Prevents a whole host of health problems and also has healing properties.

☐ **Lettuce**

Fantastic for helping with weight loss. It is low in calories and reduces appetite. It contains many beneficial vitamins such as potassium, biotin, copper, calcium, panthothenic acid, chromium and magnesium.

Other beneficial greens you might want to look at:

☐ **Parsley**

☐ **Chard**

☐ **Pak Choi/Bok Choy**

Are some greens better than others?

The most important point to remember is that eating any vegetable is better than eating none. The problem today is that most people are not even getting enough veggies in their diet... and French fries or mashed potatoes are NOT counted.

First and foremost, you need to get sufficient vegetables in your diet. If you do not like eating vegetables, you can make green smoothies. They are just as beneficial.

There is no need to worry if some greens are better than others because your goal will be to rotate the greens that you use in your smoothie. Some people make the exact same smoothie every single time and miss out on the benefits that they can get from the other vegetables.

Choose organic vegetables whenever you can. The hard truth is that most of our foods contain toxins from insecticides, fertilizers,

Green Smoothie Lifestyle

etc. By rotating your greens, you will be preventing a toxin build-up from any one vegetable.

You should research what different green smoothie recipes there are. You can find many books in your library or at Amazon.com that contain many tasty and delicious green smoothie recipes.

These guides contain recipes created by nutritionists and health experts who have factored daily nutrient requirements, vegetable combinations, taste, etc. when concocting these recipes. You are in safe hands by following their recipes. The best way to stick with a habit is to like doing it.

Since the recipes will usually be tasty, you'll be more likely to stick to drinking smoothies instead of reaching for the sodas.

As long as you make smoothies from the vegetable list given above, or from a good recipe book, you will do just fine. This is not rocket science. It's just smoothies. Blend them and drink

Green Smoothie Lifestyle

them. You will look and feel like a brand new you. It's that simple.



Chapter 6 – What are Smoothies and How Do You Make One



It's funny we haven't yet covered it and we are half way through the guide! What exactly is a smoothie?

A smoothie is a thick beverage blend of different vegetables and fruits. Green smoothies use green vegetables such as spinach, celery cucumbers, green apples, etc.

Green Smoothie Lifestyle

The beauty of a smoothie is that you get many different nutrients, vitamins, minerals and antioxidants at one go. With the correct recipe, your smoothie will not only be healthy, but it will also be tasty. Many people believe that healthy food and tasty food cannot be reconciled. This is false. You can make a healthy and tasty smoothie.

Unlike normal smoothies, you will not be using yoghurt or milk to make your smoothie. The key here is to keep things natural. Many of the latest studies also show that milk and dairy products are not as beneficial as they were purported to be in the past. In fact, most are detrimental to one's health.

Since the goal here is to keep things raw and natural, the best way to make a smoothie will be to use chilled vegetables and fruit.

It has been shown that smoothies taste better when they are cold. It is better to use cold ingredients rather than to make a

Green Smoothie Lifestyle

smoothie with vegetables at room temperature and chill it later on.

You will need good blender too. You can get one from your nearest appliance store or you could buy it online from Amazon (which goes without saying, do your research online first and make an informed decision as we all have different needs and budgets).

Add 2 or 3 cups of your green vegetables into the blender. Add 1 cup of water and if you have a sweet tooth, you can add some apple juice or pineapple juice to the mix. Turn on the blender/smoothie maker till you have a thick blend.

Congrats! You have a smoothie that's good to go.

Green Smoothie Lifestyle



Chapter 7 – Are Smoothies Safe? What are the Common Mistakes to Avoid?

Smoothies are safe and beneficial to one's health. However, they must be consumed in moderation. Anything that is taken to excess can be detrimental.

There are a few mistakes that people make unknowingly when making smoothies. The points below will shed light on the common mistakes and how to avoid them.

Mistake 1: Not rotating the greens

- ☐ Always rotate your greens. As mentioned in an earlier chapter, this will prevent toxin build-up and also give you a well-rounded smoothie diet.

Mistake 2: Not checking for allergies

- Be aware of your own allergies if you have any to vegetables and fruits. For example, some people are highly allergic to celery and can suffer from anaphylactic shock if they consume it. You might want to speak to your doctor about your green smoothie diet.

Mistake 3: Focusing on Fruits Instead of Veggies

- When making green smoothies, it is best to focus on the vegetables, rather than the fruits. It goes without saying that fruits are tastier because they are sweeter. Because of this, people usually use more fruits than green vegetables.

The problem here is that fruits are high in sugar but are not filling. You will not feel as satiated drinking a smoothie that is mostly fruit juice.

For example, if you make a green smoothie with:

- 1/2 cup of broccoli
- 1 banana

Green Smoothie Lifestyle

- ¾ cup blueberries
- ½ cup orange juice
- 1 cup strawberries
- 1 cup water

By all appearances, you have a green smoothie. Yes, this is good for your health but it will not leave you feeling full because it is low in fiber but high in natural sugars.

That basically means, you will get hungry sooner and end up eating more food to feel satiated. At the end of the day, you would have consumed more calories and will gain weight.

It is best to focus more on vegetables. Ideally, a good smoothie would look like this:

- ½ cup broccoli
- ☐ 1 cup spinach
- ½ cup cabbage
- ☐ 1 cup apple juice
- ☐ 1/2 cup water

Now you have a smoothie that is truly green, nutritious and the slow digesting fiber in the broccoli and spinach will leave you feeling full for longer.

Mistake 4: Not Keeping Things Natural

- ☐ Only use water and pure fruit juice when making your green smoothies. Using milk, yoghurt or store bought fruit juice is a big no-no.

There are several ingredients that people use thinking that these are nutritious and benefitting them. These are the most common ingredients added to green smoothies **which should be avoided**.

1. Protein powder
2. Ice cream
3. Sugar
4. Cream soda

5. Honey
6. Whipped cream
7. Peanut butter
8. Chocolate syrups

There is one cardinal rule to making smoothies. No artificial ingredients. You should only use green vegetables and a few small servings of raw fruit or natural fruit juice to make the smoothie. The fruits just help to make the drink sweeter and more palatable. No deviation from this rule. Period.

Mistake 5: Not Using a Good Blender



While this is not a huge mistake, it is still better to use good blender rather than one ill-suited for making smoothies.

The blender should have a solid base that is wide for stability. Since you're making smoothies with your blender, it needs to have a high-speed and a 1000+ watt motor.

The pitcher that the blender uses needs to be large too. Sometimes you may want to make a smoothie for 2 or more people. At times like these, you will need a bigger blender rather than a small, personal one.

Do your research and see what is the best type of juicer for you and is within your budget.

Mistake 6: Not Using Proper Recipes



Do not try to concoct your own recipes. There are thousands of recipes available online or in books for you to copy. Using too many veggies in your blend will make it have a muddy appearance and the flavors may not be complementary.

Many beginners do not know that certain greens such as arugula and broccoli have a strong taste. You'll need to know what

ingredients can mask the taste of these vegetables. It's best to stick to recipes written by the pros.

Chapter 8 - 7 Healthy and Yummy Smoothie Recipes

The best time to drink a smoothie will be upon waking. The second best time to drink a smoothie will be after a workout session. Do make regular exercise a part of your lifestyle and finish it off with a tall, cold glass of green juice.



If you can't drink your smoothies during these times, then any other time will do just fine. What really matters is that you are making and drinking the green smoothies. Implementation is half

the battle won. You do not have to be perfect when you start. Just start and then aim to improve as you progress.

Below, you will find 7 green smoothie recipes. All recipes serve 1 person. You can drink them at any time of the day. These are tasty, nutritious recipes. Make sure you're not allergic to any of the ingredients before making them.

Recipe 1: Orange Spinach Surprise

Ingredients:

- ☐ 1 peeled orange
- ☐ 1/2 peeled banana
- ☐ 1 cup spinach
- ☐ 1/2 cup water
- ☐ 1 tsp flaxseed
- ☐ Ice cubes

Directions:

Add all the ingredients into the blender and ice cubes as required. Blend till you get the desired consistency. Pour into a glass and drink away.

Recipe 2: Green Avocado Smoothie

Ingredients:

- ☐ 1/2 cup pineapple chunks
- ☐ 1/2 avocado, diced
- ☐ 1 cup (2 handfuls) fresh spinach
- ☐ 1/2 cup coconut water
- ☐ 1 tablespoon hemp seeds
- ☐ 1 frozen, sliced banana

Directions:

Blend all the ingredients to desired consistency and serve chilled

Recipe 3: Green Detox Smoothie

Ingredients:

- ☐ 1 cup organic kale
- ☐ 1/2 cup parsley
- ☐ 1 cup cucumber
- ☐ 1/2 cup pineapple
- ☐ 1 lemon
- ☐ 1/2 avocado
- ☐ 1 cup unsweetened green tea
- ☐ 1 tablespoon fresh grated ginger

Directions:

Squeeze the juice from the lemon into the blender.

Add the rest of the ingredients and blend to desired consistency

Recipe 4: Romaine Lettuce Smoothie

Ingredients

- ☐ 1 cup water
- ☐ 1 chopped apple

Green Smoothie Lifestyle

- ☐ 1 cup organic, chopped romaine lettuce
- ☐ 1/2 cup spinach
- ☐ 1/2 cup chopped celery
- ☐ 1/2 frozen, sliced banana
- ☐ 1 chopped pear

Directions:

Add lettuce, spinach and water and blend till you get a smooth mix. Add rest of the ingredients except the banana into blender.

Blend till required consistency. Add in banana and blend till the beverage is smooth. Pour and drink.

Recipe 5: Kale Kissed by Ginger Smoothie

Ingredients:

- ☐ 2 large kale leaves
- ☐ 1/2 bunch of parsley
- ☐ 1/2 cup cucumber
- ☐ 1/2 cup pineapple chunks
- ☐ 1/2 apple
- ☐ 1 cup celery
- ☐ 1/2 cup water

Green Smoothie Lifestyle

- ☐ 1 tablespoons grated ginger

Directions:

Place all ingredients into blender and blend till desired consistency.

Recipe 6: Kool Kiwi Spinach Smoothie

Ingredients:

- ☐ 1 cup spinach
- ☐ 1 cup strawberries
- ☐ 1 cup cucumber
- ☐ 1 tsp hemp seeds (optional)
- ☐ 1 sliced, frozen banana
- ☐ 1 cup kiwi fruit
- ☐ 1 cup water

Directions:

Add all ingredients into blender and blend to desired consistency.
Best served chilled.

Recipe 7: Tropical Smoothie Dream

Ingredients:

- ☐ 1/2 cup parsley
- ☐ 1/2 cup cucumber
- ☐ 1/2 banana sliced & frozen
- ☐ 1 stalks celery
- ☐ 1 cup pineapple chunks
- ☐ 1/2 cup peaches
- ☐ 1/2 tsp grated ginger
- ☐ 1 cup coconut water cucumber

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

Conclusion – Making Smoothies a Part of Your Life

Wow, we've reached the conclusion of our introductory guide to Green Smoothies and you're still here...Great achievement.

But as we know, information is only the first step...next is implementation so If you're not in the habit of drinking smoothies, you will need to cultivate the habit first. You can start with 1 smoothie a day. Do not worry about the time you consume it.

If you can consume it first thing in the morning, that would be great. If you can't, later on in the day will do fine. What's important is that you get into the habit of drinking one a day.

Green Smoothie Lifestyle



Let's face the facts here. Despite what the books and nutritionists say, most smoothies though tasty will never come close to a sugary soda or an ice cream milk shake. That's the hard truth. It will be difficult to replace sodas with smoothies.

Initially, you may wish to slowly cut down on any sugary drinks you're consuming and drink a smoothie every day. Over time, try and replace the sodas with the smoothies. It will take effort but if you approach it in a slow and steady manner, it can be done.

Do not go to extremes and immediately give up all the sodas for smoothies. You'll just be putting pressure and stress on yourself. Now, not only are you trying to inculcate a good habit that is foreign to you but you've also given up a bad habit that brought you comfort despite being detrimental to your health.

This is just too much to cope with. You're not in a race. Go slow and your compliance will be much higher. Inch by inch, life's a cinch. Yard by yard, life is hard.

Green Smoothie Lifestyle

If you're trying to lose weight, you can try to replace one of your meals with a smoothie. The smoothie may not be as satisfying as a normal meal such as a plate of pasta or 3 slices of pizza, but it will be much better for your health.

Aim to do this just once a day till you're comfortable with it. Then you may progress to reducing your meal portion sizes and even replacing 2 meals with smoothies. If you can do this, your fat will melt like butter and you will drop the pounds in no time at all.

If you're a parent, you can start your child on smoothies while they are young. Most children do not like eating vegetable but will hastily gulp down a tall smoothie if it had apple juice in it. They will still be getting all the vegetable nutrients without you having to negotiate and debate with them at the dinner table.

While green smoothies are excellent for your health, occasionally you may wish to try other smoothies too. The rules are not set in stone and you're not in a green smoothie prison. Though this book did focus solely on green smoothies, you can always give the rest a try, as long as you're drinking 1 green smoothie daily.

Green Smoothie Lifestyle

Usually, it is recommended that green smoothies should be comprised of 60% fruits and 40% veggies. This is a good place to start with but over time, you should progress to 60% or 70% vegetables and 40% or 30% fruits respectively.

The reason for this is that most people these days are carrying more fat on their bodies than they should. By increasing the vegetable intake and reducing the fruits, you'll be consuming less sugar. Your body will burn more fat and you'll lose any excess weight even faster.



Green Smoothie Lifestyle

The benefits of green smoothies are many. By now, you should be fully aware that you'd be doing yourself a disservice by not drinking them. Like Hippocrates said, "Let food be thy medicine and medicine be thy food." Green smoothies are your medicine.

It may take a while to develop the habit... but persist anyway. The green smoothie lifestyle is definitely something you want to have. The rewards are great.

"We first make our habits. Then our habits make us." – **John Dryden**



PLANT-BASED

GROCERY SHOPPING LIST

ANIMAL PRODUCT SUBSTITUTES		LEGUMES	GRAINS		SPROUTS	SEEDS	NUTS
Plant Based Milks	Soy Products	Beans & Peas	Gluten Free	Wheat Products	Chickpeas sprouts	Sunflower Seeds	Almonds
Soy Milk	Tofu	Soy Beans	Amaranth	Bulgur	Black lentil sprouts	Chia Seeds	Cashews
Almond Milk	Tempeh	White Beans	Buckwheat	Bread	Brown lentil sprouts	Pumpkin Seeds	Brazil Nuts
Rice Milk	Wheat Protein Products	Fava Beans	Millet	Pasta	Green lentils sprouts	Flax Seeds	Hazel Nuts
Cocounut Milk	Seiten	Lima Beans	Couscous	Quinoa	Red lentils sprouts	Safflower Seeds	Pine Nuts
Oat Milk	TVP	Pinto Beans	Pita	Oats (some brands)	Yellow lentils sprouts	Hemp Seeds	Pecans
Hemp Milk		Mung Beans	Rice cakes	Brown rice	Mung beans sprouts	Sesame Seeds	Pistachio
Sesame Milk		Cranberry Beans	Wild Rice		Green peas sprouts		Macadamia Nuts
		Navy Beans	Sorghum		Alfalfa sprouts		
		Adzuki Beans	Teff		Broccoli sprouts		
		Black Beans	Contain gluten:		Beet sprouts		
		Peas	Barley		Radish sprouts		
		Chickpeas	Bulgur				
		Green peas	Spelt				
		Snow peas	Rye				
		Split peas	Oats (some brands)				
		Black-eyed Peas					



PLANT-BASED

2000 CALORIE MEAL PLAN

MEAL	FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	GOJI AND & SUNFLOWER SEED OATMEAL			
		1 Cup of oatmeal, goji berries, 1 tbsp of sunflower seeds	598	25.9	131.1
		1/4 Cup chia seeds, 1/2 cup of almond milk	229	8	19
	TOTAL	MEAL 1	827	39.9	150.1



POST WORKOUT SHAKE

3	SNACK	VEGAN PROTEIN SHAKE			
		2 Scoop of Vegan protein blend, 2 scoops peanut butter	452	51	23
		1 banana, 1 cup of water	105	1	27
		Optional: 5 grams of creatine or BCAAS			
	TOTAL	MEAL 2	557	52	50

4	LUNCH	MIXED GREENS WITH SLICED CUCUMBER AND AVOCADO			
		4 OZ Field Greens Salad Mix, 1/2 cup Cucumber	30.7	1.4	5.6
		½ Avocado (diced), 1 tbsp of italian dressing,	128.9	1.4	13.3
		dash of salt, dash of pepper	0	0	0
		PEACH AND PEANUT BUTTER SNACK			
		1 medium peach, 2 tbsp of peanut butter	247	9.1	21.2
	TOTAL	MEAL 3	406	11.9	30.1

5	DINNER	BROCCOLI & RED PEPPER WRAP			
		1 Tortilla wrap, 1 cup of chopped broccoli	160	9	28
		1 chopped red pepper, 1/4 cup of kidney beans	92	4	16
		3/4 cups of spinach, 1/4 cup peas	44	6	41
	TOTAL	MEAL 4	296	19	85

TOTALS 2086 122.8 315.2 105.6

TARGET 2000 120 310 100



PLANT-BASED

2500 CALORIE MEAL PLAN

MEAL		FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	BANANA & BLUEBERRY QUINOA BREAKFAST BOWL				
		1/4 cup of Quinoa, 1/2 cup of almond milk,	71	2	10	3.3
		1/2 teaspoon of cinnamon, 1/2 teaspoon of vanilla extract	10	2.5	0.1	0
		1 medium banana, 6 strawberries, 1/2 cup of blueberries	29	2	41.4	0.5
		2 tbsp of hemp seeds or nuts	19	27.1	118	1.4
	TOTAL	MEAL 1	129	33.6	169.5	5.2



POST WORKOUT SHAKE

3	SNACK	PEANUT BUTTER PROTEIN SMOOTHIE				
		2 cups of kale, 1 banana, 2 tbsp of hemp seed	358	16.8	47	44.4
		2 tbsp of peanut butter, 1 cup of almond or cashew milk	248	9	14	18.5
		2 tbsp. cacao powder	24	2.2	6.2	1.4
		2 scoop of vegan protein blend	240	44	7.6	3
		Optional: 5 grams of creatine or BCAAS				
	TOTAL	MEAL 2	870	72	74.8	67.3

4	LUNCH	VEGGIE & HUMMUS SANDWICH				
		4 slices of wholewheat bread, 4 tbsp of hummus	381.8	18.6	56.4	9.7
		6 oz of roasted red pepper,11/2 cup of sliced onions	77.5	0.6	16.3	0.1
		1 cup of spinach	6.9	0.9	1.1	1.1
		PEANUT BUTTER & CELERY				
		4 tbsp of Peanut butter and 4 celery stalks	294	25.9	22.1	13.6
	TOTAL	MEAL 3	760.2	25.4	26.8	4.6

5	DINNER	SPINACH TOMATO SALAD				
		10 cups of spinach, 4 large scallions, 1 medium tomato	123.1	11.5	23	1.6
		2 tbsp of olive oil, dash of pepper, 1 lemon yield	249.5	0.2	3.3	27.1
		SEA SALT EDAMAME				
		200 grams of soya beans, 2 dash of salt	294	26	22	14
		2 cups of baby carrots	86.1	2	20	0
	TOTAL	MEAL 4	753	53.2	88.1	43.8

TOTALS		2512.2	184.2	359.2	120.9
TARGET		2500	180	350	120



PLANT-BASED

3000 CALORIE MEAL PLAN

MEAL	FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	OATS WITH RICE MILK AND BANANA			
		1 Cup of Rolled Oats	267	10.1	58.1
		2/2 cups of Rice Milk	300	2.5	57.5
		1 Medium Banana	105	1.3	27
	TOTAL	MEAL 1	672	13.9	142.6



POST WORKOUT MEAL

2	POST-WORKOUT SHAKE	BLUEBERRY ALMOND PROTEIN SHAKE			
		1 Cup of Unsweetened Almond Milk	30	1	2
		2 Scoops of Vegan Protein Blend	210	44	7.6
		1/2 cup of Blueberries	42	1	9
		1 Large Banana, Ice-cubes	121	1.5	31
	TOTAL		403	47.5	49.6

3	LUNCH	KALE AVACADO SANDWICH			
		4 cups of chopped kale, 2 Avacados	585.3	16.8	47
		4 tbsp of Lemon Juice, Dash of pepper, Dash of Salt	14.2	0.2	5.4
		SPINACH AND BANANA SMOOTHIE			
		1 Scoops protein blend, 1 banana,	215	25.3	31
		1 1/2 cups of spinach, 1 cup of water.	10.4	1.3	1.6
	TOTAL		821.9	43.6	133.3

4	SNACK	ALMOND MILK COCO PROTEIN SHAKE	72.3	3.1	11
		1 cup of almond milk, 1 tbsp of coco	200	22.3	15.8
	TOTAL	2 scoops of vegan protein blend. 1 Apple after shake.	272.3	25.4	26.8

5	DINNER	PENUT TOFU			
		3 tbsp of Peanut butter, 1 block of tofu, 1.5 garlic cloves	520.5	37.7	17.7
		1/2 tbsp of ginger root, 1/2 brown suger, 5 mushrooms	51.9	2.2	11.5
		1/2 cup of green beans, 1 tbsp of soy sauce	18.3	1.3	4.1
		1/2 cup of uncooked quinoa	312.8	12	54.5
	TOTAL		903.5	53.2	88.1

TOTALS		3072.7	183.4	440.4	109.2
TARGET		3000	00	00	00



PLANT-BASED

3300 CALORIE MEAL PLAN

MEAL		FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	Scottish Porridge Oats - 1 Serving	137.4	5.1	29.4	1.4
		1 cup of Blueberries	84.4	1.1	21.4	0.5
		1.5 Scoop Vegan Protein (mix with 250ml of Rice Milk)	207	39	33.4	4.3
		1 small banana	90	1.1	23	0.3
	TOTAL	MEAL 1	518	46.3	106.2	6.5
2	LUNCH	AVACADO & BLACK BEAN WRAP				
		1 avacado	227	2.7	11.8	21
		1 cup of canned black beans	236.6	15.7	43	0.8
		2 Tortillos	269.6	7.3	47.1	5.4
	TOTAL	MEAL 2	733	26	102	27
3	SNACK	BANANA PEANUT BUTTER & RAISINS				
		2 Medium Banana, 2 Tbsp of Peanut Butter, 5 Raisins	354	8	63	12
		1.5 Scoop Vegan Protein (mix with Rice Milk)	207	39	33.4	4.3
	TOTAL	MEAL 3	474	30	66.8	13.5
4	POST-WORKOUT SNACK	RED PROTEIN SMOOTHIE				
		2 Scoops of Vegan Protein Blend,	430	51	15.6	19
		2 Bananas and 5 Leaves of Kale	219	2.78	56	1.06
		OPTIONAL: 5 grams of Creatine or 5 gram of BCAAS	00	00	00	00
	TOTAL	MEAL 4	649	53.78	71.6	20.06
5	DINNER	4 oz of Tempeh	218.9	21	10.6	12.2
		1 cup mixed vegetables	162	7.5	30.3	1.2
		1 tbsp Soy Sauce	8.5	1.3	0.8	0.1
		1/8 cup peanuts	103.5	4.7	2.9	9
		1/2 dash salt	00	00	00	00
		1/2 dash pepper	0.1	00	00	00
		3/4 cup of quinoa	469.2	18	81.6	7.7
	TOTAL	MEAL 5	962	52.5	136.2	30.2
TOTALS			3336.8	208.58	482.8	97.26
TARGET			3300	200	480	95



30 DAY JUMPSTART GUIDE



100 DONE-FOR-YOU-VEGAN-RECIPES

WWW.PLANTBASEDCOOKBOOK.COM

30 Day Plant-Based Diet Challenge



- ☒ Burn off Body Fat
- ☒ Build New Lean Muscle
- ☒ Be Healthier
- ☒ Have More Energy
- ☒ Be Fitter
- ☒ Build An Athletic Body
- ☒ Get 6-Pack Abs
- ☒ Perform Better

Disclaimer

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

Copyright ©2019 Plant-Based Recipe Cookbook

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except for the use of brief quotations in a book review.

INTRODUCTION

Perhaps you are looking to eat healthier and feel more alive. Or reduce your impact on the environment by being more conscious about your food choices. What- ever your reasons, we are here to lead you on the path to exploring a vegan diet.

This guide will set you up with a daily meal plan to experience the benefits of plant-based nutrition for 30 Days. Why 30 Days? It takes 22 days to make or break a habit and by day 30, you've found the way. If you take on the challenge, your body will enjoy a greater variety of vitamins and minerals without intake of animal products will have a positive effect on the environment.

On the following pages, you'll find 30Days of vegan meal plans. You'll find that the recipes are easy to prepare, healthy and delicious to boot! All of the meal plans and recipes were lovingly created by Justin Kaye.



PLANT BASED MEAL PLANS



DAY 1

BREAKFAST: Pumpking Protein Oatmeal (Recipe 1 in manual)

LUNCH: Avacado & Black Bean Wrap (Recipe 48 in manual)

AFTERNOON SNACK: Easy Trail Mix (Recipe 84 in manual)

DINNER: Zoodles & Lentil Meat Balls (Recipe 56 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)

DAY 2

BREAKFAST: Banana Pancakes (Recipe 2 In manual)

LUNCH: Roasted Chicpea Wrap (Recipe 46 in manual)

AFTERNOON SNACK: Red Bean Salad (Recipe 27 in manual)

DINNER: Tofu Curry (Recipe 60 in manual)

DESSERT: Chocolate moouse (Recipe 81 in manual)

DAY 3

BREAKFAST: Apple and Chia Bircher Muesli [\(Recipe 6 in manual\)](#)

LUNCH: Black Bean & Corn Salad [\(Recipe 24 in manual\)](#)

AFTERNOON SNACK: Kale Avacado Salad [\(Recipe 19 in manual\)](#)

DINNER: Broiled Sesame Tofu [\(Recipe 59 in manual\)](#)

DESSERT: Apple Pie Bites [\(Recipe 83 in manual\)](#)

DAY 4

BREAKFAST: Blueberry, Banana & Peanut Butter English Muffins [\(Recipe 8 in Manual\)](#)

LUNCH: Rainbow Rice Salad [\(Recipe 37 in manual\)](#)

AFTERNOON SNACK: Protein Date Bars [\(Recipe 80 in manual\)](#)

DINNER: Black Bean Buddah Bowl with Avocado Pestao [\(Recipe 57 in manual\)](#)

DESSERT: Lemon Blueberry Moose [\(Recipe 82 in manual\)](#)

DAY 5

BREAKFAST: Quinoa Superfood Breakfast Bowl [\(Recipe 4 in manual\)](#)

LUNCH: Bell Pepper Avocado Toast [\(Recipe 53 in manual\)](#)

AFTERNOON SNACK: Coconut Chia Pudding [\(Recipe 85 in manual\)](#)

DINNER: Garlic Broccoli Tofu [\(Recipe 59 in manual\)](#)

DESSERT: Raw Chocolate Fruit & Nut Balls [\(Recipe 86 in manual\)](#)

DAY 6

BREAKFAST: Apple & Chia Bircher Muesli [\(Recipe 6 in manual\)](#)

LUNCH: Sweet potato & Lentil Stew [\(Recipe 45 in manual\)](#)

AFTERNOON SNACK: Easy Trail Mix [\(Recipe 84 in manual\)](#)

DINNER: Broiled Sesame Tofu [\(Recipe 58 in manual\)](#)

DESSERT: Chia Berry & Cardamom Smoothie [\(Recipe 109 in manual\)](#)

DAY 7

BREAKFAST: Vanilla Pumpkin & Chickpea Pancakes (Recipe 17 in manual)

LUNCH: Chickpea Quinoa and Avocado Salad (Recipe 25 in manual)

AFTERNOON SNACK: Tomato, Hummus & Rye Sandwich (Recipe 50 in manual)

DINNER: Vegan Mac and Cheese (Recipe 67 in manual)

DESSERT: Chocolate Moose (Recipe 81 in manual)

DAY 8

BREAKFAST: Spinach, Mushroom and Tofu Omelet (Recipe 5 in manual)

LUNCH: Crunchy Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Curry Cauliflower (Recipe 64 in manual)

DESSERT: Cinnamon Spice Chia Balls (Recipe 87 in manual)

DAY 9

BREAKFAST: Oatmeal Pancakes (Recipe 15 in manual)

LUNCH: Avocado & Black Bean Wrap (Recipe 48 in manual)

AFTERNOON SNACK: Blood Orange & Green Juice (Recipe 103 in manual)

DINNER: Vegan Mac N' Cheese (Recipe 67 in manual)

DESSERT: Chocolate Cherry Gronala (Recipe 88 in manual)

DAY 10

BREAKFAST: Blueberry Banana & Peanut Butter English Muffins (Recipe 8 in manual)

LUNCH: Kale Avacado Salad (Recipe 19 in manual)

AFTERNOON SNACK: 1 cup almond milk blended with vegan Protein Powder of your choice.

DINNER: Black Bean Buddah Bowl With Avacado Pesto (Recipe 57 in manual)

DESSERT: Raw Chocolate, Fruit & Nut Balls (Recipe 86 in manual)

DAY 11

BREAKFAST: Spinach Mushroom & Tofu Omelet (Recipe 5 in manual)

LUNCH: Tofu Feta Salad (Recipe 20 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Apple Pie Bites (Recipe 83 in manual)

DAY 12

BREAKFAST: Banana Pancakes (Recipe 2 in manual)

LUNCH: Chickpea Sandwich (Recipe 51 in manual)

AFTERNOON SNACK: Celery sticks served with 2 tablespoons of peanut or almond butter and raisins

DINNER: Bean Spouts with Tofu (Recipe 61 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)

DAY 13

BREAKFAST: Tofu Breakie Protein Pancakes (Recipe 16 in manual)

LUNCH: Crunchy Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Kung Pao Tempeh (Recipe 63 in manual)

DESSERT: Lemon Blueberry Mousse (Recipe 82 in manual)

DAY 14

BREAKFAST: Peanut Butter & Apple Quinoa Bowl (Recipe 3 in manual)

LUNCH: Veggie Nori Roll (Recipe 31 in manual)

AFTERNOON SNACK: Peanut Stew (Recipe 43 in manual)

DINNER: Tofu Almond Butter Stir Fry (Recipe 55 in manual)

DESSERT: Chocolate Mousse (Recipe 81 in manual)

DAY 15

BREAKFAST: Peanut Butter Apple Quinoa Bowl (Recipe 10 in manual)

LUNCH: Veggie Power Bowl (Recipe 30 in manual)

AFTERNOON SNACK: Tomato Soup (Recipe 42 in manual)

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Easy Trail Mix (Recipe 84 in manual)

DAY 16

BREAKFAST: Purple Sweet Potato Smoothie Bowl (Recipe 7 in manual)

LUNCH: Crunch Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Easy Potato Salad (Recipe 29 in manual)

DINNER: Black Bean Buddha Bowl With Avocado Pesto (Recipe 57 in manual)

DESSERT: Lemon Blueberry Moose (Recipe 82 in manual)

DAY 17

BREAKFAST: Banana Nut Oatmeal (Recipe 11 in manual)

LUNCH: Veggie Power Bowl (Recipe 30 in manual)

AFTERNOON SNACK: Cream Coconut Broccoli Soup (Recipe 30 in manual)

DINNER: Tofu Green Bean Stir Fry (Recipe 73 in manual)

DESSERT: Apple Pie Bites (Recipe 84 in manual)

DAY 18

BREAKFAST: High Protein Vegan Breakfast Burritos (Recipe 9 in manual)

LUNCH: Kale Avocado Salad (Recipe 19 in manual)

SNACK: 1 cup almond milk blended with vegan Protein Powder of your choice.

DINNER: Lentils with Veggies, Avocado, Walnuts and Hummus (Recipe 69 in manual)

DESSERT: Protein Fudge Bars (Recipe 78 in manual)

DAY 19

BREAKFAST: Blueberry, Banana & Peanut Butter English Muffins (Recipe 8 in manual)

LUNCH: Rainbow Salad (Recipe 21 in manual)

SNACK: Avocado and Black Bean Wrap (Recipe 48 in manual)

DINNER: Zoodles & Lentil Meatballs (Recipe 56 in manual)

DESSERT: Apple Pie Bites (Recipe 84 in manual)

DAY 20

BREAKFAST: Vanilla Pumpkin and Chickpea Pancakes (Recipe 17 in manual)

LUNCH: Tofu Feta Salad (Recipe 20 in manual)

SNACK: Tomato Soup (Recipe 42 in manual) - with Tomato, Salad Sandwich (Optional)

DINNER: Broiled Sesame Tofu (Recipe 59 in manual)

DESSERT: 3 Ingredient, Chocolate Peanut Butter Protein Shake (Recipe 94 in manual)

DAY 21

BREAKFAST: Peanut Butter Protein Shake (Recipe 98 in manual) (with oatmeal optional)

LUNCH: Avocado & Chickpea Salad Sandwich (Recipe 49 in manual)

AFTERNOON SNACK: Smokey Barbeque Lentil Dip (Recipe 76 in manual)

DINNER: Garlic Green Beans with Tofu (Recipe 62 in manual)

DESSERT: Chocolate Moose (Recipe 81 in manual)

DAY 22

BREAKFAST: Blueberry Oatmeal (Recipe 12 in manual)

LUNCH: Black Bean and Corn Salad (Recipe 24 in manual)

SNACK: Chickpea Sandwich (Recipe 51 in manual)

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)

DAY 23

BREAKFAST: Spinach, Mushroom & Tofu Omelet (Recipe 5 in manual)

LUNCH: Falafel Salad (Recipe 22 in manual)

AFTERNOON SNACK: Pea Protein Banana Smoothie (Recipe 102 in manual)

DINNER: Kung Pao Tempeh (Recipe 64 in manual)

DESSERT: Lemon Blueberry Mousse (Recipe 83 in manual)

DAY 24

BREAKFAST: Apple & Chia Bircher Muesli (Recipe 6 in manual)

LUNCH: Rainbow Salad (Recipe 21 in manual)

SNACK: Blueberry & Pineapple Smoothie (Recipe 103 in manual)

DINNER: Red curry with carrots and spinach (Recipe 102 in manual)

DESSERT: Protein Date Bars (Recipe 80 in manual)

DAY 25

BREAKFAST: Knock Oats [\(Recipe 14 in manual\)](#)

LUNCH: Avocado Lime Salad [\(Recipe 39 in manual\)](#)

AFTERNOON SNACK: Protein fudge bars [\(Recipe 79 in manual\)](#)

DINNER: Tofu Almond Butter Stir Fry [\(Recipe 55 in manual\)](#)

DESSERT: Chocolate Moouse [\(Recipe 82 in manual\)](#)

DAY 26

BREAKFAST: Banana Pancakes [\(Recipe 2 in manual\)](#)

LUNCH: Chickpea Sandwich [\(Recipe 51 in manual\)](#)

SNACK: Protein date bars [\(Recipe 79 in manual\)](#)

DINNER: Curry Tofu [\(Recipe 60 in manual\)](#)

DESSERT: Lemon Blueberry Moouse [\(Recipe 82 in manual\)](#)

DAY 27

BREAKFAST: High Protein Vegan Breakfast Burritos (Recipe 9 in manual)

LUNCH: Chickpea, Quinoa & Avocado Salad (Recipe 25 in manual)

AFTERNOON SNACK: Cinnamon Spice Chia Balls (Recipe 88 in manual)

DINNER: Curry Tofu (Recipe 61 in manual)

DESSERT: Coconut Chia Pudding (Recipe 86 in manual)

DAY 28

BREAKFAST: Banana Nut Oatmeal (Recipe 11 in manual)

LUNCH: Cherry, Tomato, Chickpea & Orange Pepper Salad (Recipe 34 in manual)

SNACK: Lemon Blueberry Mousse (Recipe 82 in manual)

DINNER: Kung Poa Tempeh (Recipe 63 in manual)

DESSERT: Protein Fudge bars (Recipe 78 in manual)



DAY 29

BREAKFAST: Peanut Butter Apple Quinoa Bowl [\(Recipe 10 in manual\)](#)

LUNCH: Stuffed Iceburg Parcels [\(Recipe 35 in manual\)](#)

SNACK: Easy Trail Mix [\(Recipe 84 in manual\)](#)

DINNER: Quick Hummus Pasta with Asparagus [\(Recipe 65 in manual\)](#)

DESSERT: 3 Ingredient Chocolate Peanut Butter Protein Shake [\(Recipe 94 in manual\)](#)

DAY 30

BREAKFAST: Vanilla Pumpkin & Chickpea Pancakes [\(Recipe 17 in manual\)](#)

LUNCH: Veggie Power Bowl [\(Recipe 30 in manual\)](#)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Simple Chana Masala [\(Recipe 54 in manual\)](#)

DESSERT: Blueberry Almond Protein Smoothie [\(Recipe 100 in manual\)](#)



PLANT-BASED

RECIPE COOKBOOK 2.0



100+ DONE-FOR-YOU VEGAN RECIPES

WWW.PLANTBASEDCOOKBOOK.COM

PLANT-BASED RECIPE COOKBOOK 2.0

100+ High Protein Plant-based Vegan
recipes that are healthy, delicious, quick and
affordable

DISCLAIMER

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances.

Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author.

The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

Copyright ©2019 by Plant-based cookbook

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except for the use of brief quotations in a book review.

TABLE OF CONTENTS



About The Author	7
Introduction	8
Don't Expect Perfection	9
Making The Switch To A Plant Based Diet.....	9
Vegan Nutrition	10
Health Benefits Of Eliminating Animal Products.....	11
Protein.....	13
Carbohydrates.....	14
Fats	15
Vegan Pantry.....	16
Grains.....	19
Tofu & Meat Substitutes.....	20
Binders.....	22
Flavourings	23
Where To Buy?.....	25
Breakfast Recipes	24
Pumpkin Protein Oatmeal Recipe	27
Banana Pancakes	28
Peanut Butter & Apple Quinoa Bowl.....	29
Quinoa Superfood Breakfast Bowl	30
Spinach, Mushroom & Tofu Omelet	31
Apple And Chia Bircher Muesli	32
Purple Sweet Potato Smoothie Bowl.....	33
Blueberry Banana & Peanut Butter English Muffins	34
High Protein Vegan Breakfast Burritos.....	35
Peanut Butter Apple Quinoa Bowl	36
Banana Nut Oatmeal	37
Blueberry Oatmeal	38
Oatmeal With Raisins.....	39
Knock Oats	40
Oatmeal Pancakes.....	41
Tofu Brekkie Protein Pancakes	42
Vanilla Pumpkin & Chickpea Pancakes.....	43
Lettuce Cucumber Walnut Salad	45
Kale Avacado Salad	46
Tofu Feta Salad	47
Rainbow Salad	48
Falafel Salad.....	49
Powerhouse Salad With Chickpeas, Avacado & Dairy-Free Cheese	50
Black Bean & Corn Salad.....	51
Chickpea Quinoa Avocado Salad	52



Crunchy Kale Salad	53
Red Bean Salad	54
Spinach Tomato Salad	55
Easy Potato Salad	56
Veggie Power Bowl	57
Veggie Nori Roll	58
Creamy Coconut Broccoli Soup	59
Best-Ever Winter Soup	60
Cherry Tomato, Chickpea & Orange Pepper Salad	61
Stuffed Iceberg Parcels.....	62
Middle Eastern Salad	63
Rainbow Rice Salad.....	64
Cheesy Cauliflower Pasta Bake.....	65
Avocado Lime Salad	66
Soup Recipes	67
Leak Potato Soup	68
Potato & Arugula Soup	69
Tomato Soup.....	70
Peanut Stew.....	71
Tomato & Black Bean Stew.....	72
Sweet Potato & Lentil Stew	73
Sandwich Recipes	74
Roasted Chickpea Wrap.....	75
Whole Tomato & Avocado Sandwich.....	76
Avocado & Black Bean Wrap.....	77
Avocado & Chickpea Salad Sandwich	78
Tomato Hummus & Rye Sandwich	79
Chickpea Sandwich	80
Veggie Hummus Sandwich	81
Bell Pepper Avocado Toast.....	82
Dinners.....	83
Simple Chana Masala	84
Tofu Almond Butter Stir Fry.....	85
Zoodles & Lentil Meatballs.....	86
Garlic Broccoli Tofu.....	90
Curry Tofu.....	91
Bean Spouts With Tofu	92
Garlic Green Beans With Tofu.....	93
Kung Pao Tempeh.....	94
Curry Cauliflower.....	95
Quick Hummus Pasta With Asparagus.....	96
Stir Fry Mixed Veggies In Soy Sauce.....	97
Vegan Mac And Cheese.....	98
Sweet Stuffed Potato	99



Lentils With Veggies, Avacados,Walnuts & Hummus	100
Sweet Potato & Black Bean Chilli	101
Burrito Bowl	102
Tofu Green Bean Stir Fry In Oyster Sauce With Salted Beans.....	103
Red Curry With Carrots And Spinach	104
Spicy And Smoky Chickpeas In Creamy Tomato Sauce	105
Tomato, Red Pepper Pasta	106

Snacks & Bar Recipes 107

Smokey Barbeque Lentil Dip.....	108
Thia Red Curry Sweet Patoato Dip	109
Protein Fudge Bars	110
Protein Date Bars.....	111
Protein Date Bars.....	112
Chocolate Moose.....	113
Lemon Blueberry Moose.....	114
Apple Pie Bites.....	115
Easy Trial Mix	116
Coconut Chia Pudding.....	117
Raw Chocolate, Fruit & Nut Balls.....	118
Cinnamon Spice Chia Balls.....	119
Chocolate-Cherry Granola	120

Smoothie Recipes 121

Chocolate Peanut Butter Green Smoothie	122
Banana Oatmeal Smoothie	123
Tropical Protein Smoothie.....	124
Green Monster Smoothie.....	125
Red Protein Smoothie.....	126
3 Ingredient Chocolate Peanut Butter Protein Shake	127
Strawberry Banana Tofu Shake.....	128
Dark Green Veggie Protein Smoothie	129
Green Protein Powder Smoothie	130
Peanut Butter Protein Smoothie	131
Oatmeal Protein Shake	132
Blueberry Almond Protein Smoothie.....	133
Pea Protein Banana Smoothie	134
Blueberry & Pineapple Smoothie	135
Blood Orange & Green Juice	136
Blood Purifier	137
Sunblast Cell Rejuvenator.....	138
Banana, Oat & Cinnamon Smoothie	139
Figs & Roses Smoothie.....	140
Rose, Coconut & Cardamom Smoothie.....	141
Chia, Berry, And Cardamom Vegan Smoothie.....	142
Blueberry, Avocado & Lime Smoothie.....	143
Apple Pie Smoothie	144
Raspberry Walnut Smoothie	145



Author: Justin Kaye

ABOUT THE AUTHOR

Writing this book has been a very exciting experience to take on, and it is the result of spending years experimenting with healthy food choices over the years.

I've been a vegan for over 2 years now and it took me awhile to get used to eating a whole, food plant based diet and the tasty recipes that you will find in this book. But now brands like Tofurkey, Gardein, Beyond Meat, Tofutti, and so many more came out with meat substitutes that can make cooking a lot more fun, tasty, and quick!

In this book you will find the total estimated macro nutrient for each recipe. What are macro nutrients? Macronutrients are nutrients required in large amounts for example, protein, carbohydrates, and fats.

Macronutrients are essential in our diet because each macro plays a vital part in the human diet especially for muscle building and weight loss.

Switching to a whole food, Plant-based Vegan Diet was the best choice I made and I hope recipes found in this book will help you perform better, recover faster, feel great!

INTRODUCTION

The meat and dairy industries have marketed their products to convince most of the country that there's no way to get the protein, calcium, and nutrition you need without the animal products they sell. Don't fall for their marketing tactics.

A Plant-based diet is rapidly becoming the fastest growing trends in fitness. So when people say you need to eat to have meat, dairy and other animal products to build muscle, gain strength or compete in a bodybuilding contest, they are so wrong!

It's only when we make up our own minds to do our own research about the real truth, only then can we be free from the norm and that's what I did as well as thousands of other vegan athletes around the world and so can you.

When I first turned vegan I was concerned about reaching my protein intake goals. After a ton of research I realised these two things are now way contradictory: with the right knowledge and vegan diet can provide all your nutritional requirements.

Plant products, such as soy beans and quinoa, are complete proteins, which means that they contain all nine essential amino acids that humans need. In this book contains a collection 100+ mouth-watering high protein plantbased recipes that you can eat every day. And it doesn't matter if you are a novice in the kitchen or a pro, these recipes can be prepared and cooked in just minutes.

I'm sure it will open your eyes to the world of plant-based nutrition and get those gains the cruelty-free way!

No more concerns about protein deficiencies, these recipes will provide you with the exact the right amount of protein you need to reach your fitness goals.

I am sure it will open your eyes to the world of plant-based nutrition and make you realize that you can easily build the body you always wanted. After trying out the recipes in this book, it will change your perception on protein intake, as all the specific requirements are laid out for you so that you can effectively achieve the body you always dreamt about.

Enjoy!

MAKING THE SWITCH TO A PLANT BASED DIET

Really, It's not as hard as you think it's going to be. Just like anything new, it takes time to adapt and to become become a habit. and eventually a lifestyle.

One of my biggest concerns when I made the transition was where the hell was I going to get my protein from? Discovering this did not happen over night. Just like any change to a diet, it takes time to find out what works and what doesn't. Thankfully the simple plant-based foods and recipes found in this book will make the entire process so much easier for you.

But let's face it, making the switch to a 'non-vegetarian' diet, can be overwhelming. A lot of people make the assumption that vegan diets are restrictive.

That's not the case. Nowadays there are plenty of alternatives to pretty much everything you'd enjoy as an omnivore (there's even plant based bacon!), so there is no excuse to continue harming

innocent animals just to put food on our plates.

Some will say, "we are only human", "we crave", and we give in. I get that, I've been there, too. So I've written below some tips on how to get past this.

Don't Expect Perfection

Like I said earlier, it's a change in lifestyle. It doesn't happen overnight and takes time to get used to it.

Also keep in mind that apart from your mindset, your body will have to adapt to it, too. When you do switch to a plant-based vegan diet, there will be times when you yield to a craving. And that's alright. Focus on the times that you didn't.

A few steps forward for everytime you take a step back, and in time you'll find yourself on the way to a 100% whole, food plant-based diet, and the fitness goals you're chasing.

VEGAN NUTRITION

When you make the switch to vegan you exclude all animal products—such as meat, fish, dairy, eggs and honey —and animal-derived ingredients such as gelatin. (Many vegans also avoid wearing or using animal products, such as leather, fur, wool and silk, and using cosmetics or household products containing animal ingredients.) You may hear criticism that vegan eating does not give the body all that it needs to be healthy, but this is not the case: both the American Dietetic Association and Dietitians of Canada have stated that a well-planned vegan diet is healthful and provides the required nutrients for people at all stages of life.

Vegan and vegetarian diets tend to be higher in fiber, magnesium, potassium, folate and antioxidants, and lower in saturated fat and cholesterol, than diets including meat. As a result, vegans tend to have lower cholesterol and blood pressure, as well as lower rates of heart disease and certain cancers. Eating vegan may also be beneficial for losing weight, or maintaining a healthy weight, without having to “diet.” Of course, eliminating animal-based products isn’t an automatic key to better health, but a diet based on vegetables, fruits, nuts, seeds, legumes and whole grains—with the occasional indulgence now and then—is highly nutritious.

There are, however, a few nutrients that are more challenging to obtain in a diet without animal products, and it’s important to ensure you have a source for them. In their excellent book *Becoming Vegan* (Book Publishing Company, 2000), Brenda Davis and Vesanto Melina offer a wealth of information and advice on nutritional and dietary considerations for vegans.

Vitamin B12 is the most crucial nutrient that may be difficult to obtain in a completely vegan diet; it is essential for proper functioning of the brain and nervous system, and is found mostly in animal products (plant-based sources are unreliable). Nutritional yeast is a good vegan source of B12, and some commercial meat

substitutes and nondairy milks are fortified with the vitamin also—check the labels on individual products. Many vegans choose to take a B12 supplement, to be sure of getting a regular dose of the vitamin.

A common misconception is that there is a lack of protein in a vegan diet. Actually, it is not difficult to obtain enough protein through vegan foods, so long as you consume a variety of legumes and/or soy foods, nuts, seeds and whole grains on a regular basis. You don’t need to worry about “combining” different plant proteins in a single meal; just ensure that you’re eating a good variety of these foods as part of your everyday diet.

Vegans also need to be careful to consume foods high in iron, as plant foods do not contain as much absorbable iron as meat or eggs. Good sources of iron include soy and other legumes, greens such as broccoli and spinach, dried fruits, whole grains, nuts, seeds and fortified meat substitutes. Iron from plant sources is less easily absorbed, so to maximize absorption, eat something high in vitamin C at the same time—for example, orange juice or berries with a breakfast cereal of whole grains, dried fruits and nuts, or a salad with beans, greens and tomatoes.

Calcium, a crucial mineral for bone health, is another nutrient vegans should be conscious of eating regularly. Though milk products are traditionally recommended as sources of calcium, there are also excellent nondairy sources of calcium, including leafy green vegetables, almonds, tahini and fortified nondairy milks. While planning a nutritionally balanced vegan diet may seem a daunting prospect at first, you can find a wealth of information—in books, in natural food stores and online—to guide you on a healthier and ethical lifestyle.

HEALTH BENEFITS OF ELIMINATING ANIMAL PRODUCTS

If you're like me and you've watched quite a few food and animal agriculture documentaries, then you will know about some of the health benefits of switching to a meat-free diet, but for some reason you don't feel ready. Well, here are some facts that will give you the extra push to make the transition.



1. INCREASED WEIGHT LOSS

By slightly reducing your intake of animal-based products, especially modest reduction of red processed meat, can lower the risk of obesity. Yes, there are vegan food sources that are high in fat too. However, there are many different reasons why thousands of people are making the switch to a whole food, plant based diet in an attempt to get rid of unwanted body fat. A rich fiber diet is a lot more filling because you're less likely to eat more calories than your body needs.



2. INCREASED ENERGY

Those who follow a plant-based diet are likely to have higher energy levels than one who doesn't. Feeling lethargic? This probably has a fair amount to do with your diet. Eliminating meat means finding replacements that offer more nutrients. By eating grains, beans, lentils, nuts and a wide variety of fruits and leafy greens are all proven to increase energy levels.



3. LIVE LONGER

If you're starting to feel your mortality, then now is the time to make that change so that you can then it's time to make a change that will help you live longer (and healthier). There are plenty of studies that prove that people eat a whole, food plant based diet live 4-7 years longer than others. Particularly those who limit their intake of tobacco and alcohol.



4. FULLER, HARDER MUSCLES

Let's talk about glycogen. For those of you who don't already know, glycogen is a form of glucose that the body warehouses for future use. It is stored mainly in the liver and the muscles. When energy is needed, glycogen is quickly mobilized to deliver the fuel that the body needs. A well balanced plant based diet has multiple sources of complex and simple carbohydrates, from which the body prepares glucose. The extra glycogen in the sarcoplasm of the muscle fibers gives the muscles a fuller, rounder look.



5. IMPROVED SKIN

A vegan diet allows for improved function of insulin and glucagon production, which control your sugar metabolism, a suspected cause of acne. (Insulin imbalance affects your skin's sebaceous glands, which can lead to clogged pores, causing acne). The antioxidants present in all the fruits and vegetables you'll be eating will help prevent the formation of acne as well. People who switched to a plant based diet



6. REDUCED INFLAMMATION

When you eat meat and highly processed foods it causes a spike in inflammation in your body. As a response to animal fat, our arteries are paralysed and their ability to open is cut in half, and our lungs also become inflamed. Long term effects of continuing to eat highly processed meat can cause heart disease, diabetes and other life threatening illnesses. A plant-based diet is packed with phytochemicals (plant-based compounds) that include antioxidants, flavonoids and carotenoids, that help reduce inflammation. and protect the tissues from oxidation, which can damage



7. BETTER DIGESTION

Have you ever been told to avoid eating meat late at night? High-protein foods require extra time and energy from the body to properly digest and break down. A plant-based diet however, is not as calorically rich (and that's not a bad thing) and is rich in fibre and healthy fats. A fiber-rich diet helps reduce the symptoms of constipation and diarrhea. A plant-based diet will also cut out most processed foods. And you're much less likely to affect



8. FIGHT OFF DISEASE

When done right the diet is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers). This must be

PROTEIN



As you probably know, protein is the building blocks for muscle, and no you don't need meat to get the required protein for packing on muscle mass. It is very easy to get plenty of protein from grains and vegetables. There are two types of protein, complete and incomplete proteins. Vegans can get the complete amino acid profile which are in complete proteins. They are the building blocks of essential amino acids we need to build muscle and recover. There are a lot of the substitution meats and vegan protein powders that are complete protein. There are also grains and vegetables that are complete proteins too for example quinoa, amaranth, soybeans, buckwheat, hempseed, and much more. Even a mixture of pea protein and brown rice protein together creates a complete essential amino acid profile which makes it a complete protein. Below are just a few samples of my favorite products that I contain good amount of protein.

GREEN PEAS	9 G of protein per per cooked cup (240 ml)	21 G Carbs	0.7 G FAT
TOFU (100 grams)	8.2 G of protein	1.7 G Carbs (Tofu)	4.2 G FAT (Tofu)
TEMPEH (100 grams)	18 G of protein	9.4 G Carbs (Tempeh)	10.8 G FAT (Tempeh)
SEITAN	25 G of protein per 3.5 ounces (100 grams)	5.5 G Carbs	0.7 G FAT
BEANS & CHICPEAS	Approx 15G of protein per cooked cooked cup (240 ml)	40 G Carbs	0G FAT
PEA PROTEIN POWDER (PER SCOOP)	21 G of protein	5 G Carbs	0.7G FAT

You will find many vegetables and grains that are also high in protein too. But, they will be announced when we talk about carbohydrate recommendations.

CARBOHYDRATES



We have different types of carbohydrates simple carbs and complex carbs. Simple carbs are high starchy foods for example bananas, white potatoes, white bread, sugar, or sweets. Are these foods bad it depends on the purpose. If an athlete or a fitness enthusiast wanted some energy to workout. This would be a good time to consume this type of carbohydrate. They are the quickest source of energy that is broken down in the body. The body will use the sugar as fuel for the performance that the individual is trying to do. Complex carbs are slow burning carbs. They too are made up of sugar but, the sugar molecules are in a long complex chain. Complex carbs also provide more nutrients vs simple carbs. Also if you're an athlete or fitness enthusiast this is a great source of energy that will store into the liver when not being used before it turns into fat. When losing weight this is a great source of food you want to use! There are so many benefits that can be used consuming complex carbs.

1 Slice of Ezekiel Whole Grain Bread	4 G PROTEIN	15 G CARBS	0.5G FAT
2 oz Organic Brown Rice Pasta	4 G PROTEIN	43 G CARBS	2 G FAT
1 cup of Oats	6 G PROTEIN	28.1 G CARBS	3.6 G FAT
1 CUP OF ORGANIC BROWN RICE	5 G PROTEIN	43 G CARBS	1.5 G FAT
1 CUP OF COOKED QUINOA	8 G PROTEIN	39 G CARBS	6 G FATS
SWEET POTATOES 100 GRAMS)	1.6 G PROTEIN	20 G CARBS	0.1G FATS

Others Include: Organic Spinach, Kale, Bell Peppers, Onions, Broccoli, any vegetable is highly recommended!

FATS



Fats are an important part of a healthy diet. It plays a vital role in our body for example it helps with better brain function, makes bones become stronger, And it helps build a stronger immune system. We can get all of our essential fatty acids through the right food selections. Here is a list of my top recommendations of fats:

FLAX SEED OIL (2 TBSP)	0 G PROTEIN	0G CARBS	28G FAT
FLAX SEEDS (2 TBSP WHOLE)	3.8 G PROTEIN	5.9 G CARBS	8.7G FAT
CHIA SEEDS (2 TBSP)	4G PROTEIN	10 G CARBS	7.4G FAT
COCONUT OIL (2 TBSP)	0G PROTEIN	0 G CARBS	27G FAT
1 AVACADO	4G PROTEIN	17 G CARBS	29G FAT
1 TBSP OF OILVE OIL (2 TBSP)	0G PROTEIN	0 G CARBS	28G FAT
1 ALMOND	0.3 G PROTEIN	0.3 G CARBS	0.7G FAT

Notes:

Make sure get everything Organic or Non GMO's as possible.

VEGAN PANTRY

Preparing the Plant-Based Recipes from this book can be quite challenging if you don't have the proper kitchen supplies at your disposal. So what kitchen tools do you need to prepare all these delicious plant-based recipes? I've answered this question by highlighting the most essential kitchen supplies to help you prepare healthy meals within minutes. By using these tools, I'm confident you will become a pro chef in no time!

Keep A Well Stock Kitchen



1. KITCHEN UTILITIES

Get yourself a good set of pots, non-stick frying pans, measuring cups and spoons, food scale, a good set of kitchen knives, blender, kitchen grill (such as the George Foreman grill), electric kettle, good spatulas and other cooking utensils like tongs, ladel spoons, etc. These are the basic tools that you'll need to prepare your meals.



2. FOOD STORAGE CONTAINERS

For packing and storing your food you will also need to get some plastic food storage containers. Get a half dozen smaller sized containers for packing individual meals. And also get a few bigger containers that you can use for storing left overs in the refrigerator. Make sure to get good containers with tight fitting lids so they will not pop open easily.



3. FOOD SCALES

Having a food scale is very important because when you calculate your calories, you need to know the portions of the food items you eat and so measuring them with a food scale will be the most adequate way to know exactly how much you eat. After a while, you will learn to measure the food just by looking at it. This is a skill that you develop overtime, I promise ;) You can pick up all of these kitchen supplies at your local Argos (if you live in the UK or Walmart if you live in the states). You can also purchase these items online. Amazon is one of the most popular sites for most people to purchase products.



4. PROTEIN SHAKE

Get a couple of shaker bottles for mixing up protein drinks



5. INSULATED LUNCH BAGS

Also get an insulated lunch bag or small hand held cooler for taking your food with you to work. You can pick up all of these kitchen supplies at your local Argos (if you live in the UK or Walmart if you live in the states) Amazon sell a lot more on their website and deliver within 2-3 days.

VEGAN DAIRY



1. VEGAN MILKS

Commercial nondairy milks come in many flavors and varieties, including soymilk, rice milk, oat milk, coconut milk and nut milk. Different brands vary in thickness, sweetness and taste, so sample a variety to find your preference. Or try making your own.



2. MARGARINE

Not all brands of margarine are vegan—some contain dairy products—so be sure to read the ingredients. Earth Balance brand is vegan, non-hydrogenated and all natural, and also comes in a soy-free version. Some types of margarine are not suitable for baking, so check the label.



3. CREAM CHEESE

Tofutti and Galaxy brands make vegan cream cheese, available in tubs in the refrigerator section of natural food stores and some supermarkets. It comes in several flavors (plain, French onion, garlic and herb, etc.) and can be used as a spread or in cooking and baking.



4. CREAM

MimicCreme, a dairy- and soy-free cream substitute made from nuts, is available in some natural food stores, and comes in sweetened and unsweetened versions. You can also make an easy cashew cream that substitutes well for cream in any recipe.



5. YOGURT

Yogurt made from cultured soy, coconut or almond milk is available in dairy sections in a variety of flavors. Use plain soy yogurt for the most neutral flavor in recipes.

GRAINS



1. GRAINS

Cooking with whole grains contain much more fiber and minerals than refined versions. Among the ones to have on hand are brown rice (short-grain, long-grain and basmati), wild rice, quinoa, barley, millet and rolled oats. In some dishes, where the texture of white rice is preferable, I recommend using short-grain or long-grain white rice, or arborio rice. These grains are all available in packages or bulk bins



2. FLOURS

Try to use whole wheat flour wherever possible, though where a recipe needs a more refined texture, unbleached all-purpose flour is best. Flours made from brown rice and spelt (a variety of wheat that is often well tolerated by people with wheat allergies) are also good to have on hand. Chickpea flour (sometimes called gram flour), made from ground chickpeas, makes a good binder in burger and sausage recipes. Soy flour, also found in natural food stores, adds protein and moistness to eggless baked goods. Self-rising flour is cake or pastry flour that



3. BEANS

Dried beans are inexpensive and easy to prepare, as long as you plan ahead. Some of my favorite varieties are red and brown lentils (which need no presoaking), split peas, pinto beans and fava beans. Most of my recipes use canned beans: red kidney beans, cannellini (white kidney) beans, chickpeas, lentils and vegan baked beans (check the ingredients, as some canned baked beans include pork). Drain and rinse canned beans before using to reduce the sodium content.



4. PASTA

Pay attention to the kind of dried pastas you use, as some ingredients contain eggs but many varieties are vegan—read the ingredients. I like to use whole wheat pasta wherever possible, but there are many other kinds available; if you're gluten-intolerant, try quinoa or brown rice noodles. Fresh pasta almost always contains eggs, but it is possible to find vegan ravioli or other shapes from specialty pasta makers.

TOFU & MEAT SUBSTITUTES

There are lots of available meat substitutes on the market, but remember not all of them are vegan, as some contain egg whites or dairy products. Popular favourites come from the Linda McCartney range, but I would also recommend Gardein, Yves Veggie, Lightlife and Smart



1. TOFU

Tofu is a versatile food that can be used for many different dishes, including scrambled tofu, stir-fries, cheesecake and more. The kind I use most often is firm silken tofu, which blends smoothly for sauces and desserts. Look for Mori-Nu (which comes in Tetra Paks and does not require refrigeration) or Nasoya brands in natural food stores and some supermarkets. You can substitute firm regular tofu in recipes where it is not blended.



2. VEGAN GROUND MEAT SUBSTITUTES

You can find vegan ground meat substitutes, usually made from soy, in the refrigerator section of most grocery stores. They work well in place of ground beef in many recipes, such as shepherd's pie and Bolognese sauce. You can also substitute crumbled or chopped veggie burgers, or chopped pecans.



3. VEGAN BURGERS

There are many varieties of premade vegan burgers, which can usually be found refrigerated or frozen. Some are more “meatlike,” while others contain a mixture of grains, nuts or vegetables. Again, many varieties of vegetarian burgers contain eggs or dairy, so read the labels.



4. VEGAN BEEF STRIPS

You can find these in the refrigerator or freezer section of natural food stores and regular grocery stores. They are useful in stews—Gardein and Yves Veggie brands are the best known. If you're avoiding soy, you can substitute seitan (wheat gluten) strips.



5. FLAXSEED OILS

Flaxseed oil is high in omega-3 fatty acids and makes a great addition to salad dressings and dips. It should not be heated or used for frying, as this alters its chemical composition or bulk bins in natural food stores and supermarkets.

HERBS & SPICES

- ❖ ☐ sea salt or Himalayan salt
- ❖ ☐ coriander (seeds and ground)
- ❖ ☐ fresh cilantro
- ❖ ☐ cardamom (seeds and ground)
- ❖ ☐ cumin (seeds and ground)
- ❖ ☐ fennel seeds
- ❖ ☐ turmeric
- ❖ ☐ curry powder (regular, hot and mild)
- ❖ ☐ garam masala
- ❖ ☐ parsley (fresh and dried)
- ❖ ☐ basil (fresh and dried)
- ❖ ☐ dried oregano
- ❖ ☐ dried thyme
- ❖ ☐ ground cinnamon
- ❖ ☐ ground nutmeg
- ❖ ☐ ground allspice
- ❖ ☐ pumpkin pie spice
- ❖ ☐ ground sumac
- ❖ ☐ whole peppercorns
- ❖ ☐ Chinese five-spice powder
- ❖ ☐ asafoetida powder (available in Indian grocery stores)
- ❖ ☐ paprika (regular, smoked and sweet)
- ❖ ☐ parsley (fresh and dried)
- ❖ ☐ basil (fresh and dried)
- ❖ ☐ dried oregano
- ❖ ☐ dried thyme
- ❖ ☐ ground cinnamon
- ❖ ☐ ground nutmeg
- ❖ ☐ ground allspice
- ❖ ☐ pumpkin pie spice
- ❖ ☐ onion powder
- ❖ ☐ garlic granules and powder
- ❖ ☐ lemongrass
- ❖ ☐ fresh ginger
- ❖ ☐ ground sumac (available in Middle Eastern grocery stores)
- ❖ ☐ whole peppercorns
- ❖ ☐ chinese five-spice powder
- ❖ ☐ asafoetida powder (available in Indian grocery stores)
- ❖ ☐ onion powder
- ❖ ☐ garlic granules and powder
- ❖ ☐ lemongrass
- ❖ ☐ fresh ginger
- ❖ ☐ crushed red chili pepper flakes
- ❖ ☐ chili powder
- ❖ ☐ fresh chilies

BINDERS



1. FLAXSEED

Flaxseed is very high in fiber and omega-3 fatty acids. Ground flaxseed is preferable, as whole flaxseeds tend to pass through the body undigested; you can purchase it ground, or grind whole flaxseeds yourself in a coffee grinder or food processor. Flaxseed can be used as a binder to replace eggs in baking: to replace 1 egg, mix 1 Tbsp (15 mL) ground flaxseed with 3 Tbsp (45 mL) water.



2. EGG REPLACER POWDER

A combination of starches that mimics the leavening and binding properties of eggs in baking. Orgran and Ener-G brands can be found in natural food stores.

SWEETNERS



1. SUGAR

Some brands of refined white sugar and icing sugar sold in North America are not vegan, as cane sugars are often processed using animal bone char (some are not, but it's impossible to tell without contacting the manufacturer). Brown sugar—which is really refined white sugar with added molasses—may also be processed in this way. Stevia and xylitol are good natural sugar substitutes.



2. AGAVE & MAPLE SYRUP

Agave and maple syrup are the liquid sweeteners I use most often. Agave syrup, or nectar, is a low-glycemic natural sweetener extracted from the agave plant, ideal as an all-purpose sweetener and for sweetening drinks, as it dissolves well. Maple syrup, from the sap of the maple tree, is another natural vegan sweetener prized for its unique flavor. They can often be used interchangeably, or in place of honey. You can also substitute brown rice syrup, barley malt syrup or date syrup, all available from natural food stores.

FLAVOURINGS



1. NUTRITIONAL YEAST

Nutritional yeast is high in vitamin B12, usually found in animal products, making it an important source for vegans of this essential nutrient. The yeast is deactivated, so it's not suitable for baking. The bright yellow flakes have a nutty, cheesy flavor, which makes them an excellent addition to vegan cheese sauces, pastas, scrambled tofu and more. You can find nutritional yeast in bulk in natural food stores.



2. VINEGAR

Vinegar adds tanginess and depth of flavor to food. For salad dressings and seasoning, I use balsamic vinegar or apple cider vinegar. Rice vinegar is good for Asian dishes.



3. VEGETABLE STOCK

Vegetable stock can be purchased as granules, powder or cubes, and adds flavor to soups and sauces. I prefer granules, as they distribute better, but powder or cubes can be substituted. Better Than Bouillon brand produces a vegetarian chicken-flavored stock, useful for “chicken” noodle soup.



4. CURRY PASTE

For Indian-style curries, I often use tikka or tandoori curry pastes, which are combinations of various Indian spices with oil and other ingredients. Patak's brand is available in Asian stores and in the ethnic food aisles of most supermarkets.

FLAVOURINGS



1. TAHINI

Tahini, a paste made from ground sesame seeds, is high in protein and calcium and adds creaminess to dips, dressings and other dishes. You can find it in most grocery stores.



2. YEAST EXTRACT

Marmite and Vegemite are the best-known brands of yeast extract, a salty, slightly bitter black paste that comes in jars and tubes. Some people like it spread on toast, and a little bit adds saltiness and depth of flavor to savory dishes. You'll find it in natural food stores and in some supermarkets.



3. SWEET CHILLI SAUCE

Sweet chili sauce is made from chilies and a sweetener. It's a popular condiment in Asian cooking and can be found in Asian grocery stores, and in the ethnic food aisle of supermarkets.



4. WORCESTERSHIRE SAUCE

Worcestershire sauce often contains anchovies, so look for vegetarian varieties in natural food stores.



5. ROSEWATER, ROSE ESSENCE, ROSE SYRUP & ROSE PETALS

These add a lovely floral flavor to desserts and savory dishes. You can find rosewater and rose essence (also called rose extract) in natural food stores or natural pharmacies; the essence is much more concentrated. Rose syrup, which is sweetened, is usually available in Indian, Middle Eastern, and Asian grocery stores and in some supermarkets.

WHERE TO BUY VEGAN INGREDIENTS?

Depending on where you live, some vegan ingredients can be difficult to find in grocery stores. Here are some online retailers that can help you stock your pantry with vegan essentials and hard-to-find ingredients, including baking supplies, dairy, meat and egg substitutes, and more.

- ❖ □ Karmavore: www.karmavore.ca—ships worldwide
- ❖ □ Vegan Essentials: www.veganessentials.com—ships worldwide
- ❖ □ The Vegan Store: www.veganstore.com—ships within the U.S. and Canada
- ❖ □ Viva Vegan Store: www.vivavegan.ca—ships to Canada and the continental U.S.
- ❖ □ Whole Foods Market: www.wholefoodsmarket.com—online shopping available in some areas; check site for details

A hand holds a spoon with a dollop of white cream above a bowl of fruit. The bowl contains various fruits, including what appears to be a kiwi, a banana, and some berries. The background is a dark, textured surface.

BREAKFAST RECIPES

PUMPKIN PROTEIN OATMEAL RECIPE

Recipe
1

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 1/4 Cup Unsweetened vanilla almond milk
- ❖ □ 1/2 Cup Old fashioned rolled oats
- ❖ □ 1 tsp Pumpkin pie spice
- ❖ □ Pinch of sea salt
- ❖ □ 1 Cup Canned pumpkin puree
- ❖ □ 6 Tbsp Vanilla protein powder, of choice
- ❖ □ 2 tsp Maple syrup
- ❖ □ 1 1/2 tsp Natural butter extract
- ❖ □ Pecans, for garnish (optional)

DIRECTIONS:

1. Combine the almond milk, oats, pie spice and salt in a medium pot on high heat and bring to a boil. Boil one minute, stirring frequently.
2. Reduce the heat to medium and cook, stirring frequently so the bottom doesn't burn, until the mixture is thick but still creamy and the oats are soft, about 4-5 minutes.
3. Remove from the heat and stir in all other ingredients.
4. Top with pecans (if using) and DEVOUR immediately!

TOTAL CALORIES: 217

Protein: 20 g

Carbs: 51g

Fats: 14 g

BANANA PANCAKES

Recipe
2



INGREDIENTS:

- ❖ □ 1 Cup of Gluten Free Oatmeal
- ❖ □ 1/4 Cup of Almond Milk
- ❖ □ 1 Banana
- ❖ □ 1 Tbsp of Coconut Oil
- ❖ □ 2 tsp of Baking Powder
- ❖ □ 1/2 tsp of Cinnamon

DIRECTIONS:

1. In a bowl combine all of the ingredients except for the coconut oil. Use a hand blender or a fork to mix everything together. Aim for a consistency similar to pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes.
3. Place the cover on and cook for a couple minutes on each side.
4. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut
5. flakes and chopped nuts.

TOTAL CALORIES: 378

Fat: 24 g

Carbs: 30 g

Protein: 14 g

PEANUT BUTTER & APPLE QUINOA BOWL

 Recipe
3

SERVES 1 - PREP TIME: 15 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 Cup of uncooked quinoa
- ❖ □ 1/4 Cup unsweetened soy milk
- ❖ □ 1/2 Tbsp of cinnamon
- ❖ □ 1/2 Tbsp of chia seeds
- ❖ □ 2 Tbsp of organic peanut butter
- ❖ □ 1/2 cup of unsweetened almond milk
- ❖ □ 1/2 Cup of raw almond milk
- ❖ □ 5 Drops of liquid stevia

DIRECTIONS:

1. In a saucepan bring to the boil, soy milk,
2. quinoa and cinnamon.
3. Reduce heat and simmer for 10 minutes.
4. Remove from heat and stir in chia seeds.
5. Cover the saucepan with a lid and place aside for 10 minutes.
6. In the meantime, microwave peanut butter and almond milk for 15 seconds on high.
7. Remove and stir until runny.
8. Stir in coco powder and stevia.
9. To serve fluff the quinoa with a fork and
10. place into a bowl.
11. Top with slice apple.

TOTAL CALORIES: 718

Protein: 30g

Carbs: 90g

Fats: 30g

QUINOA SUPERFOOD BREAKFAST BOWL

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ ½ Cup plain cooked quinoa (or use mixed color if you prefer)
- ❖ 2 Medium whole banana sliced
- ❖ 1/2 Cup of blueberries fresh or frozen
- ❖ 1/2 Cup of Almond Milk (or a plant-based milk of your choice)
- ❖ 2 Tbsp Peanut butter or Almond Butter

DIRECTIONS:

1. Combine quinoa and water in a small pot and bring to a boil.
2. Once boiling, cover pot with a lid and reduce heat to low.
3. Cook for around 15 minutes or until quinoa is cooked through. I cook extra and just store in the fridge.
4. Slice banana. Mix all ingredients together into a bowl and enjoy!
5. Serve warm or cold, so you can always cook the quinoa the night before if you'd prefer.
6. Serve warm or cold, which ever you prefer. I like both.

TOTAL CALORIES: 791

Protein: 22 g

Carbs: 129 g

Fats: 25 g

SPINACH, MUSHROOM & TOFU OMELET

Recipe
5

SERVES 2 - PREP TIME: 10 MINS - READY IN 15 MINS



INGREDIENTS:

- ❖ □ 14 oz silken firm tofu
- ❖ □ 2 Tbsp of nutritional yeast
- ❖ □ 2 Tbsp of garlic
- ❖ □ 1 1/2 tbsp of olive oil
- ❖ □ 1 Tbsp of salt
- ❖ □ 1/2 Tbsp of cumin
- ❖ □ 1/4 Cup of organic coconut flour
- ❖ □ 1 Tbsp of cornstarch
- ❖ □ 1 Tbsp of coconut oil
- ❖ □ 1/2 small onion
- ❖ □ 1 Cup of mushroom slices
- ❖ □ 2 Cups of spinach

DIRECTIONS:

1. Combine the garlic, tofu, nutritional yeast, olive oil, cumin, and salt in food processor. Blend the mixture until smooth and well combined. Add the cornstarch and flour and pulse to combine. Heat a large non-stick skillet over medium-high heat and lightly grease with cooking spray.
2. Pour about 1/2 cup of the batter into the skillet and spread to about 6-inches wide. Cook for 3 to 5 minutes until the top is dry then flip and cook for another minute. Transfer the omelet to a plate and repeat with the remaining batter. Heat the oil in a small skillet over medium heat.
3. Add the onion and mushroom and cook for 3 minutes until the onion is translucent. Stir in the spinach and cook for 1 to 2 minutes more until spinach is just wilted. Divide the spinach, onion, and mushroom mixture among the omelets and serve hot.

TOTAL CALORIES: 631

Protein: 44 g

Carbs: 54 g

Fats: 28 g

APPLE AND CHIA BIRCHER MUESLI

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
6



DIRECTIONS:

1. Firstly grate the apple, skin and all.
2. Add the grated apple, oats, chia, cinnamon, sweetener if using and almond milk to a bowl and give the mixture a good stir.
3. Place in the fridge overnight.
4. In the morning, remove from the fridge; you can add any topping you like, or eat it as it is for a delicious and quick breakfast!

INGREDIENTS:

- ❖ □ 52g (1/3 cup) oats
- ❖ □ 2-3 tsp chia seeds
- ❖ □ 1/2 an apple
- ❖ □ 1/4-1/2 tsp ground cinnamon
- ❖ □ 1 tsp honey or maple syrup (optional)
- ❖ □ 160ml (2/3 cup) almond milk

TOTAL CALORIES: 345

Protein: 11 g

Carbs: 22 g

Fats: 7.5 g

PURPLE SWEET POTATO SMOOTHIE BOWL

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
7



DIRECTIONS:

1. In a high powered blender, blend all the smoothie ingredients, except the cacao nibs, until smooth. Start with 1/2 cup coconut milk and add extra if too thick.
2. Stir through the cacao nibs.
3. Decant into a serving bowl and top with seeds, nuts and extra cacao nibs.

INGREDIENTS:

- ❖ □ 1/2 a medium purple sweet potato, cooked, cooled and peeled
- ❖ □ 1 celery stick
- ❖ □ a handful of red cabbage
- ❖ □ 2 chicory leaves
- ❖ □ 5cm (2in) piece courgette
- ❖ □ 1/4 a ripe avocado, peeled and destoned
- ❖ □ 1/2 a small ripe banana, peeled
- ❖ □ a handful of frozen blueberries
- ❖ □ 1 tsp acai powder
- ❖ □ 1 tbsp baobab powder
- ❖ □ 120ml-240ml (1/2-1 cup) coconut milk
- ❖ □ 2 tbsp cacao nibs, plus extra to garnish
- ❖ □ hemp hearts
- ❖ □ cashew nuts

TOTAL CALORIES: 775

Protein: 15 g

Carbs: 28 g

Fats: 51 g

BLUEBERRY BANANA & PEANUT BUTTER ENGLISH MUFFINS

Recipe
8

SERVES 2 - PREP TIME: 10 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 4 Tbsp of blueberries
- ❖ □ 1/4 cup of peanut butter
- ❖ □ 2 Tbsp of brown sugar
- ❖ □ 2 Medium bananas
- ❖ □ 2 English muffins

DIRECTIONS:

1. Preheat baking tray in oven (500 degrees F). Arrange rack in lower third of oven.
2. Place muffin halves on a baking sheet and broil until toasted, 4-5 minutes.
3. Spread peanut butter on top of muffin halves and top with banana slices. Sprinkle evenly with brown sugar, a few pinches on each muffin.
4. Return muffins to oven and broil until sugar is browned and caramelized, 3 to 4 minutes. Remove from oven and top with blueberries and/or almonds. Enjoy!

TOTAL CALORIES: 904

Protein: 29 g

Carbs: 133 g

Fats: 37 g

HIGH PROTEIN VEGAN BREAKFAST BURRITOS

SERVES 4 - PREP TIME: 10 MINS - READY IN 20 MINS

Recipe
9



INGREDIENTS:

- ❖ □ 1 cup new potatoes, thinly sliced
- ❖ □ 1 cup nopales, cubed or sliced
- ❖ □ 1 cup black beans, rinsed and drained
- ❖ □ 12 ounces extra firm tofu, (see notes) garlic
- ❖ □ 1 teaspoon ground cumin
- ❖ □ sea salt and fresh ground pepper
- ❖ □ 1 avocado, cubed
- ❖ □ fresh cilantro leaves, coarsely chopped
- ❖ □ 1/2 cup NM red chile sauce, or your favorite salsa
- ❖ □ 4 burrito sized tortillos

DIRECTIONS:

1. Get everything prepped ahead of cooking.
2. Add a tablespoon of coconut oil to 2 saute pans over medium-high heat. Add the thin-sliced potatoes to one, and the nopales to the other. Saute the potatoes until golden brown on the edges and tender.
3. Saute the nopales until they give up their liquid and it is evaporated. They should be tender and beginning to brown. Scrape the nopales to one side, and add the tofu. Using a potato masher or pastry cutter, break the tofu apart into crumbles. continue cooking until they begin to brown and the texture resembles ground meat.
4. Add the tender potatoes and the black beans to the tofu and nopales. Season with garlic and cumin, salt and pepper. Cook an additional 4 to 5 minutes to let the flavors combine.
5. Warm the red chile sauce (or salsa) and tortillas. Wrap the sautéed mixture along with the avocado, warmed red chile sauce (or salsa), and cilantro in a warm tortilla. Enjoy

TOTAL CALORIES: 411

Protein: 20 g

Carbs: 51 g

Fats: 14 g

PEANUT BUTTER APPLE QUINOA BOWL

Recipe
10

SERVES 1 - PREP TIME: 15 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 Cup of uncooked quinoa
- ❖ □ 1/4 Cup unsweetened soy milk
- ❖ □ 1/2 Tbsp of cinnamon
- ❖ □ 1/2 Tbsp of chia seeds
- ❖ □ 2 Tbsp of organic peanut butter
- ❖ □ 1/2 cup of unsweetened almond milk
- ❖ □ 1/2 Cup of raw almond milk
- ❖ □ 5 Drops of liquid stevia

DIRECTIONS:

1. In a saucepan bring to the boil, soy milk, quinoa and cinnamon.
2. Reduce heat and simmer for 10 minutes.
3. Remove from heat and stir in chia seeds.
4. Cover the saucepan with a lid and place aside for 10 minutes.
5. In the meantime, microwave peanut butter and almond milk for 15 seconds on high. Remove and stir until runny.
6. Stir in coco powder and stevia.
7. To serve fluff the quinoa with a fork and place into a bowl.
8. Top with slice apple

TOTAL CALORIES: 718

Protein: 30 g

Carbs: 90g

Fats: 30 g

BANANA NUT OATMEAL

SERVES 3 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
11



DIRECTIONS:

1. Combine oats and 1 cup of water in a small microwave safe bowl. Microwave on high for 3 minutes until tender.
2. Top with banana slices, walnuts, and cinnamon.

INGREDIENTS:

- ❖ □ 1 1/2 Cup of Oats
- ❖ □ 3 Cups of Water
- ❖ □ 1 Medium Bananas
- ❖ □ 3 Tbsp of Walnuts

TOTAL CALORIES: 879

Protein: 23 g

Carbs: 177g

Fats:18 g

BLUEBERRY OATMEAL

SERVES 2 - PREP TIME:10 MINS - READY IN 5 MINS

Recipe
12



DIRECTIONS:

1. Mix all ingredients into a big bowl (except for the frozen blueberries)
2. Cook in the microwave for about 3-4 minutes (Cooking time may vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick to the bowl or create chunks)
4. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

INGREDIENTS:

- ❖ □ Mixing bowl
- ❖ □ Whisk
- ❖ □ 1/3 Cup Oatmeal
- ❖ □ 1/2 Cup of frozen berries
- ❖ □ 1 tbsp of Flaxseed oil

TOTAL CALORIES: 474

Protein: 22 g

Carbs: 62 g

Fats: 19 g

OATMEAL WITH RAISINS

SERVES 1 - PREP TIME:10 MINS - READY IN 5 MINS

Recipe
13



DIRECTIONS:

1. Combine raisins with water and stir in the oatmeal.
2. Microwave until cooked according to package directions, about 2 minutes.
3. Remove, add syrup of your choice, and enjoy!

INGREDIENTS:

- ❖ □ 1/2 cup of oatmeal
- ❖ □ 1/4 cup of raisins
- ❖ □ 1 Tbsp of maple syrup
- ❖ □ 1 1/2 Mango
- ❖ □ 1 Cup of water

TOTAL CALORIES: 778

Protein: 19 g

Carbs: 187 g

Fats: 4 g

KNOCK OATS

SERVES 1 - PREP TIME: 5 MINS - READY IN 2 MINS

Recipe
14



DIRECTIONS:

1. Prepare oatmeal according to package instructions.
2. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

INGREDIENTS:

- ❖ □ 1/2 Cup of quick oats
- ❖ □ 1 Medium banana
- ❖ □ 2 Tbsp of peanut butter
- ❖ □ 1 Tbsp of cinnamon

TOTAL CALORIES: 451

Protein: 14 g

Carbs: 63 g

Fats: 20 g

OATMEAL PANCAKES

SERVES 5-6 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
15



DIRECTIONS:

1. In a mixing bowl, combine together the flour and baking powder. Stir in the sugar, oats, and ground flaxseed.
2. Stir in the soy milk, vanilla, coconut oil, and salt and stir to combine.

INGREDIENTS:

- ❖ □ 1 Cup of wholewheat flour
- ❖ □ 1 Tbsp of baking powder
- ❖ □ 1 1/2 Cup of soy milk
- ❖ □ 3/4 Cup Rolled oats organic is preferred
- ❖ □ 1 Cup Nut milk almond, coconut, cashew milk are all great.
- ❖ □ 1 Tablespoon Coconut Palm Sugar or stevia
- ❖ □ Top with syrup

TOTAL CALORIES: 1201

Protein: 37 g

Carbs: 188 g

Fats: 41 g

TOFU BREKKIE PROTEIN PANCAKES

SERVES 5 - PREP TIME: 30 MINS - READY IN 10 MINS

Recipe
16



INGREDIENTS:

- ❖ □ 1/2 pack silken tofu (175g)
- ❖ □ 1 Tbsp vanilla extract
- ❖ □ 1 Cup almond milk (or any other non-dairy milk)
- ❖ □ 1/2 Tbsp vegetable oil, plus extra for frying
- ❖ □ 125 g all- purpose flour (gluten- free if needed)
- ❖ □ 2 Tbsp coconut sugar
- ❖ □ 1/2 Tbsp ground cardamom
- ❖ □ 1/2 Tbsp baking powder (gluten- free if needed)
- ❖ □ 1/2 Tbsp salt

DIRECTIONS:

1. In a mixing bowl, blend together tofu, vanilla and milk, until smooth and thick batter forms. Use a blend or electric mixer if needed.
2. In a separate bowl, mix together all the dry ingredients, making sure there are no lumps.
3. Pour the tofu mix into dry ingredients and mix well, until you have a thick batter.
4. Heat a large frying, non- stick pan and pour very small amount of oil.
5. Pour pancake batter into a frying pan (I always use 1/4 measuring cup to get same size and shape of the pancake), and fry for about 2 minutes on each side, until bubbles pop over most surface.
6. Serve with maple syrup and berries, enjoy!

TOTAL CALORIES: 601

Protein: 20 g

Carbs: 91 g

Fats: 16 g

VANILLA PUMPKIN & CHICKPEA PANCAKES

Recipe
17

SERVES 5 - PREP TIME: 30 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1/3 Cup Chickpea Flour
- ❖ □ 1/2 Tsp Baking Powder
- ❖ □ 1/4 Tsp Baking Soda
- ❖ □ 1/4 Cup Pure Pumpkin Puree
- ❖ □ 7 Drops of Vanilla Stevia
- ❖ □ 1/4 Tsp Pure Bourbon Vanilla Extract
- ❖ □ 1/2 Tsp Cinnamon
- ❖ □ 1/4 Cup Water

DIRECTIONS:

1. In a mixing bowl, combine the chickpea flour, baking powder, baking soda, and cinnamon. Give it a mix.
2. Then add the pumpkin, vanilla, stevia, and water. Give everything a good mix until all is combined and you have pancake batter.
3. Heat a pan lightly coated in coconut oil over medium heat. When hot, add 1/2 the batter to the pan. Cook for
4. 3-4 minutes or until bubbles form on the edges. Flip and cook an additional 3-4 minutes. Repeat for the rest of the batter.
5. To make the protein frosting, just combine the protein powder and water (add slowly so you get the right consistency). Stir and set aside.

TOTAL CALORIES: 252

Protein: 24 g

Carbs: 30 g

Fats: 3 g

A top-down view of a dark-colored bowl filled with a vibrant salad. The salad consists of fresh green spinach leaves, chunks of ripe avocado, small round chickpeas, and golden-brown croutons. The entire dish is garnished with a generous sprinkling of white sesame seeds. The bowl is set against a dark, textured background.

SALAD RECIPES

LETTUCE CUCUMBER WALNUT SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
18



DIRECTIONS:

1. Add lettuce to a bowl. Peel, slice, and add cucumbers.
2. Add olive oil, season with salt and pepper, and mix.
3. Crush and add walnuts. Serve immediately and enjoy.

INGREDIENTS:

- ❖ □ 7 7/8 cup shredded lettuce
- ❖ □ 3 Medium cucumbers
- ❖ □ 1 1/2 Tbsp of olive oil
- ❖ □ 1 1/2 dash of salt
- ❖ □ 1 1/2 dash of pepper
- ❖ □ 3/8 cup of chopped walnuts

TOTAL CALORIES: 574

Protein: 13 g

Carbs: 24 g

Fats: 50 g

KALE AVACADO SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 8 MINS

Recipe
19



DIRECTIONS:

1. Chop kale.
2. Mash avocado into kale. This will help to tenderize the kale.
3. Add lemon or lime juice. 2 Tbsp is about the amount from a small/medium lemon.
4. Salt and pepper to taste.
5. Toss once more and serve. Enjoy!

INGREDIENTS:

- ❖ □ 4 Chopped Kale
- ❖ □ 2 Avocado without skin and seed
- ❖ □ 4 Tbsp of lemon juice
- ❖ □ 4 Dash of pepper
- ❖ □ 4 Dash of salt

TOTAL CALORIES: 574

Protein: 13 g

Carbs: 24 g

Fats: 50 g

TOFU FETA SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
20



DIRECTIONS:

1. Slice the tofu into 4 slabs, crosswise. Blot between layers of paper towel or clean tea towels until you get out as much moisture as you can.
2. Cut the slabs into 1/2 inch dice. Place in the serving container in which you plan to serve this, in a single layer.
3. Toss with the lemon juice and oil; sprinkle with the salt and oregano. Let stand for 30 minutes, then use as you wish.

INGREDIENTS:

- ❖ □ 8 ounces extra-firm tofu
- ❖ □ 3 tablespoons lemon juice
- ❖ □ 2 tablespoons extra-virgin olive oil
- ❖ □ 1/4 teaspoon salt
- ❖ □ 1/4 teaspoon oregano

TOTAL CALORIES: 347

Protein: 17 g

Carbs: 20 g

Fats: 26 g

RAINBOW SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
21



INGREDIENTS:

- ❖ □ 1 Cup of Spinach
- ❖ □ 1/2 Zucchini (Preferably Spiralized)
- ❖ □ 1/2 Cup of Shredded Carrots
- ❖ □ 1/2 Cup of Shredded Red Cabbage
- ❖ Dressing:
- ❖ □ 1/2 Avocado
- ❖ □ 2 Tbsp of Extra Virgin Olive Oil
- ❖ □ Juice of 1/2 Lime

DIRECTIONS:

1. Prepare all of the vegetables as listed above. I highly recommend creating different textures with your vegetables to add variety.
2. Place the mixed greens at the bottom of the bowl then add all of the vegetables on top. Combine the avocado, extra virgin olive oil and the lime juice with salt and pepper to create a creamy dressing.
3. Serve with the dressing drizzled on top.

TOTAL CALORIES: 457

Protein: 3 g

Carbs: 23 g

Fats: 42 g

FALAFEL SALAD

SERVES 2 - PREP TIME: 10 MINS - READY IN 55 MINS

Recipe
22



INGREDIENTS:

- ❖ □ 1 Can of Chickpeas
- ❖ □ 1/4 Cup of Red Onion
- ❖ □ 1/2 Cup of Fresh Parsley
- ❖ □ 1 Cloves of Garlic
- ❖ □ 1/2 tsp of Cumin
- ❖ □ Pinch of Sea Salt & Pepper
- ❖ □ 2 Cup of Fresh Greens
- ❖ □ 2 Tbsp of Tahini
- ❖ □ 1 tsp of Lemon Juice

DIRECTIONS:

1. Pre-heat the oven to 400F.
2. Combine the chickpeas, red onions, garlic, cumin, parsley and cilantro in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.
3. Form 8 small patties with the mixture and then refrigerate for an hour to let them set.
4. Bake for 45 minutes, flipping them half way.
5. While the falafel are baking prepare the salad and the dressing by combining the tahini and lemon juice.

TOTAL CALORIES: 171

Protein: 9 g

Carbs: 29 g

Fats: 42 g

POWERHOUSE SALAD WITH CHICKPEAS, AVACADO & DAIRY-FREE CHEESE

Recipe
23

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS



DIRECTIONS:

1. FOR THE DRESSING:
2. Whisk together all ingredients in a bowl until they come
3. together to a smooth dressing.
4. FOR THE SALAD:
5. Mix arugula, beans, lentils, and capers. Top with dressing and enjoy

INGREDIENTS:

- ❖ □ 1 Can of Chickpeas, Rinsed and drained:
- ❖ □ Handful of parsley - Chopped
- ❖ □ 2 TBS of Green Onion, Thinly Sliced
- ❖ □ 1/3 Vegan Cheddar Cheese (Diced)
- ❖ □ 1 Avacado, Diced
- ❖ □ Juice of 1 Lemon
- ❖ □ Add Salt and Mix well

TOTAL CALORIES: 743

Protein: 27 g

Carbs: 108 g

Fats: 28 g

BLACK BEAN & CORN SALAD

SERVES 1 - PREP TIME: 25 MINS - READY IN 25 MINS

Recipe
24



DIRECTIONS:

1. Rinse and drain black beans. Chop bell pepper and onion.
2. Combine all ingredients in a bowl.
3. Let stand at least 15 minutes for flavors to combine, then toss and serve

INGREDIENTS:

- ❖ □ 1/2 Cup of Blackbeans
- ❖ □ 1/4 Cup of Red Bell Pepper
- ❖ □ 1/4 Medium Onion
- ❖ □ 1/4 Can of Corn Yields
- ❖ □ 1/2 Tbsp of Pepper or Hot Sauce
- ❖ □ 1/4 Lime Juice (lime yields)
- ❖ □ 2 1/4 Sprigs of Fresh cilantro
- ❖ □ 1/4 Tbsp of Vegetable Oil
- ❖ □ 1/4 Dash of Salt
- ❖ □ 1/4 Dash of Pepper

TOTAL CALORIES: 428

Protein: 23 g

Carbs: 74 g

Fats: 6 g

CHICKPEA QUINOA AVOCADO SALAD

 Recipe
25

SERVES 2 - PREP TIME: 25 MINS - READY IN 25 MINS



INGREDIENTS:

- ❖ □ 1 Can of Chickpeas
- ❖ □ 1/2 Cup of Cooked Quinoa
- ❖ □ 1 Small Tomato
- ❖ □ 1/2 Cup of Diced Cucumber
- ❖ □ 1 Avocado
- ❖ □ 1 Tbsp of Olive Oil
- ❖ □ Pinch of Sea Salt & Pepper

DIRECTIONS:

1. Measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water.
2. Turn the heat on to high until it's boiling then bring the heat down to low until all the water has been absorbed and the quinoa is fluffy.
3. While the quinoa is cooking chop the cucumber, tomatoes and avocado into small cubes.
4. Combine all of the vegetables in a large bowl.
5. Add the quinoa to the vegetables once it's done.
6. Mix in the olive oil, salt and pepper to finish.

TOTAL CALORIES: 339

Protein: 11 g

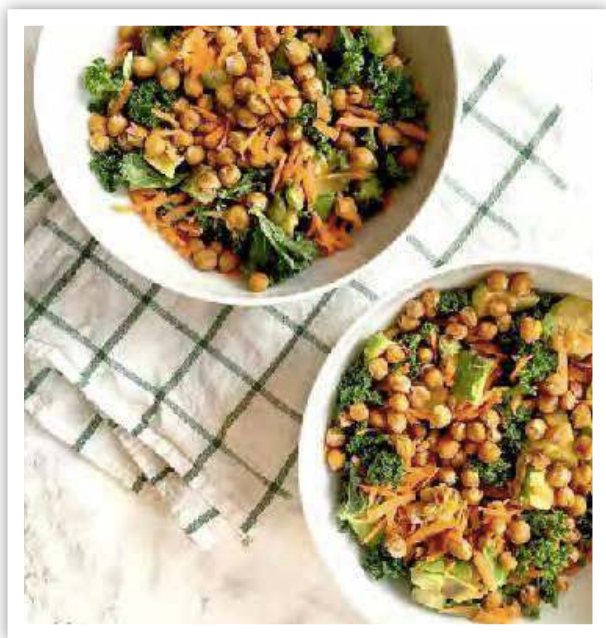
Carbs: 41 g

Fats: 15 g

CRUNCHY KALE SALAD

SERVES 2 - PREP TIME: 25 MINS - READY IN 25 MINS

Recipe
26



INGREDIENTS:

- ❖ □ 2 Cups of Kale
- ❖ □ 1 Carrot
- ❖ □ 1/2 Avocado
- ❖ □ 1/2 Cup of Chickpeas
- ❖ Dressing:
 - ❖ □ 1 Tbsp of Tahini
 - ❖ □ 1 Tbsp of Lemon Juice

DIRECTIONS:

1. Preheat the oven to 350F/175C.
2. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes.
3. Meanwhile prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes. Set the vegetables aside.
4. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency.
5. Place all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.

TOTAL CALORIES: 431

Protein: 16 g

Carbs: 40 g

Fats: 22 g

RED BEAN SALAD

SERVES 2 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
27



DIRECTIONS:

1. Chop celery, seed and chop red pepper, drain canned
2. kidney beans, chop scallions and parsley.
3. Combine all ingredients in a medium bowl and toss
4. well; adjust seasonings

INGREDIENTS:

- ❖ □ 1 Medium Scallion
- ❖ □ 1 1/2 cup of Parsley
- ❖ □ 2/3 Tbsp of Olive Oil
- ❖ □ 1/3 Salt
- ❖ □ 1/3 Peopper
- ❖ □ 1/3 Cup of Bluebell Pepper (sliced)
- ❖ □ 1 1/3 Cup of Kidney Beans
- ❖ □ 1/3 Celery Stalks
- ❖ □ 1/3 Cup of Red Pepper Relish
- ❖ □ 1/3 Tbsp of Vinegar

TOTAL CALORIES: 396

Protein: 19 g

Carbs: 55 g

Fats: 11 g

SPINACH TOMATO SALAD

SERVES 2 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
28



DIRECTIONS:

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions and tomato.
2. Put spinach in a mixing bowl and add the tomato, scallions, oil, pepper, and the juice from 1 squeezed lemon.
3. Toss and serve.

INGREDIENTS:

- ❖ □ 10 Cups of spinach
- ❖ □ 4 Large scallions
- ❖ □ 1 1/2 medium tomato
- ❖ □ 2 Tbsp of olive oil
- ❖ □ 2 Dash of pepper
- ❖ □ 1 Lemon Yield

TOTAL CALORIES: 373

Protein: 12 g

Carbs: 26 g

Fats: 29 g

EASY POTATO SALAD

SERVES1 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
29



DIRECTIONS:

1. Boil potatoes until just soft (test with fork). Transfer to strainer and cool.
2. Once the potatoes have cooled, peel if desired, and chop into bite-sized pieces.
3. Gently toss together all the ingredients in a large bowl, seasoning with salt and pepper to taste. Can serve immediately, or chill before serving.

INGREDIENTS:

- ❖ □ 5 medium potatoes
- ❖ □ 8 tbsp of vegan mayo
- ❖ □ 3 tbsp of vinegar
- ❖ □ 1 medium onion
- ❖ □ 2 medium celery stalks
- ❖ □ 1 dash of salt
- ❖ □ 1 dash of pepper

TOTAL CALORIES: 200

Protein:2.9 g

Carbs: 24 g

Fats: 9.2 g

VEGGIE POWER BOWL

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
30



INGREDIENTS:

- ❖ □ 2 Cups Kale
- ❖ □ 1 Roasted Sweet Potato
- ❖ □ 1 Avocado
- ❖ □ 1 Red Bell Pepper
- ❖ □ 1 Can of Black Bean
- ❖ □ 1 tsp of Olive Oil Dressing:
- ❖ □ 2 Tbsp of Tahini

DIRECTIONS:

1. Pre-heat the oven at 350F/175C. Place the cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.
2. While the sweet potatoes are baking, clean and chop up the kale. Once the kale is ready mix it in with the olive oil and massage it into the kale.
3. Chop the red pepper and avocado. Prepare the dressing by mixing the tahini and the fresh lemon juice together.
4. Once the sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it and finish it off with the dressing.

TOTAL CALORIES: 600

Protein: 21g

Carbs: 64 g

Fats: 33 g

VEGGIE NORI ROLL

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
31



INGREDIENTS:

- ❖ □ 6 Tbsp of Hummus
- ❖ □ 3/4 Cup of Alfalfa sprouts
- ❖ □ 3/4 Cup of diced or sliced Carrots
- ❖ □ 3/4 Cup of cucumber slices
- ❖ □ 3 Sheets of Seaweed
- ❖ □ 3/4 Cup of Avacados (sliced)
- ❖ □ 3 Tbsp of Nutritional Yeast
- ❖ □ 1 Dash of Salt

DIRECTIONS:

1. Cut cucumbers, carrots and avocado into thin slices.
2. Place seaweed sheet on a work surface.
3. Spread the hummus in a thin layer over the sheet. Layer the spouts, carrots, cucumber, and avocado on top of the bottom one-third of the sheet. Sprinkle with nutritional yeast and salt to taste.
4. Gently but firmly, roll the edge closest to you toward the center of the wrap, carefully rolling a sushi-like roll. (A sushi mat makes this easier.) Slice roll with a sharp knife and serve immediately

TOTAL CALORIES: 151

Protein: 7 g

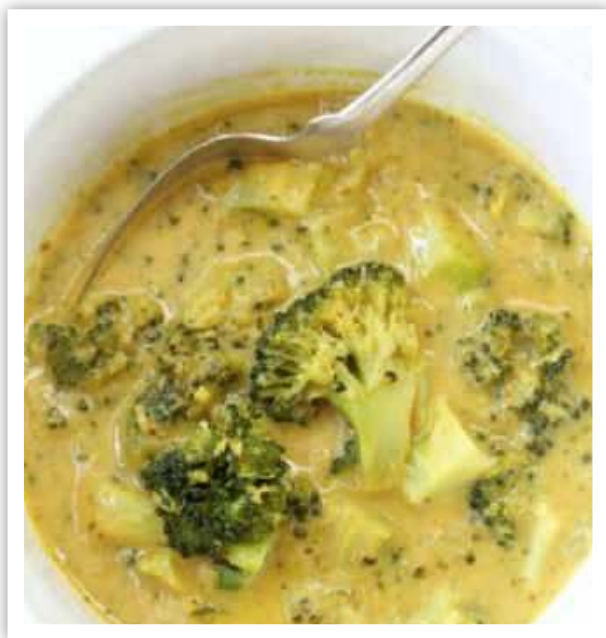
Carbs: 15 g

Fats: 9 g

CREAMY COCONUT BROCCOLI SOUP

SERVES 4 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
32



INGREDIENTS:

- ❖ □ 3 Tbsp (45 mL) unsweetened coconut oil
- ❖ □ 1 large onion, roughly chopped
- ❖ □ 1 large head broccoli, cut into florets
- ❖ □ 3 cloves garlic, roughly chopped
- ❖ □ 3/4 cup (185 mL) vegetable stock
- ❖ □ 3 cups (750 mL) coconut milk (a rich, creamy kind — not reduced-fat)
- ❖ □ salt to taste
- ❖ □ 1 1/2 Tbsp (22.5 mL) chopped fresh cilantro
- ❖ □ 3 cups (750 mL) water
- ❖ □ 1 □ lime wedges, for garnish

DIRECTIONS:

1. Heat the coconut oil in a soup pot set over medium heat.
2. Add the onion and broccoli and sauté over medium-low heat for 10 minutes, stirring. Add the garlic and continue stirring for another minute.
3. Next, add the stock and cover. Allow to simmer for 15–20 minutes.
4. Stir in the coconut milk, cover and cook for another 10 minutes.
5. Remove from heat and allow to cool for a few minutes, then add the salt and cilantro.
6. Blend until smooth using a handheld immersion blender. The soup will be very thick. Add the water and blend again.
7. Transfer the soup back to the pot and reheat gently over low heat.
8. Serve immediately, with lime wedges on the side for squeezing
9. otop.

TOTAL CALORIES: 1336

Protein: 15 g

Carbs: 44 g

Fats: 114 g

BEST-EVER WINTER SOUP

SERVES 4 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
33



INGREDIENTS:

- ❖ □ olive oil
- ❖ □ 2 large spring or green onions, chopped
- ❖ □ 2 tsp (10 mL) garam masala
- ❖ □ 4 tsp (20 mL) curry powder (hot, if you like)
- ❖ □ 1 tsp (5 mL) ground ginger
- ❖ □ 2 14-oz (398-mL) cans chickpeas, drained and rinsed
- ❖ □ 1 28-oz (796-mL) can diced tomatoes with juice
- ❖ □ 2 tsp (10 mL) brown sugar
- ❖ □ 4 Tbsp (60 mL) soy sauce
- ❖ □ 1 Tbsp (15 mL) vegetable stock granules or powder
- ❖ □ 2 tsp (10 mL) fine garlic granules or powder
- ❖ □ 2 tsp (10 mL) Marmite (or other vegan yeast extract)
- ❖ □ 6 cups (1.5 L) water
- ❖ □ 12 oz (375 g) frozen spinach, thawed
- ❖ □ 2 tsp (10 mL) chopped fresh cilantro

DIRECTIONS:

1. Heat a drizzle of oil in a medium soup pot set over medium-low heat, and sauté the onions until tender, stirring frequently.
2. Add all the spices, stir and indulge in the emanating aroma for a minute or so.
3. Add the chickpeas and cook, stirring, for another couple of minutes.
4. Add the canned tomatoes, bring to a simmer, cover, reduce the heat and cook for 10 minutes.
5. Uncover, and stir in the remaining ingredients except the cilantro. Lower the heat and simmer for another 20 minutes or so, until the soup is a nice, thick consistency.
6. Ladle into bowls, sprinkle the cilantro on top and serve immediately.

TOTAL CALORIES: 739

Protein: 41 g

Carbs: 110 g

Fats: 18 g

CHERRY TOMATO, CHICKPEA & ORANGE PEPPER SALAD

 Recipe
34

SERVES 4 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

Dressing

1. Place the ingredients in a clean jar, close the lid tightly and shake until thick and smooth.

Salad

2. Toss all the ingredients together in a bowl.
3. Drizzle on as much dressing as you like, toss again and serve.

INGREDIENTS:

DRESSING:

- ❖ □ juice of 1 large lemon
- ❖ □ 1/2 cup (125 mL) extra virgin olive oil
- ❖ □ 1/2 tsp (2 mL) vegan sugar
- ❖ □ salt and freshly ground black pepper to taste

SALAD

- ❖ □ 20 cherry tomatoes, halved
- ❖ □ 1 1/2 cups (375 mL) cooked chickpeas
- ❖ □ 1 medium red onion, finely chopped
- ❖ □ 4 cloves garlic, finely chopped
- ❖ □ A handful of fresh flat-leaf parsley, finely chopped
- ❖ □ 1 small orange bell pepper, sliced thinly in strips, then cut twice crossways
- ❖ □ 12 fresh basil leaves, finely chopped

TOTAL CALORIES: 600

Protein: 21g

Carbs: 64 g

Fats: 33 g

STUFFED ICEBERG PARCELS

SERVES 4 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
35



DIRECTIONS:

1. Heat a drizzle of oil in a nonstick pan set over medium heat. Fry the cooked rice and spices for a couple of minutes, then remove from the heat and allow to cool completely.
2. Add the rest of the ingredients except the lettuce and blend well using a fork.
3. Heap 2–3 large spoonfuls of filling in the center of each lettuce leaf and roll up. Use a couple of toothpicks to keep it together. Serve immediately.

INGREDIENTS:

- ❖ □ olive or sunflower oil
- ❖ □ 2 cups (500 mL) cooked short-grain brown or white rice
- ❖ □ 2 tsp (10 mL) curry powder
- ❖ □ a pinch of ground cardamom
- ❖ □ 1 tsp (5 mL) paprika
- ❖ □ 20 walnuts, chopped roughly
- ❖ □ 2 small carrots, finely diced or grated
- ❖ □ 1 small red onion or 3–4 small green onions, finely chopped
- ❖ □ 8 leaves each fresh mint and basil, finely chopped
- ❖ □ 4 Tbsp (60 mL) sultana raisins
- ❖ □ Approx 10 chopped Greek or Spanish black olives dash of fresh lemon juice (optional)
- ❖ □ a pinch of salt
- ❖ □ 4 large iceberg lettuce leaves, washed and dried well

TOTAL CALORIES: 151

Protein: 7 g

Carbs: 15 g

Fats: 9 g

MIDDLE EASTERN SALAD

SERVES 4 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
36



DIRECTIONS:

DRESSING

1. Combine all the dressing ingredients in a tight-lidded jar and shake well.

SALAD

2. Combine all the salad ingredients in a bowl.
3. Drizzle on the dressing, toss well and serve.
4. NOTE: The trick with this salad is to chop each ingredient very finely.

INGREDIENTS:

DRESSING

- ❖ □ 1 tsp (5 mL) dried mint
- ❖ □ 1 tsp (5 mL) curry powder
- ❖ □ salt (it will need it) and freshly ground black pepper to taste
- ❖ □ 1 Tbsp (15 mL) agave or maple syrup
- ❖ □ juice of 2 lemons
- ❖ □ 4 Tbsp (60 mL) extra virgin olive oil

SALAD

- ❖ □ 2 14-oz (398-mL) cans cannellini beans, drained and rinsed
- ❖ □ 12 cherry tomatoes, diced
- ❖ □ 1 small red bell pepper, diced
- ❖ □ 1 medium English cucumber (unpeeled), finely diced
- ❖ □ 2 green onions, finely chopped
- ❖ □ 3 large cloves garlic, finely chopped
- ❖ □ 3/4 cup (185 mL) arugula or radicchio
- ❖ □ a handful of bean sprouts (optional)
- ❖ □ zest of 1 lemon or other citrus fruit
- ❖ □ 8 fresh basil leaves, chopped
- ❖ □ a handful of fresh flat-leaf parsley, finely chopped

TOTAL CALORIES: 151

Protein: 7 g

Carbs: 15 g

Fats: 9 g

RAINBOW RICE SALAD

SERVES 4 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
37



DIRECTIONS:

1. Place the cooked rice in a medium bowl and add the remaining ingredients.
2. Stir well and serve immediately. Refrigerate any leftovers for up to 2 days.

INGREDIENTS:

- ❖ □ 1 cup (250 mL) cooked long-grain white rice
- ❖ □ 2 green onions, finely chopped
- ❖ □ 3/4 cup (185 mL) diced mixed red and green bell peppers
- ❖ □ 1 cup (250 mL) canned or frozen corn (thawed)
- ❖ □ 1/2 cup (125 mL) chopped walnuts or pecans
- ❖ □ 1 medium zucchini, finely diced
- ❖ □ 1/4 cup (60 mL) chopped fresh parsley
- ❖ □ 1/4 cup (60 mL) chopped fresh mint
- ❖ □ 6 olives, pitted and diced
- ❖ □ 1/2 cup (125 mL) vegan cheese, cut into small cubes
- ❖ □ 1 apple, diced
- ❖ □ 1/4 cup (60 mL) sultana raisins
- ❖ □ 2 Tbsp (30 mL) chopped fresh basil
- ❖ □ 2 Tbsp (30 mL) olive oil
- ❖ □ juice of 1 lemon
- ❖ □ 1 1/2 tsp (7.5 mL) curry powder
- ❖ □ salt and pepper to taste

TOTAL CALORIES: 126

Protein: 18 g

Carbs: 143 g

Fats: 65 g

CHEESY CAULIFLOWER PASTA BAKE

Recipe
38

SERVES 4 - PREP TIME: 5 MINS - READY IN 5 MINS



INGREDIENTS:

- ❖ □ 250 g (8 oz) dried angel hair pasta
- ❖ □ 1 small cauliflower, florets only
- ❖ □ 2 Tbsp (30 mL) vegan margarine, melted
- ❖ □ 2 1/2 cups (625 mL) grated vegan cheese that melts —use either Vegan Mozzarella, Mild Cheddar “Cheese” or purchased
- ❖ □ olive oil, for drizzling
- ❖ □ salt and pepper to taste
- ❖ □ 1 1/2 cups (375 mL) vegan cream
- ❖ □ 3 cloves garlic, very finely chopped (optional)
- ❖ □ A handful of fresh basil leaves, roughly chopped
- ❖ □ About 18 cherry tomatoes

DIRECTIONS:

1. Cook the pasta according to package directions. Drain, rinse with cold water and set aside.
2. Meanwhile, steam the cauliflower florets in a vegetable steamer or saucepan until tender. Drain and set aside.
3. Preheat the oven to 400°F (200°C). Grease a baking dish—a transparent one (like Pyrex) is nice, so you can see the pasta browning underneath and on the sides.
4. Combine the cooked pasta with the melted margarine in the prepared baking dish.
5. Add the cauliflower and the remaining ingredients, including a good drizzling of olive oil, but reserving half the chopped basil and tomatoes. Mix well with a fork.
6. Even out the mixture in the dish and garnish with the rest of the basil leaves. Drizzle on some more olive oil, and bake for 20 minutes.
7. Remove from the oven and scatter the remaining tomatoes on top. Bake for another 20 minutes, until the casserole is a medium golden brown all over.

TOTAL CALORIES: 2714

Protein: 42 g

Carbs: 280 g

Fats: 157 g

AVOCADO LIME SALAD

SERVINGS: 4 - PREP TIME: 15 MINS - READY IN 15 MINS

Recipe
39



INGREDIENTS:

- ❖ □ 2 cups (200g) diced red bell pepper
- ❖ □ 1 1/4 cups (168g) frozen sweet corn
- ❖ □ 2 (15-ounce) cans low-sodium black beans, drained and rinsed, or 3 cups cooked (510g)
- ❖ □ 1/4 cup (60g) fresh lime juice
- ❖ □ 1 tablespoon (20g) pure maple syrup
- ❖ □ 1 teaspoon (2.5g) chili powder
- ❖ □ 1/2 teaspoon (1.5g) ground cumin
- ❖ □ 1/8 teaspoon fine salt
- ❖ □ 1 medium avocado (150g), chopped

OPTIONAL: crushed tortilla chips for serving

DIRECTIONS:

1. Preheat the oven to 400°F (200°C). Line a sheet pan with parchment paper.
2. Place the chopped bell pepper on the prepared pan, and season to taste with salt and pepper. Roast at 400°F for 10 minutes.
3. While the peppers are roasting, place the corn and beans in separate bowls, and warm up either in the microwave or on the stovetop.
4. Combine the lime juice, syrup, chili powder, cumin, and salt in a small bowl, and whisk well. Add the lime mixture to a small pan over medium-low heat. Cook for 2 to 3 minutes to heat through.
5. Add the roasted bell pepper to a large serving bowl. Add the corn, beans, and lime mixture, and toss to coat everything evenly. Taste and add more salt and seasonings, if desired. Add the avocado right before serving, and top with crushed tortilla chips, if desired.

TOTAL CALORIES: 344

Protein: 15.7 g

Carbs: 56 g

Fats: 8.5 g

A top-down view of a bowl of vibrant red soup, likely tomato-based, garnished with fresh basil leaves and a sprinkle of black pepper. The bowl is set on a grey cloth napkin, with a wooden spoon and a sprig of basil resting beside it on a rustic wooden surface.

SOUP RECIPES

LEAK POTATO SOUP

SERVES 3 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
40



DIRECTIONS:

1. Cut the leek in half lengthways and wash well to remove any dirt, cut into tiny slices (approx 1cm). Place all the ingredients in a large saucepan.
2. Bring to a boil, reduce heat and simmer gently for approx 20 mins, stirring occasionally.
3. Season with salt and pepper to taste and blend until smooth, either in a blender, or in the pan with a hand held stick blender. If you want a slightly thinner soup you can add a little more water at this stage.

INGREDIENTS:

- ❖ □ 6 Tbsp of Hummus
- ❖ □ 3/4 Leaks
- ❖ □ 3 3/8 Cup of Vegetable Broth 3/8 Cup of Lentils
- ❖ □ 3/4 Large Patato
- ❖ □ 3/4 Dash of Salt
- ❖ □ 3/4 Dash of Pepper

TOTAL CALORIES: 569

Protein: 31 g

Carbs: 110 g

Fats: 2 g

POTATO & ARUGULA SOUP

SERVES 4 - PREP TIME: 10 MINS - READY IN 15 MINS

Recipe
41



INGREDIENTS:

- ❖ □ 4 small potatoes
- ❖ □ 1 Tbsp of olive oil
- ❖ □ 1 Small onion
- ❖ □ 3 Garlic cloves
- ❖ □ 3 Cups of Arugula
- ❖ □ 3 Cups of Vegetable Broth
- ❖ □ 1 Dash of pepper
- ❖ □ 1 Dash of salt

DIRECTIONS:

1. Cube potatoes, mince garlic, chop onion.
2. Put the potatoes in a medium saucepan and cover with cold water by 2 inches. Salt the water generously. Bring to a boil over medium heat and cook the potatoes until tender, about 10-12 minutes. Drain water, peel potatoes and leave it aside.
3. Heat oil in the same saucepan and saute onion and garlic for a few minutes until its slightly brown. Add potatoes to the saucepan and cook for 3-5 minutes then add 2/3 of the broth.
4. Once it starts simmering, add arugula to the pot and cook until it is slightly wilted. Season it with salt and pepper. Remove from heat and let it cool for a little bit.
5. Use a immersion blender to puree potatoes and arugulas together until it is smooth. Add more broth as needed to loosen up the consistency per your liking.
6. Adjust seasoning. Serve and enjoy!

TOTAL CALORIES: 745

Protein: 17 g

Carbs: 137 g

Fats: 15 g

TOMATO SOUP

SERVES 1 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
42



DIRECTIONS:

1. Lightly sautee the garlic and capers in oil in a saucepan, seasoning with salt and pepper.
2. Add the tomatoes, stir.
3. Using a hand blender, puree ingredients together carefully.
4. Add the soy milk, and simmer, blending more until desired smoothness.

INGREDIENTS:

- ❖ □ 2 Cups of tomato (canned)
- ❖ □ 3/4 Cup of soy milk
- ❖ □ 1 Tbsp of olive oil
- ❖ □ 2 Garlic cloves (minced)
- ❖ □ 1 Tbsp of drained capers

TOTAL CALORIES: 362

Protein: 13 g

Carbs: 46 g

Fats: 18 g

PEANUT STEW

SERVES 1 - PREP TIME: 10 MINS - READY IN 35 MINS

Recipe
43



INGREDIENTS:

- ❖ □ 1 Medium potato
- ❖ □ 1 Medium onion
- ❖ □ 1 Tbsp of garlic
- ❖ □ 1 can of tomatoes
- ❖ □ 1 1/2 cups of chickpeas
- ❖ □ 1/8 Tbsp of Thyme (leaves)
- ❖ □ 1 Cup of water
- ❖ □ 1 Cup of peanut butter

DIRECTIONS:

1. Chop potato and dice onion and garlic.
2. Cook onion over medium heat until soft and translucent. Add garlic and stir. Then add tomatoes, peanut butter, garbanzo beans, and stir. Season with thyme and add potato. Depending on desired thickness, add 1-2 cups water and stir.
3. Cover and cook on low-medium low heat for 25-35 minutes. The soup is ready when the potatoes are cooked through. Enjoy

TOTAL CALORIES: 2185

Protein: 92 g

Carbs: 184 g

Fats: 137 g

TOMATO & BLACK BEAN STEW

SERVES 2 - PREP TIME: 5 MINS - READY IN 20 MINS

Recipe
44



DIRECTIONS:

1. Heat oil in a pan over medium heat and then add chopped onion; cook until translucent.
2. Add chopped tomato and add tomato sauce.
3. Finally, add the can of beans and bring to a boil, reduce heat to a simmer and let stew for about 20 minutes. Season with salt and enjoy!

INGREDIENTS:

- ❖ □ 3 Tbsp of Vegetable Oil
- ❖ □ 1 Medium Onion (chopped)
- ❖ □ 1 Cup of Tomatoes (chopped or diced)
- ❖ □ 1 Can of Tomato puree
- ❖ □ 1 Can of Blackbeans
- ❖ □ 1 Tbsp of Salt

TOTAL CALORIES: 873

Protein: 30 g

Carbs: 96 g

Fats: 44 g

SWEET POTATO & LENTIL STEW

SERVINGS: 5- PREP TIME: 15 MINS - READY IN 40 MINS

Recipe
45



INGREDIENTS:

- ❖ □ 1 1/2 cups packed (240g) diced white onion
- ❖ □ 1 1/2 tablespoons (23g) minced garlic
- ❖ □ 4 3/4 cups (1,140g) low-sodium vegetable broth, separated
- ❖ □ 3/4 cup (180g) Cabernet Sauvignon or Merlot
- ❖ □ 1 1/2 cups (300g) dry green lentils
- ❖ □ 3 heaping cups (393g) peeled, chopped sweet potatoes (about 1-inch chunks)
- ❖ □ 1 cup (240g) tomato sauce
- ❖ □ 2 tablespoons (7g) Italian seasoning
- ❖ □ 2 teaspoons (12g) fine salt
- ❖ □ 1 teaspoon (3g) ground black pepper

DIRECTIONS:

1. Add the onion, garlic, and 3/4 cup of the broth to a large pot over medium heat. Bring to a simmer, and cook for 5 minutes or until softened. Add the wine, and cook for 3 to 5 minutes. Add the remaining 4 cups broth and the lentils, bring to a high boil, reduce the heat to low, and simmer for 10 minutes. This is to kick-start the softening process for the lentils before adding the tomato sauce, which can slow down the cooking of the lentils.
2. Add the sweet potatoes, tomato sauce, Italian seasoning, salt, and pepper, and stir well. Bring to a high boil, cover, reduce the heat to low, and simmer for 15 to 20 minutes or until the lentils and sweet potatoes are tender but not mushy. Lentils can vary greatly on how fast or slow they cook, so they may take longer than 20 minutes. tomatoes and red pepper flakes.

TOTAL CALORIES: 284

Protein: 14.7 g

Carbs: 53 g

Fats: 0.3 g



SANDWICH RECIPES

ROASTED CHICKPEA WRAP

SERVES 2 - PREP TIME: 10 MINS - READY IN 20 MINS

Recipe
46



DIRECTIONS:

1. Chop lettuce leaves, slice tomatoes and red onions. Set aside.
2. Drain and rinse chickpeas. Pat chickpeas dry with paper towel, removing any skins that may come off.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat.
4. Enjoy!
5. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.
6. Spread chickpeas onto a greased rimmed
7. baking sheet and roast at 400 degrees F (200 C) for about 20 minutes, until lightly browned but not hard.
8. Spread some tzatziki onto one side of a pita, then sprinkle in 1/4 of the chickpeas and add veggies. Fold in half and enjoy!

INGREDIENTS:

- ❖ □ 7 1/2 oz of Chickpeas
- ❖ □ 1/2 tbsp of Olive Oil
- ❖ □ 1/2 tbsp of paprika
- ❖ □ 1/2 tbsp of pepper
- ❖ □ 1/4 tbsp of cayenne pepper
- ❖ □ 1/8 tbsp of salt
- ❖ □ 2 large pita bread
- ❖ □ 4 tbsp of tzatziki
- ❖ □ 1/8 medium onion
- ❖ □ 1 leaf of lettuce
- ❖ □ 1/2 medium tomato

TOTAL CALORIES: 682

Protein: 27 g

Carbs: 110 g

Fats: 19 g

WHOLE TOMATO & AVACADO SANDWICH

 Recipe
47

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ ☐ Toasted whole grain bread
- ❖ ☐ Sliced avocado (see How to Cut and Peel an
- ❖ Avocado)
- ❖ ☐ Lettuce (Boston Bibb or butter lettuce work well)
- ❖ ☐ Sliced fresh tomato
- ❖ ☐ Kosher salt
- ❖ ☐ Vegenaise

DIRECTIONS:

1. For each sandwich, toast two slices of whole grain bread. While the bread is toasting, slice your tomato and avocado.
2. Spread as much (or little) mayonnaise as you like on one side of each slice of toasted bread. Add a layer of sliced avocado and sprinkle a little kosher salt over it. Add a layer of lettuce and a layer of sliced tomatoes. Sprinkle a little salt over the tomatoes too.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat.
4. Enjoy!

TOTAL CALORIES: 440

Protein: 14 g

Carbs: 61 g

Fats: 16 g

AVACADO & BLACK BEAN WRAP

Recipe
48

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS



DIRECTIONS:

1. Cut avocado into slices.
2. Drain black beans.
3. Add chopped tomato and add tomato sauce.
4. Wrap avocado and beans in the tortilla.
5. Grill for 2 minutes
6. Serve warm

INGREDIENTS:

- ❖ □ 1 Avacado (without skin or seed)
- ❖ □ Chopped tomato
- ❖ □ 1 Cup of Canned Black Beans
- ❖ □ 2 Tortillas

TOTAL CALORIES: 733

Protein: 26 g

Carbs: 98 g

Fats: 27 g

AVACADO & CHICKPEA SALAD SANDWICH

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
49



DIRECTIONS:

1. In a bowl, smash together chickpeas and avocado with the back of a fork until you get the texture that you desire.
2. Mix in soy yogurt, lime juice, green onion, cilantro, salt and pepper.
3. Spread onto a slice of bread and with remaining slice of bread. Serve and enjoy!

INGREDIENTS:

- ❖ □ 1/2 cup of chickpeas
- ❖ □ 1/4 cup of avacados
- ❖ □ 1 tbsp of plain soy yogurt
- ❖ □ 1/4 tbsp of lime juice
- ❖ □ 1/2 medium scallion
- ❖ □ 1/2 tbsp of cilantro
- ❖ □ 1/8 tbsp of salt
- ❖ □ 1/8 tbsp of pepper
- ❖ □ 2 slices of whole-wheat bread

TOTAL CALORIES: 340

Protein: 15 g

Carbs: 46 g

Fats: 12 g

TOMATO HUMMUS & RYE SANDWICH

SERVES 3 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
50



DIRECTIONS:

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

INGREDIENTS:

- ❖ □ 2 Slices of rye bread
- ❖ □ 1/4 Cup of hummus
- ❖ □ 3 Sliced medium tomato
- ❖ □ 1/2 cup of spinach

TOTAL CALORIES: 213

Protein: 33 g

Carbs: 7 g

Fats: 8 g

CHICKPEA SANDWICH

SERVES 1 - PREP TIME: 15 MINS - READY IN 15 MINS

Recipe
51



DIRECTIONS:

1. Drain and rinse chickpeas.
2. Pour chickpeas into a medium size mixing bowl and mash with a fork.
3. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.
4. Optionally toast bread and top with chickpea mixture.
5. Enjoy!

INGREDIENTS:

- ❖ □ 1 Cup of Chickpeas
- ❖ □ 1/2 Stalk of Medium Celery
- ❖ □ 1/8 Onion
- ❖ □ 1 Tbsp of Vegan Mayo
- ❖ □ 1 1/2 Tbsp of Lemon Juice
- ❖ □ 1/2 Tbsp of Dill Weed
- ❖ □ 1 Dash of Salt
- ❖ □ 1 Dash of Pepper
- ❖ □ 1/3 Celery Stalks
- ❖ □ 1/3 Cup of Red Pepper Relish
- ❖ □ 1/3 Tbsp of Vinegar
- ❖ □ 2 Slices of Wholewheat Bread

TOTAL CALORIES: 462

Protein: 19 g

Carbs: 61 g

Fats: 16 g

VEGGIE HUMMUS SANDWICH

SERVES 3 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
52



DIRECTIONS:

1. Spread hummus onto the slices of bread. Top one of the slices with the roasted red peppers, onion, and spinach.
2. Finish with remaining slice of bread. Enjoy!

INGREDIENTS:

- ❖ □ 6 Slices of Wholewheat Bread
- ❖ □ 2 Tbsp of Hummus
- ❖ □ 9 oz of Roasted Red Peppers
- ❖ □ 3/4 Cup of Sliced Onion
- ❖ □ 1 1/2 Cup of Spinach

TOTAL CALORIES: 428

Protein: 23 g

Carbs: 74 g

Fats: 6 g

BELL PEPPER AVOCADO TOAST

Recipe
53

SERVINGS: 4- PREP TIME: 10 MINS - READY IN 15 MINS



INGREDIENTS:

- ❖ □ 2 red bell peppers, cut into 1/4-inch strips (274g)
- ❖ □ 1 medium avocado (150g)
- ❖ □ 3 packed cups (90g) fresh spinach
- ❖ □ 2 tablespoons (30g) fresh lemon juice
- ❖ □ 1/2 teaspoon (3g) fine salt
- ❖ □ 1/4 teaspoon (1g) garlic powder
- ❖ □ 1/4 teaspoon (1g) ground black pepper
- ❖ □ 1 (15-ounce) can low-sodium chickpeas, drained and rinsed, or 1 1/2 cups cooked (255g)
- ❖ □ 4 slices bread (184g), toasted
- ❖ □ 1/4 cup (60g) jarred jalapeño slices

DIRECTIONS:

1. Preheat the oven to 425°F (220°C).
Line a sheet pan with parchment paper.
2. Place the bell pepper strips on the prepared pan, and season to taste with salt and pepper. Roast at 425°F for 10 minutes or until beginning to char on the tips.
3. While the bell peppers are roasting, add the avocado, spinach, lemon juice, salt, garlic powder, and pepper to a food processor; process until smooth. You will have to push the spinach down a couple of times to incorporate it. Transfer the avocado mixture to a large bowl.
4. Add the chickpeas to the avocado mixture, and mash them into the avocado mixture until well mixed and smooth, creating a lovely thick texture. Make sure all of the chickpeas are mashed and no longer whole. Taste and add more salt or pepper, if desired.
5. Divide the avocado mixture among the bread slices. Top with the roasted bell peppers and jalapeño slices.

TOTAL CALORIES: 289
Protein: 13.2 g
Carbs: 42.3 g
Fats: 8.4 g

A top-down view of a healthy dinner bowl. The bowl is filled with a variety of ingredients: a base of quinoa, topped with chickpeas, fresh spinach leaves, sliced cherry tomatoes, and cubed roasted sweet potatoes. A wedge of lime sits on the left side of the bowl. Surrounding the bowl are fresh ingredients: a whole avocado, a halved avocado, a small bowl of mixed seeds, and scattered cherry tomatoes and spinach leaves. A silver fork and spoon are placed at the bottom right of the bowl. The word "DINNERS" is written in large, bold, green letters across the center of the bowl.

DINNERS

SIMPLE CHANA MASALA

SERVES 1 - PREP TIME: 5 MINS - READY IN 20 MINS

Recipe
54



INGREDIENTS:

- ❖ □ 4 cloves of garlic
- ❖ □ 1 chopped onion
- ❖ □ 1/2-inch piece of ginger root (about 1 cm)
- ❖ □ 2 14-ounce cans chopped tomatoes (800 g)
- ❖ □ 2 tbsp tahini
- ❖ □ 1 tbsp garam masala
- ❖ □ 1 tbsp turmeric powder
- ❖ □ 1 tbsp cumin powder
- ❖ □ 1 tsp sea salt
- ❖ □ 1/8 tsp cayenne powder
- ❖ □ 1/8 tsp ground black pepper
- ❖ □ 2 15-ounce cans chickpeas (800 g), drained and rinsed
- ❖ □ The juice of half a lemon

DIRECTIONS:

1. Place garlic, onion and ginger in a food processor or a blender and blend for a few seconds until you have a paste (see picture).
2. Cook the paste in a large pot over medium-high heat for 5 minutes, stirring occasionally.
3. Add the chopped tomatoes, tahini and spices and cook covered for 10 minutes more.
4. Then add the chickpeas, stir and cook covered for another 10 minutes.
5. Remove from the heat, add the lemon juice, stir and serve with some basmati rice and fresh cilantro on top
6. (optional).
7. Store the chana masala in the fridge in a sealed container for up to 4 days.

TOTAL CALORIES: 245

Protein: 7 g

Carbs: 22 g

Fats: 0.6 g

TOFU ALMOND BUTTER STIR FRY

Recipe
55

SERVES 2 - PREP TIME: 10 MINS - READY IN 20 MINS



INGREDIENTS:

- ❖ □ 8 oz of Tofu
- ❖ □ 2 Cups of Broccoli
- ❖ □ 1 Red Bell Pepper
- ❖ □ 4 Mushrooms
- ❖ □ 1/4 Cup of Red Onion
- ❖ □ 2 Tbsp of Coconut Oil
- ❖ □ Almond Butter Sauce:
- ❖ □ 1/4 Cup of Coconut Aminos
- ❖ □ 2 Tbsp of Almond Butter

DIRECTIONS:

1. Chop all the vegetables in bite size pieces.
2. In a large pan place the coconut oil and the tofu cubed on medium heat and cook for a few minutes.
3. Once the tofu has begun to brown a little bit add all of the chopped vegetables and the sauce and cook for another 5-10 minutes (depending on how you like your vegetables).
4. Turn the heat off, take the cover off and let the sauce thicken up for a few minutes before serving.

TOTAL CALORIES: 563

Protein: 25 g

Carbs: 49 g

Fats: 43 g

ZOODLES & LENTIL MEATBALLS

SERVES 2 - PREP TIME: 10 MINS - READY IN 20 MINS

Recipe
56



INGREDIENTS:

- ❖ □ 2 Zucchini
- ❖ □ 1 Cup of Cooked Lentils
- ❖ □ 1/4 Cup of Quinoa
- ❖ □ 1/2 Cup of Almond Flour
- ❖ □ 1/4 Cup of Chopped Onion
- ❖ □ 2 Garlic Cloves
- ❖ □ 2 Tbsp of Italian Seasoning
- ❖ □ 400 ml of Marinara Sauce

DIRECTIONS:

1. Start by preparing the lentils and quinoa according to directions on the package.
2. Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.
3. Process until it is completely smooth. Roll out 10 small "meatballs" with the lentil mixture.
4. Heat olive oil in a large pan and cook the meatballs for 5 minutes.
5. Next add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.
6. Serve over spiralized zucchini. If you do not have a spiralizer you can create linguini noodles out of zucchini with a regular peeler

TOTAL CALORIES: 441

Protein: 20 g

Carbs: 55 g

Fats: 18 g

BLACK BEAN BUDDHA BOWL WITH AVOCADO PESTO

SERVES 2 - PREP TIME: 10 MINS - READY IN 20 MINS

Recipe
57



INGREDIENTS:

- ❖ □ 1 medium head cauliflower, chopped into florets*
- ❖ □ 1 teaspoon paprika
- ❖ □ 1/2 teaspoon garlic powder
- ❖ □ 1/2 teaspoon onion powder
- ❖ □ Salt and pepper
- ❖ □ 1 cup farro, or other grain of choice* (gluten-free if needed)
- ❖ □ 1 bunch kale, chopped
- ❖ □ 1–2 cloves garlic, minced
- ❖ □ 2 cups black beans, drained and rinsed
- ❖ □ 1/2 cup sauerkraut
- ❖ □ Sliced green onions or cilantro, for garnish.

DIRECTIONS:

1. Preheat oven to 400F. Lightly grease a baking sheet.
2. Place cauliflower florets on the baking sheet. Sprinkle with paprika, garlic powder, onion powder, salt, and pepper. Stir to coat evenly. Bake for 20 minutes, until tender.
3. In a medium saucepan, cook farro (or other grain) according to package directions. Transfer the cooked grains to a bowl.
4. In the same saucepan, heat a little water. Add kale, garlic, salt, and pepper. Cook until the kale is wilted, about 5 minutes.
5. To arrange bowls, add kale, grains, beans, cauliflower, sauerkraut, avocado pesto, and a garnish of fresh herbs.
6. For the avocado pesto: In a blender or small food processor, add avocado, basil, spinach, lemon juice, garlic, and walnuts.
7. Pulse until smooth, adding a couple tablespoons of water if needed.

TOTAL CALORIES: 396

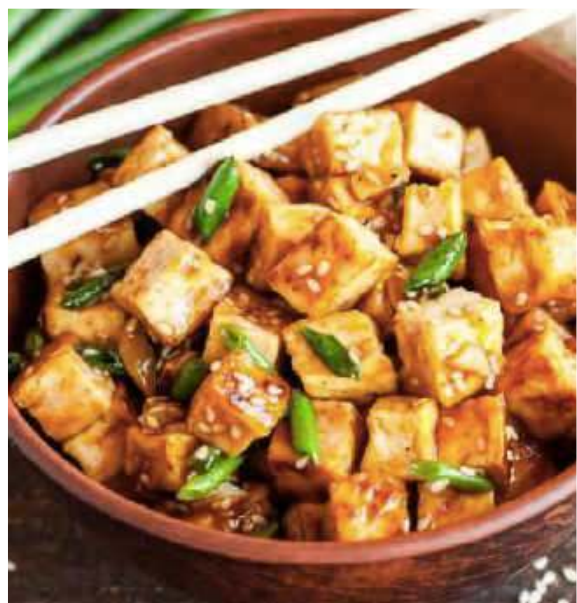
Protein: 14 g

Carbs: 65 g

Fats: 11 g

BROILED SESAME TOFU

SERVES 1 - PREP TIME: 10 MINS - READY IN 20 MINS



INGREDIENTS:

- ❖ □ 1/2 tbsp of soy sauce
- ❖ □ 1/8 tbsp of vegetable oil
- ❖ □ 1/4 dash of pepper
- ❖ □ 1/2 cup of chopped carrots
- ❖ □ 1/2 cup of tofu
- ❖ □ 1/4 tbsp fo balsamic vinegar
- ❖ □ 1/4 scallions (large)
- ❖ □ 1 1/6 tbsp of sesame oil

DIRECTIONS:

1. Heat the broiler to high and arrange a rack in the top third of the oven. Cover a baking sheet with foil; set aside.
2. Whisk the soy sauce, vegetable oil, and a pinch of pepper in a medium shallow bowl to combine. Dip the carrots and tofu pieces into the soy sauce mixture to coat (let the excess sauce drip off and back into the bowl), then lay the pieces on the baking sheet so they are not touching. Set the remaining sauce aside.
3. Broil the carrots and tofu until browned on all sides, about 20 minutes total, turning the tofu every 5 minutes to brown on four sides and flipping the carrots after 10 minutes. Remove from the oven.
4. Add the chopped scallion, vinegar, and sesame oil to the reserved sauce and stir to combine. Add the broiled carrots and tofu to the sauce and toss to coat. Serve.

TOTAL CALORIES: 236

Protein: 22 g

Carbs: 13 g

Fats: 13 g

GARLIC BROCCOLI TOFU

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
59



DIRECTIONS:

1. Drain and dry tofu. Cut into cubes.
2. Bring water to boil in a pot with a steam tray over top. Add broccoli and steam for 4-6 minutes until tender. Remove from heat and add to a pan over medium heat. Add tofu, sprinkle garlic, and toss until evenly heated through. Serve and enjoy.

INGREDIENTS:

- ❖ 6 o1/8 tbsp of vegetable oil
- ❖ 2 cups of chopped broccoli
- ❖ 3 tbsp of garlic powder

TOTAL CALORIES: 163

Protein: 15 g

Carbs: 22 g

Fats: 4 g

CURRY TOFU

SERVES 4-6 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
60



INGREDIENTS:

- ❖ □ Block Extra Firm Tofu
- ❖ □ 1/2 Cup Green Bell Pepper (Chopped)
- ❖ □ 1/2 Cup Red Bell Pepper (Chopped)
- ❖ □ Cups Spinach
- ❖ □ 1/2 Cup Tomato (Chopped)
- ❖ □ 1/2 Cup Onions (Chopped) 1/4 Cup Olive Oil
- ❖ □ 1/4 Cup Curry Powder 1 Heaping Tbsp Sea Salt
- ❖ □ 1 Heaping Tbsp Black Pepper 3 Cloves Garlic (Chopped)
- ❖ □ 1 Large Iron Skillet 1 Mixing Spoon
- ❖ □ Optional Ingredients
- ❖ □ Spicy Ingredients)
- ❖ □ 1 Heaping Tbsp Paprika
- ❖ □ 1/2 Tbsp Cayenne

DIRECTIONS:

1. Place iron skillet on stove, with low/medium heat.
2. Pour 1/4 cup of olive oil into pan.
3. Now put 1 Block Extra Firm Tofu into the pan and let it cook for about 5-10mins. And cover.
4. Now chop and put into skillet; 1/2 Cup Tomato and onion, 3 garlic cloves, and 1/2 cup of green pepper, and red pepper.
5. Add in all seasonings into the skillet; 1 Heaping Tbsp of salt, 1 Heaping Tbsp of pepper, and 1/4 cup of curry powder and mix.
6. Add in spicy seasoning now (optional)
7. Add 2 Cups of Spinach and Cover.
8. Let everything cook for another 10 mins.

TOTAL CALORIES: 935

Protein: 11 g

Carbs: 5 g

Fats: 2 g

BEAN SPOUTS WITH TOFU

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
61



INGREDIENTS:

- ❖ □ 1/2 cup of mung beans
- ❖ □ 1/2 tbsp of olive oil
- ❖ □ 3 oz of tofu
- ❖ □ 1 /2 garlic clove
- ❖ □ 1/2 tbsp of soy sauce
- ❖ □ 1/2 large scallion

DIRECTIONS:

1. Rinse the bean sprouts with cold running water, drained and set aside. Remove the roots if you desire.
2. Heat up a wok and add some cooking oil for panfrying the tofu. When the oil is fully heated, pan-fry the tofu until they turn light brown on the surface. Transfer them to a dish lined with paper towels.
3. Leave about 1 tablespoon of oil in the same wok, stir-fry the garlic until aromatic, then add the tofu back into the wok for a few quick stirs before adding the bean sprouts. Add soy sauce, scallions, and do a few more quick stirs.
4. Plate and serve immediately

TOTAL CALORIES: 155

Protein: 15 g

Carbs: 10 g

Fats: 9 g

GARLIC GREEN BEANS WITH TOFU

SERVES 3 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
62



DIRECTIONS:

1. Rinse the green beans and snip off their ends.
2. In a wok or nonstick skillet, warm the oil over medium heat.
3. Add the green beans and garlic and saute for 5 minutes, stirring continuously.
4. Add the tofu and cook for 5 more minutes.
5. Take skillet off the stove and let it cool for 5-10 mins and ready to serve and eat.

INGREDIENTS:

- ❖ □ 3 Tbsp of Olive Oil
- ❖ □ 6 Garlic Cloves
- ❖ □ 34 lb of Tofu
- ❖ □ 6 Cups of Green Beans (sliced)

TOTAL CALORIES: 782

Protein: 36 g

Carbs: 56 g

Fats: 51 g

KUNG PAO TEMPEH

SERVES 3 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
63



DIRECTIONS:

1. Preheat oven to 390°F/200°C.
Cut the tempeh in large cubes.
Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

INGREDIENTS:

- ❖ 8 of Tempeh
- ❖ 2 cups of vegetables
- ❖ 2 tbsp of soy sauce
- ❖ 1/4 cup of peanuts
- ❖ 1 dash of salt
- ❖ 1 dash of pepper

TOTAL CALORIES: 986

Protein: 68 g

Carbs: 89 g

Fats: 45 g

CURRY CAULIFLOWER

SERVES 3 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
64



DIRECTIONS:

1. Preheat oven to 345 degrees F.
2. Mix peanut butter, curry powder, olive oil and salt
3. Add the chopped raw cauliflower and almonds and mix well.
4. Spread cauliflower heads on a baking pan and place on top rack of the oven. Wait until brown and flip. The process takes about 10 minutes total. Enjoy!

INGREDIENTS:

- ❖ □ 1/2 tbsp of peanut butter
- ❖ □ 2 tbsp of curry powder
- ❖ □ 1 medium head of cauliflower
- ❖ □ 1 dash of salt
- ❖ □ 1/2 cup of slice almonds

TOTAL CALORIES: 1317

Protein: 50 g

Carbs: 70 g

Fats: 109 g

QUICK HUMMUS PASTA WITH ASPARAGUS

SERVES 4 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
65



INGREDIENTS:

- ❖ □ 350 g/12 oz pasta of your choice (use GF if needed)
- ❖ □ 600 g/21 oz asparagus, cut into smaller pieces
- ❖ □ For the hummus
- ❖ □ 2 cups of cooked chickpeas
- ❖ □ 2-3 cloves of garlic
- ❖ □ 1.5 lemons, juiced (+ save the zest for serving)
- ❖ □ 3 tbsp tahini
- ❖ □ ½ tsp red pepper flakes
- ❖ □ salt, pepper

DIRECTIONS:

1. Cook pasta according to package directions, adding asparagus during the last 2 minutes of cooking. Drain (reserving some of the cooking liquid) and return to pot.
2. Meanwhile add chickpeas, garlic, lemon juice, tahini, and chili flakes to a food processor and blend until creamy. Season with salt and pepper, and adjust consistency with pasta water (you'll need -1/2 cup of water).
3. Add hummus to drained pasta and asparagus, and mix well. Serve immediately warm or at room temperature with lemon zest on top.
4. Enjoy!

TOTAL CALORIES: 500

Protein: 22 g

Carbs: 45 g

Fats: 22 g

STIR FRY MIXED VEGGIES IN SOY SAUCE

SERVES 3 - PREP TIME: 7 MINS - READY IN 7 MINS

Recipe
66



DIRECTIONS:

1. Melt coconut oil in a pan over medium-high heat.
2. Add vegetables and stir, coating in the oil.
3. Add soy sauce and cook until vegetables are tender.
4. Serve hot and enjoy

INGREDIENTS:

- ❖ □ 1 1/2 Tbsp of Coconut Oil
- ❖ □ 1 1/2 Package of Mixed Vegetables
- ❖ □ 1 1/2 Tbsp of Soy Sauce

TOTAL CALORIES: 499

Protein: 17 g

Carbs: 59 g

Fats: 23 g

VEGAN MAC AND CHEESE

SERVES 4 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
67



INGREDIENTS:

- ❖ □ 1 1/2 cups raw cashews
- ❖ □ 3 tablespoons fresh lemon juice
- ❖ □ 3/4 cup water
- ❖ □ 1 1/2 teaspoons fine sea salt
- ❖ □ 1/4 cup nutritional yeast
- ❖ □ 1/2 teaspoon chili powder
- ❖ □ 1/2 clove garlic
- ❖ □ 1/4 teaspoon turmeric
- ❖ □ pinch of cayenne pepper (optional)
- ❖ □ 1/2 teaspoon mustard (dijon or yellow)
- ❖ □ 16 ounces of shell pasta of choice (gluten-free, if needed)

DIRECTIONS:

1. Prepare the pasta according to package directions.
2. While the pasta is cooking, combine the cashews, lemon juice, water, salt, nutritional yeast, chili powder, garlic, turmeric, cayenne (if using), and mustard in a high speed blender and blend until silky smooth. If the mixture is too thick, add 2-4 more tablespoons of water and blend again.
3. Once the pasta is tender, drain and rinse it, then return the pasta to the pot and stir in the cheese sauce. Season to taste and serve warm!
4. Enjoy!

TOTAL CALORIES: 395

Protein: 15 g

Carbs: 35 g

Fats: 25 g

SWEET STUFFED POTATO

SERVES 2 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
68



INGREDIENTS:

- ❖ □ 2 sweet potatoes (as large as you like)
- ❖ □ 1 tablespoon olive oil
- ❖ □ 2 cups broccoli, chopped into small florets
- ❖ □ 1 large shallot, thinly sliced
- ❖ □ 5 cloves garlic, minced (~2 tablespoons)
- ❖ □ 2 large pinches kosher salt
- ❖ □ freshly cracked pepper
- ❖ □ 1 large pinch of red pepper flakes (you can always add more later)
- ❖ □ 3 sun-dried tomatoes

DIRECTIONS:

1. Heat a medium cast iron pan or skillet over medium heat until hot. Add olive oil, and swirl to coat the pan. Add broccoli, shallot, and garlic to the pan; sauté until the broccoli is crunchy-tender and the shallots are limp, stirring constantly. Add the salt, pepper and red pepper flakes and stir to distribute evenly. Stir in the sun-dried tomatoes and remove from heat.
2. While the broccoli cooks microwave the sweet potatoes on high for 8 minutes, flipping half way through. Cook until they are soft and give easily when gently squeezed.
3. Split the sweet potatoes down the center and spoon half the broccoli mixture into each. Sprinkle on your favorite vegan cheese and serve hot!

TOTAL CALORIES: 307

Protein: 13 g

Carbs: 42 g

Fats: 5 g

LENTILS WITH VEGGIES, AVACADOS, WALNUTS & HUMMUS

Recipe
69

SERVES 2 - PREP TIME: 25 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1/2 Cup of lentils
- ❖ □ 1/2 Tbsp of olive oil
- ❖ □ 3 Garlic cloves (minced)
- ❖ □ 6 Asparagus (spear - medium)
- ❖ □ 6 Cups of spinach
- ❖ □ 1/2 Cup of avadado
- ❖ □ 2 Tbsp of hummus
- ❖ □ 2 Tbsp of Sriracha Sauce
- ❖ □ 1/4 cup of chopped walnuts
- ❖ □ 1 dash of salt
- ❖ □ 1 dash of pepper

DIRECTIONS:

1. Cook the lentils in boiling water until tender, but not broken, 20 to 25 minutes. (if you can't find French lentils and are using regular green lentils, the timing may be shorter.
2. Start checking at the 15-minute mark.)
3. Heat the oil in a large sauté pan over medium-high.
4. Chop asparagus into pieces and add to pan. Sauté until slightly tender, 3 minutes. Add the garlic; bloom 30 seconds. Add the spinach and sauté until wilted, 2 minutes.
5. Add a small splash of water if needed. Season with a little salt and pepper.
6. Serve lentils with sautéed veggies, topped with avocado slices, a dollop of hummus and a little sriracha. Add chopped walnuts and enjoy!

TOTAL CALORIES: 1065

Protein: 43 g

Carbs: 92 g

Fats: 62 g

SWEET POTATO & BLACK BEAN CHILLI

Recipe
70

SERVES 4 - PREP TIME: 10 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1/2 Cup of lentils
- ❖ □ 1/2 Tbsp of olive oil
- ❖ □ 3 Garlic cloves (minced)
- ❖ □ 6 Asparagus (spear - medium)
- ❖ □ 6 Cups of spinach
- ❖ □ 1/2 Cup of avadado
- ❖ □ 2 Tbsp of hummus
- ❖ □ 2 Tbsp of Sriracha Sauce
- ❖ □ 1/4 cup of chopped walnuts
- ❖ □ 1 dash of salt
- ❖ □ 1 dash of pepper

DIRECTIONS:

1. Heat oil in a dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

TOTAL CALORIES: 230

Protein: 12 g

Carbs: 46 g

Fats: 5 g

BURRITO BOWL

SERVES 1 - PREP TIME: 20 MINS - READY IN 10 MINS

Recipe
71



DIRECTIONS:

1. Prepare rice as per package directions. Set aside.
2. Chop lettuce, tomato, and avocado.
3. Top rice with the remaining ingredients and enjoy

INGREDIENTS:

- ❖ □ 1/6 Cup of wild rice
- ❖ □ 1/2 cup of shredded lettuce
- ❖ □ 1/3 roma tomatoes
- ❖ □ 1/6 avacado without skin and seed.
- ❖ □ 1/9 of corn
- ❖ □ 1/3 cup of blackbeans
- ❖ □ 1/6 cup of salsa

TOTAL CALORIES: 319

Protein: 17 g

Carbs: 55 g

Fats: 5 g

TOFU GREEN BEAN STIR FRY IN OYSTER SAUCE WITH SALTED BEANS

Recipe
72

SERVES 4 - PREP TIME: 10 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 8 ounces regular extra firm tofu fried
- ❖ □ 8 snake beans cut in 2 inch length
- ❖ □ 1 medium red bell pepper sliced into strips
- ❖ □ 2 tablespoons salted black beans mashed
- ❖ □ 1/2 cup of water
- ❖ □ 2 tablespoons oyster sauce
- ❖ □ 1 medium onion sliced
- ❖ □ 1/8 teaspoon ground black

DIRECTIONS:

1. Cut the fried tofu into cubes. Set aside.
2. Heat oil in a pan. When the oil gets hot, saute the onion until soft.
3. Add the snake beans, peppers, and salted black beans. Stir-fry for 3 minutes.
4. Add the tofu. Continue to stir fry for 1 minutes.
5. Combine oyster sauce and chicken broth (or water) in a bowl. Mix well. Pour the mixture into the pan.
6. Add ground black pepper and garlic powder. Cook for 3 to 5 minutes.
7. Transfer to serving plate

TOTAL CALORIES: 179

Protein: 9 g

Carbs: 16 g

Fats: 8 g

RED CURRY WITH CARROTS AND SPINACH

Recipe
73

SERVINGS: 4 - PREP TIME: 5 MINS - READY IN 15 MINS



INGREDIENTS:

- ❖ □ 3 medium carrots, cut into 1/4-inch rounds (105g)
- ❖ □ 1-inch knob fresh ginger, peeled and grated (12g)
- ❖ □ 2 (13.5-ounce) cans low-sodium chickpeas, drained and rinsed, or 3 cups cooked (510g)
- ❖ □ 1 (13.5-ounce) can full-fat coconut milk
- ❖ □ 1/4 cup (60g) red curry paste
- ❖ □ 1/2 teaspoon (3g) fine salt
- ❖ □ 1 tablespoon (12g) coconut sugar
- ❖ □ 3 packed cups (84g) fresh spinach leaves
- ❖ □ 1 tablespoon (15g) fresh lime juice

OPTIONAL: cashews and crushed red pepper for garnish

DIRECTIONS:

1. Add the carrots, ginger, and 1/2 cup (120g) water to a large pan over medium-low heat. Cook for 5 to 8 minutes, stirring occasionally, until the carrots are almost fully tender. Add more water if necessary, 1 tablespoon at a time, to keep the carrots cooking. Add the chickpeas, milk, curry paste, salt, and sugar, and stir well.
2. Increase the heat to high, and bring to a boil. Once boiling, cover and reduce the heat to low, and simmer for about 5 minutes or until the chickpeas and carrots are tender and the sauce has slightly thickened. Stir in the spinach and lime juice, and remove the pan from the heat, stirring until the spinach is wilted. Taste and add any extra lime juice or salt, if desired. Garnish with crushed red pepper for added heat and cashews for a satisfying crunch, if desired.

TOTAL CALORIES: 400
Protein: 12.3g
Carbs: 37.3 g
Fats: 24 g

SPICY AND SMOKY CHICKPEAS IN CREAMY TOMATO SAUCE

Recipe
74

SERVINGS: 4 - PREP TIME: 15 MINS - READY IN 20 MINS



INGREDIENTS:

- ❖ □ 1 cup (200g) dry white jasmine rice
- ❖ □ 1 1/4 teaspoons (8g) fine salt, separated
- ❖ □ 3/4 packed cup (120g) finely diced red onion
- ❖ □ 4 large garlic cloves, minced (12g)
- ❖ □ 1 1/4 cups (300g) “lite” canned coconut milk, shaken well
- ❖ □ 1/4 cup + 2 tablespoons (90g) tomato paste
- ❖ □ 2 teaspoons (6g) smoked paprika
- ❖ □ 1/2 teaspoon (2g) chipotle chile pepper spice
- ❖ □ 2 (15-ounce) cans low-sodium chickpeas, drained and rinsed, or 3 cups cooked chickpeas (510g)

OPTIONAL: 3 tablespoons (12g) fresh chopped parsley for garnish

DIRECTIONS:

1. Add the rice, 1 1/2 cups (360g) water, and 1/4 teaspoon salt to a medium pot. Stir and bring to a boil. Once boiling, immediately cover and turn down the heat to low. Simmer for 15 minutes or until all the water is gone. Remove from the heat (keep covered), and let it steam for 5 minutes. Fluff with a fork and leave uncovered for 5 minutes to cool.
2. Meanwhile, add the onion and 1/2 cup (120g) water to a large saucepan over medium-low heat. Bring to a simmer, and cook for 5 minutes. Add the garlic, and cook for 3 more minutes, stirring often so the garlic doesn’t burn.
3. Once the onions and garlic are tender, add the milk, tomato paste, smoked paprika, remaining 1 teaspoon salt, chipotle chile pepper spice, and chickpeas. Stir well, and bring to a simmer. Continue to cook for about 10 minutes until the chickpeas are soft and the liquid has thickened up to a nice sauce and is no longer watery. You want the sauce thickened, but not too thick. Serve immediately over the cooked rice.

TOTAL CALORIES: 453
Protein: 16.5 g
Carbs: 78.7 g
Fats: 9.2 g

TOMATO, RED PEPPER PASTA

SERVINGS: 4 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
75



INGREDIENTS:

- ❖ □ 6 tablespoons (90g) low-sodium vegetable broth
- ❖ □ 3 tablespoons (45g) red wine vinegar
- ❖ □ 1 teaspoon (1g) dried oregano
- ❖ □ 1/8 teaspoon ground black pepper
- ❖ □ 8 ounces fusilli pasta
- ❖ □ 3/4 cup (108g) sliced black olives
- ❖ □ 3/4 cup (113g) frozen sweet corn
- ❖ □ 3/4 cup (100g) halved cherry tomatoes
- ❖ □ 1/2 loosely packed cup (12g) chopped fresh basil

DIRECTIONS:

1. Combine the broth, vinegar, oregano, and pepper in small bowl, whisking until combined. Set aside in the fridge to chill.
2. Bring a large pot of water (about 8 cups, 1,920g) to a boil. Add the pasta, and cook 10 minutes or until al dente. Drain and rinse the pasta in very cold water. This will jump-start chilling the pasta salad. Transfer the pasta to a large bowl. Add the olives, corn, tomatoes, and basil, and stir to combine.
3. Pour in the vinaigrette, starting with 1/4 cup and increasing until it reaches the flavor you want. Keep in mind that the flavors will relax a bit overnight in the fridge, so you will likely add the remaining vinaigrette the next day if you don't use it all now. Toss to coat everything well.
4. Taste and add salt and more pepper, if desired. The frozen corn does chill the salad nicely right away and it can be eaten immediately, but I prefer to chill the salad in the fridge for a couple of hours before serving.

TOTAL CALORIES: 279

Protein: 9.5g

Carbs: 53.4 g

Fats: 4.2 g



SNACKS AND BAR RECIPES

SMOKY BBQ LENTIL DIP

SERVES 3- PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
76



INGREDIENTS:

- ❖ □ 2 (15-ounce) cans lentils, drained, rinsed, and patted dry, or 3 cups
- ❖ □ cooked lentils (510g)
- ❖ □ 1/2 packed cup (80g) finely chopped red onion
- ❖ □ 3 large garlic cloves, minced (15g; about 1 tablespoon)
- ❖ □ 1 tablespoon (15g) dark balsamic vinegar
- ❖ □ 5 tablespoons (75g) tomato paste
- ❖ □ 1 to 1 1/2 tablespoons (15 to 23g) Sriracha sauce
- ❖ □ 1 tablespoon (20g) pure maple syrup
- ❖ □ 1 1/2 teaspoons (4g) smoked paprika
- ❖ □ 1 teaspoon (6g) fine salt
- ❖ OPTIONAL: 1/4 cup (20g) chopped fresh

DIRECTIONS:

1. Add the lentils to a food processor, but do not process yet.
2. Add the onion, garlic, and 5 tablespoons (75g) water to a small pan over medium-low heat. Bring to a simmer, and cook 5 to 8 minutes or until tender, stirring occasionally. Add a touch more water, if needed, to prevent burning, but all the water should be gone before the next step.
3. Add the cooked onions and garlic, balsamic vinegar, and remaining ingredients to the food processor; process for 2 minutes or until completely smooth. It is so delicious right away, but the flavor will intensify further overnight in the fridge and it will thicken slightly. To serve, garnish with fresh green onions, if desired, and serve with chips or veggies.

TOTAL CALORIES: 134

Protein: 8.9 g

Carbs: 7.8 g

Fats: 0.2 g

THAI RED CURRY SWEET POTATO DIP

SERVES 3 - PREP TIME:15 MINS - READY IN 5 MINS



DIRECTIONS:

1. Add the mashed sweet potato, beans, lime juice, almond butter, soy sauce, 2 tablespoons (30g) hot water, curry paste, basil, coriander, and salt to a food processor; process for 3 to 4 minutes or until very smooth.
2. Scrape the sides and process again. Taste and add more salt, if desired.
3. Garnish with almonds and basil, if desired, and serve with chips, crackers, or assorted sliced vegetables.

INGREDIENTS:

- ❖ □ 1 packed cup (248g) cooked, mashed sweet potato
- ❖ □ 1 (15-ounce) can white cannellini beans, drained and rinsed, or 1 1/2 cups
- ❖ □ cooked white beans (255g)
- ❖ □ 2 tablespoons (30g) fresh lime juice
- ❖ □ 2 tablespoons (32g) roasted almond butter
- ❖ □ 2 tablespoons (30g) low-sodium soy sauce
- ❖ □ 1/4 cup (60g) Thai red curry paste
- ❖ □ 1 teaspoon (1g) dried basil
- ❖ □ 1/2 teaspoon (1g) ground coriander
- ❖ □ 1/4 teaspoon (2g) fine salt
- ❖ OPTIONAL: roasted sliced almonds, fresh chopped basil for garnish; crackers, chips, or sliced vegetables for serving

TOTAL CALORIES: 151

Protein: 6.8 g

Carbs: 24.9 g

Fats: 3 g

PROTEIN FUDGE BARS

SERVES 12 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
78



INGREDIENTS:

- ❖ □ 2 cups smooth peanut butter can sub for almond, cashew,
- ❖ □ 1/2 cup brown rice syrup can sub for agave or maple syrup*
- ❖ □ 1 1/2 cups ground oats gluten free oat flour, if necessary
- ❖ □ 1/2 cup vanilla protein powder
Approximately 2 scoops
- ❖ □ 1 tbsp liquid of choice (water, milk) *

DIRECTIONS:

1. Line an 8 x 8 inch loaf pan or cake tin with parchment paper and set aside.
2. In a mixing bowl, add your ground oats and vanilla protein powder and set aside.
3. In a microwave safe bowl or stovetop, combine your peanut butter with brown rice syrup and melt together. Whisk to ensure it is combined. Pour into the dry mixture and mix until fully incorporated. If batter happens to still be crumbly, add water/milk until a thick batter remains.
4. Pour batter into lined baking dish and press firmly into place. Refrigerate for at least 20 minutes to firm up. Once slightly firm, top with optional chocolate frosting and refrigerate for a further 40 minutes. Remove and cut into bars.

TOTAL CALORIES: 280

Protein: 14 g

Carbs: 11 g

Fats: 22 g

PROTEIN DATE BARS

SERVES 12 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
79



INGREDIENTS:

- ❖ □ 1 cup of chopped dates
- ❖ □ 2 cups of walnuts
- ❖ □ 2 cups of coconut meat
- ❖ □ 3/4 cups of cranberries
- ❖ □ 3 tbsp of water
- ❖ □ Chocolate chips, dried fruit, nuts, banana chips, vanilla, etc. (optional additions)

DIRECTIONS:

1. First toast the walnuts slightly in an oven heated to 170 degrees. Let them cool down before adding them to your food processor along with pitted dates, desiccated coconut and cranberries.
2. Process until the mixture is well combined and has a crumbly texture. Scrape down sides as needed.
3. Now add gradually the water, a tablespoon at a time and keep processing until the mixture is sticky and holds together.
4. Next get a square or rectangular baking dish, line it up with cling film and press the mixture in.
5. Press down firmly to ensure the mixture sticks well Together and is evenly spread.
6. Pop in the fridge for a couple of hours, then cut in to bars

TOTAL CALORIES: 280

Protein: 39 g

Carbs: 301 g

Fats: 190 g

PROTEIN DATE BARS

SERVES 4 - PREP TIME: 10 MINS - READY IN 15 MINS

Recipe
80



DIRECTIONS:

1. Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.
2. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.
3. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

INGREDIENTS:

- ❖ □ (4 Servings) 1 Can of Coconut Milk
- ❖ □ 1/4 Cup of Chia Seeds
- ❖ □ 1 Tbsp of Maple Syrup
- ❖ □ 1 tsp of Vanilla Extract
- ❖ □ 1 Cup of Berries

TOTAL CALORIES: 299

Protein: 5 g

Carbs: 14 g

Fats: 25 g

CHOCOLATE MOOSE

SERVES 8 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
81



DIRECTIONS:

1. tofu to a blender and blend for 1 minute until smooth. Melt chocolate over double boiler.
2. Turn off heat, add cocoa powder and stir until smooth and combined.
3. Add chocolate, maple syrup, and vanilla to blender and blend until combined. Pour into cups or ramekins and chill for at least 2 hours.

INGREDIENTS:

- ❖ □ 400g soft tofu
- ❖ □ 80 g bittersweet chocolate, chopped
- ❖ □ 2 tbsp unsweetened cocoa powder
- ❖ □ 50 g maple syrup
- ❖ □ 1 tsp vanilla

TOTAL CALORIES: 109

Protein: 3 g

Carbs: 12 g

Fats: 5 g

LEMON BLUEBERRY MOOSE

SERVES 4 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
82



DIRECTIONS:

1. In a blender, process the lemon juice, lemon zest (reserve a pinch to use as a garnish), blueberries, tofu, and dates honey.
2. Add extra lemon juice a little at a time if needed to get the ingredients moving around. Use as little liquid as possible, though.
3. Spoon into serving dishes and refrigerate for two hours until chilled.
4. Garnish with blueberries and lemon zest.

INGREDIENTS:

- ❖ □ 1/2 cup lemon juice
- ❖ □ Zest from one lemon
- ❖ □ 1 cup blueberries
- ❖ □ 1 package extra-firm tofu

TOTAL CALORIES: 109

Protein: 3 g

Carbs: 12 g

Fats: 5 g

APPLE PIE BITES

SERVES 10 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
83



DIRECTIONS:

1. Remove the pit from the dates.
Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
2. Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

INGREDIENTS:

- ❖ □ 8 Medjool Dates
- ❖ □ 1 Cup of Dried Apples
- ❖ □ 1 Cup of Walnuts
- ❖ □ 1 tsp of Cinnamon

TOTAL CALORIES: 314

Protein: 5 g

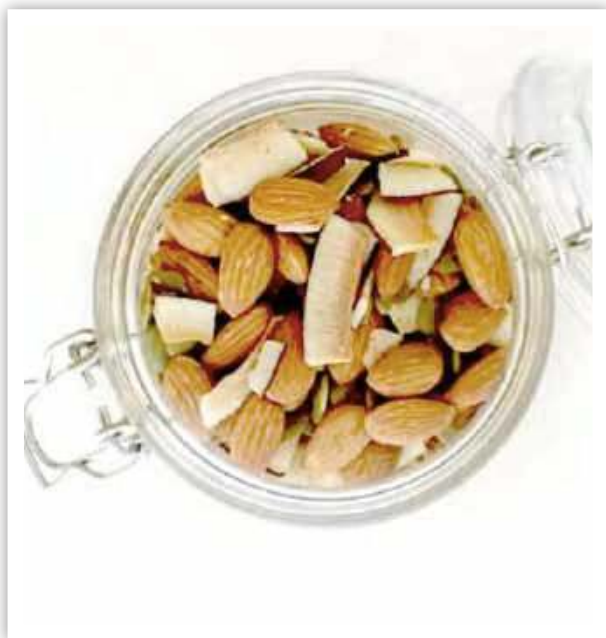
Carbs: 44 g

Fats: 16 g

EASY TRIAL MIX

SERVES 3 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
84



DIRECTIONS:

1. Place all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 3 portions.

INGREDIENTS:

- ❖ □ 1/2 Cup of Coconut Chips
- ❖ □ 1/4 Cup of Almonds
- ❖ □ 1/4 Cup of Pumpkin Seeds

TOTAL CALORIES: 256

Protein: 10 g

Carbs: 9 g

Fats: 20 g

COCONUT CHIA PUDDING

SERVES 4 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
85



DIRECTIONS:

1. Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.
2. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.
3. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

INGREDIENTS:

- ❖ □ 1 Can of Coconut Milk
- ❖ □ 1/4 Cup of Chia Seeds
- ❖ □ 1 Tbsp of Maple Syrup
- ❖ □ 1 tsp of Vanilla Extract
- ❖ □ 1 Cup of Berries

TOTAL CALORIES: 299

Protein: 5 g

Carbs: 15 g

Fats: 25 g

RAW CHOCOLATE, FRUIT & NUT BALLS

Recipe
86

MAKES 20-30 BALLS - PREP TIME: 5 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 cup (250 mL) pecans
- ❖ □ 1/2 cup (125 mL) pistachios
- ❖ □ 1 cup (250 mL) pitted prunes (the softer the better)
- ❖ □ 2 1/2 Tbsp (37.5 mL) unsweetened coconut oil
- ❖ □ 2 Tbsp (30 mL) agave or maple syrup,
- ❖ □ 1 Tbsp (15 mL) Kahlúa (optional)
- ❖ □ zest of 1 lemon
- ❖ □ 1/2 cup (125 mL) unsweetened finely shredded coconut
- ❖ □ 3 Tbsp (45 mL) unsweetened cocoa powder

DIRECTIONS:

1. Place the pecans and pistachios in a food processor and process until they are very finely chopped, but not powdered. Remove to a clean bowl and set aside.
2. Pop the prunes into the processor and process until they are well broken down.
3. Add the coconut oil to the prunes and pulse a few times, until you have a soft but reasonably solid texture.
4. Add the remaining ingredients and pulse again. Taste for sweetness and add more syrup if you wish. Add the processed nuts and process for a few seconds.
5. Transfer the thick mixture into a bowl. Take a small amount and roll into a 1-inch (2.5-cm) ball between the palms of your hands. Repeat with the remaining mixture.
6. Place the balls in an airtight container and refrigerate for 4–5 hours before serving. They will keep in the fridge for up to 5 days.

TOTAL CALORIES: 384

Protein: 2 g

Carbs: 40 g

Fats: 28 g

CINNAMON SPICE CHIA BALLS

YEILDS: 14 BALLS - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
87



DIRECTIONS:

1. Add the quinoa flakes, sugar, chia seeds, pumpkin seeds, cinnamon, allspice, salt, and pepper to a food processor, and process just until well mixed. Add the syrup, sunflower seed butter, and 1 tablespoon (15g) water, and pulse until large sticky clumps form and the mixture holds together when pressed with your fingers.
2. Form 1-inch balls with your hands. Store them in the fridge in a sealed container for up to 14 days.

INGREDIENTS:

- ❖ □ 1 cup (112g) quinoa flakes or gluten-free quick-cooking oats
- ❖ □ 2 tablespoons (24g) coconut sugar
- ❖ □ 2 tablespoons (24g) chia seeds
- ❖ □ 1 tablespoon (12g) pumpkin seeds
- ❖ □ 1 1/2 teaspoons (4g) ground cinnamon
- ❖ □ 1/4 teaspoon (1g) ground allspice
- ❖ □ 1/8 teaspoon fine salt
- ❖ □ 1/8 teaspoon ground black pepper
- ❖ □ 3 tablespoons (60g) pure maple syrup
- ❖ □ 7 tablespoons (112g) sunflower seed butter (such as SunButter)

TOTAL CALORIES: 110

Protein: 3.3 g

Carbs: 12.8 g

Fats: 5.4 g

CHOCOLATE-CHERRY GRANOLA

 Recipe
88

YEILDS: 2 CUPS- PREP TIME: 5 MINS - READY IN 25 MINS



INGREDIENTS:

- ❖ □ 1/2 cup + 2 tablespoons (200g) pure maple syrup
- ❖ □ 1/4 cup + 2 tablespoons (96g) roasted creamy almond butter
- ❖ □ 1/4 teaspoon (2g) fine salt
- ❖ □ 3 cups (280g) gluten-free old-fashioned oats, not instant
- ❖ □ 5 tablespoons (30g) unsweetened natural cocoa powder
- ❖ □ 1/2 cup (75g) preferred seeds or nuts
- ❖ □ 1/2 cup (75g) dried cherries

DIRECTIONS:

1. Preheat the oven to 325°F (165°C). Line a large sheet pan with parchment paper.
2. Add the syrup, almond butter, and salt to a large bowl, and stir well until smooth. Add the remaining ingredients, and stir until everything is well coated and wet. Spread the oats mixture out evenly in a single layer onto the prepared pan.
3. Bake at 325°F on the lowest rack for 15 minutes, stir the granola around well so the bottom cooks evenly, and bake 10 to 15 more minutes or until done. Watch the edges closely in the last couple of minutes so they don't burn. The granola will feel soft upon removal from the oven but will crisp up as it cools. Let cool on the pan for 15 minutes.
4. Store in a sealed container for up to 2 weeks.

TOTAL CALORIES: 281

Protein: 7.7g

Carbs: 47.5 g

Fats: 2.6 g

A close-up photograph of a woman's face, smiling broadly, holding a tall glass of pink smoothie with a green straw. The text 'SMOOTHIE RECIPES' is overlaid in the center. The woman is wearing a dark top with white polka dots and a blue and white ring on her finger.

SMOOTHIE RECIPES

CHOCOLATE PEANUT BUTTER GREEN SMOOTHIE

Recipe
89

SERVES 4 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

1. Put ingredients in the order listed in the container of your Vitamix or other high-powered blender.
2. Select “smoothie” setting and let it blend.
3. If your Vitamix doesn’t have a smoothie setting, start by blending on low speed gradually increasing to high.
4. Blend for 50-60 seconds or until mixture is smooth and all components are blended together.
5. Serve immediately!

INGREDIENTS:

- ❖ □ 1 ½ cups unsweetened vanilla almond milk
- ❖ □ ½ - 1 TBS unsweetened cocoa powder
- ❖ □ 3 Dates pitted
- ❖ □ 1 TBS creamy peanut butter
- ❖ □ 1 banana frozen
- ❖ □ 2 TBS old fashioned oats
- ❖ □ 2 cups spinach frozen
- ❖ □ 2 cups kale frozen

TOTAL CALORIES: 297.6

Protein: 20 g

Carbs: 51 g

Fats: 14 g

BANANA OATMEAL SMOOTHIE

SERVES 3 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
90



DIRECTIONS:

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

INGREDIENTS:

- ❖ □ 1 Medium Banana
- ❖ □ 2 Cups of Almond Milk
- ❖ □ 1/2 Cup of Oatmeal
- ❖ □ 2 Tbsp of Peanut Butter
- ❖ □ 1 Peach (sliced)
- ❖ □ 2 Scoops of Rice Protein

TOTAL CALORIES: 787

Protein: 64 g

Carbs: 87 g

Fats: 22 g

TROPICAL PROTEIN SMOOTHIE

SERVES 1 - PREP TIME: 2 MINS - READY IN 2 MINS

Recipe
91



DIRECTIONS:

1. Use unflavored protein powder, add 6 ice cubes, blend for 30 seconds.

INGREDIENTS:

- ❖ 1 1/2 Cup of Orange Juice
- ❖ 1 Medium banana
- ❖ 1/2 Cup of Strawberries
- ❖ 6 Ice Cubes
- ❖ 2 Scoops of Rice Protein

TOTAL CALORIES: 545

Protein: 52 g

Carbs: 82 g

Fats: 1 g

GREEN MONSTER SMOOTHIE

SERVES 1 - PREP TIME: 2 MINS - READY IN 2 MINS

Recipe
92



INGREDIENTS:

- ❖ □ 1 1/2 Cup of Orange Juice
- ❖ □ 1 Medium banana
- ❖ □ 1/2 Cup of Strawberries
- ❖ □ 6 Ice Cubes
- ❖ □ 2 Scoops of Rice Protein

DIRECTIONS:

1. In a blender, combine all ingredients and enjoy!
2. For a nut free option, substitute the almond milk with a certified nut free oat milk, rice milk, hemp milk, soy milk, or coconut milk.
3. For a higher protein option: Add a scoop of your favourite vanilla protein powder and/or substitute the almond milk with a high protein non-dairy milk such as soy or hemp milk. This smoothie contains approx. 23g of protein when made with almond milk, substituting it with soy milk will add an additional 6g of protein.

TOTAL CALORIES: 293

Protein: 23 g

Carbs: 45 g

Fats: 4 g

RED PROTEIN SMOOTHIE

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
93



DIRECTIONS:

1. Cut the ingredients, and put everything in the food processoy.
2. Mix until you reach a smooth texture.

INGREDIENTS:

- ❖ □ 1 up cherries
- ❖ □ 1 cup strawberries
- ❖ □ 5 leaves of kale
- ❖ □ 1 banana
- ❖ □ 1 scoop vegan protein powder

TOTAL CALORIES: 312

Protein: 20 g

Carbs: 60 g

Fats: 3 g

3 INGREDIENT CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

 Recipe
94

SERVES 2 - PREP TIME: 5 MINS - READY IN 5 MINS



DIRECTIONS:

1. Place all ingredients in a blender and blend until completely smooth. Serve immediately.

INGREDIENTS:

- ❖ □ 1 cup chocolate almond milk
- ❖ □ 2 frozen bananas sliced
- ❖ □ 1/4 cup peanut flour
- ❖ □ 1-2 tablespoons chia seeds or hemp hearts, optional

TOTAL CALORIES: 396

Protein: 14 g

Carbs: 68 g

Fats: 11 g

STRAWBERRY BANANA TOFU SHAKE

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
95



INGREDIENTS:

- ❖ □ 1 package (10 ounces) frozen, unsweetened strawberries, thawed
- ❖ □ 1 small ripe banana, peeled and sliced
- ❖ □ 1 package (12 ounces) silken soft tofu, drained
- ❖ □ 1 cup plain soymilk
- ❖ □ 1/4 cup Syrup
- ❖ □ 2 tablespoons fresh lemon juice

DIRECTIONS:

1. In a blender, puree berries until smooth. Remove, and rinse blender.
2. Combine the remaining ingredients in the blender.
3. Puree until smooth and thoroughly mixed, scraping down sides with rubber spatula as necessary.
4. Divide among glasses and spoon strawberry puree on one side of each glass.
5. Serve immediately or store in the refrigerator. If refrigerating, whisk to recombine just before serving.

TOTAL CALORIES: 672

Protein: 26 g

Carbs: 117 g

Fats: 14 g

DARK GREEN VEGGIE PROTEIN SMOOTHIE

Recipe
96

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

1. Combine all ingredients into a blender and blend on high until completely smooth. Enjoy!

INGREDIENTS:

- ❖ □ 3/4 cup of water
- ❖ □ 1 Scoop of pea protein powder
- ❖ □ 1 spice of ginger root
- ❖ □ 1/4 cup of chopped celery
- ❖ □ 1/4 cup of cucumber slices
- ❖ □ 1/4 cup of avocado cubes
- ❖ □ 1/2 cup of kale (chopped)
- ❖ □ 1/2 cup of spinach

TOTAL CALORIES: 149

Protein: 14 g

Carbs: 10 g

Fats: 6 g

GREEN PROTEIN POWDER SMOOTHIE

Recipe
97

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 cup (250 ml) unsweetened almond milk
- ❖ □ 1 ripe banana, frozen
- ❖ □ 1/2 cup (125 ml) chopped mango, frozen
- ❖ □ 1-2 large handfuls of baby spinach
- ❖ □ 1/4 cup (60 ml) pumpkin seeds (Pepita seeds)
- ❖ □ 2 tbsp (30 ml) hemp hearts (hulled hemp seeds)
- ❖ □ optional: 1/2 scoop (approx. 30ml) of vanilla protein powder + 1/4 cup (60ml) water

DIRECTIONS:

1. In a blender (or large tumbler if you're using an immersion blender) layer the spinach, banana, mango, pumpkin seeds, and hemp hearts. Add the almond milk and blend until smooth. Blend this smoothie for about 2 minutes (long enough to blend the pumpkin seeds really really smooth.) This recipe makes 1 large smoothie (2 cups – 500ml).
2. Smart Substitutions:
3. For a nut free option, substitute the almond milk with a certified nut free oat milk, rice milk, hemp milk, soy milk, or coconut milk.
4. For a higher protein option: Add a scoop of your favourite vanilla protein powder and/or substitute the almond milk with a high protein non-dairy milk such as soy or hemp milk. This smoothie contains approx. 13g of protein when made with almond milk, substituting it with soy milk will add an additional 6g of protein. Adding protein powder will add about 6-15g of protein (depending on the brand and amount of protein powder you use.)

TOTAL CALORIES: 464

Protein: 20 g

Carbs: 44 g

Fats: 28 g

PEANUT BUTTER PROTEIN SMOOTHIE

Recipe
98

SERVES 1 - PREP TIME: 5 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 2 cups kale (4.7 oz.)
- ❖ □ 1 banana
- ❖ □ 2 tbsp. hemp seeds
- ❖ □ 1 tbsp. peanut butter
- ❖ □ 2/3 cup water
- ❖ □ 2 cups ice
- ❖ □ 1 cup almond or cashew milk
- ❖ □ 2 tbsp. cacao powder
- ❖ □ 1 scoop vanilla protein powder

DIRECTIONS:

1. Place the kale and banana in a blender, then add the hemp seeds and peanut butter. To avoid them sticking to the sides of the blender, aim the hemp seeds and peanut butter toward the center.
2. Add the ice & liquids and blend briefly until ingredients are combined.
3. Add powders, aiming for the center, and turn the blender up slowly so that the powders blend instead of flying everywhere. Once combined, blend at high speed until smooth. Pour into glasses and serve.

TOTAL CALORIES: 265

Protein: 21 g

Carbs: 27 g

Fats: 12.5 g

OATMEAL PROTEIN SHAKE

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
99



DIRECTIONS:

1. Combine all ingredients in a blender or bullet and blend until smooth. Enjoy immediately.

INGREDIENTS:

- ❖ 2 scoop vanilla protein powder
- ❖ ½ tsp cinnamon
- ❖ 1 cup maple syrup
- ❖ 1½ cup milk, fat-free
- ❖ 1 tbsp almonds, chopped
- ❖ 1 cup raw oats

TOTAL CALORIES: 286

Protein: 16 g

Carbs: 28 g

Fats: 11 g

BLUEBERRY ALMOND PROTEIN SMOOTHIE

Recipe
100

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

1. Combine all ingredients in a blender or bullet and blend until smooth. Enjoy immediately.
2. Store any extras in ice cube trays in the freezer to be added to your next Blueberry Almond Vegan Protein Smoothie.

INGREDIENTS:

- ❖ 1 Cup Unsweetened Almond Milk - Vanilla
- ❖ 1 Scoop Boomer Nutrition Organic Vegan Vanilla Protein Powder
- ❖ 1/2 Cup Blueberries - fresh or frozen
- ❖ 1 Banana - fresh or frozen
- ❖ Ice cubes

TOTAL CALORIES: 168

Protein: 11.5 g

Carbs: 28 g

Fats: 2.5 g

PEA PROTEIN BANANA SMOOTHIE

SERVES 2 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
101



DIRECTIONS:

1. Combine all ingredients in a blender and pulse until smooth. Add more water if necessary. Enjoy!

INGREDIENTS:

- ❖ □ 4 medium bananas
- ❖ □ 4 scoops of pea protein
- ❖ □ 2 cups of water
- ❖ □ 2 ice cubes

TOTAL CALORIES: 700

Protein: 15 g

Carbs: 61 g

Fats: 6 g

BLUEBERRY & PINEAPPLE SMOOTHIE

Recipe
102

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1/ cup of blueberries
- ❖ □ 1/2 cup of pineapple (chunks)
- ❖ □ 2 tbsp of peanut butter
- ❖ □ 1 cup of almond milk
- ❖ □ 2 scoops of vegan protein powder
- ❖ □ 1 cup of spinach

DIRECTIONS:

1. In a blender, combine all ingredients, blueberries, pineapple, peanut butter, protein powder, almond milk and spinach. Blend this smoothie for about 2 minutes (long enough to blend the pumpkin seeds really really smooth.) This recipe makes 1 large smoothie (2 cups – 500ml).
2. Smart Substitutions:
3. For a nut free option, substitute the almond milk with a certified nut free oat milk, rice milk, hemp milk, soy milk, or coconut milk.
4. For a higher protein option: Add a scoop of your favourite vanilla protein powder and/or substitute the almond milk
5. with a high protein non-dairy milk such as soy or hemp milk. This smoothie contains approx. 13g of protein when made with almond milk, substituting it with soy milk will add an additional 6g of protein. Adding protein powder will add about 6-15g of protein (depending on the brand and amount of protein powder you use.)

TOTAL CALORIES: 643

Protein: 57 g

Carbs: 59 g

Fats:21 g

BLOOD ORANGE & GREEN JUICE

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
103



DIRECTIONS:

1. Feed all the ingredients through your juicer.
2. Pour into glasses and drink immediately.

INGREDIENTS:

- ❖ □ 1/ cup of blueberries
- ❖ □ 1 blood orange (peeled)
- ❖ □ 1 cup (250ml) brocolli florets
- ❖ □ 1 1/2 cups (375 mL) green or red grapes
- ❖ □ 1 stalk of celery
- ❖ □ 1 1-inch (2.5 cm) piece of fresh ginger (no need to peel)
- ❖ □ 1 lemon, peeled.

TOTAL CALORIES: 643

Protein: 57 g

Carbs: 59 g

Fats:21 g

BLOOD PURIFIER

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
104



DIRECTIONS:

1. Cut the beet and apples into pieces small enough to fit in your juicer.
2. Feed the ingredients through the juicer, pour into glasses and garnish with mint leaves.

INGREDIENTS:

- ❖ □ 1 large beet
- ❖ □ 3 red apples
- ❖ □ 1 1-inch (2.5-cm) piece fresh ginger (no need to peel)
- ❖ □ 2 cups (500 mL) red grapes
- ❖ □ 2–3 fresh mint leaves, for garnish

TOTAL CALORIES: 643

Protein: 57 g

Carbs: 59 g

Fats: 21 g

SUNBLAST CELL REJUVENATOR

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
105



DIRECTIONS:

1. Run all the fruits and vegetables through your juicer.
2. Stir in the water and pour into ice-filled glasses. Drink the sublime nectar at once, in small sips.

INGREDIENTS:

- ❖ □ 1 mango, peeled and sliced
- ❖ □ 1 medium carrot
- ❖ □ 2 cups (500 mL) fresh pumpkin or other winter squash, peeled and chopped
- ❖ □ 1 orange, peeled
- ❖ □ Just under 1 cup (250 mL) cold water
- ❖ □ Ice cubes or crushed ice

TOTAL CALORIES: 311

Protein: 6 g

Carbs: 78 g

Fats: 61g

BANANA, OAT & CINNAMON SMOOTHIE

Recipe
106

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

1. Add the water and blend again. Make sure there are no lumps, and that it's nice and frothy on top. If it seems too thick, add a little more milk or water and blend again. Pour and enjoy!

INGREDIENTS:

- ❖ □ 1 ripe frozen banana
- ❖ □ 1 cup (250 mL) nondairy milk
- ❖ □ 1–2 Tbsp (15–30 mL) agave or maple syrup
- ❖ □ 3–4 ice cubes
- ❖ □ 2 Tbsp (30 mL) rolled oats
- ❖ □ 2 Tbsp (30 mL) raw almonds
- ❖ □ 1 tsp (5 mL) ground cinnamon
- ❖ □ 1 cup (250 mL) cold water

TOTAL CALORIES: 304

Protein: 32 g

Carbs: 8 g

Fats: 0 g

FIGS & ROSES SMOOTHIE

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
107



DIRECTIONS:

1. Place all the ingredients except the cream in a blender, reserving 1/2 cup (125 mL) of the water, and blend until smooth.
2. Add the rest of the water and pulse a few times.
3. Pour into glasses, and top with a little coconut cream or other vegan cream, if desired.

INGREDIENTS:

- ❖ □ 1 ripe frozen banana
- ❖ □ 4 fresh figs
- ❖ □ 1 tsp (5 mL) rose syrup
- ❖ □ 5 ice cubes
- ❖ □ A few drops of rose essence a few drops of natural red food coloring (optional)
- ❖ □ A pinch of crushed cardamom seeds
- ❖ □ 1 cup (250 mL) ice-cold water, coconut cream or vegan cream for garnish (optional)

TOTAL CALORIES: 312

Protein: 8 g

Carbs: 50 g

Fats: 4 g

ROSE, COCONUT & CARDAMOM SMOOTHIE

SERVES 2 - PREP TIME: 5 MINS - READY IN 10 MINS

Recipe
108



DIRECTIONS:

1. Place all the ingredients except the rose petals in a blender and blend until smooth, frothy and creamy. Pour into glasses and garnish with rose petals, if desired.

INGREDIENTS:

- ❖ □ 1 cup (250 mL) thick coconut milk, chilled
- ❖ □ 2 tsp (10 mL) solid unsweetened coconut oil
- ❖ □ 2 Tbsp (30 mL) agave or maple syrup
- ❖ □ 2 tsp (10 mL) natural rosewater
- ❖ □ 6 ice cubes
- ❖ □ 1/4 cup (60 mL) vegan cream
- ❖ □ 1/4 tsp (1 mL) ground cardamom (or more to taste)
- ❖ □ 1 1/2 Tbsp (22.5 mL) rose syrup
- ❖ □ 3/4 cup (185 mL) ice-cold water fresh rose petals, for garnish (optional)

TOTAL CALORIES: 384

Protein: 2 g

Carbs: 40 g

Fats: 28 g

CHIA, BERRY, AND CARDAMOM VEGAN SMOOTHIE

Recipe
109

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS



DIRECTIONS:

1. In a small bowl, mix together 1 cup almond milk with chia seeds. Let sit at least 20 minutes and up to 1 hour, until chia expands and the texture becomes pudding-like.
2. Transfer chia mixture to blender and add remaining 1/2 cup almond milk, frozen berries, and cardamom.
3. Puree ingredients in a blender until smooth.

INGREDIENTS:

- ❖ 1 1/2 cups almond milk
- ❖ 3 tablespoons chia seeds
- ❖ 1 cup frozen raspberries
- ❖ 1/2 cup frozen strawberries
- ❖ 1 teaspoon ground cardamom

TOTAL CALORIES: 271

Protein: 8 g

Carbs: 44 g

Fats: 11 g

BLUEBERRY, AVOCADIO & LIME SMOOTHIE

Recipe
110

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS



DIRECTIONS:

1. Puree ingredients in a blender until smooth.

INGREDIENTS:

- ❖ □ 1 cup almond milk or coconut milk beverage
- ❖ □ 1 cup frozen blueberries
- ❖ □ 1/2 avocado
- ❖ □ Juice of 1 lime
- ❖ □ 1/2 teaspoon agave or maple syrup

TOTAL CALORIES: 254

Protein: 3 g

Carbs: 36 g

Fats: 6 g

APPLE PIE SMOOTHIE

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
111



DIRECTIONS:

1. Puree ingredients in a blender until smooth.

INGREDIENTS:

- ❖ 1/2 cup organic rolled oats, soaked overnight in water and drained of excess liquid
- ❖ 1/2 teaspoon cinnamon
- ❖ 1/2 teaspoon nutmeg
- ❖ 1 tablespoon almond butter
- ❖ 1/2 apple, diced
- ❖ 1/2 cup unsweetened coconut milk
- ❖ 1 cup ice cubes
- ❖ 1/2 cup water

TOTAL CALORIES: 399

Protein: 8 g

Carbs: 36 g

Fats: 29 g

RASPBERRY WALNUT SMOOTHIE

SERVES 1 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
112



DIRECTIONS:

1. Puree ingredients in a blender until smooth.

INGREDIENTS:

- ❖ □ 1/2 banana, frozen
- ❖ □ 1/4 cup walnuts
- ❖ □ 1 cup unsweetened almond milk
- ❖ □ 1 tablespoon cacao nibs
- ❖ □ 1 teaspoon vanilla
- ❖ □ 1/3 cup frozen raspberries

TOTAL CALORIES: 416

Protein: 9 g

Carbs: 21 g

Fats: 34 g

FINAL WORDS

There you have it. Whether you are cooking to build muscle, lose weight or improve your overall health, the recipes in this book is all you need to thrive!

Be prepared to feel great and have more energy like you never had before.

I would like to close this book by saying “Thank you for reading my book. I am very grateful and I hope it will help you on your journey to better health and performance.

WEEK **OF VEGAN** BOWLS

A 7-DAY
MEAL PLAN



WEEK OF VEGAN BOWLS

by NUTRICIOUSLY

© **nutriciously.com**, All rights reserved worldwide. No parts of this book may be used or reproduced without written permission.

Any questions or feedback can be sent to mail@nutriciously.com

This book is for informational purposes only. It is not intended to serve as a substitute for professional medical advice.

The authors specifically disclaim any and all liability arising directly or indirectly from the use of any information contained in this book.

Please consult a healthcare professional regarding your specific medical situation.

TABLE OF CONTENTS

Introduction		Meal Plan Overview.....	28
About and Philosophy.....	5	Sunday Meal Prep.....	29
Why Eat This Way.....	7	Day 1: Bibimbap Bowl.....	34
What to Know First.....	10	Day 2: Mediterranean Bowl.....	37
The Basics		Day 3: Green Bowl.....	40
Taking Inventory.....	15	Day 4: Pesto Noodle Bowl.....	43
Nutrition + Staple Foods.....	16	Day 5: Winter Buddha Bowl.....	46
Building a Vegan Meal.....	19	Day 6: Asian Noodle Bowl.....	49
Meal Planning + Prepping.....	20	Day 7: Powerhouse Bowl.....	52
Smart Food Swaps.....	22	Take the Next Step.....	55
Take Action			
Let's get Started.....	25		
Shopping List.....	27		



01 INTRODUCTION

HOW TO *make change* HAPPEN

About and Philosophy

Going plant-based can seem really daunting — at least that's how we felt almost a decade ago.

It took us a fair amount of time and research to figure out the basics of plant-based eating, fueling our bodies optimally, and making everyday cooking a piece of cake (metaphorically speaking, of course).

With this guide, we want to help you bring more plants to your plate and offer a way to look at vegan meals not as a substitute for animal-based dishes but as a colorful, well-rounded plate of delicious goodness.

Because healthy plant-strong eating can be really quite simple — it isn't rocket science.

With a few basics, which we will teach you on the following pages, you will be able to create an endless amount of flavorful vegan bowls adjustable to your taste preferences, staple foods, and seasonal produce at the store.

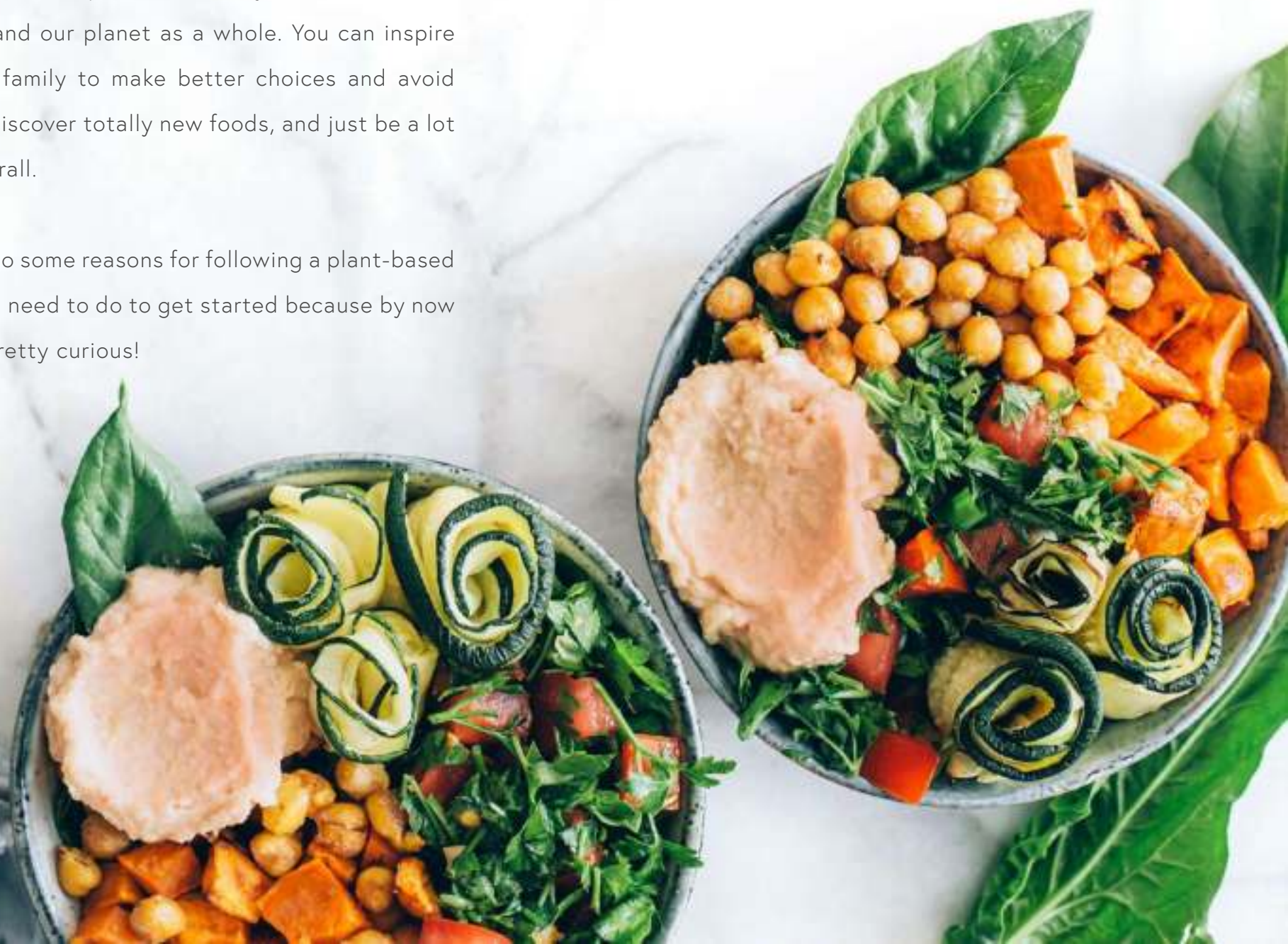
If you'd like to know a few things about the people who created this guide as well as the website nutriciously.com:

We're Alena and Lars, a young married couple from Germany who are health and nutrition nerds, advocates for animal rights, foodies, ecologists, and passionate entrepreneurs trying to create actionable, helpful, and beautiful resources for the world.

We both came to this way of eating and living after experiencing a range of different health issues, which we mostly reversed by diet and lifestyle changes... and which now drive us to help other people change their lives for the better.

Every step you take towards eating a whole foods plant-based diet will be an improvement for your health, other sentient beings, and our planet as a whole. You can inspire your friends and family to make better choices and avoid chronic disease, discover totally new foods, and just be a lot more content overall.

Let's dive right into some reasons for following a plant-based diet and what you need to do to get started because by now you're probably pretty curious!



Why Eat This Way



The trend of eating more plant-based or becoming vegan has become more and more popular throughout the media. And for good reasons! Let us give you just a few.

01. PREVENTING COMMON CHRONIC DISEASES

Vegans are less likely to develop heart disease, cancer, diabetes, or high blood pressure than meat-eaters, according to the Academy of Nutrition and Dietetics. A whole foods plant-based diet has been shown to reverse heart disease, type 2 diabetes, and offers protection against some types of cancer.

02. MEETING NUTRITIONAL REQUIREMENTS EASILY

Plant-based foods, especially if they are only minimally processed, have a very high nutrient density and offer a ton of fiber, plant protein, minerals, and vitamins as well as antioxidants. More on that later.

03. DECREASE ANIMAL SUFFERING

Every year, 56 billion land animals are killed for food alone. A vegan can save more than 100 animals per year by staying away from meat, dairy, eggs, and honey. Choosing organic or free range isn't enough because every animal is exploited and killed in the end.

04. GET + STAY LEAN EFFORTLESSLY

Fruits, vegetables, whole grains, and legumes all help you lose additional pounds without even trying. Vegans are the only diet group with an average healthy BMI and whole food plant-based diets have been shown to be the most effective in controlling weight while not limiting energy intake or mandating regular exercise.

05. HELP OUT THE ENVIRONMENT

Plant-based foods require a lot fewer resources compared to animal products. To produce 1 kg of beef, 15,414 liters of water are needed — not to mention the immense land use (livestock covers 45% of the earth's total land), CO2 emissions (more than all the transportation sector combined), deforestation, and water pollution through animal manure.

06. STOP WORLD HUNGER

50% of grains worldwide are being eaten by animals in the industries... while 82% of children living next to livestock are starving. The meat that's produced in these areas is then being shipped to the 1st world in order for us to eat — while all the grain grown in the US alone to feed livestock could feed an additional 800 million people.

07. SAVE SOME MONEY

Staying away from processed foods and animal foods is the cheapest way to eat. Our grocery bill was almost cut in half when we switched to a plant-based diet and bought what was in season.

08. TRY AMAZING NEW DISHES

Have you ever had a Buddha bowl? How about a delicious quinoa salad or black bean burger? There are over 20,000 species of edible plants in the world, of which somewhere between 150 and 200 have been domesticated and farmed. You probably haven't tried even half of them yet! Looking out for delicious new recipes broadens your horizons, your taste buds, and lets you discover delicious dishes you wouldn't have thought of before beginning your plant-based journey.

09. BETTER MOOD + DIGESTION

With all of these nutrients flowing through your body, it's hard to be bummed out and lethargic. Studies have found several mood scores to be improved after just 2 weeks of eating a plant-based diet. Healthful carbohydrate- and fiber-rich foods help regulate serotonin levels in the brain and improve your gut flora (good bacteria love fiber!) and bowel movements.

10. PERFECT EXERCISE FUEL

Not only does a plant-based diet offer more than enough protein and other essential nutrients, improving your digestion can give you access to lots more energy — and so does eating a diet rich in complex carbs. The high micronutrient levels and stores in your body will speed up your recovery time and you'll be able to build lean muscle mass.

Sources and more information here:

→ **WHY GO VEGAN**

What to Know First



TAKE IT EASY

It's okay to take things one step at a time instead of going all-in. Tackle the areas that are easiest for you personally first and don't start with the toughest ones.



BUY SMART

Stock your kitchen with foods you actually want to eat so you always have them on hand when hunger strikes. Don't buy what you don't really want to eat (think chocolates or chips) because you will once they are around.



FOODS TO SKIP

On a plant-based diet, we avoid all meat, dairy, eggs, fish, and honey. This also means butter, cream, ice cream, cheese, and more. But don't worry — all of these foods are usually available in a vegan version.



LABEL READING

Develop the habit of reading product labels to identify sneaky animal-based ingredients. Look out for words like lactose, whey, casein, gelatine, or lard. For extra health points, make sure the added sugar, oil, and salt is low.



TAKE YOUR B12

Every diet comes with some shortcomings, and even though leaving animals off the table drastically decreases your chance of getting a chronic disease, you do need to take a B12 supplement. In fact, every person over 50, regardless of their diet, should follow this advice.



SIMPLE FOOD SWAPS

You can easily veganize most, if not all, of your favorite recipes by making some smart food swaps (find them below). Alternatively, just search for your recipe with the word "vegan" before or after it on the internet.



PROTEIN IS EASY PEAS-Y

Getting too little protein is almost impossible on a pretty standard plant-based diet. Apart from adding some legumes to your daily meals and meeting your calorie needs, there's nothing you need to focus on — not even buying protein powder. If vegan athletes can thrive, so can you.



EAT MORE FOOD

Plant-based foods generally have fewer calories per bite compared to animal-based foods. Make sure you get enough energy each day by increasing your portion sizes.



SOY MYTHS

Traditional soy products aren't harmful to you (except in some rare medical cases) and are associated with longevity as well as lower cancer rates. Try to skip the soy protein isolate stuff, though.



AVOID ARGUMENTS

Keep your dietary changes to yourself first if you don't feel up for a long discussion. Simply skipping the meat can be offensive to some people, and if the topic comes up, you can say it's just an experiment.



GETTING LEANER

Although weight loss isn't guaranteed on a plant-based diet (think soft drinks, chocolate or chips, which can all be vegan), if you stick to mainly whole foods you will easily lose some extra pounds.



ETHNIC CUISINES

Eating out at Italian, Mexican, and Asian restaurants is especially easy since these cuisines already offer almost-vegan dishes where you can just order "without cheese" or "without eggs". Sometimes, the menu will also have a little "v" next to some dishes for better orientation.



KEEP ON LEARNING

Don't stop educating yourself on the different areas of plant-based eating and a vegan lifestyle. It'll keep you motivated, give you new ideas, and equip you for discussions in the future.



CONNECT WITH OTHERS

Look out for other people who are on a similar journey as you (the magic of the internet!) and use this support system as much as you can.



ENJOY THE RIDE

Lastly, don't forget to have fun! You won't make a new lifestyle stick if it seems too hard to you. Try some ethnic restaurants, get a few plant-based treats at the store, and find a couple of easy staple meals that you can fall back to if life gets too stressful.

For further education, check out these resources on our blog:

→ **TRANSITIONING TO A VEGAN DIET**

→ **BEST VEGAN BOOKS TO READ**

→ **BEST VEGAN DOCUMENTARIES**



THE BASICS
02

THE *plant-based* **KITCHEN**

Taking Inventory

What does a plant-based kitchen look like and how can you create wholesome vegan meals? We'll take a look at the most important specifics now so you can take action immediately.

If you are the kitchen chef at home and in charge of what's being bought and cooked, you can already go ahead and sort through everything you find in your pantry and fridge.

The foods that aren't eaten on a whole foods plant-based diet are listed in the previous chapter — feel free to check all the labels to get the things you don't want to eat this week (or indefinitely from now on) out of your sight.

Maybe put all of them in a separate box or in a corner you don't often look at. You can also give them away to friends and family or donate them.

If you share a kitchen with others who don't want to make this change, then get your own shelf to put things on that are compliant with a plant-based diet and use only these foods during the week.

Eating plant-based meals isn't complicated, and we certainly aren't pros when it comes to cooking — but if you're new to making your own meals, you might want to make sure to have a few essential kitchen tools on hand. These include:

- | | |
|-----------------------------------|-------------------|
| - Cutting board | - Measuring tools |
| - Sharp knife | - Pots |
| - Mixing bowls | - Non-stick pan |
| - Dinner bowls | - Baking sheet |
| - Lunch boxes, jars or Tupperware | |
| - Parchment paper or silicone mat | |
| - Blender or food processor | |

Nutrition + Staple Foods

As mentioned earlier, when following a plant-based eating plan, you don't consume any meat, dairy, eggs, fish, or honey. But it's not enough to know which foods to avoid, so let's see what you should use to stock up your kitchen!

When you follow a plant-based diet, there are 5 main food groups to eat from. These are:



FRUITS



VEGETABLES



WHOLE GRAINS



LEGUMES



NUTS + SEEDS

You will be able to meet all of your nutritional needs (except for vitamin B12, which needs to be supplemented) by eating from these food groups.

No special combinations or rules needed for now — just choose the foods you like to eat and start with them.

If you're interested in the specific dietary recommendations for critical nutrients and would like to learn more about portion sizes of the individual food groups, please check out our thorough guide on vegan nutrition [here](#):

→ **THE VEGAN FOOD PYRAMID**

Like we stated above, we recommend you eat most of your food from whole plant-based sources. To give you an idea of what the bulk of your diet should consist of, take a look at the following list:



FRUIT

Bananas	Mango
Apples	Pineapple
Oranges	Pears
Berries	Dates
Lemon	Dried Fruit of Choice
Peaches	Frozen Fruit of Choice



VEGETABLES

Leafy Greens	Red Cabbage
Bell Peppers	Garlic & Onion
Broccoli	Zucchini
Tomatoes	Cucumber
Carrots	Mushrooms
Kale	Frozen Veg of Choice



GRAINS + STARCHES

Potatoes	Quinoa
Sweet potatoes	Whole Grain Pasta
Squash	Rolled Oats
Corn	Whole Grain Bread
Green Peas	Millet
Brown Rice	Corn Tortillas
Pearl Barley	Whole Grain Wraps



LEGUMES

Lentils	Tofu
Black Beans	Tempeh
Kidney Beans	Pinto Beans
Chickpeas	Hummus



NUTS + SEEDS

Walnuts	Pumpkin Seeds
Almonds	Sunflower Seeds
Cashews	Peanut Butter
Flax Seeds	Tahini



OTHER

Vegetable Broth	Plant-Based Milk
Mustard	Soy Sauce or Tamari
Nutritional Yeast	Balsamic Vinegar
Herbs & Spices	Apple Cider Vinegar



Building a Vegan Meal

Alright, now that you're aware of the types of foods you should have in your kitchen as a plant muncher, let's see how you can put the puzzle pieces together to create a delicious, well-rounded meal.

Even though it seems like everyone's afraid of eating carbs or grains these days, wholesome foods like brown rice, potatoes, oats, and whole wheat pasta are healthy staple foods.

Together with legumes, they offer the bulk of your calories, lots of fiber, and long-lasting satiety. We recommend that each meal has some of these healthy, complex carbs as a basis.

You then go ahead and add some veggies of your choice, some fruit if you like, and top everything with some nuts or

seeds. Don't forget about the variety of herbs, spices, and condiments you have in your kitchen to boost the nutrition content and especially the flavor! The combinations here are truly endless.

Many meals you have been eating your whole life can be prepared in a fully plant-based version. You simply make some smart food swaps and don't have to reinvent the wheel here. Some basic meals are:

- **Rice with beans, salsa, and avocado**
- **Baked potatoes with a chickpea salad**
- **Avocado and grilled veggie sandwiches**
- **Falafel wraps**
- **Coconut pumpkin soup**
- **Whole grain pasta with tomato sauce**
- **Asian veggie stir-fry over rice**
- **Mashed potatoes with green beans
and mushroom gravy**



Meal Planning + Prepping

One thing that can help you a lot in the beginning is to plan out the meals you want to eat over the next couple of days and buy all the ingredients that you need at once.

Get inspired by browsing the web, vegan blogs, or Pinterest for some recipe ideas and then decide which ones to try.

You can make it a point to choose similar recipes that call for the same starches (e.g. rice) which you can then prepare in bulk at the beginning of the week and already have pre-cooked at home for the following days — that way, whipping up lunch or dinner can be a breeze.

Apart from having some cooked grains ready in the fridge, it's also convenient to have some canned beans and frozen vegetables at home.

Together, these 3 components make for a super quick and healthy meal!

As part of this week of vegan bowls guide, we will include some meal prepping to make things a bit easier for you.

Everything is already planned out, of course — you just need to follow the instructions for the prepping parts after getting all of the ingredients.

If you want to educate yourself a bit more on meal planning and meal prepping, here are 2 resources for you:

→ **PLANT-BASED MEAL PLANNING**

→ **PLANT-BASED MEAL PREPPING**



Smart Food Swaps

As plant-based eaters, we don't simply cut out some foods — we replace them with smart and better choices. Here's a list you can use when trying to veganize or healthify your own recipes and dishes:

Butter (topping) → Butternut Squash (Puree), Vegetable Broth, Avocado, Nut Butter

Cheese → Nutritional Yeast, Tofu, Nut Cheese

Cottage Cheese → Crumbled Tofu

Cream → Self-Made Coconut Cream or Cashew Cream

Dairy Milk → Plant-Based Milk like Soy, Almond, Oat, Rice

Eggs → Flaxseed, Banana, Applesauce, Silken Tofu, Agar Agar, Arrowroot

Honey → Agave, Maple Syrup, Date Syrup/Paste, Stevia, Erythritol, Molasses

Ice Cream → Pure Fruit Sorbet made with Banana, Mango, Berries, or Pineapple

Mayonnaise → Tofu Mayonnaise, Just Mayo

Meat, Poultry, Fish → Beans, Tofu, Tempeh, Seitan, Mushrooms, Lentils, Eggplant Slices, Mashed Chickpeas

Sour Cream → Plain Soy Yogurt or Blended Cashews

Yogurt → Plant-Based Yogurt from Soy, Almond, Rice, Coconut

DON'T DIG ALL OF THE VEGGIES OR GRAINS?

It would be a shame if you abandoned a plant-based diet just because you don't like a few of the ingredients that are more frequently used.

To be honest with you, nobody totally loves all of the different kinds of grains, vegetables, or legumes on this earth. And nobody has to!

We encourage you to modify all of the recipes you find in this ebook, on our blog, or anywhere else to make them tasty for you personally.

Don't like zucchini? Use eggplant or bell pepper instead. Cannot stand Kale? Maybe spinach or collard greens will do the trick.

When it comes to ingredients that aren't easy to find for you at the store or ridiculously expensive, there's usually another choice.

For our soba noodle bowls, you can just use whole grain spaghetti instead. Likewise, swap one bean for another.

Don't find any lemons? Use limes. No fresh parsley? Use dried. Asparagus is not in season? Just use more of another vegetable, like zucchini, instead.

This last tip works for pretty much any component you don't like, by the way.

We're sure you can make it work!



START YOUR
one week
MEAL PLAN



Let's get Started

Finally, we've come to the best part of this guide: the actual food! Are you as excited as we are?

You might have seen that the bowl recipes here are only for lunch and dinner this week. That's because coming up with a plant-based breakfast is just too easy, and we wanted to give you enough freedom each day to eat the foods you really love for breakfast or as a snack.

But to give you some ideas, here are some delicious vegan breakfast choices:

- Rolled oats with fruit and nuts
- Cold cereal (like shredded wheat) with plant-based milk and some fruit

- Sweet potato toasts
- Whole grain bread with avocado or peanut butter
- Shredded potatoes with veggies
- Hot cereal with fruit
- Banana pancakes
- Whole grain waffles
- Overnight oats
- Breakfast burritos
- Green smoothies
- Blueberry muffins
- Scrambled tofu
- Chia pudding

We recommend you pick 3 breakfast choices and eat these throughout the week.





VEGAN MEAL PLAN FOR ONE

The following vegan meal plan is perfect for one adult person — each serving of our plant-based Nourish Bowls offers around 500-600 calories, which is what an average woman or man eats during lunch and dinner.

Please adjust the amount of food you consume per day to suit your personal needs.

- Have a large breakfast & couple of snacks for more total calories
- Have a normal-sized breakfast and omit snacking for less total calories

This meal plan can easily be doubled or quadrupled to feed as many people as you wish! Let's take a look at the items you'll need for one person who wants to make these seven bowls.

Shopping List

FRESH PRODUCE

- Arugula 2 cups / 40 g
- Asparagus 8 spears
- Avocado 2 pieces, rather unripe
- Baby Spinach, fresh 3 ½ cups / 3.7 oz / 105 g
- Broccoli 2 medium + 1 small head
- Carrots 4 medium
- Cilantro, fresh ½ cup / 0.3 oz / 8 g
- Garlic 5 cloves
- Green Onion 8 stalks / 1 bunch
- Kale 22 leaves / 0.5 lb / 220 g
- Lemon 3 pieces
- Lime 4 pieces
- Onion 2 pieces
- Orange 2 pieces
- Parsley, fresh 2 cups chopped / 4 oz / 120 g
- Portobello Mushrooms 4 pieces / 12 oz / 340 g
- Red Bell Pepper 2 pieces
- Red Cabbage 11 oz / 310 g
- Sweet Potatoes 5 medium / 1.5 lb / 680 g
- Tomatoes 2 medium
- Zucchini 3 medium

PANTRY

- Brown Rice, dry 1 ½ cups / 9.5 oz / 270 g
- Cannellini Beans, cooked & drained 1 can / 1 ½ cups / 260 g
- Chickpeas, cooked & drained 3 cans / 4 ½ cups / 740 g
- Maple Syrup 3 tsp / 0.6 oz / 20 g
- Quinoa, dry 1 ⅓ cups / 7.8 oz / 220 g
- Sesame Seeds 2 tbsp / 18 g
- Soba Noodles 10 oz / 280 g
- Sun-Dried Tomatoes, dry 6 pieces
- Tahini 2 tbsp / 1 oz / 30 g
- Walnuts ¾ cup / 2.8 oz / 80 g

FRIDGE

- Tofu, firm 14 oz / 400 g

CONDIMENTS

- Miso Paste 4 tbsp / 2.4 oz / 68 g
- Soy Sauce 2 tbsp / 1.1 oz / 32 g

SPICES / KITCHEN STAPLES

- Cayenne
- Cumin
- Ginger Powder
- Nutritional Yeast
- Pepper
- Salt
- Turmeric Powder

Meal Plan Overview

MEAL PLAN OVERVIEW

SUNDAY DAY 1

Dinner:
Bibimbap Bowl

MONDAY DAY 2

Lunch:
Bibimbap Bowl
Dinner:
Mediterranean Bowl

TUESDAY DAY 3

Lunch:
Mediterranean Bowl
Dinner:
Green Bowl

WEDNESDAY DAY 4

Lunch:
Green Bowl
Dinner:
Pesto Pasta Bowl

THURSDAY DAY 5

Lunch:
Pesto Pasta Bowl
Dinner:
Buddha Bowl

FRIDAY DAY 6

Lunch:
Buddha Bowl
Dinner:
Asian Noodle Bowl

SATURDAY DAY 7

Lunch:
Asian Noodle Bowl
Dinner:
Powerhouse Bowl

SUNDAY DAY 8

Lunch:
Powerhouse Bowl

Sunday Meal Prep

Equipment needed:

- Cutting board
- Sharp knife
- Non-stick skillet or pan
- Medium-sized pot
- 2-3 baking sheets
- Parchment paper or silicone mats
- Food processor or small blender
- 4 medium-sized containers for rice, tofu, chickpeas & sweet potatoes
- 4 small containers for dressings & sauces

01. COOK YOUR RICE

→ 1 ½ cups brown rice, dry (9.5 oz / 270 g)

On your stove, in a rice cooker or Instant Pot, cook the rice according to the instructions on the package. Set 3 cups cooked rice aside for your dinner later, let the rest cool and then store in an airtight container in the fridge.

02. BAKE TOFU, SWEET POTATOES, AND CHICKPEAS

→ 5 medium sweet potatoes, peeled & diced (1.5 lb / 680 g)

→ 2 ½ cups chickpeas, cooked & drained (14.5 oz / 410 g)

→ 2 tsp cumin

Spice Mix:

→ ½ tsp cumin

→ ½ tsp turmeric

→ ½ tsp ginger powder

→ ¼ tsp cayenne

→ 7 oz tofu, firm (200 g)

→ 1 tsp ginger powder

Preheat oven to 350 °F (175 °C). Take out 2-3 baking sheets (depending on the size of your oven) and line them with parchment paper or silicone mats.

Place half of the diced sweet potatoes along with 1 cup chickpeas onto the first baking sheet and add the spice mix. Combine with fingers or a spoon to coat evenly.

The other half of the sweet potatoes goes onto the second baking sheet without any seasoning.

Place the remaining 1.5 cups of cooked chickpeas next to them and add around 2 tsp of cumin on top. Mix with your

fingers for a few seconds.

Drain the tofu, cut into small cubes, transfer onto the last baking sheet (or add to one of the first two if you have some space left). Sprinkle the ginger powder on top and mix to coat evenly, then arrange the cubes into a single layer.

Place baking sheets into the oven. Bake everything for 30 minutes in total but check in after 15 minutes to see if you should toss any of the food around a bit so everything browns evenly.

Once the time is up, remove from oven and let cool. Put into different airtight containers like so:

- 1 container with the ginger tofu
- 1 container with the sweet potatoes and chickpeas that both have the spice mix
- 1 container with the unseasoned sweet potatoes and cum-in chickpeas

03. MAKE THE CONDIMENTS

1. MISO GINGER SAUCE

- 4 tbsp miso paste
- ½ cup water (120 ml)
- 1 lime, juice only
- ¼ tsp ginger powder
- ¼ tsp cayenne pepper

In a small saucepan, bring miso and water to a gentle simmer and cook, stirring constantly, for 3-5 minutes or until the miso mixture thickens up slightly.

Remove from heat and stir in lime juice, ginger, and cayenne. Let cool and place into an airtight container.

2. TAHINI LIME DRESSING

- 2 tbsp tahini
- 3 limes, juice only
- ½ cup water (120 ml)
- 2 garlic cloves, minced
- 2 tsp maple syrup
- ½ tsp salt

Add tahini, water and lime juice into a small bowl and whisk together. Add the rest of the ingredients and keep on whisking until you have a homogenous, creamy consistency.

If you have a blender on hand, you can just blend everything for a couple of seconds and are done. Then place into an airtight container.

3. TOMATO HUMMUS + ARUGULA PESTO

Take 6 sun-dried tomatoes (0.36 oz / 10 g) out of the package and soak into hot water for half an hour. If you're using jarred sun-dried tomatoes with oil, you can skip this step.

Start by making the bean base:

- 1 can cannellini beans, cooked & drained (1 ½ cups / 260 g)
- 1 tbsp nutritional yeast
- ½ tsp salt
- 2 garlic cloves, chopped
- 2 tbsp lemon juice
- ¼ cup water (60 ml)

Add everything into a food processor or blender and blend until it forms a smooth mixture. Take half of the bean base out and place into a bowl for later.

Now, let's make the arugula pesto! This is what we need:

- 2 tbsp nutritional yeast
- ½ cup walnuts, halved (1.8 oz / 50 g)
- ½ cup baby spinach, chopped (15 g / ½ oz)
- 2 cups arugula, chopped (40 g)
- 6 tbsp water
- 1 tbsp lemon juice

Start by adding the chopped greens and liquid to a food processor and pulse until you obtain a smooth, vibrant-green colored mixture.

Add the walnuts and nutritional yeast, then process again. Adjust the pesto to taste and add more salt or spices if needed.

Place into an airtight container and clean your kitchen tool for the second bean-based sauce.

Finally, make the sun-dried tomato hummus.

Add the soaked and drained sun-dried tomatoes together with 2 tablespoons of the soaking liquid and a pinch of salt to a food processor and create a paste. Add more soaking water if needed.

Take the bean base you put aside earlier and add it to the sun-dried tomato paste. Blend for a little longer to create the tomato hummus, then store in an airtight container in your fridge.

AWESOME JOB!

Wasn't too hard, right? You'll be so glad that you went through this meal prep when you're able whip up your bowls in less than 30 minutes.

After all of this hard work, you deserve to enjoy your first delicious vegan bowl tonight for dinner — and while preparing it, you can even use the leftover heat from the oven to bake your kale nice and crispy. Let's see what this first meal will be...



DINNER: BIBIMBAP BOWL



INGREDIENTS

- 4 kale leaves, thinly sliced (1.4 oz / 40 g)
- 2 portobello mushrooms, sliced (6 oz / 170 g)
- 1 tbsp soy sauce
- 1 medium carrot, thinly sliced
- 1 red bell pepper, thinly sliced
- 3 oz red cabbage, thinly sliced (85 g)
- ½ cup fresh cilantro, chopped (0.3 oz / 8 g)
- 1 tbsp sesame seeds
- Pinch of salt and pepper
- Half of the prepped rice
- Half of the prepped miso ginger dressing



METHOD

1. Preheat your oven to 400 °F (200 °C) and line a large baking sheet with a piece of parchment paper (since you just finished meal prepping, this shouldn't take very long). Toss kale with a pinch of salt and pepper and using wet hands, massage the seasoning into the kale. This will help the seasoning stick and crisp up the kale. Roast until lightly browned and crispy, around 10-15 minutes.
2. While the kale is roasting, preheat a non-stick sauté pan over medium heat. Add mushrooms and season with salt and pepper. Cook, stirring occasionally, until the mushrooms cook down and turn golden-brown, around 6-8 minutes. Stir in soy sauce and cook for another minute, just until the soy sauce gets bubbly.
3. You will now also need your prepped and non-refrigerated 3 cups of rice in addition to the miso ginger dressing. Make 2 servings of this bowl (one into a dinner bowl and the other into a food container to take with you to work) like so:
4. Start by layering 1½ cups of the cooked rice on the bottom of each bowl or container, top with crispy kale, soy sauce mushrooms, fresh carrots, red bell peppers, and red cabbage. Add fresh cilantro, sesame seeds, and half of the miso ginger sauce (store the other half of the sauce in the fridge for a different bowl).
5. Place your food container into the fridge for tomorrow's lunch. Enjoy the warm Bibimbap Bowl for dinner right now.

LUNCH: LEFTOVER BIBIMBAP BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave if wanted or enjoy cold.

Nutritional value per serving:

calories	470
carbohydrates	89.3 g
protein	14 g
fat	7.8 g
saturated fat	1.3 g
fiber	9.7 g
sugar	9.6 g
calcium	107.5 mg
iron	3.2 mg
zinc	3.6 mg





DINNER: MEDITERRANEAN BOWL



INGREDIENTS

- 2 medium zucchini
- 1 cup baby spinach (1 oz / 30 g)
- 2 tomatoes, diced
- 1 cup fresh parsley, chopped (2 oz / 60 g)
- 3 green onions, sliced
- 2 tbsp lemon juice, freshly squeezed
- ¼ tsp salt
- Prepped unseasoned sweet potato cubes
- Prepped cumin chickpeas
- Prepped sun-dried tomato hummus



METHOD

1. Preheat the oven to 350 °F (175 °C) and line two baking sheets with parchment paper. Using a mandoline or sharp knife, cut the zucchini lengthwise into thin slices.
2. Place them onto the first baking sheet, arranged in a single layer. Put into the oven for 10 minutes.
3. Meanwhile, take out your prepped unseasoned sweet potato as well as the cumin chickpeas and place half of each of them onto the second baking sheet. Put into the oven and while you're at it, flip over the zucchini slices and bake for 10 more minutes so everything's heated up.
4. Remove the baked ingredients from the oven and set aside, then start preparing the fresh components for this dish.
5. In a medium bowl, add the parsley, diced tomatoes, green onions, lemon juice, and salt. Mix to combine, then set aside.
6. Let's assemble the bowls by taking out one dinner bowl and one food container.
7. Create 2 beds of spinach, then divide the rest of the ingredients 50/50 and place them onto the greens (make sure the warm sweet potatoes and chickpeas get into your dinner bowl and the cold ones into tomorrow's lunch).
8. Get your sun-dried tomato hummus from the fridge and top both bowls with the goodness, using it all up.
9. If you'd like your meal to look a bit fancier, roll the zucchini ribbons — they will be easier to grab with the fork that way, too.

LUNCH: LEFTOVER MEDITERRANEAN BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave (sans the fresh veggies) if wanted or enjoy cold.

Nutritional value per serving:

calories	540
carbohydrates	101.8 g
protein	28.2 g
fat	5.9 g
saturated fat	0.7 g
fiber	25.9 g
sugar	28.5 g
calcium	343.2 mg
iron	10.8 mg
zinc	5.4 mg





DINNER: GREEN PROTEIN BOWL



INGREDIENTS

- 5 kale leaves, de-stemmed, roughly chopped (1.75 oz / 50 g)
- 4 asparagus spears, chopped
- 1 small broccoli head (about 1 cup), cut into small florets
- 1 cup baby spinach (1 oz / 30 g)
- 1 avocado, peeled and cut into slices
- 2 green onions, chopped

- Prepped brown rice
- Prepped ginger tofu
- Half of the prepped tahini lime dressing



METHOD

1. Heat a non-stick pan and add the kale, asparagus, and broccoli. Drizzle with a few tablespoons of water and cook for 7 minutes over medium heat, stirring frequently, until cooked but still a bit crunchy. Add water if needed whenever the veggies get sticky.
2. Take the precooked brown rice, the ginger tofu and the tahini lime dressing out of the fridge. If you'd like your tofu and rice to be warm for this bowl, put half of each into a microwave and reheat. Alternatively, half of the tofu can also be added to the veggies in the pan to become warm again.
3. Take out a dinner bowl as well as a food container to assemble your meals.
4. Divide the precooked rice and spinach, top with baked tofu and cooked vegetables. Add the avocado and chopped green onions on top. Use around a quarter of the tahini lime dressing for each serving and store the rest of it (around half of the original quantity should be left) in the fridge for an upcoming recipe.
5. Enjoy your dinner warm and store the food container in your fridge for tomorrow's lunch.
6. Tip: You can add the dressing just before eating it the next day to achieve a better texture — just store it separately.

LUNCH: LEFTOVER GREEN PROTEIN BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave (sans the fresh veggies) if wanted or enjoy cold. Add your dressing just before eating if stored separately.

Nutritional value per serving:

calories	558
carbohydrates	68.1 g
protein	23.3 g
fat	26.6 g
saturated fat	4.1 g
fiber	15.9 g
sugar	8.1 g
calcium	445.3 mg
iron	6.4 mg
zinc	3.9 mg





DINNER: PESTO NOODLE BOWL



INGREDIENTS

- 5 oz Soba noodles, dry (140 g)
- 1 medium broccoli head, cut into very small florets
- 1 medium zucchini, diced
- 1 white onion, diced
- 4 asparagus spears, chopped
- ½ avocado, cut into slices
- 1 tbsp lemon juice, freshly squeezed
- Black pepper & salt
- Prepped arugula pesto



METHOD

1. Cook the soba noodles according to the package instructions. Drain and set aside.
2. Heat a non-stick pan and add the broccoli, zucchini, onion, and asparagus.
3. Cook over medium heat for 10 minutes, stirring frequently, until cooked but still textured. Season with ground black pepper.
4. Get your arugula pesto, a dinner bowl and a food container to assemble the meals.
5. Divide all of the soba noodles, cooked vegetables, and pesto. Garnish with avocado slices, drizzle with lemon juice and serve.
6. Enjoy warm for dinner and store the full food container in the fridge for tomorrow's lunch.

LUNCH: LEFTOVER PESTO NOODLES BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave if wanted or enjoy cold.

Nutritional value per serving:

calories	660
carbohydrates	95.6 g
protein	30 g
fat	23.6 g
saturated fat	2.6 g
fiber	15.7 g
sugar	8.6 g
calcium	233.2 mg
iron	7.9 mg
zinc	5.8 mg





DINNER: ROASTED BUDDHA BOWL



INGREDIENTS

- 1½ cups quinoa, dry (7.8 oz / 220 g)
- 6 kale leaves, de-stemmed, roughly chopped (2.1 oz / 60 g)
- 1 tbsp lemon juice, freshly squeezed
- Pinch of salt and pepper
- 1 cup baby spinach (1 oz / 30 g)
- 8 oz red cabbage, shredded (225 g)
- 1 orange, peeled and cut into slices
- 2 tbsp walnuts, crushed (12.5 g)
- Prepped seasoned sweet potatoes
- Prepped seasoned chickpeas
- Prepped tahini lime dressing



METHOD

1. Rinse the quinoa and place into a pot with water according to the package instructions. Cook until soft and fluffy, then set aside to cool. Put half of it into an airtight container in your fridge for an upcoming bowl and use the other half for this recipe.
2. Preheat oven to 350 °F (175 °C) and line two baking sheets with parchment paper.
3. Onto the first one, add the kale leaves, drizzle with lemon juice and sprinkle some salt and pepper on top. Mix to combine and put into the oven.
4. Meanwhile, add half of the prepped sweet potatoes and half of the chickpeas onto the other baking sheet and put into the oven to warm up once the kale leaves have been in there for 5 minutes. While you're at it, toss or flip the kale leaves and roast everything for another 10 minutes. Remove and set aside.
5. Prepare the spinach, red cabbage, and orange. Take out the leftover tahini lime dressing, your dinner bowl, and food container for tomorrow.
6. Let's assemble the meals by evenly dividing the quinoa that's not stored in the fridge, topping it with sweet potatoes and chickpeas (use the warm ones here for dinner), then add the red cabbage and fresh spinach, garnish with orange slices, walnuts, and kale chips. Drizzle with tahini lime dressing or store half of the dressing separately for tomorrow's lunch.
7. Enjoy this warm comfort meal tonight.

LUNCH: LEFTOVER ROASTED BUDDHA BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave (sans the spinach if you want it to stay crunchy) or enjoy cold. Add the tahini dressing just before eating if stored separately.

Nutritional value per serving:

calories	638
carbohydrates	112.3 g
protein	23 g
fat	14.4 g
saturated fat	1.6 g
fiber	21.2 g
sugar	29.8 g
calcium	313.2 mg
iron	7.2 mg
zinc	3.8 mg





DINNER: ASIAN NOODLE BOWL



INGREDIENTS

- 5 oz Soba noodles, dry (140 g)
- 7 oz firm tofu (200 g)
- 1 medium broccoli head, cut into florets
- 2 portobello mushrooms, sliced (6 oz / 170 g)
- 1 red bell pepper, sliced
- 1 medium carrot, julienned
- 1 clove garlic, minced
- 1 onion, roughly diced
- 1 green onion, sliced
- 1 tbsp sesame seeds

- 1 tbsp soy sauce
- 1 tsp maple syrup
- ½ tsp ginger powder

- Leftover prepped miso ginger sauce



METHOD

1. Cook the soba noodles according to the package instructions. Drain and set aside.
2. Drain the tofu and cut into cubes.
3. In a medium bowl combine the maple syrup, soy sauce, and ginger powder to obtain a marinade.
4. Transfer the tofu cubes into the marinade bowl, mix to coat evenly and set aside.
5. Heat a non-stick pan over high heat and add the broccoli, mushrooms, bell pepper, carrot, garlic, and onion.
6. Cook for 5 minutes over high heat, stirring frequently, until cooked but still crunchy. Transfer into a bowl.
7. Add the marinated tofu cubes into the pan in a single layer and cook for 10 minutes over medium heat stirring frequently, until it forms a crust on each side.
8. Take your leftover miso ginger sauce out of the fridge, get a dinner bowl and a food container.
9. To assemble the meals, evenly divide the soba noodles, top with cooked vegetables and tofu, drizzle the sauce on top, then garnish with green onion and sesame seeds.

LUNCH: LEFTOVER ASIAN NOODLE BOWL

Take your prepped food container out of the fridge in the morning and take with you. Reheat your lunch in a microwave if wanted or enjoy cold.

Nutritional value per serving:

calories	595
carbohydrates	100.1 g
protein	37 g
fat	12 g
saturated fat	2.1 g
fiber	15.5 g
sugar	20.1 g
calcium	426.6 mg
iron	7.4 mg
zinc	5.7 mg





DINNER: POWERHOUSE BOWL



INGREDIENTS

- 7 kale leaves, de-stemmed, roughly chopped (2.5 oz / 70 g)
- 2 cups chickpeas, cooked & drained (11.6 oz / 330 g)
- 2 medium carrots, spiralized
- 1 cup fresh parsley, finely chopped (2 oz / 60 g)
- 2 green onions, sliced
- 2 tbsp lemon juice, freshly squeezed
- Salt & pepper
- 1 orange, peeled, cut into slices
- ½ avocado, cut into slices
- 2 tbsp walnuts, crushed (12.5 g)
- Prepped quinoa



METHOD

1. Put the kale leaves into a large bowl together with half of the lemon juice, salt, and pepper. Massage with your hands for a minute.
2. In the same bowl, add the quinoa, chickpeas, carrot spirals, parsley, and green onions.
3. Add the rest of the lemon juice, salt and pepper, and mix to combine.
4. Take out your prepped quinoa, a dinner bowl, and a food container.
5. Divide everything evenly into the bowl and container, then top with orange, and avocado slices and garnish with crushed walnuts. Finally, serve.

LUNCH: LEFTOVER POWERHOUSE BOWL

Take your prepped food container out of the fridge in the morning and take with you. Using a microwave here probably doesn't make much sense but if you're up for a warm meal, why not?

Nutritional value per serving:

calories	617
carbohydrates	95.7 g
protein	25.3 g
fat	18.1 g
saturated fat	2 g
fiber	23.9 g
sugar	21.3 g
calcium	309.5 mg
iron	9.1 mg
zinc	4.1 mg



Take the Next Step

And that concludes our 7 day meal plan!

We hope, we were able to help you take a couple of steps towards a health-promoting whole food plant-based lifestyle with the tips and plant-strong recipes we included in here.

But the whole topic is too extensive to break down in just one eBook — which is why we created the Complete Vegan Starter Kit eBook bundle that takes you "From A to Vegan" in no time.

Pretty much every question we've read over the years and obstacle we ourselves or our readers have faced are covered in there.



We cover everything from exact nutritional information to handling social situations, digestive issues, losing weight, meal formulas, restaurant guides, transition cheat sheets as well as 40 delicious recipes and a full 14-day meal plan covering breakfast, lunch, dinner, and snacks.

Since you already took your first steps by getting this free guide and reading it all the way through, we'd like to offer you **15% off** our Vegan Starter Kit bundle as an exclusive gift!

Hop on over here to check it out in detail:

→ **OUR COMPLETE VEGAN STARTER KIT**

To redeem your 15% coupon code, simply enter **VEGANBOWLS** at the checkout.

Thanks so much for taking the time, and we hope you've thoroughly enjoyed all the recipes and information found here.

If you recreated some of the bowls (or come up with cool, new ones), feel free to share in our [Facebook group](#) or tag us on [Instagram](#)! We'd love to see them and be part of your plant-based journey.

Love and Veggies,
Alena & Lars

~ *follow us*



© **nutriciously.com**, All rights reserved worldwide.

No parts of this book may be used or reproduced without written permission.

Credits: Icons made by Freepik from www.flaticon.com are licensed by CC 3.0 BY, Finger Snap by Artem Kovyazin from the Noun Project

Any questions or feedback can be sent to mail@nutriciously.com



VEGAN DIET CHALLENGE





Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



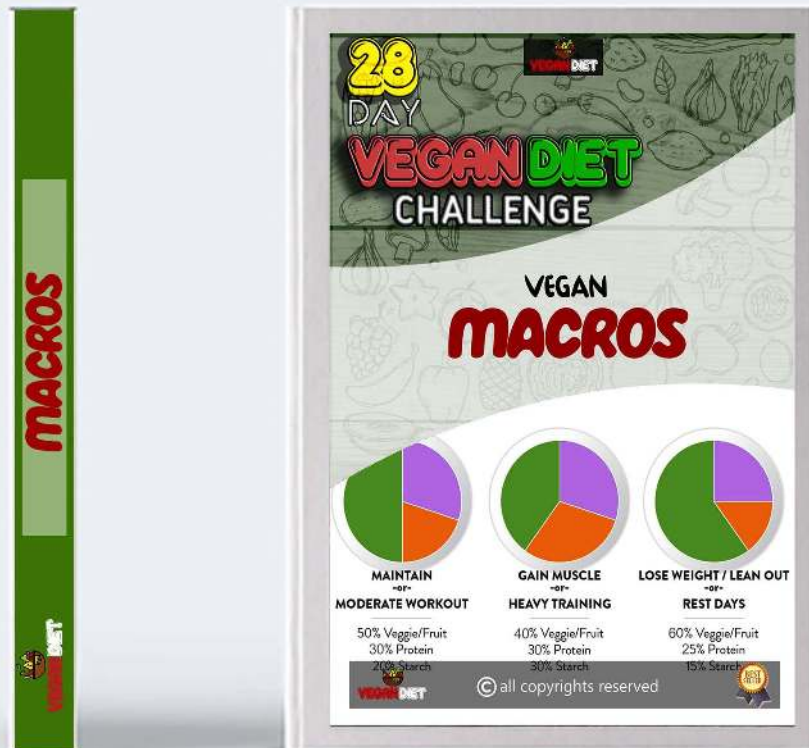
DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF



Click Here to



DOWNLOAD PDF