



Bringing Back Dinner

LISA WRIGHT BURBACH

A close-up photograph of a glass filled with a vibrant green smoothie. The smoothie has a slightly frothy texture with some small bubbles on the surface. The glass is in the foreground, and the background is softly blurred, showing hints of green leaves and a white bowl.

Green Smoothies **AND SALADS**



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AND SALADS

SMOOTHIES

HEALTHY SHAMROCK SMOOTHIE
REFRESHING GREEN SMOOTHIE
BEGINNER'S LUCK SMOOTHIE
GREEN & GLOWING SMOOTHIE
TROPICAL KIWI SMOOTHIE
ULTIMATE GREEN SMOOTHIE
GREEN DETOX SMOOTHIE

SALADS

CREAMY BROCCOLI SALAD
ROASTED BROCCOLI SALAD
CARROT SALAD WITH QUINOA
BEST TOSSED SALAD RECIPE
PERFECT GREEN CAESAR SALAD
FAVORITE CHOPPED SALAD
FRESH WALDORF SALAD

For a special treat:

MATCHA GREEN ENERGY BALLS



Healthy Shamrock Smoothie

INGREDIENTS:

4 pitted medjool dates
1 cup non-dairy milk
1/2 avocado
1 cup spinach
1 cup ice
1/8 tsp peppermint extract
(or 10-15 fresh mint leaves)
Optional: 1-2 Scoops [Vanilla Life Shake](#)
(Protein Powder)

*optional - 1 tbsp cacao nibs

DIRECTIONS:

1. If your medjool dates are a little hard, pit them and soak them in hot water for about 15 minutes or until soft. Once soft, remove them from the hot water and continue with the recipe.
2. Place all of the ingredients in a high-speed blender, except for the cacao nibs, and blend until smooth.
3. Add in the cacao nibs and blend for a few seconds to incorporate them into the smoothie.
4. Pour into glasses and top with more cacao nibs!



Refreshing Green Smoothie

INGREDIENTS:

1 large mango frozen
1 green apple cored
3 handfuls of spinach
2 celery stalks
1/2 english cucumber
1/2 lemon, peeled and seeded
2 cups cold filtered water
Optional: 1-2 Scoops Life Shake (Protein Powder)

DIRECTIONS:

1. Place everything into a high speed blender and blend until smooth.
2. Serve and enjoy immediately!



Beginner's Luck Smoothie

INGREDIENTS:

1 cup spinach
Optional: 1 scoop [Organic Greens Booster](#)
1 cup water
1/2 cup pineapple frozen
1/2 cup mango frozen
1 banana
*optional - 1 serving Life Shake (protein powder)

DIRECTIONS:

1. Measure: Tightly pack spinach in a measuring cup.
2. Add: Put spinach to blender with water. Blend together until all chunks are gone.
3. Toss: Pineapple, mango and banana to blender.
4. Blend: It all together until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes.
5. Pour: Into a glass and serve immediately.
6. Store: In the fridge with a lid until ready to drink.



Green & Glowing Smoothie

INGREDIENTS:

- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 cup frozen pineapple chunks
- 1/2 cup frozen mango chunks
- 1/2 banana, sliced
- 2 Tbsp unsweetened coconut flakes
- 1 Tbsp flax meal or flax seeds
- 1 cup baby spinach

DIRECTIONS:

1. Place all ingredients in a blender and blend until smooth. Enjoy!
2. If prepping this smoothie ahead, simply measure out and store the ingredients in freezer bags. When you're ready to enjoy, transfer the ingredients to the blender and add the almond milk.



Tropical Kiwi Smoothie

INGREDIENTS:

1/2 cup almond milk
1 frozen banana, divided
1-1/2 cups frozen pineapple chunks
1 seedless orange, peeled
2 kiwis, peeled
1 cup baby spinach or baby kale
1-1/2 cups ice
1/2 Tbsp chia seeds
Optional: Life Shake (protein powder)

*add additional liquid if needed to blend

DIRECTIONS:

1. Place almond milk, HALF of the banana, 1 cup of the pineapple, 1/4 of the orange, and a few ice cubes into the blender and blend until smooth.
2. Pour into a glass and put in the freezer while you make the second layer.
3. Place 1/2 of the orange, remaining 1/2 cup pineapple, 1 peeled kiwi, spinach or kale, and another small handful of ice in the blender and blend until smooth. Stir in chia seeds. Pour the green layer on top of the yellow layer.
4. Chop the remaining kiwi and add top the smoothie for garnish.



Ultimate Green Smoothie

INGREDIENTS:

- 1 banana
- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 tsp spirulina
- 1 serving powdered greens (Organic Greens Booster)
- 1 cup spinach
- 1 thumb fresh ginger
- 1 Tbsp hemp seeds
- 1 cup C20 matcha coconut water
- Optional: Life Shake (protein powder)

DIRECTIONS:

1. Blend all ingredients in a blender and enjoy!
2. Sprinkle with extra hemp seeds for garnish.



Green Detox Smoothie

INGREDIENTS:

1/2 cup coconut water (unsweetened)
1-1/2 cups baby spinach
1/3 cup fresh parsley leaves
1/2 persian cucumber
2 tsp fresh grated ginger
squeeze of lemon
1/2 apple
1 cup frozen peaches
1/2 cup frozen banana slices
1 scoop vanilla Life Shake (protein powder)
1/4 tsp ground cinnamon
1 cup ice

*add additional liquid if needed to blend

DIRECTIONS:

1. Pour the coconut water into the blender.
2. Top with the remaining ingredients.
3. Place the lid on top, with tamper inserted if you have one and turn on.
4. Blend until smooth and there are no remaining green pieces. Add more liquid if needed to turn the blade. Add more ice to thicken and chill.
5. Enjoy immediately!



Creamy Broccoli Salad

INGREDIENTS:

HERBY CREAMY HEMP DRESSING

- 1 cup hemp seeds
- 1/2 cup water
- 2 Tbsp olive oil
- 4 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- 4 garlic cloves
- 1 tsp salt
- 2 Tbsp nutritional yeast
- 1/2 cup fresh flat-leaf parsley

BROCCOLI SALAD

- 8 oz chopped broccoli
- 1 cup shredded purple cabbage
- 1/4 cup finely sliced or diced red onion
- 1/2 cup sliced and quartered radishes
- 1 cup sliced turnips or cucumber

*optional - dried cranberries

DIRECTIONS:

1. Make the dressing: Place dressing ingredients (except parsley) in a blender and blend until very smooth. If you need a tbsp more of water to get the blender going- so be it. Add the Parsley. Blend until chopped. Place in the fridge -this is best chilled. You can make this ahead, will last 3-4 days refrigerated.
2. Make the salad: Finely chop the broccoli and place in a large bowl -you should have about 4 cups. (Broccoli stems are ok, as long as they are finely chopped.) Add the cabbage, radishes, onion, turnips.
3. Add most of the dressing (you will not need all- BUT at the same time, you want this really creamy and coated!) Season the salad with more salt and pepper to taste.
4. Before serving sprinkle with hemp or sunflower seeds, add sprouts, parsley leaves and avocado if you like.

SERVES: 2-3



Roasted Broccoli Salad

INGREDIENTS:

FOR THE SALAD

- 1 large head of broccoli
- 1/4 cup sliced almonds, toasted
- 10 kalamata olives, sliced in half
- 1/4 cup plant-based feta (optional)
- lemon zest from one lemon

MAPLE MUSTARD SEED DRESSING

- 1 Tbsp whole grain mustard
- 1 Tbsp maple syrup
- 2 Tbsp fresh lemon juice
- 1 Tbsp olive oil
- 1 tsp fresh tarragon
- 1/8 tsp sea salt
- 1/8 tsp black pepper
- 1 tsp shallots, minced

DIRECTIONS:

1. Roast the broccoli.
2. Preheat the oven to 400°F and line a baking sheet with parchment paper.
3. Place the broccoli florets on the baking sheet. Toss with olive oil, salt, and pepper, and spread evenly.
4. Roast 15 to 22 minutes or until browned around the edges. Squeeze a little lemon juice onto the broccoli and sprinkle with red pepper flakes, if desired.
5. While broccoli is roasting, make the dressing. In a bowl, whisk together whole-grain mustard, maple syrup, lemon juice, olive oil, tarragon, shallot, salt, and pepper.
6. Toss the cooled broccoli in a bowl with the kalamata olives and half of the dressing.
7. Transfer to a serving bowl. Top with almonds, and lemon zest. Drizzle on more dressing as needed. Serve at room temperature.



Carrot Salad With Quinoa

INGREDIENTS:

1 cup quinoa, uncooked and rinsed well
1-1/2 cups water, pinch salt
3 cups carrots, grated or matchstick
1-2 cups celery, sliced
3 scallions, sliced at a diagonal
1 bunch cilantro, chopped
1 clove garlic, finely minced
1/2 cup chopped almonds, toasted
1/2 tsp cayenne or aleppo chili flakes
1/2 tsp allspice, optional
salt, ACV and pepper to taste
micro sprouts

RAW APPLE CIDER VINAIGRETTE:

1/4 cup raw apple cider vinegar
1/4 cup olive oil
1-1/2 -2 Tbsp pure maple syrup
1/4-1/2 tsp salt
1/4-1/2 tsp pepper

DIRECTIONS:

1. Place 1 cup of rinsed quinoa in a medium pot with 1-1/2 cups water and a pinch of salt. Bring to a boil, cover, simmer on low heat 12 minutes (or until water is gone). Turn heat off, let stand 5 minutes, then let cool uncovered.
2. While the quinoa is cooking make the dressing. Place all ingredients in a small bowl and whisk, or in a small jar, sealed with a lid and shaken.
3. Place carrots, celery, scallions, cilantro, garlic and almonds in a large bowl.
4. Toss with the vinaigrette and the cooled quinoa.
5. Add more salt, pepper and vinegar to taste.
6. Sprinkle in the cayenne and optional allspice.
7. Toss well and serve or refrigerate until serving.



Best Tossed Salad Recipe

INGREDIENTS:

1 romaine heart, chopped
5 cups mixed greens
1/4 small red onion
1-2 green onions, thinly sliced
1/2 cucumber, peeled and chopped
1 carrot, shredded
4 radishes, thinly sliced and halved
1/4 cup pepperoncini
1 cup sunflower seeds
3/4 cup croutons
sea salt, to taste

DIRECTIONS:

1. Prepare all of your salad ingredients.
2. Choose your favorite dressing.
3. Toss together the greens, red onion, green onion, cucumber, carrot, radishes, and pepperoncini in a large bowl.
4. Top with sunflower seeds and croutons, and drizzle with dressing.



Perfect Green Caesar Salad

INGREDIENTS:

CAESAR DRESSING

- 1 medium garlic clove
- 1 cup canned chickpeas, drained + 1/4 cup aquafaba (liquid from the can)
- 1 Tbsp lemon juice
- 2 Tbsp yellow or white miso paste
- 2 Tbsp Dijon mustard
- 6 Tbsp olive oil
- 6 Tbsp neutral oil
- 1/2 tsp kosher salt
- fresh ground black pepper

FOR THE SALAD

- 1 cup croutons
- 1 head romaine or 2 romaine hearts
- 1 bunch tuscan kale
- 1/4 cup capers, drained
- 1 ripe avocado (optional)
- lemon zest (optional)

DIRECTIONS:

1. Make the dressing: Peel and roughly chop the garlic. Drain the chickpeas into a liquid measuring cup: save 1/4 cup of the liquid (aquafaba) for the dressing. In a large blender, place the garlic, chickpeas, aquafaba, lemon juice, miso paste, Dijon mustard, olive oil, neutral oil, kosher salt, and fresh ground pepper. Blend until a creamy dressing forms.
2. Prep the fresh ingredients: Chop the romaine and tuscan kale. Chop the avocado, if using.
3. Serve: To serve, place the greens in serving bowls and top with drained capers, avocado, croutons, lemon zest (optional), and a few Tbsp of the dressing.



Favorite Chopped Salad

INGREDIENTS:

1 romaine heart, roughly 3 cups
5 cups leafy lettuce
1/2 red onion, sliced
1 english cucumber, chopped
1/2 cup cherry tomatoes
1/2 cup ripe green olives, halved
1/2 cup jarred sliced pepperoncini
1/4 tsp red pepper flakes, optional

*choose your favorite dressing

DIRECTIONS:

1. Chop romaine and lettuce. Thinly slice the red onion. Peel and chop cucumber. Slice tomatoes and olives in half.
2. Mix together all the ingredients for the salad, including the dressing, and toss to combine.
3. If making in advance, refrigerate the components separately; bring the dressing to room temperature before serving.



Fresh Waldorf Salad

INGREDIENTS:

SALAD

4 cups mixed greens
1 celery stalk, chopped
4 small green apples, chopped
1 cup grapes, halved
2oz raw walnuts
sea salt, to taste

DRESSING

8 Tbsp plain coconut yogurt
4 tsp pure maple syrup
4 tsp coconut sugar

DIRECTIONS:

1. To make your dressing, place all ingredients in a small bowl and whisk until combined.
2. Place all salad ingredients into a large bowl and toss until combined.
3. Pour yogurt dressing over mixture and stir in.
4. Divide into 4 bowls and enjoy!



Matcha Green Energy Balls

INGREDIENTS:

1/2 cup dried apricots
1/2 cup pistachios
1/4 cup sunflower seeds
1/4 cup tahini
1 Tbsp coconut oil, melted
1 Tbsp pure maple syrup
pinch of sea salt
1 packet Energizing Tea Green Matcha
Or
1-2 tsp matcha powder

FOR DUSTING (optional):
extra matcha powder
unsweet coconut flakes
finely chopped pistachios
raw cacao powder

DIRECTIONS:

1. Process the apricots in a food processor until starting to form a paste. Add the rest of the energy ball ingredients and process until well combined. Taste and adjust for any sweetness or salt.
2. Spoon out a Tbsp of mixture at a time and roll into small balls. Set aside on parchment paper or a plate.
3. Dust each ball with the optional toppings.
4. Place in the fridge for at least an hour. Store in an air tight container or fridge for up to a week or freeze longer for shelf life.



Get Involved

Are you looking to go deeper into your health and wellness journey?

Here are a few resources

JOIN MY FACEBOOK GROUP

Every month, we have a different theme to help you stay on track and reach your wellness goals, packed with trackers, workbooks, recipes, tips, and more.

CHALLENGE YOURSELF

Every month, we have a new challenge. Each challenge is 5-7 days and filled with education, tips, and daily challenges.

Go back and try older challenges: <https://www.bringingbackdinner.com/challenges>

MONTHLY TOOLS

Every month, we have a different theme to help you stay on track and reach your wellness goals. Visit the monthly tools page to download tools to help you this month.

HEALTH COACHING

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