



Recipe Roundup

HEALTHY MEAL IDEAS FOR JULY



recipes for the month



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Breakfast

IDEAS



CREAMY MUSHROOM

Avocado Toast



INGREDIENTS:

2 Tbsp extra virgin olive oil, divided
3 shallots, diced
2 garlic cloves, minced
1 jalapeno pepper, diced
8 oz mushrooms, sliced
8 sprigs fresh thyme leaves
sea salt & black pepper, to taste
1/3 cup canned coconut milk
1-1/2 tsp red wine vinegar
1 large ripe avocado
dash of red pepper flakes
juice of 1/2 a lemon
6 slices of bread

DIRECTIONS:

1. Heat a large skillet over medium high heat with 1 Tbsp of the oil. Once oil is shimmering, add the shallots and cook for 4 minutes or until softened.
2. Add the minced garlic and diced jalapeno pepper and cook for 2 minutes.
3. Pour in the remaining oil along with the mushrooms and thyme. Allow the mushrooms to cook undisturbed for 4 minutes, then toss and cook for 3 more minutes. Once they begin to brown, season with salt and pepper. Continue cooking until they are completely brown.
4. Reduce heat the low and add in the coconut milk. Remove from heat and stir in the vinegar. Taste and adjust seasonings.
5. While mushrooms are cooking, prepare the avocado by spooning out the flesh and placing it in a bowl. Add the red pepper flakes, lemon juice, salt and pepper. Use a fork to smash it until you have your desired texture.
6. Spread the avocado onto each slice of bread and finish it with a few spoonfuls of cooked mushrooms. Enjoy!

SERVES: 3

SAVORY

Breakfast Muffins



INGREDIENTS:

DRY

1 cup oat flour
1/2 cup quinoa flour
1 Tbsp arrowroot flour
2 Tbsp ground flaxseeds
1 tsp baking powder
1 tsp baking soda
2 Tbsp everything bagel seasoning

WET

1/3 cup unsweet almond milk
1 tsp raw apple cider vinegar
1/2 cup applesauce

*for serving - plant-based cream cheese

DIRECTIONS:

1. Preheat oven to 350 F degrees.
2. Add the apple cider vinegar and almond milk to a small dish to sit.
3. Whisk the dry ingredients in a large bowl until combined.
4. Add the wet ingredients in with a spatula until smooth. Should resemble thick cake batter.
5. Spoon the batter into a muffin pan lined with cups.
6. Sprinkle the everything bagel seasoning on top.
7. Bake for about 15-20 minutes or until tops are golden brown
8. Serve as is or with cream cheese and additional bagel seasoning on top.

MAKES 6-8 muffins

LEMON

Pancakes



INGREDIENTS:

2 cups spelt flour
1 Tbsp arrowroot powder
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt
1-3/4 cups oat milk
3 Tbsp neutral oil
2 Tbsp pure maple syrup
zest of two lemons
juice of a lemon (3-4 Tbsp)
2 tsp pure vanilla extract

DIRECTIONS:

1. Add the flour, arrowroot, baking powder, baking soda and salt to a large mixing bowl. Whisk to combine and break up any lumps.
2. Make a well in the center of the flour mixture and add the milk, oil, syrup, zest, lemon juice and vanilla. Stir until well combined. Set aside.
3. Heat a skillet over medium heat with a little coconut oil brushed on to help prevent sticking.
4. Once pan is hot, add 3-4 Tbsp of batter per pancake. Cook for 30 seconds or until golden, flip, then cook for another 45-60 seconds.
5. Continue until all of the batter is used out. Brush with coconut oil as needed.
6. Serve hot with your favorite toppings!

MAKES: *about 24 pancakes*

GRANOLA BAKED

Breakfast Apples



INGREDIENTS:

4 medium apples, cored
8 Tbsp granola, your choice
4 squares dark chocolate

**for serving - dash of cinnamon, raw nuts and pure maple syrup for drizzling*

**you can always leave out the dark chocolate and top with yogurt after baking if you prefer!*

DIRECTIONS:

1. Preheat oven to 350F degrees and line an oven safe dish with parchment paper.
2. Make sure the cored area of the apples is large enough for your fillings.
3. Place the apples in the dish and add about a Tbsp of granola into the middle. Then add a square of dark chocolate. Top with another Tbsp of granola. Then repeat for each apple.
4. Bake the apples for about 30 minutes. They should be fork soft but not mushy.
5. Leave whole or cut them in half.
6. Serve warm with a dash of cinnamon, drizzle of syrup and raw nuts.

SERVES: 4

SWEET POTATO

Spinach Bowls



INGREDIENTS:

1 large sweet potato, diced small
3-4 Tbsp extra virgin olive oil
1 tsp southwest seasoning, or to taste
garlic powder, to taste
sea salt & pepper, to taste
1 can sweet corn, drained
1 can black beans, drained
4 handfuls of baby spinach
juice of 1 lime + wedges for serving
1/2 tsp ground cumin

*optional add-ins - avocado, tomato and fresh corn

DIRECTIONS:

1. Preheat oven to 400F degrees and move the rack to the top third of the oven.
2. Prep your sweet potato and add the pieces to a foil-lined baking sheet. Sprinkle the pieces with your seasonings and oil. Toss to coat. Bake for 25 minutes or until tender.
3. Meanwhile, add your corns, beans lime juice, 1 Tbsp of oil, cumin, salt and pepper to a small bowl. Toss to coat.
4. For meal prepping, once your sweet potatoes are done, equally divide them between 4 containers. Add a wedge of lime into each container.
5. You may put the handful of spinach in each container or in a baggie to go with each one if you want to reheat the potatoes, bean & corn before assembling together.

SERVES: 4

INSTANT POT

Pear Oatmeal



INGREDIENTS:

coconut oil or cooking spray
1-1/2 cups steel cut oats
4 cups oat milk
6 pitted medjool dates, chopped
2 large pears, peeled & diced
1-1/2 tsp pure vanilla extract
pinch of sea salt
1-1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground allspice
1/2 tsp ground cardamom

*for serving - additional pear slices, raw nuts, maple syrup, and cinnamon

DIRECTIONS:

1. Lightly coat the inner pot of your instant pot with coconut oil or cooking spray.
2. Add all the ingredients to the instant pot.
3. Secure the lid and set the valve to sealing. Select pressure cook at high pressure for 12 minutes.
4. Once the 12 minute timer has completed, allow a natural pressure release for 20 minutes. Then turn the knob from sealing to venting to release any remaining steam.
5. Open the pot and stir the oatmeal thoroughly.
6. Divide into six bowls and serve with your desired toppings. Enjoy!

SERVES: 6

CHIPOTLE BLACK BEAN

Oatmeal Bowl



INGREDIENTS:

1 cup rolled oats
1-1/2 unsweet almond milk
1/2 cup water
1 veggie bouillon cube, crushed
2 tsp chipotle peppers in adobo, diced
1 tsp taco seasoning
3/4 canned southwest corn, drained
3/4 cup black beans, drained & rinsed
3/4 cup fresh pico de gallo
1 avocado, sliced

*optional garnish - fresh cilantro and lime slices

DIRECTIONS:

1. In a saucepan over medium-high heat, add the oats, milk, water, bouillon cube, chipotle and taco seasoning. Bring to a gentle boil.
2. Cook for 10 minutes, stirring often to prevent burning. Add more water if you prefer a thinner consistency or cook for a few minutes longer if you prefer a thicker texture.
3. While the oatmeal cooks, to a medium pan on medium heat, add the corn and black beans. Cook for 3-4 minutes.
4. When the oatmeal is cooked to your liking, remove from heat.
5. Divide the oatmeal between your bowls. Top with a generous portion of pico de gallo, the bean corn mixture, a few slices of avocado.
6. Drizzle with fresh lime juice and a sprinkle of cilantro if desired.

SERVES: 2

BANANA BREAD

Oatmeal



INGREDIENTS:

1/2 cup rolled oats
1 cup water
1/2 tsp cinnamon
1/2 tsp vanilla
pinch of sea salt
1 banana, sliced (divided use)
1 Tbsp chopped walnuts
2 tsp coconut oil
2 tsp pure maple syrup

*other optional garnish - chia seeds,
cinnamon and more syrup

DIRECTIONS:

1. Add the oats, cinnamon, vanilla, salt and half of the banana slices to a medium pot. Add water and stir to combine.
2. Heat over medium-high heat for 8-10 minutes. Be sure to stir the oats several times while cooking so that the banana slices melt into the oats.
3. Oatmeal will be done with the liquid is absorbed and the oats are thick.
4. While oats are cooking, heat a skillet over medium heat and add the coconut oil and maple syrup. Add the rest of the slices and walnuts to the skillet.
5. Cook the slices for 2 minutes each side. Heat walnuts until toasted. Remove.
6. Place the cooked oats into a bowl and top with the caramelized bananas and walnuts.
7. Add any other garnish and enjoy!

SERVES: 1



Lunch

I D E A S

AVOCADO CHICKPEA

Sandwich



INGREDIENTS:

2 slices whole grain bread
1 very ripe avocado
1 cup canned chickpeas
1 Tbsp tahini
1/2 lemon
4 tsp nutritional yeast
sea salt & black pepper, to taste
red chili flakes, optional

*for serving - cucumber, onions,
broccoli sprouts, lettuce, tomato

DIRECTIONS:

1. Slice open the avocado and spoon out the flesh. Mash it up with a fork.
2. Add in the chickpeas and mash those up, but leaving some chickpeas for texture.
3. Add in the tahini, lemon juice, nutritional yeast, salt, pepper and red chili flakes. Taste and adjust seasonings.
4. Spread the mixture onto both slices of the bread and top with desired sandwich fixins.

SERVES: 1

QUINOA CASHEW

Broccoli Salad



INGREDIENTS:

DRESSING

2 Tbsp miso paste
juice of 1/2 a fresh lime
1/2 Tbsp rice vinegar
1 Tbsp cashew butter (or tahini)
1/2 tsp ground ginger
water, as needed

SALAD

1-2 cups blanched broccoli
1/2 cup bean sprouts
1/2 cup cooked quinoa
handful of toasted cashews

*garnish - chili flakes and sesame seeds

DIRECTIONS:

1. In a small bowl, whisk together all the dressing ingredients until smooth. Add water to thin for your desired consistency.
2. In a large mixing bowl, toss the broccoli, bean sprouts and quinoa with the dressing until evenly coated.
3. Toss with cashews and any other additional garnish and enjoy!

SERVES: 1-2

"TABOULEH" MASHED *Chickpea Salad*



INGREDIENTS:

2 cans chickpeas, reserve some liquid
2/3 cup hemp seeds
1/2 english cucumber, finely diced
3 small tomatoes, diced
1/2 red onion, diced
1 red bell pepper, diced
4 cloves garlic, minced
1 cup parsley, finely chopped
2 Tbsp tahini
1/3 cup fresh lemon juice
sea salt, to taste

DIRECTIONS:

1. Place the chickpeas in a large mixing bowl and use a masher to mash them into small pieces.
2. Add the rest of the ingredients into the bowl and mix well.
3. Taste and adjust seasonings then serve and enjoy!

SERVES: 4

ARTICHOKE "TUNA" SALAD

Sandwich or Toast



INGREDIENTS:

1 (15oz) can artichokes in water, diced
1/4-1/2 cup plant-based mayo
3 tsp fresh lemon juice
1-2 tsp dijon mustard
1/3 cup red onion, finely diced
1/4 cup celery, finely diced
1 tsp dulse flakes
sea salt & black pepper, to taste

*other add-ins: dill, pickles, chives, capers
or sweet corn

*for serving - toasted slices of bread or
sandwich fixins

DIRECTIONS:

1. Whisk all ingredients in a large bowl, combine well to make sure everything is coated.
2. Taste and adjust seasonings as desired.
3. Serve either on toast or in a sandwich with your desired fixins like lettuce and tomato.

SERVES: 2-3

BUFFALO

Chickpea Balls



INGREDIENTS:

1 Tbsp ground flaxseed
3 Tbsp filtered water
2 medium carrots, chopped
1/3 cup sweet onion, chopped
2 Tbsp fresh parsley leaves
1 Tbsp extra virgin olive oil
1/2 tsp sea salt
1 can chickpeas, drain & rinse
2 Tbsp bread crumbs
2 Tbsp nutritional yeast
1/3 cup buffalo sauce
2 Tbsp plant-based butter

DIRECTIONS:

1. Use a fork to whisk together the flaxseed and water. Cover and set aside.
2. Preheat your oven to 400F degrees.
3. Blend your carrots, onion and parsley in a food processor until finely chopped.
4. Heat the olive oil in a non-stick skillet over medium heat and add in the carrot mixture and salt. Cook for 5 minutes, stirring occasionally.
5. Rinse out the food processor and then once the carrot mixture is done allow it to cool for a few minutes and then add it back to the food processor along with the chickpeas. Process on low until everything is well-combined.
6. Transfer the mixture to a mixing bowl and add your bread crumbs, yeast, flaxseed, salt and 1 Tbsp buffalo sauce. Mix thoroughly.
7. Scoop the chickpea mixture onto a parchment lined baking sheet and roll into rounded balls. Bake for 15 minutes.
8. Melt the butter in the microwave then whisk in the rest of the buffalo sauce.
9. When the meatballs are done remove and brush each ball with the buffalo mixture and return to oven to bake for 15 more minutes.
10. Before serving allow to cool for a few minutes then serve with your favorite dip.

MAKES: 20 meatballs

CREAMY TACO

Pasta Salad



INGREDIENTS:

16oz chickpea pasta shells
10oz pkg frozen corn
1/2-3/4 cup plant-based mayo
juice of 2 limes
1-1/2 Tbsp taco seasoning
1 tsp sea salt
4 roma tomatoes, diced
1 can black beans, drained & rinsed
1/2 large red onion, diced
1/2 orange bell pepper, diced
1/2 cup cilantro, chopped

*for serving - add'l cilantro, avocado, salsa, cheese, tortilla chips, etc.

DIRECTIONS:

1. Cook the pasta according to the package directions. Drain and rinse with cold water.
2. While pasta is cooking, microwave the corn or cook in a small saucepan according to the package.
3. Wash and chop all your other ingredients.
4. In a large bowl combine everything together and use a spatula to gently mix until coated.
5. Divide into serving bowls and top as desired.

SERVES: 6-8

LEMON OIL DRESSING

Radicchio Salad



INGREDIENTS:

5 baby gem lettuce hearts, quartered
1/4 head of radicchio, thinly sliced
handful of radish, thinly sliced
dukkah seasoning, to taste
cooking lemon oil
fresh lemon juice
sea salt & black pepper to taste

*for serving - plant protein of your
choice and microgreens or sprouts

DIRECTIONS:

1. Place the cut lettuce hearts, radicchio and radish in a large mixing bowl.
2. Drizzle with lemon oil (or you can use extra virgin olive oil) and fresh lemon juice to taste and toss to coat.
3. Add in the dukkah seasoning and toss again. Taste and adjust with salt and pepper.
4. Serve with your choice of protein and any microgreens or sprouts.

SERVES: 3-4

TOFU, CORN AND TOMATO

Pasta Salad



INGREDIENTS:

1/2 lb your favorite pasta
1-1/2 cups finely chopped spinach
1 pint cherry tomatoes, sliced
2 cups organic corn
12oz organic extra firm tofu, pressed & cubed
1/2 cup finely chopped red onion
1/3 cup finely chopped basil or parsley
1/4 cup black olives

TOFU MARINADE

juice of a lemon
2 tsp extra virgin olive oil
2 tsp dijon mustard
1/4 tsp sea salt
1/4 tsp black pepper
1/2 tsp dried oregano
1/2 tsp dried basil
dash of thyme

DRESSING

1/3 cup extra virgin olive oil
juice of 1 lemon
2 Tbsp vinegar
3/4 tsp black pepper
1 Tbsp dijon mustard
1 tsp dried oregano
1 Tbsp italian seasoning

DIRECTIONS:

1. Prepare the tofu marinade, add in the tofu cubes and toss gently. Refrigerate for at least 1 hour for the flavors to come together.
2. Cook pasta according to package directions.
3. Whisk all dressing ingredients in a small bowl and set aside.
4. When pasta is done, add to a large mixing bowl and let cool for 10 minutes. Stir occasionally to release heat and prevent sticking.
5. Mix in the dressing, all other ingredients and tofu. You can also add in some of the tofu marinade.
6. Prior to serving, stir some additional lemon juice, salt and pepper if desired then enjoy!

SERVES: 4



Dinner

I D E A S



CITRUS ORANGE

Cauliflower



INGREDIENTS:

1 large head of cauliflower
1/4 cup + 2 Tbsp veggie broth
1/2 of a red onion, diced
3 garlic cloves, diced
1/2 yellow bell pepper, diced
1/2 orange bell pepper, diced
1 cup + 1 Tbsp fresh orange juice
squeeze of lemon juice
4 Tbsp soy sauce or tamari
3 Tbsp pure maple syrup
3 Tbsp rice vinegar
2 Tbsp cornstarch
2 Tbsp water
sesame seeds, for garnish
cooked brown rice, for serving

DIRECTIONS:

1. Preheat oven to 450 F degrees and line a baking sheet with parchment paper.
2. Cut the cauliflower into large bite size florets and toss them into a medium bowl with 1 Tbsp of orange juice and a squeeze of lemon.
3. Then place them onto the baking sheet and bake for 15-20 minutes. It should just be browning on the edges.
4. While the cauliflower is roasting, whisk together the orange juice, soy sauce, syrup and vinegar. Set aside.
5. Stir the cornstarch and water until smooth in another small bowl and set aside.
6. Add 1/2 cup of veggie broth to a large pan over medium heat. Add the onion and garlic and saute for 5 minutes.
7. Add another couple Tbsp of broth to the pan along with the peppers. Saute for 5 more minutes.
8. When the peppers are soft, add the orange sauce and bring to a boil.
9. Once boiling, add the cornstarch slurry and stir well. Simmer over medium heat until sauce reduces and thickens.
10. Add in the cauliflower and stir well to coat.
11. Serve immediately by itself or over rice with sesame seeds on top. Enjoy!

SERVES: 3-4

COLORFUL

Fiesta Rice



INGREDIENTS:

2-1/2 Tbsp extra virgin olive oil
2 Tbsp lime juice
1 tsp lime zest
1/4 cup cilantro, finely chopped
1/2 tsp ground cumin
1 large garlic clove, minced
2-1/2 cups cooked brown rice, chilled
1 can black beans, drained & rinsed
2 roma tomatoes, chopped
3/4 orange bell pepper, chopped
1 small jalapeno, seeded & minced
1 cup frozen corn, thawed
1/2 cup red onion, chopped
1 large avocado, diced
sea salt & black pepper, to taste

DIRECTIONS:

1. You will want to cook your brown rice according to the package the day before and have it chilled.
2. Then in a small mixing bowl whisk together the oil, lime, cilantro, cumin and garlic.
3. To a large bowl, add the rice, beans, tomatoes, pepper, corn, onion and avocado.
4. Pour the lime mixture into the bowl and toss evenly to coat.
5. Season with salt and pepper. Taste, adjust and enjoy!

SERVES: 6

TOMATO & WHITE

Bean Casserole



INGREDIENTS:

CASSEROLE

10 oz of rustic bread, cut into cubes
extra virgin olive oil
sea salt & black pepper, to taste
2 containers of grape tomatoes
5 medium shallots, sliced into rings
5 garlic cloves, chopped
1 Tbsp fresh thyme leaves
2 cans of cannellini beans, drained & rinsed

CASHEW PARM

1/2 cup raw cashews
2 Tbsp nutritional yeast
1 tsp sea salt
1/2 tsp extra virgin olive oil
1-2 tsp lemon juice
dash of garlic powder

CAPER GREMOLATA

1/2 cup flat-leaf parsley
1/2 cup fresh basil
2 garlic cloves, minced
2 Tbsp capers, drained
dash of sea salt

DIRECTIONS:

1. Preheat oven to 350 F degrees and line a baking sheet with parchment paper. Arrange your cut bread on it, drizzle with olive oil and sprinkle with salt. Bake for 10 minutes.
2. In a VERY large bowl, add the tomatoes, shallots, garlic, thyme and beans. Drizzle with a little olive oil and season with salt & pepper. Toss well to combine.
3. Once the bread is done, add the it to the large bowl and gently toss to coat. Transfer the mixture to a 3 quart baking dish.
4. Bake the casserole in the oven for 35-40 minutes or until the bread is golden and crunchy.
5. Meanwhile, make the parm by adding all ingredients into a food processor. Process until crumbly. Don't process too much!
6. To make the caper gremolata, finely chop the parsley and basil, add the minced garlic. Put capers and sea salt on top and chop all together.
7. Remove casserole from oven and sprinkle the parm on top. Place back in and bake (or broil) for a few more minutes until the topping is browned.
8. Remove and allow to cool for 10 minutes. Then sprinkle with the caper gremolata and enjoy!

SERVES: 8-10

ROASTED VEGGIE

Quinoa Dish



INGREDIENTS:

1/3 cup uncooked quinoa, rinsed
1 small eggplant, diced
1 zucchini, diced
1 yellow squash, diced
1/2 yellow bell pepper, sliced
1/2 red onion, sliced
3-4 Tbsp olive oil, divided
sea salt & black pepper, to taste
2 Tbsp lemon juice
3 garlic cloves, minced
1/2 cup grape tomatoes, quartered
2 Tbsp cilantro, chopped
dash of paprika, to taste

DIRECTIONS:

1. Preheat the oven to 425 F degrees and line two large baking sheets with parchment paper.
2. Divide the vegetables between both baking sheets and drizzle with a Tbsp of olive oil; toss to coat. Sprinkle with salt & pepper. Roast until crisp-tender, about 20 minutes. Then set the vegetables aside to cool.
3. Cook the quinoa according to the package directions; remove from heat and fluff with a fork.
4. In a large serving bowl, whisk together the lemon juice and garlic. Pour in the remaining olive oil while whisking constantly.
5. Add the tomatoes, quinoa, cilantro, and roasted vegetables. Gently stir to combine. Season with lemon, paprika, salt and pepper, to taste.

SERVES: 4

SWEET CORN

Risotto



INGREDIENTS:

3/4 cup arborio rice
3 ears sweet corn
4 shallots, quartered
4 garlic cloves, minced
4 cups veggie broth
4 tsp of olive oil, divided
2 Tbsp nutritional yeast
2 Tbsp plant-based butter
sea salt & black pepper, to taste
chives, to garnish

DIRECTIONS:

1. Preheat oven to 400F degrees.
2. Place the shallots in a piece of foil with the sides crimped up to create a bowl.
3. Drizzle with 2 tsp oil and a pinch of salt and pepper. Cover with another piece of foil to seal. Roast for 15-30 minutes or until caramelized.
4. In a small pot, bring the veggie broth to a boil.
5. In another pan, over medium heat add 2 tsp of oil, garlic, corn (removed from cob), salt, pepper and saute for 2-3 minutes. Then scrape the cob pieces with a knife to simply squeeze out any remaining juice into the pan.
6. Add the rice to the pan and cook for a few minutes until it is translucent.
7. Start adding the broth to the rice in 1/2 cup intervals, stirring each time until rice has absorbed the liquid. Repeat until all the broth has been used and the rice is tender and creamy.
8. When the shallots are cooked, stir them into the risotto along with the nutritional yeast and butter. Season to taste, top with chives and enjoy!

SERVES: 3-4

BLACK BEAN

Mushroom Taquitos



INGREDIENTS:

12 - 6" corn tortillas
1 can black beans, drained & rinsed
1/2 small white onion, finely diced
3 garlic cloves, minced
1 cup white mushrooms, chopped
1/3 cup diced green chiles
1/2 tsp chili powder
1/2 tsp smoked paprika
1/2 tsp ground cumin
1/4 tsp garlic powder
1/2 tsp sea salt, to taste

*for serving - avocado slices or
guacamole, cilantro, salsa and fresh lime

DIRECTIONS:

1. Preheat oven to 425 F degrees while you prepare the filling.
2. In a pan over medium-high heat, saute the onions until fragrant. Next add the garlic and cook another 2 minutes. Add the spices and chiles and use a spatula to keep stirring.
3. Then add the beans and mushrooms, cook for 5 minutes stirring frequently. Season with salt and pepper to taste. Slightly mash the mixture which will help to fill your tortillas better.
4. Prepare your tortillas by wrapping them in a damp paper towel and microwave for 30 seconds or until soft so you can roll them without them breaking.
5. Fill each tortilla with 1-2 spoonfuls of the bean mixture and roll up. Place seam side down in a baking dish and repeat.
6. Bake them for 10-15 minutes or until tortillas are crisp and golden brown.

MAKES 12 taquitos

SUN DRIED TOMATO

Kale Pasta



INGREDIENTS:

2 Tbsp extra virgin olive oil
3 shallots, thinly sliced
1 large fennel bulb, thinly sliced
4 garlic cloves, sliced
1/4 tsp red pepper flakes
1/4 cup sage, chopped
12 oz toscani pasta
1/4 cup dry white wine
8 cups torn kale leaves
8 sun-dried tomatoes, chopped
1/4 cup walnuts, chopped & toasted
3 Tbsp fresh lemon juice
sea salt & black pepper, to taste

*for serving - parmesan and
additional drizzle of olive oil

DIRECTIONS:

1. Heat the oil in a large skillet over medium heat. Add the shallots, fennel, garlic, red pepper flakes, sage, 1/2 tsp of salt and dash of black pepper. Cook for about 8-10 minutes. Fennel should be tender.
2. Bring a large pot of salted water to boil and cook the pasta according to the package directions.
3. Add the white wine to the large skillet and let it reduce for 30 seconds. Reduce heat to low, add the kale and toss until just wilted.
4. With a slotted spoon, scoop the cooked pasta into the skillet. Add the remaining ingredients and toss.
5. Season to taste and enjoy!

SERVES: 4

ROASTED VEGGIE + CHICKPEA

Veggie Salad



INGREDIENTS:

CRISPY CHICKPEAS

1-1/2 cups cooked chickpeas
2 tsp extra virgin olive oil
1 Tbsp taco seasoning

VEGGIES & SALAD

4 potatoes, cut into cubes
4 carrots, chopped
6 garlic cloves, unpeeled
2 Tbsp extra virgin olive oil
1 Tbsp taco seasoning
2 onions, cut into wedges
6 cups fresh spinach

SAUCE

1 cup frozen green peas
1 cup unsweet coconut yogurt
1/2 tsp sea salt
dash of black pepper

*optional garnish - fresh parsley and lemon slices

DIRECTIONS:

1. Preheat oven to 450F and line a baking tray with parchment paper.
2. Add the chickpeas to the tray and drizzle with oil and taco seasoning. Toss to coat and spread in a single layer.
3. On another baking tray line with parchment paper, add the potatoes, carrots, garlic, oil and taco seasoning. Toss to coat then spread in single layer.
4. Roast both trays for 20 minutes then remove and stir.
5. For the veggies, add the onion wedges and return both trays back to the oven for another 15 minutes. Check them and see if the veggies are tender and chickpeas are golden.
6. Place the frozen peas in a medium bowl and cover with 4 cups of boiling water. Let sit for 10 minutes.
7. Drain and mash them with a fork then add in the yogurt, salt and pepper. Mix well.
8. Carefully remove the garlic from the baking tray and peel them. Mash them with a fork and add to the yogurt sauce. Mix or blend in a small blender to make smooth. Taste and adjust seasoning as desired.
9. To assemble your salad, divide the spinach between bowls and top with the roasted veggies and chickpeas. Add a dollop of the sauce and enjoy!

SERVES: 4



Snack

I D E A S

STRAWBERRY GRAPEFRUIT

Smoothie



INGREDIENTS:

2 cups grapefruit & juice
2 frozen bananas
3 cups frozen strawberries
4-6 oz coconut yogurt

*optional - 1 scoop of vanilla
superfood protein powder

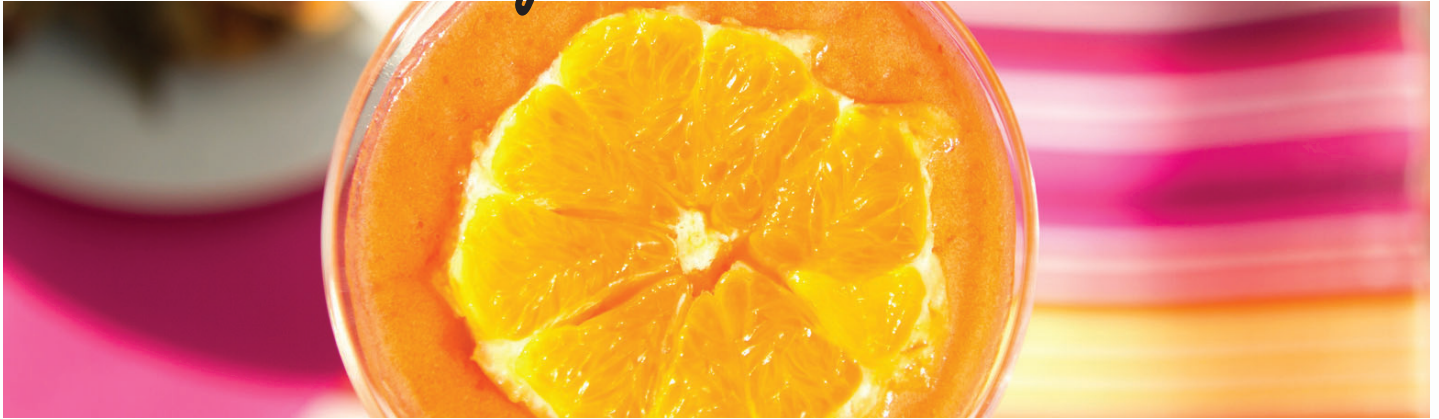
DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Divide into four separate glasses.
3. Enjoy your glass of healthy goodness!

SERVES: 4

ORANGE PINEAPPLE

Berry Smoothie



INGREDIENTS:

2 cups frozen mixed berries
1/2 cup pineapple juice
1/2 cup fresh or frozen pineapple
1/2 cup orange juice
1 cup coconut yogurt
1/2 tsp pure vanilla extract
1/4 tsp cinnamon
1/4 tsp fresh ginger
1/8 tsp nutmeg
2 tsp pure maple syrup

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Divide between two glasses.
2. Enjoy your glass of healthy goodness!

SERVES: 2

MANGO CREAMSICLE

Smoothie



INGREDIENTS:

1/2 cup frozen mango chunks
1 frozen banana
1/3 cup coconut yogurt
1/2 cup light coconut milk
1 tsp vanilla extract
optional - scoop of vanilla protein

*for garnish - coconut flakes and
additional fresh mango chunks

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Serve with your desired garnish.
3. Enjoy your glass of healthy goodness!

SERVES: 1

AIR FRIED

Chocolate Chickpeas



INGREDIENTS:

1 can chickpeas, drained, rinsed & dried
1 tsp organic coconut oil
2 Tbsp unsweet cocoa powder, divided
1 tsp cinnamon, divided
2 packets stevia

DIRECTIONS:

1. Set your air fryer temperature to 400 F degrees.
2. Toss the chickpeas and coconut oil in a small bowl. Stir in 1 Tbsp cocoa and 1/2 tsp cinnamon. Toss to coat.
3. Place the chickpeas in the air fryer and cook for 12 minutes. Flip them during the halfway point. They should start to brown and get dry.
4. Transfer the chickpeas to a small bowl and toss with the remaining oil, cocoa, cinnamon, and stevia.
5. Serve immediately or store in an airtight container and refrigerate.

SERVES: 3

CANDIED Sweet Potato



INGREDIENTS:

1 large Japanese sweet potato
2 Tbsp neutral oil (like avocado oil)
1/4 cup organic cane or coconut sugar
white or black sesame seeds

*optional for serving - bowl of water
with ice cubes

DIRECTIONS:

1. Preheat oven to 400 F degrees and line a baking sheet with parchment paper.
2. Keeping the skin on, dice your potato and toss with 1 Tbsp of oil in a bowl. Add a sprinkle of salt if desired.
3. Transfer potatoes to the baking sheet and bake for 20-25 minutes. Pierce with a fork to check and remove once cooked through. Allow to cool.
4. In a saucepan over low heat, add 1 Tbsp of the oil with the sugar. Let the sugar melt and when it starts to brown, shake and swirl the pan until it is lightly golden. Turn off the heat.
5. Add in the potato chunks and toss to coat completely. Transfer back to the baking sheet, draining off any excess oil and separating the chunks.
6. Sprinkle with sesame seeds.
7. To enjoy, dip into a bowl of ice water to firm up and enjoy the crunch!

SERVES: 2

STRAWBERRY

Avocado Dip



INGREDIENTS:

8 oz strawberries, diced
1/2 small red onion, diced
2 small jalapenos, seeded & diced
1/4 cup cilantro, chopped
1 large avocado, diced
juice of 1 lime
sea salt & pepper, to taste

DIRECTIONS:

1. In a medium serving bowl, combine all the ingredients and toss.
2. Taste and adjust flavor as desired.
3. Serve immediately with tortilla chips, pita chips, crackers or a large green salad.

SERVES: 4

PAN FRIED

Cinnamon Bananas



INGREDIENTS:

2 bananas, slightly overripe
2 Tbsp coconut sugar
1 tsp cinnamon
1/4 tsp nutmeg

DIRECTIONS:

1. Slice the bananas into rounds, approximately 1/3" thick.
2. In a small bowl, combine the sugar, cinnamon, and nutmeg. Set aside.
3. Lightly spray a skillet with nonstick spray and warm over medium heat.
4. Add the banana rounds and sprinkle with 1/2 of the cinnamon mixture on top.
5. Cook for about 2-3 minutes then flip them and sprinkle with the rest of the cinnamon mixture.
6. Cook for another few minutes until the bananas are soft and warmed through.

SERVES: 2

COCONUT DATE

Snack Bars



INGREDIENTS:

1 cup shredded coconut
10 soft medjool dates
1/2-1 cup nuts & seeds
1 cup old fashioned oats
1/4 tsp sea salt
1/4 cup almond butter
4 tsp pure maple syrup
1/4-1/2 cup chocolate chips

DIRECTIONS:

1. Add the coconut to a skillet over medium heat and toast slightly. This should only take 3-4 minutes.
2. Transfer the coconut and dates to a food processor and process until dates break down.
3. Add the nuts and seeds and process until it is a coarse mixture. Add the oats and process a few times again.
4. Add the almond butter, syrup and salt. Process a couple times for the mixture to combine. If it is not sticky enough add more syrup.
5. Transfer dough to parchment lined brownie pan. press it down really well using a spatula.
6. Melt the chocolate on a double boiler until completely melted then drizzle on top. Add more crushed nuts if desired.
7. Place pan in fridge for at least an hour then slice and serve.

SERVES: 8



NUTRITIONAL

Disclaimer

These plant-based recipe ideas provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietitian before beginning any exercise or diet program.

The recipes and/or information provided is for informational purposes only and is not intended to substitute or replace your physician's orders.

If you engage in these recipe ideas, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising.

Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.
