



Recipe Roundup

HEALTHY MEAL IDEAS FOR SEPTEMBER



recipes for the month



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Breakfast

IDEAS



BANANA BREAD

Oat-less Oatmeal



INGREDIENTS:

1 banana, mashed
1 cup unsweet vanilla almond milk
1/4 cup chopped walnuts
3 Tbsp chia seeds
3 Tbsp hemp hearts
3 Tbsp flaxseeds
2 Tbsp pure maple syrup
1 tsp pure vanilla extract
pinch of sea salt

*for topping: sliced banana, nuts, peanut butter, cacao nibs, blueberries and/or mini chocolate chips

DIRECTIONS:

1. Mash the banana in a container with a lid.
2. Add the unsweet vanilla almond milk, walnuts, chia seeds, hemp hearts, flaxseeds, syrup, vanilla and sea salt. Put the lid on and shake everything together.
3. Place in the fridge overnight.
4. In the morning, separate into smaller jars for serving. Top with your favorite toppings and enjoy!

SERVES: 2

PLANT-BASED

Scrambled "Eggs"



INGREDIENTS:

1/2 cup chickpea flour
1/2 cup oat milk
2 Tbsp nutritional yeast
1 tsp dijon mustard
1 tsp garlic powder
1/2 tsp sea salt
1/4 tsp black pepper
extra virgin olive oil, for cooking

*for serving: fresh herbs, ketchup or
your favorite condiment

DIRECTIONS:

1. In a medium bowl, whisk together the chickpea flour, milk, nutritional yeast, mustard, garlic powder, salt and pepper.
2. Place the pan over medium-high heat and add 1 Tbsp of oil to the pan.
3. Once hot, add the chickpea flour mixture.
4. Spray your spatula with oil and break up the chickpea flour mixture. Scramble it frequently as it cooks.
5. Cook for 5 minutes or until it is slightly golden brown.
6. Plate it and serve with fresh herbs, ketchup or your fav condiment.

SERVES: 2

GLUTEN FREE

Green Waffles



INGREDIENTS:

1 cup unsweet almond milk
2 flaxeggs (or egg substitute)
splash of pure vanilla extract
1/4 cup coconut sugar
1/4 cup of coconut oil or butter
1-1/2 cups spinach
2 cups + 1/4 cup almond flour
1/4 cup flaxmeal
1 tsp baking powder

*for serving: syrup, butter, and/or fruit of your choice

DIRECTIONS:

1. To make your flax eggs combine 2 Tbsp of flaxmeal with 5 Tbsp of water, mix and set aside for at least 5 minutes.
2. In a food processor or blender, add all the ingredients and blend until combined.
3. Grease your waffle iron and warm it up.
4. Scoop 1/2 cup of the batter onto the waffle iron and close.
5. Cook for 3-5 minutes or until your waffle iron light goes off.
6. Place the waffles on serving plates, top as you like and enjoy!

SERVES: 3

SWEET POTATO PARFAIT

Breakfast Boats



INGREDIENTS:

3 sweet potatoes
3 Tbsp refined coconut oil
2 cups coconut yogurt (1/3 cup per boat)
1-1/2 cups granola (1/4 per boat)
6 Tbsp creamy peanut butter for drizzle

*optional toppings; blueberries,
strawberries, banana, raw nuts, seeds
and/or cinnamon

DIRECTIONS:

1. Preheat oven to 400F degrees and line a baking sheet with parchment paper.
2. Wash your sweet potatoes and cut them in half lengthwise.
3. Rub them with coconut oil and place the flat side down on the baking sheet.
4. Roast in the oven for 30 minutes, or until they are soft.
5. When they are done, if you're serving them immediately, turn them over and mash the centers a bit with the fork to make a little divot in the center.
6. If you're prepping them for later, store them in an airtight container in the fridge.
7. Add your coconut yogurt on top. Then add the granola. Drizzle with peanut butter and add any other toppings as desired. Enjoy!

SERVES: 6

SAVORY BREAKFAST

Zoodle Bowl



INGREDIENTS:

2 medium zucchini, spiralized
1/4 cup pesto sauce
1 large avocados, sliced
1/2 cup kalamata olives, sliced
2 Tbsp sundried tomatoes, sliced
2 Tbsp cup fresh basil
1 Tbsp extra virgin olive oil
sea salt, to taste

*optional: pine nuts for garnish

DIRECTIONS:

1. Spiralize your zucchini to create your noodles and place them on a pan greased with oil. Cook briefly for 2-5 minutes over medium high to your preferred tenderness.
2. Remove from the heat and spoon in the pesto. Mix well and season with salt.
3. Divide onto two plates and top with the tomatoes, olives, avocado, fresh basil and drizzle of olive oil.

SERVES: 2

ROASTED VEGGIES

And Quinoa



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 extra virgin 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 425F degrees and line two large baking sheets with parchment paper. 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.
2. Cook the quinoa according to the package directions; remove from heat and fluff with a fork. In a large serving bowl, whisk together the lemon juice and garlic. Pour in the remaining olive oil while whisking constantly.
3. Add the tomatoes, quinoa, cilantro, and roasted vegetables. Gently stir to combine. Season with lemon, paprika, salt and pepper, to taste.

SERVES: 4

BANANA BAKED OAT LOAF

with Fudge



INGREDIENTS:

LOAF

1-1/4 cups dry rolled oats
1 large ripe banana, halved
1 cup unsweet almond milk
2 tsp pure maple syrup
1 tsp baking powder
1 tsp pure vanilla extract
1/2-1 tsp cinnamon
1/2 tsp sea salt

FUDGE

4 scoop chocolate protein powder
2 cups filtered water

*optional garnish – sliced bananas,
raspberries, strawberries or unsweet
coconut flakes

DIRECTIONS:

1. Preheat the oven to 400F and lightly coat a loaf pan with non-stick spray or line it with a piece of parchment paper.
2. Add all loaf ingredients to a blender and blend until combined. Pour the mixture into the prepared pan and bake for 25 minutes.
3. Meanwhile, add your chocolate protein and water to a small bowl and mix well.
4. Once the loaf is done, slice into 4 portions. Top each with 1/4 of the fudge mixture and serve warm. Enjoy!

SERVES: 4

STRAWBERRY CHIA JAM

with Toast



INGREDIENTS:

3 Tbsp chia seeds
3 Tbsp pure maple syrup
2 Tbsp lemon juice
1 lb fresh strawberries

*for serving – whole-grain bread, toasted

*optional garnish – sliced strawberries,
other sliced fruit, coconut flakes, and/or
sunflower seeds

DIRECTIONS:

1. In a small bowl stir together the chia seeds, maple syrup and lemon juice.
2. Wash and hull your strawberries. Place the berries in a food processor and pulse until desired consistency (leave slightly chunky or process smooth).
3. Add the chia seed mixture and pulse a few more times until combined. Pour the jam into a jar with a tight-fitting lid and place into the fridge for 30 minutes to thicken.
4. When ready, toast your bread and smother your strawberry jam on top. Garnish as desired and enjoy!

MAKES 2-3 cups of jam



Lunch

I D E A S

LOADED VEGGIE

Carrot Dogs



INGREDIENTS:

MARINADE

1/2 cup soy sauce or coconut aminos
1/2 cup filtered water
2 Tbsp rice vinegar
1 Tbsp apple cider vinegar
2 tsp liquid smoke
4 garlic cloves, minced
1 tsp black pepper
1/2 tsp onion powder
1/2 tsp smoked paprika

DOGS

4 large carrots (thick like a hot dog)
4 whole grain hot dog buns

*for serving – lettuce, onions, jalapenos, corn, chili, mustard, ketchup, mayo, tomatoes, pickles and whatever else you like!

DIRECTIONS:

1. First, bring a medium pot of water to a rolling boil. Peel the carrots and cut the ends off so they resemble hot dogs and can fit into the buns. Boil for 10-15 minutes. The time varies depending on the thickness. When you can easily stick a fork in them they are done. Just make sure it's before they start falling apart! Fork-tender, not mushy.
2. Mix your marinade in a shallow dish and then add your carrots. Cover and set in the fridge for 24 HOURS.
3. The next day, pull them out and heat them in a cast-iron skillet with about 3 Tbsp of the marinade over med-high heat. Cook for about 5-10 minutes, turning them often.
4. Then serve them immediately with your buns and any other fixins. Enjoy!

SERVES: 4

CREAMY PESTO

Pasta Salad



INGREDIENTS:

PESTO

1-1/2 cups hemp seed hearts
juice of 2 large lemons
1/2 cup filtered water
2 Tbsp white vinegar
1 cup packed basil leaves
2-3 garlic cloves
1 tsp sea salt

SALAD

2 cups tomatoes, chopped (or 1 cup sundried)
12 oz uncooked pasta, your choice
2 cups arugula

DIRECTIONS:

1. In a large pot, cook the pasta according to the package directions.
2. Make the pesto by adding the ingredients to a food processor and blending until smooth.
3. Then strain the cooked pasta and rinse with cold water. Shake the excess water out and add it back to the pot along with the pesto. Stir until coated.
4. Add in the tomatoes and arugula. Serve immediately or store in a sealed container in the fridge until ready to serve.

SERVES: 6

ROASTED

Veggie Fajitas



INGREDIENTS:

VEGGIES

4 large portobello mushrooms, sliced
2 large bell peppers, sliced
1 poblano pepper, sliced
1 medium onion, sliced
1 Tbsp extra virgin olive oil
1 Tbsp soy sauce
1 tsp cumin
1 tsp chili powder
1/2 tsp garlic powder
sea salt, to taste

GUAC

2 large avocados
1 lime, juiced
1 garlic clove, minced
hot salsa, to taste
sea salt, to taste

SERVING

12 small corn or flour tortillas
2 limes, cut into wedges
salsa
cilantro

DIRECTIONS:

1. Preheat your oven to 450 F degrees and line a baking sheet with parchment paper.
2. Place the mushrooms, peppers and onions in a large bowl. Whisk together the oil, soy sauce and seasonings in a small bowl. Pour the sauce over the veggies and mix well.
3. Transfer the veggies to the baking sheet and roast for 15 minutes. Flip then roast another 15 minutes or until brown.
4. Remove from oven, taste and add salt if needed.
5. While the veggies are roasting, make your guac by mashing the avocado in a small bowl with the lime, garlic, hot sauce and salt. Taste and adjust as desired.
6. When the veggies are done, wrap about 4 tortillas at a time in a paper towel and microwave until hot. Top the tortillas with roasted veggies, guacamole and any other garnish. Enjoy!

SERVES: 4-6

SWEET POTATO &

Pomegranate Salad



INGREDIENTS:

1-1/2 lbs sweet potatoes, chopped
3 cups broccoli florets
6 cups spring greens
1/4 cup all-natural peanut or almond butter
1/4 cup veggie broth (or EVOO)
1/4 cup fresh lemon juice
1 tsp fresh ginger, minced
1/2 tsp pure maple syrup
1/2 tsp sea salt, or to taste
2 green onions, minced
3/4 cup pomegranate arils
2 Tbsp cilantro, chopped
2 Tbsp slivered almonds or chopped peanuts

DIRECTIONS:

1. Place sweet potatoes on a baking sheet lined with parchment paper. Roast them for 25 minutes or until cooked through at 400F degrees. Set aside to cool.
2. Lightly steam your broccoli for 3 minutes to make a little bit tender and not so tough. Rinse under cold water and set aside.
3. In a small bowl, whisk together the nut butter, broth, lemon, ginger, syrup and salt. In a large bowl combine the sweet potatoes, broccoli and green onions.
4. On separate serving plates, first add 1 cup of spring greens then top with some of the potato broccoli mixture. Garnish with cilantro, pomegranate, nuts and drizzle of dressing. Enjoy!

SERVES: 6

EASY & DELICIOUS

Split Pea Soup



INGREDIENTS:

1/2 medium onion, finely diced
3 garlic cloves, minced
2 celery stalks, diced
1 large carrot, diced
10 cups veggie broth
2 cups split peas
1/2 tsp fresh thyme, chopped
2 bay leaves
pinch of cayenne pepper
sea salt & black pepper, to taste

*for serving – croutons, fresh bread
and parsley

DIRECTIONS:

1. In a large pot over medium heat, add in the garlic and onion, sauté with oil or with a couple tablespoons of broth for a few minutes.
2. Add in the carrots and celery, cooking for 3 more minutes. Stir in the remainder of ingredients. Mix well and bring to a boil over medium heat. Allow the soup to simmer for 20 minutes.
3. After, reduce the heat to low and simmer for 25 more minutes. Season with salt and pepper to taste.
4. Remove the bay leaves. Then serve soup as is or puree it with an immersion blender, if desired. Sprinkle with parsley and croutons and enjoy!

SERVES: 4

LENTIL & QUINOA

Kale Salad



INGREDIENTS:

SALAD

1/2 cup quinoa, rinsed
1/2 cup brown lentils, rinsed
2 cups veggie broth
4 cups kale, washed, massaged, torn

VEGGIES

1 medium sweet potato, chopped
extra virgin olive oil
salt & pepper, to taste

DRESSING

2 Tbsp lemon juice
1/4 cup orange juice
2 Tbsp extra virgin olive oil
1-1/2 tsp pure maple syrup
1 garlic clove
1/4 tsp sea salt

DIRECTIONS:

1. Preheat oven to 425F and arrange the chopped sweet potato on a baking pan lined with parchment paper. Season with oil, salt & pepper then bake for 20-30 minutes or until it is tender.
2. While the potato is cooking, rinse the quinoa and lentils well in a mesh strainer. Then place it in a medium saucepan with 2 cups veggie broth. Bring to a boil then decrease to a gentle simmer.
3. Cook until the water has been absorbed, about 20 minutes. Remove from heat and allow them to sit for 10 minutes. Then fluff with a fork.
4. Next prepare the dressing by adding all ingredients into a blender and mix.
5. In a large bowl, assemble the salad. Combine the cooked & cooled lentil/quinoa mixture, sweet potato and kale.
6. Drizzle in the dressing and toss until coated. Season with salt & pepper if desired.

SERVES: 4

CUCUMBER QUINOA

Fresh Salad



INGREDIENTS:

1 cup quinoa, uncooked
2 cups filtered water
1 cup cucumber, chopped
1/2 cup parsley, chopped
1/2 cup mint, chopped
1/3 cup red onion, chopped
1/2 cup pistachios, chopped
1 can chickpeas, drained & rinsed
2 lemons, juiced
1/4 cup extra virgin olive oil
sea salt & black pepper, to taste

*optional: plant-based feta cheese or tofu
feta cheese

DIRECTIONS:

1. Rinse and drain the quinoa in a fine mesh sieve. Add the quinoa and water to a small pot and bring the water to boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and let cool for 5-10 minutes.
2. In a medium bowl, stir together the quinoa, cucumber, parsley, mint, red onion, pistachios, chickpeas, lemon juice, olive oil, salt and pepper.
3. Serve immediately or let chill for a few hours in the fridge.

SERVES: 6

MIXED BEAN

Salad



INGREDIENTS:

1 can black beans, drained & rinsed
1 can red kidney beans, drained & rinsed
1 can white beans, drained & rinsed
1 red bell pepper, diced
1 cup corn, fresh or frozen
1 jalapeno, finely chopped
1/2 red onion, finely diced
3/4 cup cilantro, chopped
1 avocado, diced

DRESSING

1/4 cup extra virgin olive oil
1/4 cup red wine vinegar
juice of 1 lime
1 Tbsp pure maple syrup
1 tsp ground cumin
1 tsp salt & black pepper
1/2 tsp chili powder
1/2 tsp garlic powder
dash of hot sauce

DIRECTIONS:

1. In a large bowl, add the beans, peppers, corn, jalapeno, onion, cilantro, and avocado.
2. In a small bowl, whisk together the oil, vinegar, lime juice, syrup, cumin, salt, pepper, chili powder, garlic powder and hot sauce.
3. Pour dressing over salad mixture and toss to combine. Season with additional salt and pepper and hot sauce, to taste.
4. Allow salad to sit in the fridge for at least 30 minutes. Serve cold or at room temperature.

SERVES: 6-8



Dinner

I D E A S

CRISPY

Sesame Tofu



INGREDIENTS:

2 (14oz) blocks organic extra firm tofu,
drained & pressed
2 Tbsp avocado oil
2 Tbsp soy sauce or tamari
1/3 cup cornstarch

SESAME SAUCE

8 green onions, cut into 1" pieces
1 tsp avocado oil
5 garlic cloves, minced
1/4 cup hoisin sauce
2 Tbsp unseasoned rice vinegar
1 Tbsp soy sauce or tamari
2 Tbsp sesame seeds
1/2 cup filtered water
2 tsp cornstarch
1 tsp toasted sesame oil

*for serving: cooked rice, steamed
vegetables, quinoa, etc.

DIRECTIONS:

1. Preheat the oven to 425F degrees and line a baking sheet with parchment paper. Tear the tofu into bite-sized chunks for a more meat-like shape and texture, or cut into small cubes.
2. Add the tofu to a medium bowl and with the oil and soy sauce. Toss with a spatula until evenly coated, then sprinkle the cornstarch on top and toss again. Transfer to the baking sheet and spread out the tofu pieces so they aren't touching. Bake on the top rack of the oven for 30 minutes, flipping the tofu halfway through.
3. Then whisk the hoisin sauce, vinegar, soy sauce, cornstarch and water together in a small bowl and set aside.
4. Warm the oil in a large skillet over medium heat. Fry the white parts of the green onion and garlic for 1 minute. Pour the hoisin sauce mixture over the aromatics and bring to a simmer, stirring occasionally. Add the crispy tofu and sesame seeds; stir into the sauce. Turn off heat and stir in the sesame oil and remaining green onion.
5. Serve over rice and veggies or as desired.

SERVES: 4

DUMP & BAKE

Teriyaki Casserole



INGREDIENTS:

1/2 cup soy sauce
3 Tbsp brown or coconut sugar
3 Tbsp mirin
5 garlic cloves, minced
1-2 Tbsp ginger, minced
1-1/2 cups filtered water
2-3 cups broccoli florets
2 carrots, sliced
8oz mushroom, sliced
1 (16oz) organic extra firm tofu
3-5 green onions, sliced
1 cup white jasmine rice

*for serving: toasted sesame seeds,
toasted sesame oil, chili oil and/or
extra soy sauce

DIRECTIONS:

1. Preheat the oven to 375F degrees. Whisk the soy sauce, sugar, mirin, garlic, ginger, and water together in a medium pot and bring to a boil, covered, over high heat.
2. While the liquid is heating, spread the broccoli, carrots, mushrooms, tofu, and green onions evenly across a 9x13" pan or casserole dish. Use a spatula to mix everything together until it is evenly distributed, then sprinkle the rice on top.
3. Remove the broth from the heat once it comes to a boil and pour evenly over the casserole dish. Use a spatula to make sure all pieces of rice are submerged.
4. Cover the casserole with aluminum foil (or parchment paper, followed by aluminum foil) and bake in the middle rack of the oven for 45 minutes.
5. Remove from the oven and top as desired.

SERVES: 3-4

SMASHED SPROUTS WITH

Balsamic Tahini



INGREDIENTS:

SPROUTS:

1lb brussels sprouts, trimmed
2 Tbsp extra virgin olive oil
1/2 tsp garlic powder
sea salt & black pepper, to taste

DRESSING

1/4 cup tahini
1 Tbsp balsamic vinegar
1/2 tsp pure maple syrup
3 Tbsp lemon juice
1/2 tsp garlic powder
sea salt & black pepper, to taste

DIRECTIONS:

1. Preheat oven to 425F and line a baking sheet with parchment paper. Bring a large pot of water to a boil.
2. Trim the stems of the sprouts, rinse and add to the pot. Cook for 10-12 minutes.
3. Drain the sprouts in a colander, then pat dry with a paper towel or dish cloth. Remove as much water as possible!
4. Toss the dried sprouts with oil, garlic powder, salt and pepper in a large mixing bowl. Then spread them onto the baking sheet.
5. Using the flat bottom of a drinking glass or jar, gently smash each sprout down to smash them. They should flatten and spread out to about 1/2" wide.
6. Place in the oven and roast for 20 minutes, flipping halfway through. Sprouts should be browned and crispy.
7. Prepare the dressing by whisking all ingredients together in a small bowl until smooth.
8. Serve the sprouts with dressing drizzled on top or as a dip. Enjoy immediately with your favorite lean protein!

SERVES: 4

PINEAPPLE BLACK BEAN

Tacos



INGREDIENTS:

6-8 white or yellow corn tortillas
avocado or grape seed oil

BEANS

2 cups black beans
1/4 tsp ground cumin
1/4 tsp ground chili powder
1 pinch sea salt
1 pinch black pepper

SALSA

1/4 cup diced pineapple
1/2 cup diced tomato
3 Tbsp diced jalapeno
3 Tbsp diced red onion
1/4 cup chopped cilantro
2 Tbsp lime juice
1 pinch sea salt
1 pinch black pepper

*any other toppings as desired

DIRECTIONS:

1. In a small saucepan, stir together the black beans and spices. Heat over medium heat until simmering then put on low/warm until serving. Taste and adjust seasonings as desired.
2. Prepare the pineapple salsa by adding all ingredients to a small bowl and tossing to coat. Taste and adjust flavors as you like.
3. Prepare your tacos by adding the black beans, pineapple salsa and any other additions you prefer. Enjoy!

SERVES: 4

ROASTED SPROUTS

with Apples



INGREDIENTS:

2 cups brussels sprouts
1 Tbsp olive oil
3 garlic cloves, minced
1 onion, chopped
2 granny smith apples, sliced
1/2 cup peeled/roasted chestnuts
1/2 cup cranberries

SAUCE

2 Tbsp melted plant-based butter (or 2 Tbsp non-dairy milk and 1 Tbsp avocado oil)
1/2 cup apple cider vinegar
2 Tbsp coconut sugar

DIRECTIONS:

1. Preheat oven to 400°F degrees.
2. Stir the ingredients for the sauce together, and set aside.
3. On the stove top with an oven-safe dish, sauté the chopped onion and garlic in olive oil until translucent. Add the Brussels sprouts to the pot and pour the sauce mixture on top.
4. Roast for an hour. At 30 minutes, toss with tongs. If you like softer Brussels sprouts, covering it will steam it more than roast/brown.
5. Take the Brussels sprouts out of the oven and add the apples, chestnuts, and cranberries. Stir into the pot.
6. Change oven setting to broil, and broil for 5 minutes.
7. Stir, and repeat broiling for 3 minutes at a time until all of the liquid is soaked up.

SERVES: 4

MISO AND SPINACH

Mushroom Ramen



INGREDIENTS:

2 Tbsp organic unrefined coconut oil
12oz shiitake mushrooms, sliced thin
1 Tbsp fresh ginger, grated
1 Tbsp fresh garlic, grated
4 green onions, thinly sliced
4 cups veggie broth
3 cups filtered water
2 bundles soba noodles
5 cups baby spinach
2 Tbsp white miso
tamari and sriracha, to taste

*for serving - sesame seeds, sriracha,
tamari, green onions and cilantro

DIRECTIONS:

1. In a soup pot, heat oil until shimmering. Turn the heat down to medium low and add the mushrooms, ginger, garlic and white parts of the onions. Allow the bottom layer of mushrooms to cook for a few minutes before stirring. Then stir occasionally for about 6 minutes.
2. Add the broth, water and bring to a boil. Scoop out about a cup of broth and set aside to cool. Once boiling add the noodles to the pot, turn it down to a simmer for 5 minutes or until noodles are tender. Remove from heat.
3. Add the miso paste to the cup of broth and whisk to dissolve. Pour the miso slurry into the ramen pot and stir.
4. Taste and adjust seasoning as desired.
5. Ladle the soup into bowls and top with a handful of spinach and sprinkle of sesame seeds, sriracha, cilantro, tamari and green onions. Enjoy!

SERVES: 4

LENTIL STUFFED

Eggplant



INGREDIENTS:

1 large eggplant
2 Tbsp extra virgin olive oil, divided
sea salt & black pepper
1/2 cup brown lentils
1 cup filtered water
3 cloves garlic, minced
1 large shallot, minced
1-1/2 cups chopped tomatoes
2 cups packed baby greens

*for serving - fresh basil and/or non-dairy cheese

DIRECTIONS:

1. Preheat oven to 400°F degrees and line a baking sheet with parchment paper.
2. Slice eggplant lengthwise about 1/4" thick. Place slices on the baking sheet. Brush 1 Tbsp of the olive oil on the top of the eggplant slices. Season with salt and pepper and bake for 10 minutes.
3. While eggplant bakes, make the filling by adding the remaining Tbsp of olive oil to a large skillet over medium heat.
4. Once hot, add the shallots and cook for 2-3 minutes until softened.
5. Add the garlic, lentils and water to the pan. Cover the pan, bring to a low simmer and cook for about 15 minutes until the liquid is mostly absorbed and lentils are tender.
6. Add the tomatoes and baby greens to the skillet, stir to combine and cook until the greens are just wilted. Season to taste with salt and pepper.
7. Remove eggplant slices from the oven, spoon the lentil mixture on top of each slice.
8. Return the baking sheet to the oven and bake for an additional 5 minutes. Garnish as desired before serving.

SERVES: 4

AVOCADO

Green Pea Pasta



INGREDIENTS:

9oz uncooked pasta
3 garlic cloves
1/4 cup fresh basil + more
2 Tbsp fresh lemon juice
1 Tbsp extra virgin olive oil
1 ripe avocado, pitted
1/2 cup cooked green peas
1/2 tsp sea salt or more to taste
black pepper, to taste
3-4 Tbsp filtered water

*garnish - lemon zest, red pepper flakes,
parsley or basil

DIRECTIONS:

1. Cook the pasta according to the package instructions.
2. While the pasta is cooking, combine the garlic and basil in a food processor. Pulse to mince.
3. Next add in the lemon juice, oil, avocado, peas, salt, pepper and water. Process until smooth. If too thick, add a little more lemon juice or water.
4. Once the pasta is done cooking, drain it and place it back into the pot. Add the sauce and stir until combined.
5. Top with lemon zest, red pepper flakes and fresh herbs if desired. Serve immediately.

SERVES: 3



Snack

I D E A S

RASPBERRY

Cacao Smoothie



INGREDIENTS:

1 cup unsweet almond milk
1 cup frozen raspberries
1 cup frozen banana
2 Tbsp coconut yogurt
2 Tbsp almond butter
2 Tbsp cacao nibs
2 medjool dates
1 scoop vanilla protein powder

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Top with more cacao nibs if desired.
3. Enjoy your glass of healthy goodness!

SERVES: 1

MANGO BEET

Smoothie



INGREDIENTS:

1-1/2 cups frozen mango
1/4 cups frozen raspberries
1/2 cup steamed beet
1 small carrot, chopped
1 (1") piece fresh ginger
1 handful spinach
2 Tbsp lime juice
6 fresh mint leaves
2 cups filtered water

DIRECTIONS:

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

SERVES: 1

CREAMY

Mango Lassi



INGREDIENTS:

2 cups frozen mango
1 cup coconut milk
1/4 cup unsweet coconut yogurt
2 Tbsp lime juice
2 tsp pure maple syrup

*for serving: lime wedges, shredded coconut and fresh mango

DIRECTIONS:

1. Add all ingredients to a high-speed blender and blend on high until smooth.
2. Taste and adjust flavor as needed.
3. Pour into two glasses. Garnish if desired and enjoy!

SERVES: 2

GINGER MANGO

Berry Smoothie



INGREDIENTS:

2-1/4 cups frozen mango
1-1/4 cups frozen strawberries
1-2 cups light coconut milk
1 lime, juiced
2 Tbsp fresh ginger
1 Tbsp unsweet coconut flakes
dash of cayenne pepper
1 Tbsp hemp seeds

DIRECTIONS:

1. Add all ingredients to a high-speed blender and blend on high until smooth.
2. Taste and adjust flavor as needed.
3. Pour into two glasses. Garnish if desired and enjoy!

SERVES: 2

LENTIL

nuggets



INGREDIENTS:

1 cup lentils, cooked & mashed
2 Tbsp extra virgin olive oil
1 small onion, minced
1 tsp cumin seeds
1/2 carrot, grated
1/2 cup zucchini, grated
1/2 tsp coriander
2 Tbsp mint leaves
1/4 tsp cayenne powder
1/2 cup breadcrumbs

DIRECTIONS:

1. In a skillet, sauté onions with cumin, carrot, and zucchini.
2. Add in all the spices and cook until water from the veggies evaporates.
3. Add in the cooked mushy brown lentils, and stir.
4. Set aside in a bowl and let it cool.
5. Add in mint, chilies, and breadcrumbs.
6. Shape up like nuggets, about 2 inches wide and 3 inches in length.
7. Heat oil in a large skillet over medium-high, add lentil nuggets, and cook for 3 minutes or until golden brown.
8. Flip the nuggets and cook for another 3 minutes. Remove nuggets and dab them with a paper towel to remove excess oil. Serve immediately.

SERVES:4

CHAI

Sugar Cookies



INGREDIENTS:

1 Tbsp ground flaxseed
2-1/2 Tbsp filtered water
1/2 cup vegan butter, softened to room temperature *1 stick*
1-1/4 cups brown sugar
2 tsp pure vanilla extract
1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp cardamom
1/4 tsp allspice
1/4 tsp nutmeg
1/8 tsp cloves
pinch of black pepper
1-1/2 cups all-purpose flour
2 tsp cornstarch
1 tsp baking soda
1/4 tsp sea salt

COATING

1/4 cup cane sugar
1/4 tsp cinnamon

DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking sheet with parchment paper.
2. Combine the flax with the water, mix well and allow to sit for 5 minutes.
3. Add the butter and brown sugar to a large bowl and use a hand mixer to cream for about 2-3 minutes.
4. Add the flaxegg, vanilla, cinnamon, ginger, cardamom, allspice, nutmeg, cloves and black pepper to the butter mixture and mix again.
5. Mix the cane sugar and cinnamon together in a small bowl and set aside.
6. Form 2 Tbsp of cookie dough into a ball then place each cookie 2" apart on the baking sheet.
7. Bake for 10 minutes or until the cookies have spread and are puffy. Gently drop the pan on the counter to deflate the cookies. Let them sit on the sheet for 5 minutes to set.
8. Serve warm or allow them to cool.

MAKES 14 cookies

BROCCOLI

Hummus



INGREDIENTS:

2 cups broccoli florets
2 Tbsp tahini paste
1/4 cup extra virgin olive oil
3 Tbsp filtered water
2 Tbsp lime juice
3 cloves of garlic
1-1/2 cups cooked chickpeas
1/4 cup nutritional yeast
1/4 tsp cumin
1/2 tsp sea salt

DIRECTIONS:

1. Bring water to boil in small saucepan, add broccoli florets and cook for 2-3 minutes.
2. Remove from heat and drain water using a colander. Rinse florets under cold water to halt cooking process.
3. Place broccoli florets in food processor with tahini paste, olive oil, water, lime juice and garlic.
4. Process until smooth, Scrape down sides of food processor.
5. Add chickpeas, yeast flakes, cumin and salt.
6. Process until smooth. Enjoy!

MAKES 2 cups

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.