



Recipe Roundup

HEALTHY MEAL IDEAS FOR JANUARY



recipes for the month



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Breakfast

IDEAS

CHOCOLATE CHIP

Pumpkin Muffins



INGREDIENTS:

WET

1 Tbsp flax meal + 3 Tbsp water
3/4 cup pure pumpkin
1 cup almond milk
1/4 cup pure maple syrup
1 Tbsp apple cider vinegar

DRY

1-1/4 cup oat flour
2/3 cup quinoa flour
2/3 cup almond flour
1/4 cup coconut sugar
2 tsp baking powder
1/2 tsp baking soda
1 Tbsp pumpkin pie spice
1/2 tsp sea salt
1/3 cup dark chocolate chips

DIRECTIONS:

1. Heat the oven to 350F degrees and grease a 12-cup muffin tin and set aside.
2. In a large bowl, beat together the flax meal and water. Allow to sit for 5 minutes. Then add the pumpkin, milk, syrup, and vinegar.
3. Add the dry ingredients directly into the bowl with the wet and stir to thoroughly combine. Fold in the chocolate chips.
4. Fill each cup 3/4 of the way full and let it rest for 5 minutes before baking.
5. Bake in the center rack for 25-30 minutes until a toothpick inserted comes out clean.
6. Allow to cool in the pan for 3 minutes then transfer them to a wire rack to cool completely. Cooling will allow them to be properly set. Then enjoy!

MAKES 12 muffins

BREAKFAST

Potatoes



INGREDIENTS:

1 tsp sea salt
1/2 tsp ground black pepper
1 tsp garlic powder
1-1/2 tsp ras el hanout seasoning*
1/2 tsp turmeric
1/2 tsp smoked paprika
1-1/2 lbs red potatoes, cut into 3/4" cubes
2 Tbsp extra virgin olive oil

**a Moroccan spice blend found at most grocery stores in the [seasoning section](#)*

DIRECTIONS:

1. Preheat oven to 425F degrees and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the seasonings.
3. In a large bowl, combine the potatoes, oil and spices. Stir to thoroughly coat the potatoes.
4. Arrange the potatoes in a single layer on the prepared baking sheet and bake for 40 minutes, flipping halfway through the baking time.
5. Serve with your choice of protein and veggies. Enjoy!

SERVES: 4

BLUEBERRY BANANA PROTEIN

Baked Oatmeal



INGREDIENTS:

2 cup rolled oats
2 cups boiling filtered water
2 large bananas, + more for topping
1 Tbsp flax meal + 3 Tbsp water
1/3 cup pure maple syrup
1/4 cup vanilla protein powder
1/4 cup hemp seeds
1/2 cup blueberries
1/4 cup sliced almonds
2 tsp ground cinnamon
1 tsp pure vanilla extract
1-1/2 cups almond milk

DIRECTIONS:

1. Preheat oven to 350F degrees and grease a 9x13 baking pan.
2. Add the oats and boiling water into a mixing bowl. Allow it to sit for 10-15 minutes.
3. Combine the flax meal and water in a small dish and allow it to sit for 5 minutes to make the "flax egg".
4. Meanwhile, mash the bananas in a separate bowl until it is as smooth as possible. Stir in the flax egg, syrup, and protein powder. Pour this mixture over the softened oats and stir to combine.
5. Add the rest of the ingredients to the bowl and stir again.
6. Pour the mixture into the baking pan. Top with the sliced bananas and add more blueberries if desired.
7. Bake for 30-35 minutes. Allow to cool slightly, then cut into squares and enjoy.

SERVES: 8

GLUTEN-FREE POPPYSEED

Lemon Pancakes



INGREDIENTS:

2 Tbsp flax meal + 6 Tbsp water

1 cup quinoa flour

1/2 cup almond flour

2 Tbsp arrowroot starch

2 tsp coconut flour

2 tsp baking powder

1 tsp ground cinnamon

1/2 tsp sea salt

1/4 cup mashed banana

1/4 cup coconut yogurt

1 cup almond milk

2 Tbsp almond or other light oil

2 Tbsp lemon juice

1 tsp pure vanilla extract

1/2 tsp organic lemon flavor seasoning

2 Tbsp lemon zest

1 Tbsp poppy seeds

**fresh berries, yogurt, and syrup for serving*

DIRECTIONS:

1. Preheat a griddle over medium heat.
2. Whisk together the flax meal and water. Set aside to thicken.
3. In a large mixing bowl, whisk together the flours, starch, baking powder, cinnamon, and sea salt.
4. Beat together the flax eggs, banana, yogurt, milk, oil, lemon juice, vanilla, and lemon flavoring. Pour it into the dry and mix until a smooth batter forms. Fold in the lemon zest and poppy seeds.
5. Lightly grease your griddle with nonstick cooking spray or coconut oil. Ladle 1/4 cup of batter onto the griddle and repeat until you have filled your pan.
6. Cook until small bubbles begin to form around the edges, about 2-3 minutes. Flip and cook another 2 minutes longer until the other side is golden. Repeat with the rest of the batter.
7. Serve warm with fresh berries, coconut yogurt, and pure maple syrup if desired.

SERVES: 1-2

STRAWBERRY COCONUT

Overnight Quinoa



INGREDIENTS:

1/2 cup cooked quinoa
1/4 cup chia seeds
1/4 cup hemp hearts
1 tsp pure vanilla extract
1/4 cup pure maple syrup
pinch of ground cinnamon
1-1/2 cups full-fat coconut milk
2 cups sliced strawberries

**for serving - coconut flakes, bananas,
raw nuts, etc.*

DIRECTIONS:

1. Add all ingredients minus the strawberries to one large jar or bowl and stir together. Tighten the lid and place it in the fridge overnight.
2. Remove from the fridge and arrange it into two jars or bowls with the sliced strawberries and any other toppings you prefer on top.
3. Serve immediately and enjoy!

SERVES: 2

BERRY FRENCH TOAST

Muffin Cups



INGREDIENTS:

- 1 loaf of your favorite gluten-free bread
- 1 cup almond milk
- 2 Tbsp flax meal + 6 Tbsp water
- 2 Tbsp pure maple syrup
- 1/4 cup berry jam (blueberry or raspberry)
- 1 tsp cinnamon
- 1 cup fresh or frozen blueberries
- 1 cup fresh or frozen raspberries

DIRECTIONS:

1. Preheat oven to 350F degrees and grease a 12-muffin tin.
2. Chop the bread into cubes and add it to a bowl.
3. In a small bowl, add the flax meal and water. Allow to thicken up for about 5 minutes.
4. Then beat together the flax eggs, milk, syrup, jam, and cinnamon. Pour it over the bread cubes, add the berries, and fold it all together.
5. Fill the 12 muffin tips with the cubes and pile them high.
6. Bake for 35-40 minutes. Remove and serve with maple syrup.

MAKES: 12 cups

YOUR ULTIMATE GREEN

Smoothie Bowl



INGREDIENTS:

1 cup unsweet almond milk
1 banana
1 Tbsp peanut butter
2 cups kale
1/2 of an avocado
1/4 cup cooked quinoa
1 Tbsp chia seeds
1 cup of ice

TOPPING

2 Tbsp coconut flakes
2 Tbsp pumpkin seeds
1/2 cup kiwi, chopped

**feel free to choose any other toppings of fruit, nuts, and seeds as you desire!*

DIRECTIONS:

1. Add all smoothie ingredients into a blender and blend on high until smooth and creamy.
2. Transfer and divide into two bowls and top with your desired toppings. Enjoy!

SERVES: 2

PESTO CHICKPEA MELT

Toasted Sandwich



INGREDIENTS:

- 1 can chickpeas, drained & rinsed
- 2 Tbsp plant-based mayo
- 1 tsp whole grain mustard
- 2 tsp chopped capers
- 1 Tbsp chopped red onion
- 2 Tbsp pesto, divided
- generous pinch of salt & pepper
- 2 slices dairy-free cheese
- 4 slices whole grain bread
- 2 slices tomato

DIRECTIONS:

1. Mash the chickpeas in a large bowl, add the mayo, mustard, capers, red onion, pesto, salt and pepper. Mix well.
2. Spread 1 tsp of the mixture on each slice of bread. Divide the chickpea salad evenly across all slices of bread. Then top two slices with tomato and a piece of cheese. Close the slices together to make 2 sandwiches.
3. Place them on a baking sheet and put them in a toaster oven for 5-6 minutes or until the cheese is melted and the bread is toasted.
4. Cut in half and enjoy!

SERVES: 2



Lunch

I D E A S

PROTEIN PACKED

Broccoli Salad



INGREDIENTS:

SALAD

2 small heads of broccoli, cut into florets
1/2 cup cherry tomatoes, quartered
1/2 cup pecans, chopped
1/4 cup sunflower seeds
1/2 cup dried cranberries

CHICKPEAS

1 can chickpeas, drained & rinsed
1 Tbsp extra virgin olive oil
1/2 tsp smoked paprika
1/4 tsp garlic powder
1/4 tsp sea salt

DRESSING

1/4 cup tahini
3 Tbsp filtered water
1 tsp dijon mustard
1 tsp pure maple syrup
1/4 cup lemon juice
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Prepare the broccoli by trimming and cutting it into small floret pieces. Set aside in a large salad bowl.
2. Heat the oil in a large skillet over medium heat. Stir in the chickpeas and fry for 1 minute. Sprinkle in the spices. Stir and cook for 2 minutes. Remove and set aside.
3. In the same skillet, add the sunflower seeds and chopped pecans. Stir and fry for 1 minute.
4. For the dressing, add all ingredients to a jar, close the lid, and shake until combined.
5. To assemble your salad, add the broccoli to a large serving bowl, and top with red onion, diced tomatoes, dried cranberries, seeds, nuts, and chickpeas. Drizzle with dressing and enjoy!

SERVES: 4

COUSCOUS SALAD

With Chickpeas



INGREDIENTS:

2/3 cup veggie broth
1 cup couscous
1 can chickpeas, drained & rinsed
1/2 cup English cucumber, diced
1/2 cup tomatoes, diced
1/4 cup red onion, diced
3 Tbsp balsamic vinegar
1 Tbsp extra virgin olive oil
1 Tbsp dijon mustard
1/2 tsp lemon zest
1/4 tsp black pepper
sea salt, to taste

**optional garnish – chopped parsley,
lemon pepper and scallions*

DIRECTIONS:

1. In a medium saucepan, bring the broth to a boil and stir in the couscous. Once it is simmering, remove from heat, cover and let stand 5 minutes. Lightly fluff it with a fork and allow it to cool for at least 10 minutes.
2. Then place it in a large bowl and lightly toss with the chickpeas, cucumber, tomatoes, and red onion.
3. In a separate small bowl, mix the vinegar, oil, mustard, lemon, black pepper and salt together.
4. Add the dressing to the couscous and gently toss to combine. Garnish as desired and serve.

SERVES: 4

SWEET POTATO SALAD W/

Pomegranate



INGREDIENTS:

1-1/2 lbs sweet potatoes, chopped
3 cups broccoli florets
6 cups spring greens
1/4 cup all-natural nut 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 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 it 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.
4. In a large bowl combine the sweet potatoes, broccoli, and green onions. On separate serving plates, first add 1 cup of spring greens then top with some of the potato broccoli mixture.
5. Garnish with cilantro, pomegranate, nuts, and drizzle of dressing. Enjoy!

SERVES: 6

STRAWBERRY KIWI

Green Salad



INGREDIENTS:

SALAD

6 cups bite-size spinach & arugula mix
1-1/2 cup of strawberries, cut into chunks
2 kiwifruit, cut into chunks
1/4 cup walnuts or pecans, chopped

DRESSING

2 Tbsp lime juice
2 Tbsp pure maple syrup
2 Tbsp extra virgin olive oil
1/2 tsp ground ginger

DIRECTIONS:

1. In a large bowl, mix together the salad ingredients.
2. For the dressing, add all ingredients into a container; cover and shake until smooth.
3. Pour the dressing over the salad and toss to mix. Serve and enjoy!

SERVES: 2

TOFU

Poke Bowl



INGREDIENTS:

3/4 cup scallions, thinly sliced
1/4 cup reduced-sodium tamari
1-1/2 Tbsp rice vinegar
1-1/2 Tbsp toasted sesame oil
1 Tbsp toasted sesame seeds
2 tsp fresh ginger, grated
1/2 tsp red pepper flakes, crushed

1 (12oz) organic extra firm tofu
4 cups zucchini noodles
2 Tbsp rice vinegar
2 cups carrots, shredded
2 cups pea shoots
1/4 cup toasted peanuts
1/4 cup fresh basil, chopped

DIRECTIONS:

1. First, drain the tofu, press it for about 15 minutes, and then cut it into 1/2" pieces. Set aside.
2. Whisk the scallions, tamari, rice vinegar, oil, sesame seeds, ginger, and red pepper flakes in a medium bowl. Set aside 2 Tbsp of the sauce in a small bowl.
3. Add the tofu to the sauce in the medium bowl and gently toss to coat.
4. Combine the zucchini noodles and vinegar in a large bowl. Divide among 4 bowls and top each with 3/4 cup of tofu, 1/2 cup of carrots, 1/2 cup of pea shoots, and 1 Tbsp each of peanuts and basil.
5. Drizzle with the reserved sauce and serve.

SERVES: 4

BLUEBERRY QUINOA

Power Salad



INGREDIENTS:

SALAD

7-8 cups of arugula
1 cup fresh blueberries
1 cup cooked quinoa
1/2 cup pecan halves
1 avocado, sliced

DRESSING

1/4 cup extra virgin olive oil
2 Tbsp lemon juice
1 tsp apple cider vinegar
1 small garlic clove
1/2 tsp dijon mustard
1/2 tsp pure maple syrup
pinch of sea salt
1 cup fresh basil
filtered water, if needed

DIRECTIONS:

1. Divide all of the salad ingredients into four bowls.
2. Blend all of the dressing ingredients in a blender until smooth and creamy. Add water if needed to thin.
3. Pour dressing over the salad bowls and enjoy!

SERVES: 4

APPLE, PECAN & *Arugula Salad*



INGREDIENTS:

8 cups arugula greens
3 medium apples, thinly sliced
1 red onion, thinly sliced
1 cup roasted pecan halves
your favorite tahini dressing

CASHEW CHEESE

1/2 cup raw cashews, soaked overnight
juice of half a large lemon
1/2 tsp sea salt
1/2 tsp dried oregano
1/2 tsp dried parsley
1/4 tsp dried thyme
1/4 tsp onion powder
1/4 tsp garlic powder
1-2 Tbsp filtered water

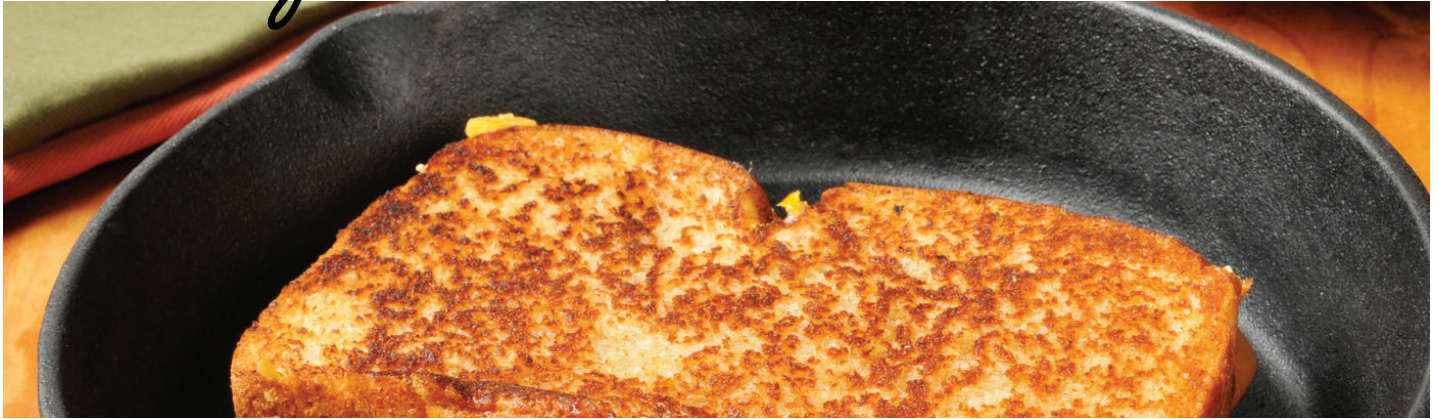
DIRECTIONS:

1. For the cashew cheese, drain and rinse your cashews. Add them to a high-powered blender or food processor. Add the rest of the ingredients. Blend and add another Tbsp of water if needed.
2. Add the contents to a nut milk bag and squeeze it into a ball. Wrap the end of the bag around a chopstick or knife, and secure it with a chip clip. Set it over a bowl and allow it to drain overnight in the fridge.
3. Assemble the salad by dividing the arugula into 4 bowls. Top with 1/4 of the rest of the ingredients.
4. Crumble the cashew cheese on top and drizzle with your favorite tahini dressing.

SERVES: 4

BRUSSELS SPROUTS

Grilled Cheese



INGREDIENTS:

2 cups brussels sprouts, finely chopped
1 Tbsp extra virgin olive oil
1 (15oz) can chickpeas, drained & rinsed
1/3 cup hummus of your choice
salt, pepper & garlic, to taste
2 Tbsp coconut oil
8 slices whole grain bread
1 apple, thinly sliced
4 dairy-free cheese slices

DIRECTIONS:

1. Heat the oil over medium heat and add the sprouts. Saute until tender, about 3-4 minutes.
2. While the sprouts are cooling, add the chickpeas to a large bowl, along with 1/3 cup of hummus. Mash this mixture with a fork until most of the chickpeas are broken down. Add the salt, pepper, and garlic powder; mix to combine.
3. Add the sprouts to the chickpea hummus mixture and mix again; until combined.
4. Spread 2 tsp of the coconut oil onto the outer sides of the bread. Place the bread oil side down and build your sandwiches.
5. Add on the top slice a large scoop of chickpea sprouts mix and flatten it down with a fork. Top with the sliced apple, cheese, and the other slice of bread.
6. Cook the sandwiches over medium-low heat until golden brown and crispy, about 3 minutes. Flip and cook the other side until crispy.
7. Slice in half and enjoy!

SERVES: 4



Dinner

I D E A S

ONE POT ITALIAN QUINOA

With Asparagus



INGREDIENTS:

1 Tbsp extra virgin olive oil
3 garlic cloves, minced
1 small shallot, minced
1 Tbsp italian seasoning
1 cup uncooked quinoa
1/4 cup canned diced tomatoes
1 cup veggie broth
1 cup filtered water (or more broth)
1/4 cup tomato juice from the can
1 bunch of asparagus, cut into 1-2" pieces
1 cup spinach, chopped
1 (15oz) can white beans
1/2 cup fresh basil
1-2 Tbsp nutritional yeast
sea salt & black pepper, to taste

DIRECTIONS:

1. Heat the oil in a saucepan over medium heat. Add the garlic, shallots, italian seasoning and saute until fragrant, about 2-3 minutes.
2. Then add in the quinoa and tomatoes. Stir continuously for 30 seconds. Add the liquids, bring to a boil then cover. Reduce to a simmer for 10 minutes. Then add in the asparagus and simmer for 15 more minutes or until the liquid has been absorbed.
3. Remove the lid and stir in the spinach, white beans, basil, and nutritional yeast. Let sit for the spinach to wilt. Season with salt and pepper and serve immediately.

SERVES: 4

ONE POT POTATO LENTIL

Quinoa Stew



INGREDIENTS:

5 cups potatoes, chopped
2 cups carrots, chopped
2 cups parsnips, chopped
2 shallots, finely chopped
4 garlic cloves, minced
2 Tbsp extra virgin olive oil
1 Tbsp italian seasoning
1 tsp sea salt & black pepper
1-2 tsp red pepper flakes
1 cup brown lentils
1 (14.5oz) can diced tomatoes
4 cups veggie broth
2 cups filtered water
1 tsp miso paste, optional
1/3 cup quinoa, uncooked
5 cups spinach
1/4 cup nutritional yeast, optional

**for serving - fresh herbs*

DIRECTIONS:

1. Heat the oil over medium heat in a large dutch oven or cast iron pot. Add the veggies, shallots, and garlic. Saute until veggies have started to soften, about 12 minutes. Stir in the herbs, salt, pepper, and red pepper flakes. Cook for another 5 minutes.
2. Pour in the lentils, tomatoes, broth, and water. Bring to a boil. Cover and reduce to simmer for 15 minutes.
3. Scoop about 1/4 cup of liquid out and stir in the miso until dissolved. Add it back to the pot and bring it to a boil. Cover and reduce for 15 minutes.
4. Remove lid. Add in the quinoa and stir to combine. Bring it back to a boil and reduce to simmer until veggies are soft, 30-60 minutes.
5. Remove the pot from the heat, uncover, and add spinach and nutritional yeast. Stir gently to combine. Taste and season with additional salt and pepper if desired.
6. Serve with fresh herbs and enjoy!

SERVES: 8

BLACK EYED PEAS & *Super Greens*



INGREDIENTS:

2 Tbsp extra virgin olive oil
1 yellow onion, finely chopped
5 garlic cloves, minced

5 cups greens, stems removed & chopped (ex. collard greens, kale)

1 cup vegetable broth

2 (15 oz) cans black eyed peas, drained & rinsed

juice of a small lemon
1/4 tsp crushed red pepper flakes
sea salt & black pepper, to taste

DIRECTIONS:

1. In a large skillet, heat the oil over medium. Add the onion and garlic and cook until fragrant, about 5 minutes.
2. Add the greens and broth. Cover with a lid and cook until the greens start to wilt.
3. Once the greens are cooked, add the black eyed peas. Stir and cook until heated through.
4. Squeeze in the fresh lemon juice and season with red pepper flakes, salt & black pepper to taste.

SERVES: 4

SPICY MOROCCAN

Chickpea Skillet



INGREDIENTS:

1 (15oz) can chickpeas, drained & rinsed
1 (19oz) can diced tomatoes with juice
1 bell pepper, chopped
2 cups sweet potato, cubed
1 white onion, chopped
1/2 tsp paprika
1/2 tsp cumin
1/4 tsp cinnamon
pinch of ground cloves
pinch of ground ginger
pinch of cayenne
1/4 tsp black pepper
1/4 tsp sea salt

**for serving – fresh lemon and parsley*

DIRECTIONS:

1. Add all ingredients to a large skillet and mix. Cover and simmer for 30 minutes on medium-high heat.
2. Stir occasionally and check to see if the potatoes are cooked through. If it starts getting dry, add in 1/2 cup of water or veggie broth and cover.
3. Once finished, taste and adjust seasonings to desired flavor.
4. Serve alone as is or with barley, rice, quinoa or cauliflower. Garnish with a squeeze of fresh lemon and chopped parsley leaves.

SERVES: 4

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 the 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.
5. Sprinkle with parsley and croutons and enjoy!

SERVES: 6

GOCHUJANG

Noodles



INGREDIENTS:

16oz udon noodles

SAUCE

3 Tbsp gochujang

1 Tbsp toasted sesame seed oil

2 Tbsp soy sauce

2 Tbsp rice vinegar

1-1/2 Tbsp organic brown sugar

VEGGIES

1 Tbsp extra virgin olive oil

1 bunch of scallions, chopped

5 garlic cloves, finely chopped

1" piece of ginger, minced

6-8 cups napa cabbage, thinly sliced

1/4 cup roasted white sesame seeds

**for serving: a few handfuls of basil chopped and a drizzle of toasted sesame seed oil*

DIRECTIONS:

1. Cook the noodles according to the package but for a minute less.
2. Scoop out some noodle water, then drain the noodles.
3. Whisk together the sauce ingredients and set it aside.
4. Heat the oil in a large frying pan over medium-high heat. Once shimmering, add the scallions, garlic, and ginger. Season with a pinch of salt and cook for 1-2 minutes over medium-high heat. Add the cabbage and stir-fry for 3 minutes or until tender, but not too soft.
5. Add in the sauce and sesame seeds. Add in the cooked noodles and use tongs to coat them in the sauce. If it feels dry, add a Tbsp or more of noodle water. Cook for 1-2 minutes or until the sauce clings to the noodles.
6. Turn off the heat, stir in the basil and toasted sesame seed oil, and enjoy!

SERVES: 3

BUFFALO CAULIFLOWER

Quinoa Casserole



INGREDIENTS:

1 cup quinoa
3 cups cauliflower florets
1-1/2 cups almond milk
1/2 cup unsweet coconut yogurt
1/2 cup buffalo sauce
1 cup dairy-free shredded cheese

DIRECTIONS:

1. Preheat the oven to 375F degrees.
2. Add the quinoa and cauliflower to a casserole baking dish.
3. In a separate bowl, beat together the wet ingredients then pour it over the quinoa and cauliflower. Stir to combine.
4. If desired, top with cheese.
5. Bake on the center rack for 45 minutes. Quinoa should be cooked and liquid absorbed. Serve immediately with your favorite toppings.

SERVES: 6

“CHEEZY” BROCCOLI

Quinoa Burgers



INGREDIENTS:

3 cups broccoli florets
1 (15oz) can chickpeas, drained & rinsed
1 cup cooked quinoa
1 Tbsp whole-grain mustard
1/2 cup nutritional yeast
4-6 Tbsp quinoa flour
2 tsp garlic powder
sea salt & black pepper, to taste

DIRECTIONS:

1. Steam broccoli until tender. Either use a steamer basket or a small pan with a little water in the bottom. Drain and let cool enough to handle.
2. Add the broccoli to a food processor and pulse until it is chopped into very small pieces. Add the chickpeas, quinoa, and mustard. Pulse until a dough starts to form.
3. Transfer to a bowl, add in the remaining ingredients, and knead by hand until the dough can be formed into patties. Add more quinoa flour as needed.
4. Form patties and place them on a baking sheet lined with parchment paper. Chill in the fridge for at least 1 hour.
5. Preheat oven to 350F degrees. Bake them on the center rack for 25-35 minutes. Flip halfway through and cook until burgers are crispy.

MAKES: 10 burgers



Snack

I D E A S

PUMPKIN GREEN

Smoothie



INGREDIENTS:

1/2 cup pumpkin puree
1 frozen banana
1/2 of an avocado
1-2 cups spinach
1-2 tsp pumpkin pie spice
1/4" piece of fresh ginger
1/2 cup apple cider
1/2 cup almond milk
ice, if needed

DIRECTIONS:

1. Add all ingredients to a blender in the order listed. Blend on high until super smooth and creamy.
2. Pour into a glass and enjoy!

SERVES: 1

MINT CHOCOLATE CHIP

Smoothie



INGREDIENTS:

- 1/2 cup frozen cauliflower
- 1/2 cup frozen blueberries
- 1/3 cup fresh mint
- 2 Tbsp raw cacao powder
- 2 Tbsp hemp seeds
- 1 scoop chocolate protein
- 1/2 cup coconut water
- 1/2 cup almond milk
- 1 Tbsp cacao nibs

DIRECTIONS:

1. Add all ingredients to a blender in the order listed. Blend on high until super smooth and creamy.
2. Pour into a glass and enjoy!

SERVES: 1

ULTIMATE POST WORKOUT

Smoothie



INGREDIENTS:

3/4 cup raw coconut water
1/2 cup fresh pineapple
1 small frozen banana
1/2 cup frozen blueberries
1/2 cup spinach
1 scoop protein powder
1 tsp maca powder, optional
1/2 tsp cinnamon
1/4 cup cooked quinoa (for more protein)

DIRECTIONS:

1. Add all ingredients to a blender in the order listed. Blend on high until super smooth and creamy.
2. Pour into a glass and enjoy!

SERVES: 1

PEANUT BUTTER OATMEAL

Energy Bites



INGREDIENTS:

3/4 cup peanut butter
1/3 cup pure maple syrup
1-1/2 cup rolled oats
1/4 cup shredded coconut
1/4 cup chia seeds
1/4 cup flax meal
1/3 cup chocolate chips

DIRECTIONS:

1. Add all ingredients into a mixing bowl. Stir together until a sticky dough forms.
2. Roll the mixture into small balls.
3. Store in the fridge or freezer to allow them to set for 30-60 minutes.
4. Then enjoy!
5. Keep in a sealed container in the fridge for up to 10 days. Freeze for up to 6 months.

MAKES 16 bites

PLANT-BASED

Espresso Brownies



INGREDIENTS:

1/2 cup nut butter of choice
1/2 cup pumpkin puree (or applesauce)
2 Tbsp flax meal + 6 Tbsp water
1/2 cup coconut sugar
2/3 cup toasted quinoa flour
1/4 cup cacao powder
2 Tbsp espresso powder
1/2 tsp baking soda
pinch of sea salt
1 cup dairy-free chocolate chips
1/4 cup chopped coffee beans
1/4 cup walnuts, chopped

DIRECTIONS:

1. Preheat oven to 350F degrees and line an 8x8 baking pan with parchment paper.
2. Mix the flax meal and water in a small dish and allow to thicken for 5 minutes.
3. Beat together the nut butter, pumpkin, sugar, and flax eggs.
4. Add the dry ingredients (minus the chocolate chips, coffee beans, and walnuts). Beat until it forms a thick dough. Fold in the chocolate chips.
5. Transfer to your baking pan and use your hands to press it down. Sprinkle with the coffee beans and walnuts. Press lightly to stick them into the dough.
6. Bake on the center rack for 25-30 minutes.
7. Allow to completely cool before cutting into 16 squares.

MAKES: 16 brownies

HOMEMADE

Coconut Butter



INGREDIENTS:

3 cups shredded coconut

DIRECTIONS:

1. Add the coconut to a food processor.
2. Process on high until the oils release and the mixture gets smooth and creamy.
3. Scrape down the sides as needed.
4. Enjoy however you like to enjoy nut butter or even use it in your skincare!
5. Store in an airtight container on the shelf for up to 3 months.

SERVES: 16

EASY GARLIC BUTTER

Quinoa



INGREDIENTS:

1 cup quinoa
1 Tbsp plant-based butter
2-3 tsp garlic powder*
1/2 tsp sea salt
2 cups veggie broth

**alternatively you can use 3-4 garlic
cloves minced and saute over medium
heat in a small skillet until fragrant
then add to the quinoa mix*

DIRECTIONS:

1. Add all ingredients to a small saucepan.
2. Bring to a boil and stir until the butter has melted.
3. Cover; reduce to low and simmer for 15 minutes.
4. Remove the lid and remove from the heat. Fluff it with a fork.
5. Let stand for 5 minutes then serve.

SERVES: 4

SWEET POTATO

Tater Tots



INGREDIENTS:

3 cups sweet potato, grated
2 Tbsp flax meal + 6 Tbsp water
1/2 cup nutritional yeast
2 Tbsp quinoa flour
1 tsp garlic powder
1/2 tsp smoked paprika
1-2 Tbsp hummus
1/2 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Add the grated sweet potato to a skillet and steam it for 5 minutes or until tender.
2. Meanwhile, whisk the flax meal and water in a small dish and set aside.
3. Allow the sweet potato to cool for 5-10 minutes then transfer to a large bowl. Add the rest of the ingredients. Start with just 1 Tbsp of hummus. Stir it all together to form a dough. If dry, add the other Tbsp of hummus.
4. Form the dough into small tot-shaped pieces then place in the fridge for 30 minutes.
5. Preheat oven to 400F degrees and line a baking sheet with parchment paper.
6. Bake for 25-30 minutes flipping halfway through. They should be crispy on the outside.
7. Serve with your favorite dipping sauce and enjoy!

MAKES: about 20 tots



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.