



# PLANT-BASED

## RECIPE COOKBOOK 2.0



100+ DONE-FOR-YOU VEGAN RECIPES

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# **PLANT-BASED RECIPE COOKBOOK 2.0**

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

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

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

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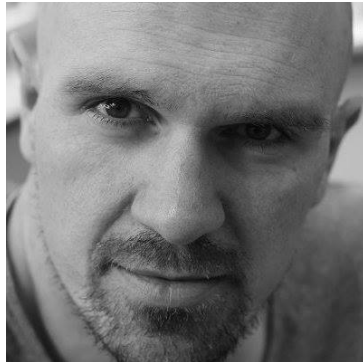
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**Author: Justin Kaye**

## ABOUT THE AUTHOR

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

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

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

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

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



# INTRODUCTION

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

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

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

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

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

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

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

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

Enjoy!



# MAKING THE SWITCH TO A PLANT BASED DIET

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

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

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

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

innocent animals just to put food on our plates.

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

## Don't Expect Perfection

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

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

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

# VEGAN NUTRITION

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

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

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

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

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

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

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

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

# HEALTH BENEFITS OF ELIMINATING ANIMAL PRODUCTS

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



## 1. INCREASED WEIGHT LOSS

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



## 2. INCREASED ENERGY

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



## 3. LIVE LONGER

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



## 4. FULLER, HARDER MUSCLES

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



## 5. IMPROVED SKIN

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



## 6. REDUCED INFLAMMATION

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



## 7. BETTER DIGESTION

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



## 8. FIGHT OFF DISEASE

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



# PROTEIN



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

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

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

# CARBOHYDRATES



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

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

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



# FATS



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

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

Notes:

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

# VEGAN PANTRY

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

## Keep A Well Stock Kitchen



### 1. KITCHEN UTILITIES

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



### 2. FOOD STORAGE CONTAINERS

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



### 3. FOOD SCALES

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



### 4. PROTEIN SHAKE

Get a couple of shaker bottles for mixing up protein drinks





## 5. INSULATED LUNCH BAGS

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

# VEGAN DAIRY



## 1. VEGAN MILKS

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



## 2. MARGARINE

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



### 3. CREAM CHEESE

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



### 4. CREAM

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



### 5. YOGURT

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

# GRAINS



## 1. GRAINS

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



## 2. FLOURS

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



## 3. BEANS

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



## 4. PASTA

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

# TOFU & MEAT SUBSTITUTES

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



## 1. TOFU

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



## 2. VEGAN GROUND MEAT SUBSTITUTES

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



## 3. VEGAN BURGERS

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



## 4. VEGAN BEEF STRIPS

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





## 5. FLAXSEED OILS

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

## HERBS & SPICES

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

# BINDERS



## 1. FLAXSEED

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



## 2. EGG REPLACER POWDER

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

# SWEETNERS



## 1. SUGAR

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



## 2. AGAVE & MAPLE SYRUP

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

# FLAVOURINGS



## 1. NUTRITIONAL YEAST

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



## 2. VINEGAR

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



## 3. VEGETABLE STOCK

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



## 4. CURRY PASTE

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

# FLAVOURINGS



## 1. TAHINI

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



## 2. YEAST EXTRACT

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



## 3. SWEET CHILLI SAUCE

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



## 4. WORCESTERSHINE SAUCE

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



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

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



# WHERE TO BUY VEGAN INGREDIENTS?

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

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

A hand holds a spoon with a dollop of white cream above a bowl of fruit and yogurt. The bowl contains sliced peaches, blueberries, and a dollop of white cream. The background is a textured, grey surface.

# BREAKFAST RECIPES

# PUMPKIN PROTEIN OATMEAL RECIPE

Recipe  
1

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 217**

Protein: 20 g

Carbs: 51g

Fats: 14 g

# BANANA PANCAKES

Recipe  
2



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 378**

Fat: 24 g

Carbs: 30 g

Protein: 14 g



# PEANUT BUTTER & APPLE QUINOA BOWL

Recipe  
3

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 718**

Protein: 30g

Carbs: 90g

Fats: 30g

# QUINOA SUPERFOOD BREAKFAST BOWL

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



## INGREDIENTS:

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

## DIRECTIONS:

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

### TOTAL CALORIES: 791

Protein: 22 g

Carbs: 129 g

Fats: 25 g

# SPINACH, MUSHROOM & TOFU OMELET

Recipe  
5

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 631**

Protein: 44 g

Carbs: 54 g

Fats: 28 g

# APPLE AND CHIA BIRCHER MUESLI

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

Recipe  
6



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 345**

Protein: 11 g

Carbs: 22 g

Fats: 7.5 g



# PURPLE SWEET POTATO SMOOTHIE BOWL

Recipe  
7

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 775**

Protein: 15 g

Carbs: 28 g

Fats: 51 g

# BLUEBERRY BANANA & PEANUT BUTTER ENGLISH MUFFINS

Recipe  
8

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 904**

Protein: 29 g

Carbs: 133 g

Fats: 37 g

# HIGH PROTEIN VEGAN BREAKFAST BURRITOS

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

Recipe  
9



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 411**

Protein: 20 g

Carbs: 51 g

Fats: 14 g

# PEANUT BUTTER APPLE QUINOA BOWL

Recipe  
10

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 718**

Protein: 30 g

Carbs: 90g

Fats: 30 g



# BANANA NUT OATMEAL

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

Recipe  
11



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 879**

Protein: 23 g

Carbs: 177g

Fats:18 g

# BLUEBERRY OATMEAL

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

Recipe  
12



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 474**

Protein: 22 g

Carbs: 62 g

Fats: 19 g

# OATMEAL WITH RAISINS

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

Recipe  
13



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 778**

Protein: 19 g

Carbs: 187 g

Fats: 4 g

# KNOCK OATS

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

Recipe  
14



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 451**

Protein: 14 g

Carbs: 63 g

Fats: 20 g



# OATMEAL PANCAKES

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

Recipe  
15



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 1201**

Protein: 37 g

Carbs: 188 g

Fats: 41 g

# TOFU BREKKIE PROTEIN PANCAKES

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

Recipe  
16



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 601**

Protein: 20 g

Carbs: 91 g

Fats: 16 g

# VANILLA PUMPKIN & CHICKPEA PANCAKES

Recipe  
17

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 252**

Protein: 24 g

Carbs: 30 g

Fats: 3 g

A top-down view of a dark-colored bowl filled with a vibrant salad. The salad consists of fresh green spinach leaves, bright green avocado chunks, golden-brown chickpeas, and cubed pieces of seared tofu. The entire dish is garnished with a generous sprinkling of white sesame seeds. The bowl is set against a dark, textured background, with a few extra spinach leaves and a small sprig of green herbs visible at the bottom left corner.

# SALAD RECIPES



# LETTUCE CUCUMBER WALNUT SALAD

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

Recipe  
18



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 574**

Protein: 13 g

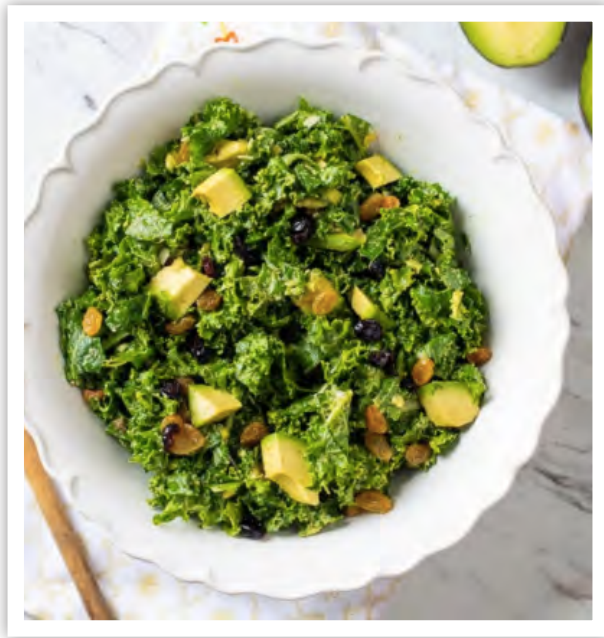
Carbs: 24 g

Fats: 50 g

# KALE AVOCADO SALAD

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

Recipe  
19



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 574**

Protein: 13 g

Carbs: 24 g

Fats: 50 g

# TOFU FETA SALAD

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

Recipe  
20



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 347**

Protein: 17 g

Carbs: 20 g

Fats: 26 g

# RAINBOW SALAD

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

Recipe  
21



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 457**

Protein: 3 g

Carbs: 23 g

Fats: 42 g



# FALAFEL SALAD

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

Recipe  
22



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 171**

Protein: 9 g

Carbs: 29 g

Fats: 42 g

# POWERHOUSE SALAD WITH CHICKPEAS, AVACADO & DAIRY-FREE CHEESE

Recipe  
23

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 743**

Protein: 27 g

Carbs: 108 g

Fats: 28 g

# BLACK BEAN & CORN SALAD

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

Recipe  
24



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 428**

Protein: 23 g

Carbs: 74 g

Fats: 6 g

# CHICKPEA QUINOA AVOCADO SALAD

 Recipe  
25

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 339**

Protein: 11 g

Carbs: 41 g

Fats: 15 g



# CRUNCHY KALE SALAD

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

Recipe  
26



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 431**

Protein: 16 g

Carbs: 40 g

Fats: 22 g

# RED BEAN SALAD

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

Recipe  
27



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 396**

Protein: 19 g

Carbs: 55 g

Fats: 11 g

# SPINACH TOMATO SALAD

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

Recipe  
28



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 373**

Protein: 12 g

Carbs: 26 g

Fats: 29 g

# EASY POTATO SALAD

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

Recipe  
29



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 200**

Protein: 2.9 g

Carbs: 24 g

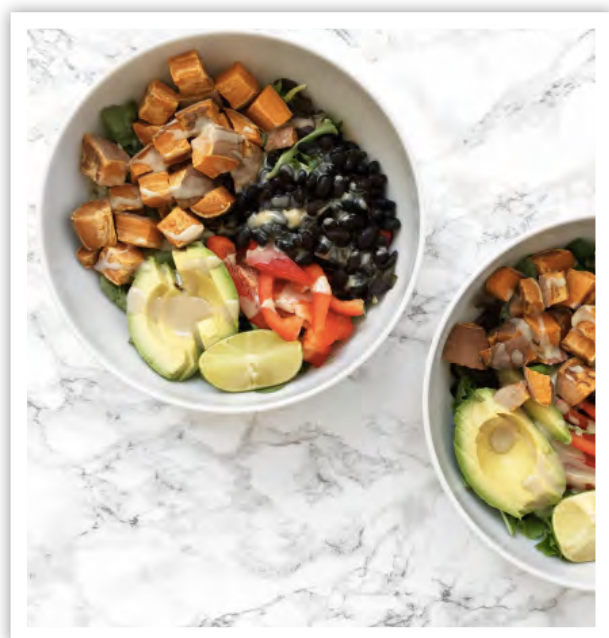
Fats: 9.2 g



# VEGGIE POWER BOWL

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

Recipe  
30



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 600**

Protein: 21g

Carbs: 64 g

Fats: 33 g

# VEGGIE NORI ROLL

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

Recipe  
31



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 151**

Protein: 7 g

Carbs: 15 g

Fats: 9 g

# CREAMY COCONUT BROCCOLI SOUP

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

Recipe  
32



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 1336**

Protein: 15 g

Carbs: 44 g

Fats: 114 g

# BEST-EVER WINTER SOUP

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

Recipe  
33



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 739**

Protein: 41 g

Carbs: 110 g

Fats: 18 g



# CHERRY TOMATO, CHICKPEA & ORANGE PEPPER SALAD

 Recipe  
34

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



## DIRECTIONS:

### Dressing

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

### Salad

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

## INGREDIENTS:

### DRESSING:

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

### SALAD

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

**TOTAL CALORIES: 600**

Protein: 21g

Carbs: 64 g

Fats: 33 g

# STUFFED ICEBERG PARCELS

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

Recipe  
35



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 151**

Protein: 7 g

Carbs: 15 g

Fats: 9 g

# MIDDLE EASTERN SALAD

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

Recipe  
36



## DIRECTIONS:

### DRESSING

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

### SALAD

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

## INGREDIENTS:

### DRESSING

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

### SALAD

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

**TOTAL CALORIES: 151**

Protein: 7 g

Carbs: 15 g

Fats: 9 g

# RAINBOW RICE SALAD

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

Recipe  
37



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 126**

Protein: 18 g

Carbs: 143 g

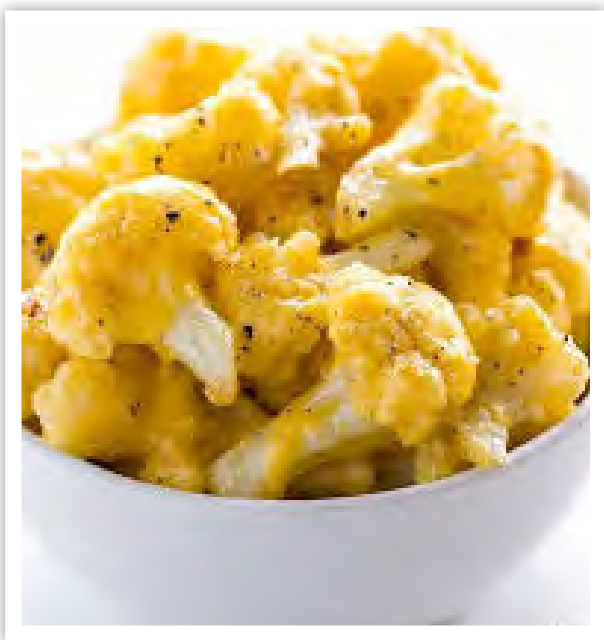
Fats: 65 g



# CHEESY CAULIFLOWER PASTA BAKE

Recipe  
38

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 2714**

Protein: 42 g

Carbs: 280 g

Fats: 157 g



# AVOCADO LIME SALAD

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

Recipe  
39



## INGREDIENTS:

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

OPTIONAL: crushed tortilla chips for serving

## DIRECTIONS:

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

**TOTAL CALORIES: 344**

**Protein: 15.7 g**

**Carbs: 56 g**

**Fats: 8.5 g**

A top-down view of a white ceramic bowl filled with a vibrant red soup. The soup is garnished with several fresh green basil leaves, a sprig of purple basil, and a scattering of small, dark, round seeds. The bowl sits on a grey, textured cloth napkin, which is placed on a rustic wooden table. A wooden spoon is partially visible at the bottom of the frame. The text "SOUP RECIPES" is overlaid in the center in a bold, green, sans-serif font with a white outline.

# SOUP RECIPES

# LEAK POTATO SOUP

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

Recipe  
40



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 569**

Protein: 31 g

Carbs: 110 g

Fats: 2 g

# POTATO & ARUGULA SOUP

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

Recipe  
41



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 745**

Protein: 17 g

Carbs: 137 g

Fats: 15 g

# TOMATO SOUP

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

Recipe  
42



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 362**

Protein: 13 g

Carbs: 46 g

Fats: 18 g



# PEANUT STEW

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

Recipe  
43



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 2185**

Protein: 92 g

Carbs: 184 g

Fats: 137 g

# TOMATO & BLACK BEAN STEW

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

Recipe  
44



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 873**

Protein: 30 g

Carbs: 96 g

Fats: 44 g

# SWEET POTATO & LENTIL STEW

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

Recipe  
45



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 284**

Protein: 14.7 g

Carbs: 53 g

Fats: 0.3 g

A close-up photograph of a sandwich made with dark, textured bread. The sandwich is filled with a thick layer of bright pink spread, sliced cucumbers, and slices of red tomato. It is garnished with delicate green microgreens. A wooden skewer with a red bead is inserted through the center of the sandwich. The background is softly blurred, showing a pink object and another sandwich.

# SANDWICH RECIPES

# ROASTED CHICKPEA WRAP

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

Recipe  
46



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 682**

Protein: 27 g

Carbs: 110 g

Fats: 19 g



# WHOLE TOMATO & AVACADO SANDWICH

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

Recipe  
47



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 440**

Protein: 14 g

Carbs: 61 g

Fats: 16 g

# AVACADO & BLACK BEAN WRAP

Recipe  
48

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



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 733**

Protein: 26 g

Carbs: 98 g

Fats: 27 g

# AVACADO & CHICKPEA SALAD SANDWICH

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

Recipe  
49



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 340**

Protein: 15 g

Carbs: 46 g

Fats: 12 g

# TOMATO HUMMUS & RYE SANDWICH

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

Recipe  
50



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 213**

Protein: 33 g

Carbs: 7 g

Fats: 8 g

# CHICKPEA SANDWICH

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

Recipe  
51



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 462**

Protein: 19 g

Carbs: 61 g

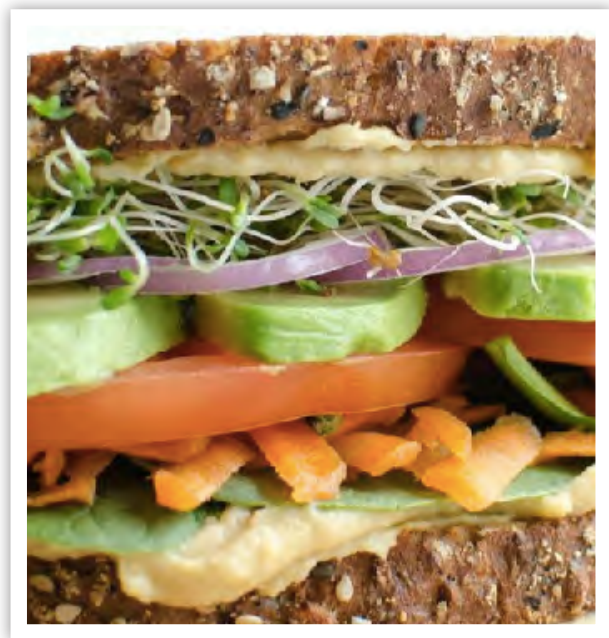
Fats: 16 g



# VEGGIE HUMMUS SANDWICH

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

Recipe  
52



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 428**

Protein: 23 g

Carbs: 74 g

Fats: 6 g

# BELL PEPPER AVOCADO TOAST

Recipe  
53

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



## INGREDIENTS:

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

## DIRECTIONS:

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

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

A top-down view of a white bowl filled with a variety of fresh ingredients. The bowl contains a base of quinoa, topped with chickpeas, fresh spinach leaves, sliced cherry tomatoes, and cubed roasted sweet potatoes. A wedge of lime and a small bowl of mixed seeds are also present. The bowl is surrounded by fresh produce like an avocado, lemons, and more spinach on a light grey surface.

# DINNERS

# SIMPLE CHANA MASALA

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

Recipe  
54



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 245**

Protein: 7 g

Carbs: 22 g

Fats: 0.6 g

# TOFU ALMOND BUTTER STIR FRY

Recipe  
55

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 563**

Protein: 25 g

Carbs: 49 g

Fats: 43 g



# ZOODLES & LENTIL MEATBALLS

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

Recipe  
56



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 441**

Protein: 20 g

Carbs: 55 g

Fats: 18 g

# BLACK BEAN BUDDHA BOWL WITH AVOCADO PESTO

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

Recipe  
57



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 396**

Protein: 14 g

Carbs: 65 g

Fats: 11 g

# BROILED SESAME TOFU

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 236**

Protein: 22 g

Carbs: 13 g

Fats: 13 g

# GARLIC BROCCOLI TOFU

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

Recipe  
**59**



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 163**

Protein: 15 g

Carbs: 22 g

Fats: 4 g



# CURRY TOFU

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

Recipe  
60



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 935**

Protein: 11 g

Carbs: 5 g

Fats: 2 g



# BEAN SPOUTS WITH TOFU

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

Recipe  
**61**



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 155**

Protein: 15 g

Carbs: 10 g

Fats: 9 g

# GARLIC GREEN BEANS WITH TOFU

Recipe  
62

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 782**

Protein: 36 g

Carbs: 56 g

Fats: 51 g

# KUNG PAO TEMPEH

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

Recipe  
63



## DIRECTIONS:

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

## INGREDIENTS:

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

### TOTAL CALORIES: 986

Protein: 68 g

Carbs: 89 g

Fats: 45 g

# CURRY CAULIFLOWER

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

Recipe  
64



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 1317**

Protein: 50 g

Carbs: 70 g

Fats: 109 g

# QUICK HUMMUS PASTA WITH ASPARAGUS

 Recipe  
**65**

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 500**

Protein: 22 g

Carbs: 45 g

Fats: 22 g



# STIR FRY MIXED VEGGIES IN SOY SAUCE

Recipe  
66

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 499**

Protein: 17 g

Carbs: 59 g

Fats: 23 g

# VEGAN MAC AND CHEESE

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

Recipe  
67



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 395**

Protein: 15 g

Carbs: 35 g

Fats: 25 g

# SWEET STUFFED POTATO

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

Recipe  
68



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 307**

Protein: 13 g

Carbs: 42 g

Fats: 5 g

# LENTILS WITH VEGGIES, AVACADOS, WALNUTS & HUMMUS

Recipe  
69

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 1065**

Protein: 43 g

Carbs: 92 g

Fats: 62 g

# SWEET POTATO & BLACK BEAN CHILLI

Recipe  
70

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 230**

Protein: 12 g

Carbs: 46 g

Fats: 5 g



# BURRITO BOWL

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

Recipe  
71



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 319**

Protein: 17 g

Carbs: 55 g

Fats: 5 g

# TOFU GREEN BEAN STIR FRY IN OYSTER SAUCE WITH SALTED BEANS

Recipe  
72

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 179**

Protein: 9 g

Carbs: 16 g

Fats: 8 g

# RED CURRY WITH CARROTS AND SPINACH

Recipe  
73

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



## INGREDIENTS:

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

OPTIONAL: cashews and crushed red pepper for garnish

## DIRECTIONS:

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

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

# SPICY AND SMOKY CHICKPEAS IN CREAMY TOMATO SAUCE

Recipe  
**74**

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



## INGREDIENTS:

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

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

## DIRECTIONS:

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

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



# TOMATO, RED PEPPER PASTA

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

Recipe  
75



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 279**

Protein: 9.5g

Carbs: 53.4 g

Fats: 4.2 g





# SNACKS AND BAR RECIPES

# SMOKY BBQ LENTIL DIP

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

Recipe  
76



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 134**

Protein: 8.9 g

Carbs: 7.8 g

Fats: 0.2 g

# THAI RED CURRY SWEET POTATO DIP

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 151**

Protein: 6.8 g

Carbs: 24.9 g

Fats: 3 g

# PROTEIN FUDGE BARS

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

Recipe  
78



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 280**

Protein: 14 g

Carbs: 11 g

Fats: 22 g

# PROTEIN DATE BARS

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

Recipe  
79



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 280**

Protein: 39 g

Carbs: 301 g

Fats: 190 g



# PROTEIN DATE BARS

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

Recipe  
80



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 299**

Protein: 5 g

Carbs: 14 g

Fats: 25 g

# CHOCOLATE MOOSE

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

Recipe  
81



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 109**

Protein: 3 g

Carbs: 12 g

Fats: 5 g

# LEMON BLUEBERRY MOOSE

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

Recipe  
82



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 109**

Protein: 3 g

Carbs: 12 g

Fats: 5 g

# APPLE PIE BITES

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

Recipe  
83



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 314**

Protein: 5 g

Carbs: 44 g

Fats: 16 g

# EASY TRIAL MIX

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

Recipe  
84



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 256**

Protein: 10 g

Carbs: 9 g

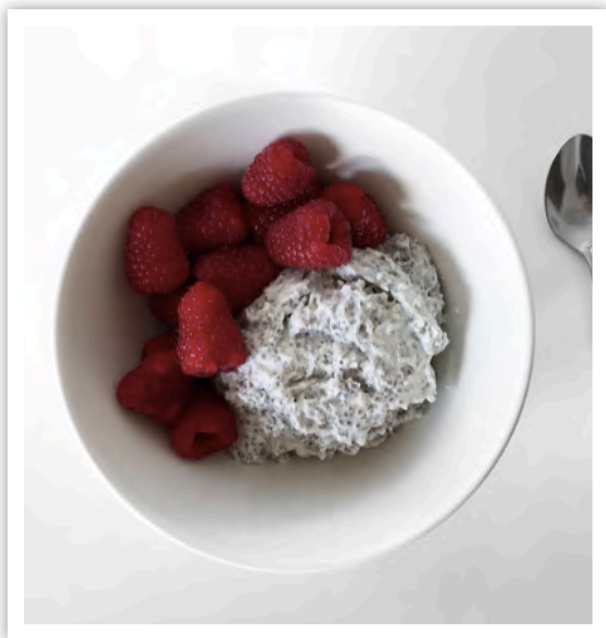
Fats: 20 g



# COCONUT CHIA PUDDING

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

Recipe  
85



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 299**

Protein: 5 g

Carbs: 15 g

Fats: 25 g

# RAW CHOCOLATE, FRUIT & NUT BALLS

Recipe  
86

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 384**

Protein: 2 g

Carbs: 40 g

Fats: 28 g

# CINNAMON SPICE CHIA BALLS

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

Recipe  
87



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 110**

Protein: 3.3 g

Carbs: 12.8 g

Fats: 5.4 g

# CHOCOLATE-CHERRY GRANOLA

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

Recipe  
88



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 281**

Protein: 7.7g

Carbs: 47.5 g

Fats: 2.6 g

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

# SMOOTHIE RECIPES



# CHOCOLATE PEANUT BUTTER GREEN SMOOTHIE

Recipe  
89

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 297.6**

Protein: 20 g

Carbs: 51 g

Fats: 14 g

# BANANA OATMEAL SMOOTHIE

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

Recipe  
90



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 787**

Protein: 64 g

Carbs: 87 g

Fats: 22 g

# TROPICAL PROTEIN SMOOTHIE

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

Recipe  
91



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 545**

Protein: 52 g

Carbs: 82 g

Fats: 1 g

# GREEN MONSTER SMOOTHIE

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

Recipe  
92



## INGREDIENTS:

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

## DIRECTIONS:

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

### TOTAL CALORIES: 293

Protein: 23 g

Carbs: 45 g

Fats: 4 g

# RED PROTEIN SMOOTHIE

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

Recipe  
93



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 312**

Protein: 20 g

Carbs: 60 g

Fats: 3 g



# 3 INGREDIENT CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

Recipe  
**94**

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 396**

Protein: 14 g

Carbs: 68 g

Fats: 11 g

# STRAWBERRY BANANA TOFU SHAKE

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

Recipe  
95



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 672**

Protein: 26 g

Carbs: 117 g

Fats: 14 g

# DARK GREEN VEGGIE PROTEIN SMOOTHIE

Recipe  
96

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 149**

Protein: 14 g

Carbs: 10 g

Fats: 6 g

# GREEN PROTEIN POWDER SMOOTHIE

Recipe  
**97**

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 464**

Protein: 20 g

Carbs: 44 g

Fats: 28 g

# PEANUT BUTTER PROTEIN SMOOTHIE

 Recipe  
**98**

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 265**

Protein: 21 g

Carbs: 27 g

Fats: 12.5 g



# OATMEAL PROTEIN SHAKE

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

Recipe  
99



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 286**

Protein: 16 g

Carbs: 28 g

Fats: 11 g

# BLUEBERRY ALMOND PROTEIN SMOOTHIE

Recipe  
**100**

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



## DIRECTIONS:

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

## INGREDIENTS:

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

### **TOTAL CALORIES: 168**

Protein: 11.5 g

Carbs: 28 g

Fats: 2.5 g

# PEA PROTEIN BANANA SMOOTHIE

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

Recipe  
101



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 700**

Protein: 15 g

Carbs: 61 g

Fats: 6 g

# BLUEBERRY & PINEAPPLE SMOOTHIE

Recipe  
102

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



## INGREDIENTS:

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

## DIRECTIONS:

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

**TOTAL CALORIES: 643**

Protein: 57 g

Carbs: 59 g

Fats:21 g

# BLOOD ORANGE & GREEN JUICE

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

Recipe  
103



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 643**

Protein: 57 g

Carbs: 59 g

Fats:21 g



# BLOOD PURIFIER

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

Recipe  
104



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 643**

Protein: 57 g

Carbs: 59 g

Fats: 21 g

# SUNBLAST CELL REJUVENATOR

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

Recipe  
105



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 311**

Protein: 6 g

Carbs: 78 g

Fats: 61g

# BANANA, OAT & CINNAMON SMOOTHIE

Recipe  
106

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 304**

Protein: 32 g

Carbs: 8 g

Fats: 0 g

# FIGS & ROSES SMOOTHIE

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

Recipe  
107



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 312**

Protein: 8 g

Carbs: 50 g

Fats: 4 g

# ROSE, COCONUT & CARDAMOM SMOOTHIE

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

Recipe  
108



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 384**

Protein: 2 g

Carbs: 40 g

Fats: 28 g



# CHIA, BERRY, AND CARDAMOM VEGAN SMOOTHIE

Recipe  
109

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



## DIRECTIONS:

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

## INGREDIENTS:

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

**TOTAL CALORIES: 271**

Protein: 8 g

Carbs: 44 g

Fats: 11 g

# BLUEBERRY, AVOCADIO & LIME SMOOTHIE

Recipe  
110

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



## DIRECTIONS:

1. Puree ingredients in a blender until smooth.

## INGREDIENTS:

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

**TOTAL CALORIES: 254**

Protein: 3 g

Carbs: 36 g

Fats: 6 g

# APPLE PIE SMOOTHIE

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

Recipe  
**111**



## DIRECTIONS:

1. Puree ingredients in a blender until smooth.

## INGREDIENTS:

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

### **TOTAL CALORIES: 399**

Protein: 8 g

Carbs: 36 g

Fats: 29 g

# RASPBERRY WALNUT SMOOTHIE

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

Recipe  
112



## DIRECTIONS:

1. Puree ingredients in a blender until smooth.

## INGREDIENTS:

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

**TOTAL CALORIES: 416**

Protein: 9 g

Carbs: 21 g

Fats: 34 g

# FINAL WORDS

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

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

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