



Recipe Roundup

HEALTHY MEAL IDEAS FOR MARCH



recipes for the month



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Breakfast

I D E A S



BREAKFAST BEANS

Over Toast



INGREDIENTS:

3 cups cooked white beans
1/4 cup onions, diced
1/4 cup raw cashews
1 cup filtered water
1/4 tsp garlic powder
3/4 tsp cornstarch
pinch of sea salt
1/4 cup diced tomatoes
2 Tbsp pimentos
8 slices whole-grain bread

*for garnish - chopped parsley or cilantro

DIRECTIONS:

1. Soak the cashews overnight or for 2 hours in hot water.
2. Saute the onion in 2 Tbsp of water. When water begins to evaporate, add a little more water. Once translucent add the beans and cook for 5 minutes.
3. Meanwhile, drain the cashews. Then blend them with the 1 cup water, garlic, cornstarch and a pinch of salt until smooth.
4. Add the cashew cream to the beans and onions and mix in the tomatoes and pimentos.
5. Heat for 10 minutes and serve over whole-grain toast.

SERVES: 8

ON THE GO

Breakfast Pudding



INGREDIENTS:

2 cups unsweet soy or almond milk
1 ripe banana
1/4 cup rolled oats
1/4 cup chia seeds
1 tsp pure vanilla extract
pinch of sea salt
1-1/2 cups fresh fruit

*optional add-ins: chopped nuts, unsweet coconut flakes and cinnamon

DIRECTIONS:

1. Blend the banana and milk using a high-speed blender. Stir in the oats, chia, vanilla and salt.
2. Ladle into jars, top with your fresh fruit and refrigerate overnight. Grab and go in the morning!

SERVES: 4

MISO AVOCADO

Oat Porridge



INGREDIENTS:

1 cup whole oat groats, soaked overnight
4 cups additional filtered water
pinch of sea salt
1 Tbsp white miso paste
dash of tamari

*for serving: avocado, scallions, sesame seeds and microgreens

DIRECTIONS:

1. Drain and rinse the oat groats and transfer them to a blender. Add 4 cups of water, salt and pulse until coarsely ground. Pour into a medium pot and bring to a boil over high heat, whisking frequently.
2. Cover the pot, reduce heat to low and simmer for 30 minutes, stirring occasionally to prevent sticking. Grains should be soft and porridge creamy.
3. Mix in the miso paste and tamari. Then serve with your additional toppings and enjoy!

SERVES: 4

ONIONS & PEPPERS WITH

Breakfast Potatoes



INGREDIENTS:

POTATOES

1 lb small potatoes, cut into 1/2" pieces
extra virgin olive oil, for drizzling
1/2 tsp smoked paprika
pinch of red pepper flakes
sea salt & black pepper, to taste

VEGGIES

1/2 tsp extra virgin olive oil
1/2 yellow onion, chopped into 1/2" pieces
1 red pepper, chopped into 1/2" pieces
2 garlic cloves, chopped
1/4 cup cilantro
2 Tbsp green onions, chopped
sea salt & black pepper, to taste

DIRECTIONS:

1. Preheat oven to 425F degrees and line a baking sheet with parchment paper. Place the potatoes on the sheet and drizzle with olive oil. Sprinkle generously with salt, pepper and smoked paprika. Toss to coat and spread evenly. Bake for 30 minutes or until golden brown.
2. Make the onions and peppers by heating the oil in a medium skillet over medium heat. Add the onions, peppers and garlic. Saute until soft and lightly browned, 5-8 minutes. Remove from heat, stir in the potatoes and sprinkle with cilantro and green onions. Season to taste and serve hot.

SERVES: 4

AVOCADO TOAST WITH *Brussels Sprout Salad*



INGREDIENTS:

1/2 Tbsp extra virgin olive oil
1 Tbsp lemon juice
1 Tbsp orange juice
1/2 tsp dijon mustard
1 garlic clove, minced
2 heaping cups shredded brussels sprouts
1/4 cup scallions, chopped
2 Tbsp dried cranberries
2 Tbsp chopped nuts, your choice
4 slices of toasted whole-grain bread
1 ripe avocado
sea salt & black pepper, to taste

DIRECTIONS:

1. In a bowl, whisk together the oil, lemon juice, orange juice, mustard, garlic and salt and pepper. Add the brussels sprouts and scallions. Toss to coat. Let sit for 10 minutes, then add the cranberries and nuts. Toss. Season to taste.
2. Slice the avocado in half and remove the pit. With it still in its shell, use a paring knife to slice each half into cubes. Squeeze some lemon juice and pinch of salt on both halves. Use a spoon to scoop it out and onto the toast. Mash it down with a fork.
3. Top the toasts with brussels sprout salad and serve!

SERVES: 4

NON-DAIRY CHEESY

Smashed Potatoes



INGREDIENTS:

10-12 small, thin-skinned potatoes
3/4 cup raw cashews, soaked overnight
1/3 cup nutritional yeast
2 Tbsp cornstarch or tapioca starch
4 garlic cloves
2 tsp onion powder
3/4 tsp sea salt
1/4 tsp turmeric
1-1/2 cups water, plus more to thin
extra virgin olive oil, for frying

*for serving: cooked broccoli, refried beans, jalapenos, mushrooms, black olives, avocado or guacamole, plant-based "meat"

DIRECTIONS:

1. Boil the potatoes in water until fork-tender. Remove and let them cool enough to handle.
2. To make the cheese sauce, blend the cashews, nutritional yeast, cornstarch, garlic, onion powder, salt, turmeric, and water in a blender on high speed until creamy and smooth.
3. Pour the sauce into the pot used for the potatoes and cook over medium heat while stirring until thickened or about 5 minutes.
4. Set a large pan over medium-high heat and drizzle a couple of Tbsp of oil in it. When hot, place the potatoes in the pan and use a spatula to smash them. Let cook until crispy and brown on the bottom, about 5 minutes.
5. Season with a little salt and pepper. Decide to transfer them to a serving platter or plate or serve them in the pan. Pour the cheese sauce over them. Top with your desired fixins.

SERVES: 4

BREAKFAST FIESTA

Nacho Pancakes



INGREDIENTS:

1 Tbsp extra virgin olive oil
1/2 red bell pepper, chopped
3 scallions, thinly sliced
1/2 tsp sea salt
1/3 cup cooked black beans
3 garlic cloves, minced

BATTER

1-1/2 cups unsweet almond milk
1 Tbsp extra virgin olive oil
1 tsp white vinegar
1 cup all-purpose flour
1/4 cup cornmeal
1 tsp sea salt
1 tsp baking powder
1/2 tsp ground cumin
1/2 tsp chili powder
1/2 tsp baking soda
1/2 cup non-dairy shredded cheese

*for serving: salsa, black olives, avocado, tomatoes, cilantro, etc.

DIRECTIONS:

1. Heat the oil in a large pan. Add the peppers, scallions and salt. Cook, stirring occasionally until peppers are soft. Add the black beans and garlic. Cook for a few more minutes, then remove and set aside.
2. In a small bowl, mix together the milk, oil and vinegar. In a large bowl, stir together the flour, cornmeal, salt, baking powder, cumin, chili powder and baking soda. Pour the wet into the dry and gently stir. Fold in the cooked veggies and cheese.
3. Return the previous pan to medium heat. When hot, use a 1/4 cup measure to ladle the batter into the pan. Let cook for 4 minutes, until bubbles start to form. Then flip and cook on the other side for several minutes. Transfer pancakes to a plate and cover with a clean dish towel to keep warm. Repeat with remaining batter.
4. Serve pancakes with your favorite toppings and enjoy!

MAKES: 10-12 pancakes

FRENCH TOAST

Buddha Bowl



INGREDIENTS:

2 slices brioche or stale bread, 1" thick
1 Tbsp ground flaxseed + 2 Tbsp water
1/2 cup almond milk
1/2 tsp pure vanilla extract
1/2 tsp cinnamon
pinch of nutmeg
1/2 Tbsp coconut oil

*For serving: mango, fresh raspberries,
coconut yogurt, toasted nuts and/or
seeds and maple syrup

DIRECTIONS:

1. Whisk together the flaxseed and water to create your "egg". Then add in the milk, vanilla, cinnamon and nutmeg.
2. Dip the bread in the mixture and allow it to soak up liquid on each side.
3. Heat the coconut oil in a skillet on medium heat. Cook the bread on each side until golden brown, about 2 minutes. When cool enough to handle. Cut it into quarters and place it in a bowl or on a plate.
4. Fill the bowl with mango, berries, yogurt, nuts and syrup. Enjoy!

SERVES: 1



Lunch

I D E A S

BERRY, APPLE & PEAR

Spinach Salad



INGREDIENTS:

3 cups chopped spinach
1 cup chopped strawberries
1 cup chopped apples
1 cup chopped pear
handful of blueberries

DRESSING

handful of raspberries
3 medjool dates
juice of 1 lime
water to thin

DIRECTIONS:

1. Add all ingredients to a bowl and toss to combine.
2. Make the dressing by adding the ingredients to a small blender and blending until smooth. Add as much water for your desired texture - thick or thin.
3. Drizzle dressing over salad and mix to coat.

SERVES: 1

QUINOA

Fattoush Salad



INGREDIENTS:

1 cup cooked quinoa, cooled
2 cups chopped romaine lettuce
1 cup chopped kale leaves
2/3 cup chopped english cucumber
2 scallions, thinly sliced
3 radishes, thinly sliced
1/2 cup cherry tomatoes, halved
1/2 cup cooked chickpeas
10 mint leaves, torn
2 Tbsp parsley, chopped

DRESSING

1/2 garlic clove, grated
juice of 1/2 a lemon
1/3 cup extra virgin olive oil
sea salt & black pepper, to taste

DIRECTIONS:

1. Combine all salad ingredients into a large bowl.
2. To make the dressing, whisk together in a small bowl or jar.
3. Toss the salad with the dressing and season to taste as needed. Enjoy!

SERVES: 4

SPICY TOMATO

Gazpacho



INGREDIENTS:

3 roma tomatoes, quartered
1 medium cucumber, peeled & sliced
1 red bell pepper, quartered
1/2 red onion, cut in half
1 jalapeno pepper
1/2 cup fresh basil
1/2 cup fresh parsley
2 cups canned tomato sauce
1/2 cup filtered water
3 Tbsp extra virgin olive oil
1/4 cup white wine vinegar
2 Tbsp balsamic vinegar
juice of 1 lemon
2 garlic cloves

*for serving: diced cucumber, jalapeno,
and tomatoes

DIRECTIONS:

1. Add all ingredients into a blender. Blend on high until smooth and creamy. Place in the fridge to chill.
2. If preferred, finely chop your desired toppings and toss into a bowl with some extra herbs and a pinch of salt.
3. When ready to serve, pour the soup into bowls and garnish. Enjoy!

SERVES: 4

SPRING

Quinoa Salad



INGREDIENTS:

1 cup dry quinoa
1 lb asparagus, trimmed & cut into 1"
1 bunch radishes, quartered
2 tsp olive oil, for roasting
juice of 1 lemon
1/4 cup extra virgin olive oil
3 garlic cloves, minced
2 tsp pure maple syrup
1 tsp sea salt
pinch of red pepper flakes
1/3 cup parsley leaves, chopped
5 scallions, chopped
1/4 cup pecan pieces

DIRECTIONS:

1. Cook your quinoa according to the package directions. Remove and let cool.
2. Preheat oven to 400F degrees.
3. In a medium bowl, mix asparagus and radishes with olive oil and spread in a single layer on a baking sheet lined with parchment paper.
4. Cook for 15-20 minutes or until they are your desired tenderness.
5. Once roasted remove the veggies and allow to cool for 20 minutes.
6. Whisk together the lemon juice, olive oil, garlic, maple syrup, salt and red pepper flakes in a large salad bowl.
7. Combine the asparagus, radishes, quinoa, parsley, scallions to the bowl and toss to combine well.
8. Top with your pecans and enjoy!

SERVES: 3-4

SPINACH

Blueberry Salad



INGREDIENTS:

3 cups baby spinach
1 cup red leaf lettuce, chopped
1/2 cup cucumbers, chopped
1/2 cup chickpeas
1/4 cup red cabbage, shredded
1/4 cup fresh blueberries
2 Tbsp red onion, chopped
1/2 avocado, chopped
2 Tbsp dried cranberries
2 Tbsp sliced almonds

DRESSING

1/2 cup fresh blueberries
1/4 cup lemon juice
2 Tbsp extra virgin olive oil
2 Tbsp tahini
1 tsp pure maple syrup
1/4 tsp sea salt, to taste
1 Tbsp filtered water, to thin

DIRECTIONS:

1. Place all dressing ingredients into a blender and blend until smooth. If too thick, add a little water.
2. Prepare your salads by starting with a bed of greens and adding the ingredients on top as listed. Drizzle the dressing and enjoy!

SERVES: 2

BLACKENED

Tempeh Salad



INGREDIENTS:

8oz of organic tempeh, cut into strips
2 Tbsp pure maple syrup
1/2 Tbsp paprika
1/2 Tbsp fresh oregano, chopped
1 tsp avocado oil
2 tsp cayenne pepper
1/2 tsp sea salt

3 cups chopped romaine lettuce
1 cup coleslaw mix
1 cup cooked quinoa
1/2 orange bell pepper, sliced
1/3 red onion, diced
1 avocado, sliced

DRESSING

1/4 cup tahini
1/4 cup orange juice
2 Tbsp apple cider vinegar
2 tsp pure maple syrup
2 tsp minced garlic
2 tsp dijon mustard
1/4 tsp sea salt
1-2 Tbsp of water, if necessary

DIRECTIONS:

1. Preheat oven to 425F degrees and line a baking sheet with parchment paper.
2. Toss the tempeh with maple syrup, paprika, oregano, oil, cayenne pepper and salt. Spread it in a single layer on the baking sheet. Cook for 15-20 minutes or until browned and crunchy. Flip at the halfway mark.
3. Meanwhile, prepare your quinoa. 1/2 cup dry quinoa cooked with 2/3 cup water will result in 1 cup cooked quinoa. Then set aside to cool.
4. Prepare dressing by adding all ingredients to a small bowl or blender. Whisk until smooth. Add water to thin if needed.
5. Prep salads by layering 1/3 of the romaine, coleslaw, quinoa, bell pepper, onion, avocado, tempeh in three separate bowls. Drizzle with dressing and serve.

SERVES: 3

POWERHOUSE

Philly Bowl



INGREDIENTS:

2 Tbsp extra virgin olive oil, divided
1/2 red bell pepper, sliced
1/2 green bell pepper, sliced
1/2 yellow onion, sliced
1/2 cup mushrooms, sliced
1/2 package of seasoned tempeh, sliced
1 tsp oregano
1/2 tsp paprika
2 slices cheese, your choice
2 Tbsp filtered water
3/4 cup cooked quinoa

DIRECTIONS:

1. Heat 1 Tbsp of oil in a skillet over medium heat. Add in the peppers and onion. Cook until they start to soften, about 5 minutes.
2. Add in the mushrooms and cook for another 2 minutes then set aside.
3. Clean the pan and add the remaining oil. Add the tempeh, oregano and paprika. Cook stirring frequently, until the tempeh is browned.
4. While the tempeh is cooking, add your cheese slices and water to a saucepan and cook over low heat, stirring continuously until it becomes saucy.
5. Place the quinoa in a bowl and top with the tempeh and veggies. Spoon the cheese sauce on top and serve immediately.

SERVES: 1

FRESH ORANGE & *Fennel Salad*



INGREDIENTS:

4 medium oranges, sliced into quarters
1/4 cup thinly sliced red onion
1/4 cup thinly sliced carrot
2 cups thinly sliced fennel bulb
20 kalamata olives, cut in half
3 Tbsp extra virgin olive oil
fresh lemon juice
sea salt & black pepper, to taste

*for garnish - reserve the fennel fronds

DIRECTIONS:

1. Arrange the orange slices in an even layer on a serving plate.
2. Arrange the red onion, carrot and fennel slices over top of the oranges.
3. Sprinkle the olives on top and drizzle with oil and lemon juice.
4. Season with salt & pepper.
5. Refrigerate covered for at least 30 minutes for the flavors to meld.
6. When ready to serve, garnish with fennel fronds and enjoy.

SERVES: 4



Dinner

I D E A S

INSTANT POT POTATO

Cabbage Soup



INGREDIENTS:

1 Tbsp extra virgin olive oil
2 cups onion, minced
2 tsp garlic, minced
2 tsp caraway seeds
1 tsp smoked paprika

8 cups filtered water
4 cups cabbage, chopped
4 cups potato, cubed
2 cups carrots, sliced
1 veggie bouillon cube
2 tsp dried dill

*for serving: nutritional yeast, salt & black pepper, to taste

DIRECTIONS:

1. Use the saute setting over normal and heat the oil. Add the onion and saute until transparent, about 5 minutes. Then add the garlic, caraway seeds and paprika. Saute for 2 more minutes.
2. Then add the water, cabbage, potatoes, carrots, bouillon cube and dill to the onion mixture. Stir to combine. Put the lid on and make sure the steam release handle is set to sealing or closed. Set the time for 5 minutes.
3. Allow the pressure to release naturally. Before serving mix in nutritional yeast and salt & pepper to taste.

SERVES: 6

SUN DRIED TOMATO

Pesto Pasta



INGREDIENTS:

1 lb farfalle pasta
2 cups spinach
1 cup cherry tomatoes, halved
1.4 cup green peas, cooked
1/4 cup sun dried tomato pesto (pg #38)
1/4 cup sun dried tomatoes, chopped
pasta water, as needed
1 tsp lemon juice

*for garnish: fresh basil, nutritional yeast
and red pepper flakes

DIRECTIONS:

1. Cook the pasta according to the package directions.
2. With 30 seconds left in the cooking process add the spinach and allow it to wilt.
3. Drain the pasta and spinach and transfer it back into the pot.
4. Add the cherry tomatoes, green peas, pesto, and sun dried tomatoes. Stir to combine and add a splash of pasta water as needed.
5. Stir in the lemon juice, taste and add salt & pepper as desired.
6. Divide evenly between four bowls and garnish with your desired ingredients.

SERVES: 4

SPINACH & GARLIC

Orecchiette



INGREDIENTS:

4 oz orecchiette pasta
2 Tbsp extra virgin olive oil, divided
4 Tbsp bread crumbs
1/4 tsp sea salt
1/4 tsp black pepper
5 garlic cloves, minced
8 cups baby spinach

DIRECTIONS:

1. Cook the pasta according to the package directions, drain well.
2. In the meantime, heat half of the oil in a large skillet over medium heat; cook the breadcrumbs, salt and pepper for about 2 minutes or until lightly toasted. Transfer to a small dish.
3. Heat the remaining oil in the same skillet and cook the garlic for about 30 seconds. Add the spinach and cook until it starts to wilt.
4. Add the pasta to the spinach and toss to coat. Top with the bread crumb mixture and serve.

SERVES: 3

SPAGHETTI SQUASH

Arrabbiata



INGREDIENTS:

1 large spaghetti squash, cut in half
4 garlic cloves, minced
3 cups fresh tomatoes, finely diced
2 Tbsp tomato paste
1 tsp balsamic vinegar
1 tsp white miso paste
1 tsp dried basil
1 tsp red pepper flakes
2 Tbsp nutritional yeast
2 tsp onion powder
2 tsp basil
1 tsp thyme
1 tsp garlic powder
1 tsp ground mustard
1 tsp paprika
1/4 tsp turmeric
1/4 cup fresh parsley
salt & pepper, to taste

*for garnish: non-dairy parmesan cheese, your choice

DIRECTIONS:

1. Preheat oven to 350 F. Place the squash halves in a large baking dish, cut side up. Add 1-2" of water and tightly cover the dish. Bake until tender, about 45-60 minutes.
2. While the squash is baking, make the sauce in a large skillet. Heat 2 Tbsp of water over medium heat. Add the garlic and cook for 1 minute. Stir in the remaining ingredients except the parmesan and cook for 5 minutes. Taste and adjust seasonings as desired.
3. When the squash is done, remove and discard the seeds. Use a fork to scrape the squash in strands and place in a large bowl. Add the sauce and toss gently to combine. Sprinkle with parmesan and serve.

**Also great using Zucchini noodles.*

SERVES: 4

BROCCOLI

Spring Soup



INGREDIENTS:

4 cups broccoli florets
2 cups cauliflower florets
2 russet potatoes, cut into chunks
5 large mushrooms, sliced
1 large onion, minced
8 garlic cloves, minced
6 cups veggie broth
1 cup almond milk
1-2 Tbsp extra virgin olive oil
3 Tbsp nutritional yeast

DIRECTIONS:

1. In a large frying pan, add the oil and start sautéing the onion and garlic.
2. Once the onion and garlic has browned, add in your broccoli, cauliflower and 1 of the chopped potatoes.
3. Pour in the veggie broth so that the veggies are covered. Turn the heat to simmer and cover for 15 minutes.
4. In another pot start boiling some water, once boiling add in the other chopped potato and mushrooms. Let it boil on low for 5-8 minutes.
5. In the original frying pan of veggies, make sure they are fork tender then add them into a blender or food processor. Blend the veggies with 1 cup of almond milk until completely smooth. Pour this back into the frying pan.
6. Strain the other potatoes and mushrooms and add them into the frying pan. Stir well to combine.
7. Season with salt, pepper and nutritional yeast. Enjoy!

SERVES: 2-3

INSTANT POT

Coconut Rice



INGREDIENTS:

1 cup jasmine or basmati white rice
3/4 cup canned light coconut milk
3/4 cup coconut water
1/4 tsp sea salt
1 tsp cane sugar (optional)

*for serving: minced cilantro, toasted coconut flakes

DIRECTIONS:

1. Add all ingredients to the instant pot and stir. Pressure cook on high for 4 minutes.
2. Once timer goes off, allow it to naturally release for 10 minutes, then release any remaining pressure. Carefully remove the lid. Taste and add additional salt if desired.
3. Enjoy alongside soup, curry, in a bowl, with your favorite veggies and protein.

SERVES: 4

GARLIC TOMATO SOUP

With Beans



INGREDIENTS:

10 medium garlic cloves, peeled
3 Tbsp extra virgin olive oil
1 tsp red pepper flakes
2 Tbsp tomato paste
2 (15oz) cans white beans, slightly drained
1 (28oz) can crushed tomatoes
1 cup veggie broth
1/2 tsp sea salt, to taste
1-2 tsp pure maple syrup
1 (14oz) can light coconut milk, divided

DIRECTIONS:

1. Smash the garlic cloves using the bottom of a heavy skillet or pan until flat and broken apart.
2. In a large saucepan over medium-low heat, add the olive oil then add the smashed garlic. Cook until slightly brown. Then add the red pepper flakes and tomato paste. Stir and cook for a few more minutes.
3. Add the white beans, crushed tomatoes, broth and salt. Bring to a low boil then partly cover. Reduce heat and simmer until thickened and fragrant. About 15-20 minutes.
4. Use a potato masher to smash some of the white beans. Add the maple syrup and 1/4 of the coconut milk and stir.
5. Season to taste. Serve hot and garnish with the remaining coconut milk and a pinch of red pepper flakes.

SERVES: 4

MEDITERRANEAN QUINOA

Stuffed Potatoes



INGREDIENTS:

2 medium sweet potatoes
1 cup green leaf lettuce

1 Tbsp extra virgin olive oil
2 cups spinach
1/2 cup chickpeas
1/4 cup sun dried tomatoes
2 Tbsp kalamata olives
1 cup cooked quinoa
1/2 tsp dried thyme
1/2 tsp dried dill
1/2 tsp garlic powder
sea salt & black pepper, to taste

DRESSING

1 Tbsp tahini
1 tsp lemon juice
pinch of sea salt & black pepper
2 Tbsp water, to thin

*for garnish: chives, red pepper flakes

DIRECTIONS:

1. Preheat oven to 400F degrees. Puncture the sweet potatoes with a fork and place them in a baking dish. Bake until soft about 35-45 minutes.
2. Prepare the quinoa mixture by heating the oil in a skillet over medium heat. Add the rest of the ingredients and saute until warm. Keep warm until potatoes are done.
3. Remove potatoes when done and let them cool for a few minutes. Once cooled, transfer to a plate and split open with a knife. Spoon the lettuce and quinoa salad into the center.
4. Whisk together the dressing ingredients and drizzle on top. Garnish with chives, avocado and red pepper flakes. Serve immediately and enjoy!

SERVES: 2



Snack

I D E A S

BLUEBERRY BEET

Smoothie



INGREDIENTS:

3/4 cup frozen blueberries
1/2 cup chopped cooked beets
1/2 banana
1 cup unsweet almond milk
1 scoop vanilla protein powder
handful of ice cubes

DIRECTIONS:

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

SERVES: 1

CREAMY GINGER

Green Smoothie



INGREDIENTS:

2 handfuls of spinach
1 cup filtered water
1/2 avocado
1 banana
2 pitted dates
1 Tbsp fresh ginger root
juice of 1 lemon
handful of ice cubes

*optional - 1 scoop of vanilla
superfood protein powder

DIRECTIONS:

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

SERVES: 1

LEMON RASPBERRY

Smoothie



INGREDIENTS:

1 cup coconut water
1 cup frozen raspberries
1/2 cup vanilla almond yogurt
2 Tbsp pure maple syrup
2 Tbsp fresh lemon juice
1 tsp lemon zest

DIRECTIONS:

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

SERVES: 1

THE BEST

Fruit Salsa



INGREDIENTS:

1 mango, diced
1 cup strawberries, diced
1 cup pineapple, diced
2 Tbsp lemon juice
1 tsp pure maple syrup
zest of 2 limes

*optional: 2 tsp poppy seeds

Cinnamon Sugar Chips
5 small fajita sized flour tortillas
2 Tbsp plant-based butter, melted
3 Tbsp sugar
1 tsp cinnamon

DIRECTIONS:

1. For the salsa, combine all ingredients in a small mixing bowl.
2. If making the cinnamon sugar chips, brush the tortillas with melted butter.
3. Combine the cinnamon & sugar together then sprinkle on the chips. Cut the tortillas into triangles.
4. Bake at 350F degrees for 20 minutes or until crisp.

SERVES: 6

EASY BLENDER

Peanut Butter



INGREDIENTS:

2 cups dry-roasted unsalted peanuts
1/4-1/2 tsp sea salt, or more to taste

DIRECTIONS:

1. Add the peanuts to a blender and turn the blender on low speed.
2. After the peanuts are completely broken down and begin to turn creamy, turn up to medium.
3. Continue blending until the peanuts are smooth. Add the salt 1/4 tsp at a time and blend for 30 seconds. Taste and adjust until your preference.
4. Transfer the peanut butter to a jar and chill for at least 8 hours or overnight.

MAKES a heaping cup

LEMON POPPYSEED

Energy Bites



INGREDIENTS:

3 scoops (3/4 cup) vanilla protein powder
1/2 cup old-fashioned rolled oats
1 Tbsp poppy seeds
1/2 Tbsp sweetener, your choice
1 tsp freshly grated lemon zest
6 Tbsp fresh lemon juice
6 Tbsp filtered water

DIRECTIONS:

1. In a large bowl, combine the protein, oats, poppy seeds, sweetener and lemon zest.
2. Add in the lemon juice and water, stirring until fully incorporated.
3. Shape the mixture into 29 small balls and place into a sealed container. Store in the fridge until ready to eat.

MAKES 28 bites

SPICY STIR FRY

Green Beans



INGREDIENTS:

12oz green beans, ends trimmed
1/4 cup veggie broth
2 Tbsp tamari
1 Tbsp fresh ginger, minced
1/2 tsp red pepper flakes
pinch of sea salt
1/2 tsp pure maple syrup
1 Tbsp avocado oil
1 Tbsp sesame seeds

DIRECTIONS:

1. Wash the green beans and make sure to dry thoroughly.
2. In a small bowl, combine the broth, tamari, ginger, garlic, red pepper flakes, salt and maple syrup.
3. Heat a large skillet over high heat. Once hot, add the oil and spread evenly into a thin layer.
4. Add the green beans and cook, tossing occasionally for about 5 minutes. Reduce heat to medium-high then add the sauce mixture. Cook, stirring occasionally for 3-5 minutes until beans are al dente and liquid is reduced. Turn off heat and stir in sesame seeds.
5. Serve warm with your favorite grains and choice of protein.

SERVES: 3

SUN DRIED

Tomato Pesto



INGREDIENTS:

3 cups basil, packed
1 cup sun dried tomatoes
1/2 cup nutritional yeast
1/4 cup pine nuts
2 garlic cloves, minced
juice of 1/2 a lemon
sea salt & black pepper, to taste
1/4 cup extra virgin olive oil
2-3 Tbsp filtered water

DIRECTIONS:

1. Add everything into a food processor, except the oil and water. Process until combined. Remove lid and scrape down sides.
2. Place lid back on and with the processor running drizzle in the olive oil. Then drizzle in the water, start with 2 Tbsp at a time and add more if needed. Scrape down the sides and process again until smooth.
3. Transfer to a glass container and store in the fridge for up to 5 days or freezer for up to 6 months.

SERVES: 8



NUTRITIONAL

Disclaimer

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

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

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

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