



Recipe Roundup

HEALTHY MEAL IDEAS FOR JUNE



recipes for the month



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Breakfast

I D E A S

VANILLA BEAN

Chia Pudding



INGREDIENTS:

1 cup unsweetened almond milk
1/4 cup chia seeds (or 3 Tbsp)
seeds from 1 vanilla bean
1/2 tsp pure vanilla extract

TOPPINGS

1 banana, sliced
1/4 cup chopped pecans or walnuts

or garnish as you desire!

DIRECTIONS:

1. Whisk together all ingredients for the chia pudding in a bowl.
2. Split the vanilla bean down its length using a knife. Scrape out the seeds and add to the pudding.
3. Whisk for a couple of minutes until the chia seeds start to form a gel like consistency. The more you whisk the more your seed will get evenly spread out and you'll avoid getting lumps in your pudding.
4. When you see that the pudding starts to thicken and the seeds are evenly spread out, move the bowl to the fridge to set for about 30 minutes.
5. Garnish with banana, nuts and any other toppings. Enjoy!

SERVES: 1

GRANOLA

Breakfast Cookies



INGREDIENTS:

1/4 cup cashew butter*
1/4 cup almond butter*
1/3 cup pure maple syrup
1/4 tsp baking soda
1/2 tsp sea salt
1 Tbsp coconut sugar
1 cup rolled oats
1 Tbsp chia seeds
1/2 cup chopped raw nuts
1/3 cup dried fruit

**Or you can sub peanut butter*

DIRECTIONS:

1. Preheat oven to 350 F degrees and line a baking sheet with parchment paper.
2. In a medium bowl, combine the nut butters and syrup; mix until smooth. Add in the baking soda, salt, and sugar. Mix.
3. Next add in the oats, chia seeds, nuts and dried fruit. Stir well to evenly combine.
4. Scoop the dough out in 1/4 cup measurements and press it in your hands to make a thick, flat cookie about 2" in diameter. Place the cookies on the baking sheet. They won't spread much so they can be close together.
5. Bake for 15-18 minutes until the edges turn golden brown. Remove and allow to cool slightly before enjoying.

MAKES: 10 cookies

HIGH PROTEIN

Almond Oatmeal



INGREDIENTS:

1/3 cup oatmeal
1 cup organic soy milk
2 Tbsp nut butter
1/2 scoop protein powder
1 Tbsp chia seeds
one banana, sliced & divided
3 Tbsp almonds, chopped
handful of fruit, your choice

DIRECTIONS:

1. In a saucepan over medium heat, pour in your milk and bring it to a boil.
2. Once boiling, stir in the oats and reduce heat.
3. After 3 minutes, add the nut butter, protein powder and half of your banana. Cook for 2 more minutes.
4. Pour into a bowl and add the chia seeds, almonds, rest of your banana and fruit. Enjoy!

SERVES: 1

QUICK & EASY

Tofu Scramble



INGREDIENTS:

1 (14oz) pkg organic firm tofu, drained, pressed & crumbled

1 cup cauliflower rice
1/4 cup red bell pepper, diced
2 Tbsp nutritional yeast
1/2 tsp ground turmeric
1 tsp garlic powder
1/2 tsp sea salt
2 cups raw baby spinach

DIRECTIONS:

1. Heat a large pan over medium heat.
2. Add the tofu, cauliflower and peppers.
3. Stir in all the seasonings and mix well.
4. Cook, stirring frequently for 6-8 minutes or until veggies are softened and desired texture is achieved.
5. Add the spinach, cook until wilted and serve.
6. Great on toast, in a burrito or with salsa and avocado!

SERVES: 3-4

POTATO & TOFU

Breakfast Tacos



INGREDIENTS:

2 medium red potatoes, peeled & cubed
1 tsp garlic powder
1/2 tsp thyme
1/2 tsp sage
1/4 tsp paprika
pinch of cayenne
sea salt, to taste

corn tortilla shells

*optional add-ins - tofu scramble,
tempeh crumbles, tomatoes, sour cream,
cheese, salsa, avocado, black beans,
chickpeas, shredded lettuce

DIRECTIONS:

1. Preheat oven to 450F degrees.
2. Toss the potatoes with the seasonings then spread them out evenly on a baking sheet lined with parchment paper.
3. Bake for 30 minutes, tossing halfway.
4. In the meantime, prep anything else you want in your tacos.
5. Once the potatoes are done, scoop them into your shells along with your other toppings and enjoy!

SERVES: 6

TROPICAL COCONUT

Overnight Oats



INGREDIENTS:

OVERNIGHT OATS BASE:

1/2 cup rolled oats
1 Tbsp chia seeds
1-2 Tbsp pure maple syrup
2/3 cup full fat can coconut milk
1/3 cup vanilla coconut yogurt

FOR THE FLAVOR:

1/2 tsp pure vanilla extract
pinch of sea salt
1/3 cup fresh or can pineapple
1/3 cup ripe mango, chopped
1/2 banana, chopped or mashed
2 Tbsp unsweet coconut flakes

DIRECTIONS:

1. Mix together all the ingredients for the overnight oats base in a 2 cup container of your choice.
2. Mix the flavor ingredients into the overnight oats base. You can leave any full fruit for topping as well.
3. Once you have your flavors mixed in, refrigerate overnight before eating. Enjoy!

SERVES: 1

EASY

Avocado Toast



INGREDIENTS:

2 slices multigrain bread
1 small ripe avocado
sea salt, to taste
1 Tbsp hemp seeds
1 Tbsp pepitas

*optional toppings - sliced radishes,
chopped parsley or cilantro, sliced tomato,
arugula, cucumber or sprouts

DIRECTIONS:

1. Toast your bread then spoon 1/2 of avocado onto the bread and spread evenly.
2. Top with the sea salt, hemp seeds, pepitas and any other toppings of your choice.
3. Enjoy!

SERVES: 2

OATMEAL

Banana Bites



INGREDIENTS:

1 cup rolled oats
1 cup oat flour
1 tsp baking powder
1/4 tsp sea salt
1/2 tsp cinnamon
1/4 tsp nutmeg
1 cup pureed overripe banana
1 tsp pure vanilla extract
2 Tbsp dark chocolate chips

*optional - to use raisins or other dried fruits in place of the chocolate chips

DIRECTIONS:

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the oats, oat flour, baking powder, sea salt, cinnamon, and nutmeg. Stir through until well combined.
3. Add the banana and vanilla (and chocolate chips, if using) to the dry mixture and stir through until combined. Using a cookie scoop, place mounds of the batter (about 2-2 1/2 tablespoons) on a baking sheet.
4. Bake for 15-20 minutes, until slightly golden. Remove and let cool on pan for just a minute, then transfer to a cooling rack.

SERVES: 8



Lunch

I D E A S

CANDIED WALNUTS

Spinach Salad



INGREDIENTS:

SALAD

1 Tbsp balsamic vinegar
1 tsp extra virgin olive oil
1 tsp dijon mustard
1 pinch sea salt
2 cups baby spinach
1/2 cup chickpeas
1/2 cup canned mandarin oranges
1-2 Tbsp of the mandarin orange liquid
5 thin slices of red onion
2 precooked baby beets, quartered

CANDIED WALNUTS

1 cup walnut pieces
2 Tbsp pure maple syrup
1/8 tsp sea salt
1/8 tsp cinnamon

DIRECTIONS:

1. For the walnuts, line a baking sheet with parchment paper and set aside.
2. Heat a large nonstick skillet over med-high heat. Add the walnuts and cook for 1 minute.
3. Add the syrup and salt; cook, stirring frequently for 2-3 minutes until syrup thickens and walnuts begin to stick together.
4. Sprinkle with the cinnamon and stir gently to coat.
5. Arrange the walnuts on the baking sheet to cool for 10 minutes. Reserve 2 Tbsp of walnuts for this salad.
6. For the salad combine the vinegar, oil, mustard, 1 Tbsp of mandarin orange juice and salt to a large mixing bowl and combine.
7. Add in the spinach, chickpeas, apple and red onion; toss to coat.
8. Transfer to a serving bowl and top with your beets and walnuts. Enjoy!

SERVES: 1

TOMATO

Risotto



INGREDIENTS:

10oz baby tomatoes
1 shallot, minced
3 garlic cloves, minced
1 tsp sage
2 Tbsp tomato puree
1 cup arborio rice
3-1/4 cups veggie broth

DIRECTIONS:

1. Heat a large non-stick pan with oil and add in the whole tomatoes. Fry for 2-3 minutes or until they start to soften.
2. Press down on the tomatoes with a fork to extract the juices. Then add in the shallot, garlic, sage, puree and rice. Cook together for 2 minutes.
3. Add the broth and reduce heat to a low simmer for 20-25 minutes or until the desired consistency has been reached. Stir frequently.
4. Once the rice has absorbed the liquid, sprinkle some sea salt, black pepper, and herbs. Enjoy!

SERVES: 3

MASON JAR

Mexican Salad



INGREDIENTS:

1 cup fresh salsa
1 cup cooked black beans or kidney beans
3/4 cup sweet corn
1 small avocado, diced
10 olives, sliced
handful of lettuce
baked tortilla chip strips
sea salt & pepper, to taste

DIRECTIONS:

- 1.To prepare the avocado layer, mash up the avocado with a fork and squeeze in some lime juice. Season with salt and stir.
- 2.To assemble, layer the salsa right at the bottom of each jar. Top it with the black beans, sweet corn, avocado mixture, olives, lettuce and then the tortilla chip slices on top.
- 3.When ready to eat, pour onto a plate or bowl and toss to combine. Enjoy!

SERVES: 2

MASON JAR

Chickpea Salad



INGREDIENTS:

1 large avocado, chopped
2 cups chickpeas, drained & rinsed
1/2 cup red onion, thinly sliced
1/2 green bell pepper, chopped
1/2 cucumber, chopped
1/2 cup italian parsley, chopped
1 heaping cup romain lettuce, chopped

DRESSING

1/4 cup fresh mint, chopped
2 Tbsp fresh lemon juice
1 Tbsp extra virgin olive oil
1 garlic clove, finely chopped
1/2 cup plain soy or coconut yogurt
sea salt & black pepper, to taste

DIRECTIONS:

1. In a small blender, add the dressing ingredients. Add a dash of salt and pepper. Blend until smooth. Taste and adjust seasonings as desired.
2. Evenly divide the dressing between 4 mason jars. It should be your first ingredient at the bottom.
3. Then layer in the following ingredients in order: avocado, chickpeas, onion, bell pepper, cucumber, parsley and romaine.
4. Serve immediately or cover and refrigerate for up to 3 days. When ready to eat, shake well then enjoy!

SERVES: 4

EGGPLANT

Sandwich



INGREDIENTS:

SANDWICH

1 eggplant, peeled, sliced & pre-soaked in salted water
2 large panini or ciabatta buns
1 large tomato, sliced
1/2 cucumber, sliced
1/2 cup arugula or green leaf lettuce

*optional - mayo or hummus

MARINADE

1 Tbsp extra virgin olive oil
1 Tbsp soy or tamari sauce
1 tsp pure maple syrup
1 tsp smoked paprika
1/4 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking sheet with parchment paper.
2. Mix all of the marinade ingredients in a small bowl then brush it over the eggplant slices or allow the slices to sit in the marinade for 15-20 minutes.
3. Place the slices on the baking sheet and bake for 20-25 minutes.
4. To make your sandwiches, start by slicing your bread in half lengthwise.
5. Spread a thin layer of mayo or hummus, add a layer of eggplant slices, followed by tomato, cucumber, sprinkle of salt & pepper, arugula/lettuce and cover with the other half of your bread.
6. Optional - cover with foil and toast the sandwiches on a grill. Once you remove, cut through the foil in half to enjoy right away or leave to take with you on the go.

SERVES: 4

PESTO HUMMUS

Rainbow Sandwich



INGREDIENTS:

PESTO HUMMUS

1/2 cup fresh basil
1/4 cup sliced almonds
3 Tbsp nutritional yeast
3 roasted garlic cloves
1 (15 oz) can chickpeas, drain & rinse
1/4 cup tahini
1/3 cup fresh lemon juice
1/4 tsp smoked paprika
1/4 tsp sea salt
2-4 Tbsp water, for blending

SANDWICH

2 slices toasted bread, your choice
2 Tbsp pesto hummus spread
1 Tbsp beet sauerkraut
2 bell pepper slices
handful of shredded carrots
romaine lettuce

DIRECTIONS:

1. Preheat the oven to 350F degrees and line a small baking sheet with parchment paper.
2. Add the garlic cloves to the sheet and roast for 8 minutes or until golden.
3. Place all of the hummus ingredients into a food processor and process until smooth. Adding water if necessary.
4. Adjust seasonings to taste.
5. Assemble your sandwich with all ingredients and enjoy!

SERVES: 1

SWEET POTATO

Spinach Bowls



INGREDIENTS:

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

DIRECTIONS:

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

SERVES: 4

WATERMELON

Tomato Salad



INGREDIENTS:

DRESSING

1 Tbsp soy or tamari sauce
2 Tbsp fresh lime juice
2 tsp rice vinegar
1 garlic clove, minced
1/2 tsp ginger, minced

SALAD

3 heirloom tomatoes, sliced
5 cups watermelon, cut
1 jalapeno, thinly sliced
1/4 cup red onion, thinly sliced
2 Tbsp fresh basil
2 Tbsp toasted cashews
1/2 avocado, diced
handful of arugula
sea salt, to taste
lime wedges

DIRECTIONS:

1. Make the dressing by combining all ingredients in a small bowl; mix well.
2. Arrange the tomatoes, watermelon, jalapenos, and red onion on a platter or shallow bowl. Top with the arugula and drizzle with dressing. Serve with basil, cashes and avocado garnished on top.
3. Season to taste with lime wedges and enjoy.

SERVES: 2



Dinner **I D E A S**

BUFFALO

Chickpea Balls



INGREDIENTS:

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

DIRECTIONS:

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

MAKES: 20 meatballs

ROASTED CAULIFLOWER

Dinner Tacos



INGREDIENTS:

TACOS

1/4 tsp garlic powder
1/4 tsp onion powder
1 tsp ground cumin
1/2 tsp sea salt
1 Tbsp water
1 Tbsp lime juice
1 Tbsp extra virgin olive oil
1 small head of cauliflower, florets
1 cup chopped red cabbage
1 jalapeno, sliced
1 avocado, diced
cilantro, chopped
corn or flour tortillas

SAUCE

6 Tbsp vegan mayo
1 clove garlic, minced
1-1/2 tsp lemon juice
1 tsp water
1 Tbsp cilantro, chopped

DIRECTIONS:

1. Preheat oven to 400F degrees.
2. In a medium bowl, combine the first 7 ingredients. Mix well.
3. Stir in the cauliflower florets and toss to coat.
4. Lay the cauliflower flat on a baking sheet lined with parchment paper. Roast for 30 minutes, stirring every 10 minutes until the cauliflower is slightly golden.
5. While the cauliflower is cooking, prepare the sauce by combining all ingredients in a small bowl. Whisk together until well combined. Taste and adjust seasonings.
6. Add the cooked cauliflower to a tortilla. Top with the cabbage, jalapeno, cilantro and avocado. Drizzle or spread the sauce over the tacos.
7. Serve immediately and enjoy!

SERVES: 4-5

PLANT-BASED

Burger Patties



INGREDIENTS:

medium onion, diced very small
1 Tbsp extra virgin olive oil
1/2 cup bulgar wheat
1 cup boiling water
1-1/2 lbs white mushrooms
1-1/2 cups vital wheat gluten
2 Tbsp tamari sauce
1 Tbsp BBQ sauce
2 tsp boullion no beef paste
1 Tbsp organic coconut oil
2 tsp worcestershire sauce
1/2 tsp liquid smoke
1 tsp sea salt
1/2 Tbsp chili powder
1/2 tsp cumin
1/2 tsp garlic powder

*for serving - your favorite burger fixins!

DIRECTIONS:

1. Heat up a small skillet on med heat and add a little oil, salt and pepper. Saute your onions for 5 minutes and then set aside.
2. Add the bulgar to a bowl and add 1 cup of boiling water, cover and set aside for 30 minutes.
3. Preheat the oven to 350 F degrees and line a baking sheet with parchment paper.
4. In a food processor, process the mushrooms to make them quite small but not mushy. Place them in a large mixing bowl and add your onions, seasonings and liquids.
5. Drain the bulgar really well and add into your bowl. Then add in the gluten and stir until combined for a good 2 minutes.
6. Form 1/2 cup patties and place them on the baking sheet. Bake for 25 minutes, flipping halfway through.
7. You can either remove from the oven or broil for a few minutes.
8. Grab your fixins and build you burgers!

SERVES: 8-10

GRILLED PORTOBELLO

Mushroom Steaks



INGREDIENTS:

4 large portobello mushrooms, stems removed and dry brushed clean

MARINADE

3 Tbsp balsamic vinegar
3 Tbsp soy or tamari sauce
2 Tbsp extra virgin olive oil
1 Tbsp worcestershire sauce
2 tsp liquid smoke
1 large garlic clove, minced
1/2 tsp granulated onion
sea salt & black pepper, to taste

DIRECTIONS:

1. In a large shallow baking dish, whisk all marinade ingredients together. Taste and add more seasoning if desired.
2. Add the mushrooms to the dish and liberally apply to all sides. Let it sit for 20-30 minutes, flipping midway through.
3. Heat a grill or skillet over med-high heat. When fully heated, brush with oil and place the mushrooms on top.
4. Allow them to cook in place and gently press down with tongs. Give them about 5 minutes so they sear. Flip over and sear the other side. Add more oil if needed.
5. Grill until browned and tender.
6. Enjoy alone or along with other grilled veggies!

SERVES: 4

SIMPLE

Potato Salad



INGREDIENTS:

VEGGIES

1 lb small red potatoes
1-1/2 cups diced veggies, your choice
(bell pepper, celery, red onion, etc)

SAUCE

1 cup raw cashews
1/3 cup filtered water
1 Tbsp extra virgin olive oil
2 Tbsp white wine vinegar
1 Tbsp spicy mustard
1 Tbsp pure maple syrup
2 Tbsp dried dill
1/2 tsp sea salt
1/4 tsp black pepper
4 garlic cloves, minced
1 tsp hot sauce

*for serving - fresh chopped parsley

DIRECTIONS:

1. Add the cashews to a small bowl and cover with boiling hot water. Let soak for one hour.
2. Add the potatoes to a large pan and cover with water. Bring to boil. Then reduce heat to simmer and cook for 20 minutes or until tender. Drain and allow to cool.
3. Drain the cashews and add to a blender along with the rest of the sauce ingredients. Blend on high and scrape down sides as needed. Add more water if needed. Taste and adjust flavor.
4. Chop the cooked potatoes into bite-size pieces and add to a large bowl along with the veggies.
5. Top with the sauce and stir to coat. Garnish with parsley and serve slightly warm or allow to chill in the fridge.

SERVES: 6 as side

ROASTED SPROUTS

With Apples



INGREDIENTS:

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

SAUCE

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

DIRECTIONS:

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

SERVES: 4

ONE POT

Mexican Quinoa



INGREDIENTS:

1 Tbsp extra olive oil
3 garlic cloves, minced
1 jalapeno, minced
1 cup quinoa
1 cup veggie broth
1 can black beans, drained & rinsed
1 can fire-roasted diced tomatoes
1 cup corn, fresh, frozen or canned
1 tsp chili powder
1/2 tsp cumin
sea salt & black pepper, to taste
1 avocado, diced
juice of 1 lime
2 Tbsp cilantro, chopped

DIRECTIONS:

1. Heat the oil in a large skillet over medium-high heat. Add the garlic, jalapeno and cook stirring frequently for about a minute.
2. Stir in the quinoa, broth, beans, tomatoes, corn, and seasonings. Bring to a boil; cover, reduce heat, and simmer until the quinoa is cooked through. Roughly 20 minutes. Remove from heat.
3. Stir in the avocado, lime juice, and cilantro. Serve immediately and enjoy!

SERVES: 4

ONE POT

Taco Pasta



INGREDIENTS:

1 tsp extra virgin olive oil
1 small yellow onion, diced
2-1/2 cups plant-based meat crumbles
2 Tbsp taco seasoning
1-1/2 cups salsa
12oz dry rotini pasta
3-1/4 cups veggie broth
1-1/2 cups non-dairy cheese shreds
1/3 cup fresh cilantro, chopped

*optional toppings - diced avocado, crushed tortilla chips, diced tomatoes, diced red onions, jalapeno, corn and black beans

DIRECTIONS:

1. Over medium-high heat, add the oil to a large pot. Once hot, add the onions and saute until soft. About 4 minutes.
2. Add the meat crumbles and saute for another minute.
3. Add the taco seasoning and stir to coat the onions and crumbles.
4. Add the salsa and stir again. Add the pasta and broth and mix well. Bring the mixture to a boil and stir. Lower the temperature, cover, and simmer.
5. When pasta has absorbed the liquid is cooked through, remove the pot from the heat.
6. Add the cheese shreds and stir to combine. Add the cilantro or parsley and stir again. Serve immediately with your favorite toppings and enjoy.

SERVES: 4



Snack

I D E A S

ORANGE PINEAPPLE

Berry Smoothie



INGREDIENTS:

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

DIRECTIONS:

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

SERVES: 2

PEACH COBBLER

Oat Smoothie



INGREDIENTS:

1/2 cup rolled oats
1-1/2 cups frozen peaches
1 cup vanilla coconut yogurt
1/2 cup almond milk
1 Tbsp pure maple syrup
1/4 tsp pure vanilla extract
1/4 tsp ground cinnamon

DIRECTIONS:

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

SERVES: 1

ICED PINEAPPLE

Matcha



INGREDIENTS:

1 Tbsp pineapple ginger syrup*
1 Tbsp matcha green tea powder
1/3 cup pineapple juice
3/4 cup coconut milk
1 handful of ice, or more

*PINEAPPLE GINGER SYRUP

1/2 cup organic cane sugar
1/2 cup pineapple juice
1/2 cup filtered water
1 2-3" piece of fresh ginger

DIRECTIONS:

1. First make your syrup, add all ingredients to a large glass jar. Microwave for 5 minutes or until it has boiled. Stir well to combine. Place in the fridge for at least 1 hour.
2. Add the syrup and the rest of the drink ingredients to a shaker bottle. Shake to combine and enjoy!

SERVES: 1

WATERMELON

Smoothie



INGREDIENTS:

3 cups frozen watermelon cubes
1 cup frozen strawberries
1/2 cup coconut yogurt
1/2 Tbsp pure maple syrup
1 cup water or unsweet almond milk
1/4 cup fresh packed mint leaves

DIRECTIONS:

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

SERVES: 2

MANGO LIME

Popsicles



INGREDIENTS:

2 medium limes
1-1/2 cups frozen mango chunks
1 cup unsweet coconut milk
1 tsp liquid sweetener
1 pinch sea salt

*optional - 2 tsp finely shredded coconut flakes, dash of cayenne pepper

DIRECTIONS:

1. Finely grate the lime peels and juice the limes. Place in a blender and add in the mango, milk, sweetener, salt, pepper and coconut flakes (if desired). Blend until very smooth.
2. Pour the mixture evenly into six ice pop molds; freeze for at least 4 hours.

SERVES: 6

CREAMY COCONUT

Fruit Dip



INGREDIENTS:

1 cup coconut cream, solid part from can
2 Tbsp pure maple syrup
1/2 tsp vanilla extract
1/4 tsp cinnamon
pinch of sea salt

DIRECTIONS:

1. Refrigerate at least 2 cans of coconut cream overnight to solidify the cream.
2. Scoop out the cream (no liquid) into a mixing bowl and use a hand mixer to whip it until smooth and creamy.
3. Add in the syrup, vanilla, cinnamon and salt. Mix once more with the mixer evenly.
4. Serve cold with your favorite fruits.
5. Store in the fridge for up to a week.

SERVES: 4

BAKED

Radish Chips



INGREDIENTS:

2 cups radishes, peeled & sliced very thin
2 tsp extra virgin olive oil
1/4 tsp sea salt
1/4 tsp garlic powder
1/4 tsp black pepper

*optional - red pepper flakes

DIRECTIONS:

1. Preheat the oven to 225F degrees and line a baking sheet with parchment paper.
2. In a large bowl add all ingredients and toss to combine.
3. Pour out onto the parchment paper and spread in a single layer.
4. Bake for 90 minutes to 2 hours, or until crisp and golden.
5. Cool completely before serving.

SERVES: 2

PEANUT BUTTER

Protein Bars



INGREDIENTS:

BARS

1-1/4 cups creamy nut butter
6 medjool dates
2/3 cup hemp seeds
1/3 cup chia or flax seeds
1/2 cup protein powder (vanilla or chocolate)

TOPPING

1/4 cup dark chocolate, chopped
1/2 Tbsp organic coconut oil

*optional garnish - 1 Tbsp cacao nibs

DIRECTIONS:

1. Add the nut butter and dates to a food processor and pulse a few times to incorporate. Add in the seeds and protein powder and pulse until well combined. It should be a dough-like texture.
2. Taste and adjust flavor as needed.
3. Line a standard loaf pan with parchment paper and transfer the mixture into the pan. Spread evenly and flatten.
4. Transfer to the freezer for at least 15 minutes to firm up.
5. For the topping, melt the chocolate and coconut oil in a double boiler on the stove or in 20-second increments in the microwave; stirring often. Drizzle over the bars.
6. Garnish with cacao nibs if desired.
7. Place back in the freezer for 15 more minutes. Then remove and cut into 12 even bars.
8. Store in the fridge for up to 2 weeks.

MAKES: 12 bars



NUTRITIONAL

Disclaimer

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

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

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

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