



Recipe Roundups

HEALTHY MEAL IDEAS FOR MARCH



recipes for the month



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Breakfast

I D E A S



GRANOLA

Coconut Parfait



INGREDIENTS:

2 containers of coconut yogurt
1 cup mixed berries
1 cup healthy granola
2 Tbsp shredded coconut
2 Tbsp raw mixed nuts

DIRECTIONS:

1. In two glass jars, divide and layer the coconut yogurt with the mixed berries and granola.
2. Top with the shredded coconut and mixed nuts then enjoy!

SERVES: 2

HEIRLOOM TOMATO

Avocado Toast



INGREDIENTS:

2-3 heirloom tomatoes, sliced or chopped
2 Tbsp extra virgin olive oil
1/4 tsp sea salt
1/4 tsp black pepper
pinch of red pepper flakes
1 tsp oregano
1 Tbsp apple cider vinegar
2 slices bread, your choice
1/4 cup hummus, your choice
1 avocado, thinly sliced

*optional - sliced red onions, handful of basil, 1 tsp fresh thyme

DIRECTIONS:

1. Cut your heirloom tomatoes and place them into a bowl. Drizzle with the oil, salt, pepper, red pepper flakes, oregano and apple cider vinegar. Let sit for 10-15 minutes.
2. Toast your bread until crisp.
3. Divide and spread the hummus onto each piece of toast. Top with your sliced avocado and tomatoes.
4. Garnish with any other toppings as desired and enjoy!

SERVES: 1

CHOCOLATE BANANA

Crepes



INGREDIENTS:

1-1/2 cups plant-based milk, your choice
1 Tbsp organic cane sugar
1 Tbsp extra virgin olive oil
1 Tbsp pure vanilla extract
pinch of sea salt
1 cup all-purpose flour
pinch of turmeric
2 Tbsp hazelnut spread
1 banana, sliced

*for serving - more hazelnut spread,
banana, maple syrup, mixed berries, raw
nuts, etc.

DIRECTIONS:

1. To a bowl, add the milk, sugar, oil, vanilla and salt. Whisk well.
2. Then add in the flour and turmeric and whisk until there are no lumps.
3. Heat a nonstick pan and brush it with oil. When hot add 1/3 cup of the batter.
4. Rotate and tilt the pan to spread the batter evenly. Cook for 2-3 minutes then turn with a spatula and cook for another minute. Transfer to a plate and repeat until you run out of batter.
5. Spread some hazelnut spread on half of the crepe. Add the sliced banana then fold it in half and in half again to form a triangle.
6. Serve 2-3 crepes per person, add more sliced banana, hazelnut spread, syrup, raw nuts or berries if desired and enjoy!

SERVES: 2-3

STREUSEL TOPPED

Lemon Muffins



INGREDIENTS:

WET

2 ripe lemons, grated zest
1/4 cup fresh lemon juice
1/2 cup plant-based milk
3/4 cup organic cane sugar
1/4 cup coconut oil
2 tsp pure vanilla extract

DRY

2 cups all-purpose flour
3 tsp baking powder
1/2 tsp sea salt

STREUSEL TOPPING

1/3 cup all-purpose flour
1/4 cup organic cane sugar
3 Tbsp rolled oats
3 Tbsp plant-based butter, softened
1/8 tsp sea salt

DIRECTIONS:

1. To make the streusel topping, add all ingredients to a small bowl and smash with a fork until coarsely combined.
2. Preheat the oven to 350F degrees and line a 12 muffin pan with muffin liners.
3. To a large bowl add the wet ingredients. Sift in the dry ingredients. Whisk until barely combined, about 10 seconds.
4. Pour the batter into the muffin tins, filling the liners 3/4 to the top. Then cover each top with some streusel topping.
5. Bake at 350F degrees for 20-25 minutes or until a toothpick inserted in the center comes out dry.
6. Let the muffins cool down in the pan for 15 minutes. Then remove and allow to cool for another 15 minutes. Enjoy!

MAKES: 12 muffins

COCONUT APPLE

Ginger Dal



INGREDIENTS:

2 Tbsp coconut oil
1/4 tsp cayenne pepper
1/4 tsp ground cumin
1/4 tsp turmeric
1/2 large onion, finely chopped
2 garlic cloves, finely chopped
1 (3") piece ginger, finely chopped
1 large apple, grated
1-1/2 cups red lentils
1 (13.5oz) can coconut milk
2 Tbsp fresh lime juice
sea salt & black pepper, to taste
coconut yogurt, for serving
coconut flakes, for serving

DIRECTIONS:

1. Heat the oil in a large pot over medium-high heat. Cook the cayenne, cumin and turmeric, stirring until fragrant. About 1 minute.
2. Add the onion, garlic, and ginger. Cook, stirring, until softened, about 3 minutes.
3. Add the apple and lentils. Stir to coat. Add in the coconut milk and 2-1/2 cups of water and bring to a boil. Reduce heat, simmer, stir occasionally, until the lentils are soft and dal is thick. About 20-25 minutes.
4. Stir in the lime juice and season with salt and pepper. Divide among four bowls and top with a dollop of coconut yogurt and coconut flakes.

SERVES: 4

HEALTHY NUT AND SEED

Bread



INGREDIENTS:

1-1/2 cups rolled oats
1/2 cup raw pumpkin seeds
1/2 cup raw sunflower seeds
1/2 cup raw hazelnut filberts
1/4 cup raw almonds
1/3 cup raw sesame seeds
1/4 cup ground flaxmeal
2 Tbsp chia seeds
3 Tbsp whole psyllium husks*
1-1/2 tsp sea salt
2 Tbsp pure maple syrup
3 Tbsp coconut oil, melted
1-1/2 cups filtered water

**sold in the natural section of most grocery stores or online.*

DIRECTIONS:

1. In a large bowl, combine all the dry ingredients, stir well.
2. In a small bowl, whisk the syrup, oil and water.
3. Add the wet ingredients to the dry and mix very well until everything is soaked.
4. Transfer to a greased or lined with parchment paper loaf pan. Smooth out the top and let it sit for at least 2 hours or overnight.
5. Preheat the oven to 375F degrees. Bake the loaf for 20 minutes. Then remove and place it upside down directly on the oven rack. Bake for another 30-40 minutes.
6. Remove and allow to cool completely before slicing. Store in an air-tight container for up to 5 days.

MAKES 1 loaf

PLANT-BASED RICOTTA

Mushroom Toast



INGREDIENTS:

10 baby bella mushrooms, sliced
1 Tbsp avocado or olive oil
1/4 cup cilantro, chopped
1 large garlic clove, minced
1 tsp sea salt
1 tsp black pepper
1/4 cup cashew ricotta (pg #38)
1 tsp chili flakes
bread slices of your choice

DIRECTIONS:

1. Pour the oil into a skillet and move around to coat the pan. Add in the mushrooms over medium high. Let them cook undisturbed for 5 minutes.
2. After 5 minutes, stir the mushrooms and cook for another 3 minutes until the liquid has evaporated.
3. Then add in the garlic and stir. Cook for 2 minutes. Turn off the heat and add in the cilantro, salt and pepper. Adjust seasoning as desired.
4. Toast your bread then smear a generous amount of ricotta cheese on. Pile the mushrooms on top. Sprinkle with chili flakes, an extra dash of salt and enjoy!

SERVES: 1

RASPBERRY PEACH

Overnight Oats



INGREDIENTS:

OVERNIGHT OATS BASE:

1/2 cup rolled oats
1 Tbsp chia seeds
1-2 Tbsp pure maple syrup
2/3 cup unsweet almond milk
1/3 cup vanilla coconut yogurt

FOR THE FLAVOR:

1/3 cup sliced fresh or frozen peaches
1/3 cup fresh or frozen raspberries
pinch of hemp seeds

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 (or nuts & seeds) for topping as well.
3. Once you have your flavors mixed in, refrigerate overnight before eating. Enjoy!

SERVES: 1



Lunch

IDEAS



PLANT-BASED

Pasta Salad



INGREDIENTS:

9oz farfalle pasta
1 can (15oz) white beans or chickpeas
2 cups cherry tomatoes, quartered
1 heaping cup cucumber, diced
1/2 cup olives, halved or sliced
1/2 cup corn
1 shallot or red onion, thinly sliced
3 Tbsp parsley, finely chopped
15 basil leaves, optional

DRESSING

1/4 cup extra virgin olive oil
2 Tbsp fresh lemon juice + some zest
2 Tbsp apple cider vinegar
1 Tbsp pure maple syrup
1 Tbsp mustard
1/2 tsp dried oregano
1/2 tsp garlic powder
1/2 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Cook the pasta in a large pot of salted boiling water according to the package directions. Drain and rinsed under cold water for 15 seconds.
2. Transfer to a large bowl, drizzle with a little of olive oil and toss. Add the veggies to the bowl with the pasta.
3. In a small bowl add the dressing ingredients and whisk well.
4. Pour the dressing into the pasta bowl and taste and adjust as desired.

SERVES: 4-6

EASY TOFU

”Eggy” Salad



INGREDIENTS:

1/3 cup plant-based mayo
1/4 cup celery, finely chopped
2 Tbsp dill, finely chopped
2 Tbsp chives, finely chopped
1 Tbsp apple cider vinegar
1/2 Tbsp mustard dijon or yellow
1 small clove garlic, grated
1 tsp sea salt, or more to taste
2 twists black pepper, freshly ground
1/2 tsp turmeric powder
1/4 tsp black salt or kala namak
8oz tofu firm or extra firm

DIRECTIONS:

1. Add all ingredients except the tofu to a mixing bowl. Stir until well combined.
2. Drain the tofu and dry with a paper towel. Add another paper towel and press to release more moisture.
3. Cut the tofu into small dice cubes. Then add it into the mixture. You can crumble some of it to your preferred texture.
4. Mix the tofu with the dressing until well combined. Taste and adjust for salt and seasoning.
5. Enjoy as is or in a sandwich, lettuce wrap or on top a salad!

SERVES: 2

TERIYAKI TOFU BOWL WITH

Cauliflower Rice



INGREDIENTS:

12oz extra firm tofu, drained & pressed

SAUCE

1 tsp ginger, minced
1 Tbsp garlic, minced
1/3 cup low sodium soy sauce
1 Tbsp rice vinegar
2 Tbsp pure maple syrup
1 Tbsp cornstarch
1 cup filtered water
1/4 tsp sesame oil
1 Tbsp extra virgin olive oil

RICE

1 Tbsp extra virgin olive oil
1/4 tsp sesame oil
1 tsp ginger, minced
1 Tbsp garlic, minced
1 Tbsp soy sauce
4 cups cauliflower rice, 1 head grated

1/4 cup green onions, thinly sliced
sesame seeds, for garnish

SERVES: 4

DIRECTIONS:

1. After draining and pressing your tofu, cut it into 1/2" thick long rectangular slices.
2. Arrange it on a single layer baking sheet lined with paper towels. Lightly press and allow it to dry for 10 more minutes.
3. In a medium bowl, whisk together the sauce ingredients.
4. In a large nonstick skillet, heat 1 Tbsp of olive oil over medium-high heat. Cook half of the tofu for 2 minutes or until golden brown and slightly crisp. Turn over and cook another 2 minutes.
5. Transfer to a plate lined with paper towels. Repeat with the remaining tofu, adding a little more oil if needed.
6. Whisk the sauce and add it to the pan. Allow it to come to a boil and cook for 1 minute until thickened. Add the tofu and stir to coat. Turn off heat and cover.
7. For the rice: Heat a large skillet over medium-high heat and add 1 Tbsp of olive oil and 1/4 tsp sesame oil. Once hot, add 1 tsp of ginger and 1 Tbsp of garlic. Stir fry for 30 seconds.
8. Add the cauliflower rice and cook for a minute. Then cover and cook for 5 minutes, stirring occasionally.
9. Add 1 Tbsp soy sauce and stir. Turn off heat and season with salt and pepper.
10. To serve, portion out the rice, top with tofu, garnish with green onions and sesame seeds. Serve with additional veggies if desired.

MEDITERRANEAN

Falafel Bowl



INGREDIENTS:

1 cup mixed green leaves
1 tomato, cut into wedges
1/3 cucumber, diced
4 falafels
1/2 pita bread, warm & cut into triangles
1/4 cup tofu feta cheese
6 olives, whole or halved
3 Tbsp hummus
1 Tbsp pickled red onions
2 lemon wedges
1 pinch of parsley, chopped
3 Tbsp tahini sauce

*you can substitute or add any other veggies you like such as carrot sticks, beet sticks, celery or radish.

DIRECTIONS:

1. To a bowl add in the mixed greens, tomato, cucumber, falafels, olives, red onions, lemon wedges and pita bread around the sides.
2. In the middle add the hummus and top with tofu feta and parsley.
3. Drizzle with the tahini sauce and enjoy!

SERVES: 1

BLACK BEAN

Sweet Potato Salad



INGREDIENTS:

1 can black beans, drained & rinsed
1-1/2 lbs sweet potatoes, peeled & chopped into small cubes
1 cup green bell pepper, diced
1/2 cup red onion, chopped
1/4 cup pickled jalapeños, chopped
1 avocado, diced
3 cups mixed greens of your choice
salt & black pepper, to taste

DRESSING

1 cup cilantro
1/4 cup extra virgin olive oil
1/4 cup fresh lime juice
2 Tbsp pure maple syrup
1 garlic clove, minced
1 tsp ginger, grated
1 tsp sea salt, or to taste

DIRECTIONS:

1. Preheat oven to 400F degrees and line a baking sheet with parchment paper. Arrange the sweet potato on the baking sheet and toss with 1 Tbsp oil and 1/2 tsp sea salt and black pepper. Roast for 25 minutes or until browned and tender.
2. For the dressing, blend all ingredients in a high speed blender, taste and adjust salt or lime as desired.
3. To a large mixing bowl, add your greens, beans, onion, jalapenos, sweet potato, bell pepper and diced avocado.

SERVES: 6

HUMMUS & MUSHROOM

Pasta



INGREDIENTS:

12oz rigatoni pasta
1 lb mushrooms, sliced
1 Tbsp extra virgin olive oil
1 tsp sea salt
1/8 tsp black pepper
2 garlic cloves, minced
2 Tbsp parsley, chopped
1 heaping cup hummus
handful of spinach

DIRECTIONS:

1. Cook the pasta according to the package directions and reserve two cups of pasta water. Drain the pasta and toss it back into the pan.
2. Warm the oil in a large skillet then add the mushrooms. Season with salt and pepper. Cook on medium-high heat for 12-15 minutes or until browned. Keep cooking until the water is gone.
3. Add the garlic and parsley, stir and cook for one more minute. Add the hummus and reserved pasta water.
4. Stir and cook on low heat until the hummus gets creamy. Taste and adjust.
5. Turn the heat off, add the cooked pasta and toss until fully coated. If too thick, add more water.
6. Add the spinach and stir to combine. Serve with black pepper and more parsley. Enjoy!

SERVES: 4

HEALTHY ROASTED

Veggie Bowl



INGREDIENTS:

1 cup quinoa, rinsed
2 cups filtered water
1 bunch kale, stems removed & chopped
1 red bell pepper, sliced
2 carrots, peeled and sliced into sticks
1 zucchini, sliced
1 block extra-firm tofu, pressed & cubed
1 Tbsp olive oil
1 tsp smoked paprika
1 tsp garlic powder
salt & black pepper, to taste
lemon wedges, for serving

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Place sliced red bell pepper, carrot sticks, and zucchini on a baking sheet.
3. Drizzle with 1 Tbsp of oil and sprinkle with salt and pepper. Toss to coat evenly. Roast for about 20-25 minutes or until the vegetables are tender and slightly caramelized.
4. In a bowl, toss cubed tofu with smoked paprika, garlic powder, salt, and pepper.
5. Heat a non-stick skillet over medium heat and add the tofu. Cook until tofu is golden brown, about 8-10 minutes.
6. In a saucepan, combine quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for 15-20 minutes or until quinoa is cooked and water is absorbed.
7. In the same skillet used for tofu, add the chopped kale. Sauté until kale is wilted and slightly tender.
8. Divide cooked quinoa among serving bowls. Top with roasted veggies, sautéed kale, and tofu cubes.
9. Serve the bowls with lemon wedges on the side for a fresh squeeze.

SERVES: 4

COLORFUL VEGGIE & COUSCOUS

Power Bowl



INGREDIENTS:

1 cup couscous
2 cups filtered water
4 cups arugula
1 cup alfalfa sprouts
1 cup purple cabbage, thinly sliced
2 carrots, spiralized
1 zucchini, spiralized
1 cup hummus
1/2 cup sunflower seeds
olive oil for drizzling (optional)
salt & black pepper, to taste
lemon wedges, for serving

DIRECTIONS:

1. In a saucepan, bring 2 cups of water to a boil. Stir in couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork.
2. Divide cooked couscous among serving bowls. Arrange arugula, alfalfa sprouts, spiralized carrots, spiralized zucchini, and sliced purple cabbage on top of the couscous.
3. Place a generous dollop of hummus in the center of each bowl.
4. Sprinkle sunflower seeds over the veggies and hummus.
5. Drizzle with olive oil if desired.
6. Season the bowl with salt and pepper to taste.
7. Serve with lemon wedges on the side for a zesty touch.

SERVES: 4



Dinner

IDEAS



MUSHROOM & RED PEPPER

Risotto with Peanuts



INGREDIENTS:

1 cup arborio rice (risotto rice)
1/2 cup dry white wine (optional)
4 cups vegetable broth, heated
1 cup mushrooms, sliced
1 red bell pepper, diced
1 onion, finely chopped
3 cloves garlic, minced
2 cups green cabbage, thinly sliced
3 Tbsp olive oil
1/2 cup roasted peanuts, chopped
salt & black pepper, to taste
fresh parsley for garnish (optional)

DIRECTIONS:

1. Heat the broth in a separate saucepan. Keep it warm throughout the cooking process.
2. In a large skillet, heat 1 Tbsp of oil over medium heat. Add sliced mushrooms and sauté until they release moisture and become golden brown. Set aside.
3. In the same skillet, add another Tbsp of oil. Sauté onion and garlic until softened.
4. Add Arborio rice to the skillet and toast for a couple of minutes until the edges become translucent.
5. Pour in the white wine (if using) to deglaze the pan, stirring until mostly evaporated.
6. Begin adding the warm broth one ladle at a time, stirring frequently. Allow the liquid to be absorbed before adding more.
7. When the risotto is halfway cooked, add diced red bell pepper and continue adding broth until the rice is creamy and cooked to al dente.
8. In a separate pan, sauté thinly sliced green cabbage in the remaining Tbsp of oil until tender.
9. Fold in the sautéed mushrooms, sautéed cabbage, and chopped peanuts into the risotto. Mix well. Season the risotto with salt and pepper to taste. Garnish with fresh parsley if desired.
10. Divide the risotto into serving plates, ensuring each portion has a generous mix of vegetables.
11. Top with additional chopped peanuts for extra crunch.

SERVES: 4

ROASTED VEGETABLE

Pesto Pizza



INGREDIENTS:

1 store-bought pizza crust
1/2 cup plant-based pesto sauce
1 red bell pepper, thinly sliced
1/2 red onion, thinly sliced
1 cup fresh spinach leaves
1 cup cherry tomatoes, halved
fresh basil leaves for topping
1/2 cup cornlettes (or corn kernels)
olive oil for drizzling
salt & black pepper, to taste

DIRECTIONS:

1. Preheat your oven according to the instructions on the pizza crust package. Place the crust on a baking sheet or pizza stone.
2. Spread a layer of vegan pesto sauce evenly over the pizza crust.
3. Distribute the sliced red bell pepper, red onion, fresh spinach leaves, cherry tomato halves, and cornlettes evenly on top of the pesto.
4. Drizzle a little olive oil over the toppings for added flavor. Sprinkle with salt and pepper to taste.
5. Follow the baking instructions on the pizza crust package. Typically, bake until the crust is golden brown and the toppings are cooked.
6. Once out of the oven, scatter fresh basil leaves over the hot pizza.
7. Allow the pizza to cool for a few minutes, then slice and serve.

SERVES: 3-4

VEGETABLE

Lentil Curry



INGREDIENTS:

1 cup dry lentils (green or brown), rinsed
4 cups vegetable broth
1 onion, finely chopped
3 cloves garlic, minced
1 Tbsp ginger, grated
1 can (14 oz) diced tomatoes
1 can (14 oz) coconut milk
2 carrots, sliced
1 cup mushrooms, sliced
2 cups fresh spinach
2 Tbsp curry powder
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric
1/2 tsp paprika
salt & black pepper, to taste
2 Tbsp coconut oil or olive oil
fresh cilantro for garnish (optional)
cooked rice or naan for serving

DIRECTIONS:

1. In a large pot, combine dry lentils and vegetable broth. Bring to a boil, then reduce heat, cover, and simmer for about 20-25 minutes or until lentils are tender.
2. In a separate large skillet, heat the oil over medium heat. Add chopped onion and sauté until translucent. Stir in minced garlic and grated ginger, cooking for an additional minute.
3. Add curry powder, ground cumin, ground coriander, turmeric, paprika, salt, and pepper to the onion mixture. Stir well to coat the aromatics with the spices.
4. Add the cooked lentils (including any remaining broth) to the skillet with the aromatic and spice mixture. Pour in diced tomatoes and coconut milk. Stir to combine.
5. Allow the curry to simmer for about 10-15 minutes to let the flavors meld. Add sliced carrots and mushrooms to the curry. Continue simmering until the vegetables are tender.
6. Stir in fresh spinach and cook until wilted.
7. Taste and adjust seasoning, adding more salt or spices if needed.
8. Serve the lentil curry over cooked rice or with naan bread.
9. Garnish with fresh cilantro if desired.

SERVES: 4-6

WALNUT TOFU

Tacos



INGREDIENTS:

WALNUT TOFU MEAT

1 cup walnuts, finely chopped
1/2 block extra-firm tofu, pressed & crumbled
1 Tbsp olive oil
1 tsp ground cumin
1 tsp chili powder
1/2 tsp garlic powder
1/2 tsp onion powder
salt & black pepper, to taste

TOPPINGS

8 small corn or whole wheat tortillas
shredded lettuce
1 red bell pepper, diced
1 cup cherry tomatoes, halved
vegan nacho cheese (store-bought or homemade)
fresh cilantro for garnish (optional)
lime wedges for serving

DIRECTIONS:

1. In a skillet, heat the oil over medium heat. Add crumbled tofu and finely chopped walnuts.
2. Stir in ground cumin, chili powder, garlic powder, onion powder, salt, and pepper.
3. Sauté until the mixture is well combined and lightly browned. Set aside.
4. Warm the tortillas according to the package instructions.
5. Spread a layer of the walnut-tofu meat mixture onto each tortilla.
6. Top the walnut-tofu meat with shredded lettuce, diced bell pepper, and halved cherry tomatoes.
7. Drizzle each taco with nacho cheese.
8. Garnish with fresh cilantro if desired.
9. Serve the tacos with lime wedges on the side.

SERVES: 4

SWEET POTATO & *Chickpea Stew*



INGREDIENTS:

2 sweet potatoes, peeled & diced
1 can chickpeas, drained & rinsed
1 onion, diced
3 cloves garlic, minced
3 cups vegetable broth
1 can (15 oz) tomato sauce or crushed tomatoes
1 tsp smoked paprika
1 tsp ground cumin
1/2 tsp ground cinnamon
salt & black pepper, to taste
2 cups kale or spinach, chopped
olive oil for sautéing

DIRECTIONS:

1. In a large pot, heat the oil over medium heat. Add diced onion and sauté until softened. Stir in minced garlic and cook for an additional minute.
2. Add the diced sweet potatoes and drained chickpeas to the pot. Stir to combine with the onion and garlic.
3. Sprinkle smoked paprika, ground cumin, ground cinnamon, salt, and pepper over the sweet potatoes and chickpeas. Stir well to coat the ingredients with the spices.
4. Pour in the tomato sauce or crushed tomatoes. Add vegetable broth to the pot. Stir to combine. Bring the stew to a simmer over medium heat.
5. Reduce the heat to low, cover the pot, and let it simmer for about 20-25 minutes or until the sweet potatoes are tender.
6. Stir in the chopped kale or spinach. Cook for an additional 5 minutes until the greens are wilted.
7. Taste the stew and adjust the seasoning, adding more salt or pepper if needed.
8. Ladle the stew into bowls. Optionally, garnish with fresh herbs like cilantro or parsley.

SERVES: 4-6

GREEK

Green Beans



INGREDIENTS:

1/4 cup extra virgin olive oil
1 large yellow onion, finely chopped
5 garlic cloves, minced
1 tsp ground cumin
2 tsp dried oregano
1 (28oz) can peeled whole tomatoes
1 cup filtered water
1 bay leaf
1-1/2 lb french green beans, trimmed
and cut into 1-1/2" pieces
3 yukon gold potatoes, cubed
sea salt & black pepper, to taste
lemon juice, to taste
1/2 cup fresh parsley leaves, chopped

*for serving - pita bread or rustic bread
of your choice

DIRECTIONS:

1. Preheat oven to 300F degrees.
2. In a large stock pot heat the oil over medium heat. Add the onions and cook until tender. Then add the garlic, cumin and oregano. Cook another 2 minutes, stirring frequently.
3. Add the tomatoes, water, bay leaf, beans and potatoes. Season with salt and pepper. Raise the heat and bring to a high simmer for 15 minutes, stirring occasionally.
4. Cover and transfer to the heated oven. Cook until the sauce slightly thickens and the beans and potatoes are tender. About 35 minutes.
5. Remove and stir in about 2 Tbsp of lemon juice and fresh parsley.
6. Serve immediately with pita bread or rustic bread of your choice to soak up the sauce.

SERVES: 4

TERIYAKI CAULIFLOWER

With Brown Rice



INGREDIENTS:

CAULIFLOWER

1 medium cauliflower, cut into florets
1/4 cup low-sodium soy sauce or tamari
(for a gluten-free option)
2 Tbsp maple syrup or agave nectar
1 Tbsp rice vinegar
1 tsp sesame oil
1 tsp grated ginger
2 cloves garlic, minced
1 Tbsp cornstarch (optional, for
thickening)
sesame seeds for garnish

RICE

1 cup brown jasmine rice
2 cups filtered water
pinch of sea salt

DIRECTIONS:

1. Rinse the rice under cold water. In a saucepan, combine the rinsed rice, water, and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 40-45 minutes or until rice is tender and water is absorbed.
2. Preheat the oven to 425°F.
3. In a small bowl, whisk together soy sauce or tamari, maple syrup or agave nectar, rice vinegar, sesame oil, grated ginger, and minced garlic.
4. Place cauliflower florets in a large bowl. Pour half of the teriyaki sauce over the cauliflower and toss to coat evenly. Spread the coated cauliflower on a baking sheet lined with parchment paper. Roast in the preheated oven for 25-30 minutes or until the cauliflower is golden and tender. Toss the cauliflower halfway through the cooking time.
5. If you prefer a thicker sauce, in a small saucepan, mix the remaining teriyaki sauce with 1 tablespoon of cornstarch. Heat over low heat, stirring continuously until it thickens.
6. Fluff the cooked rice with a fork and divide it among serving plates. Top with roasted cauliflower. Drizzle with the thickened teriyaki sauce if desired. Sprinkle sesame seeds over the top for garnish. Serve immediately, and enjoy!

SERVES: 4

BROCCOLI, SPINACH &

Cilantro Soup



INGREDIENTS:

1 large head of broccoli, cut into florets
4 cups fresh spinach leaves
1 cup fresh cilantro, chopped (plus extra for garnish)
1 onion, chopped
4 cloves garlic, minced
4 cups vegetable broth
1 medium potato, peeled and diced
1 Tbsp olive oil
juice of 1 lemon
salt & black pepper, to taste
red pepper flakes for a bit of heat

DIRECTIONS:

1. In a large pot, heat olive oil over medium heat. Add chopped onion and sauté until softened. Stir in minced garlic and cook for an additional minute.
2. Add broccoli florets and diced potato to the pot. Sauté for a few minutes to enhance flavors.
3. Pour in the broth, ensuring it covers the broccoli and potato. Bring to a boil, then reduce heat to simmer until the vegetables are tender (about 15-20 minutes).
4. Stir in fresh spinach and chopped cilantro. Cook until the spinach wilts and the cilantro is well incorporated.
5. Use an immersion blender to blend the soup until smooth and creamy. If you don't have an immersion blender, carefully transfer the soup in batches to a blender.
6. Season the soup with salt, pepper, and optional red pepper flakes. Squeeze in the juice of one lemon and stir well.
7. Ladle the soup into bowls. Garnish with additional chopped cilantro on top.
8. Serve the green soup warm, and enjoy!

SERVES: 4-6



Snack

IDEAS



TRIPLE CHOCOLATE

Smoothie



INGREDIENTS:

1 cup unsweet almond milk
1 cup ice
1 scoop chocolate protein powder
2 Tbsp unsweet cocoa powder
1 Tbsp cacao nibs

DIRECTIONS:

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

SERVES: 1

POMEGRANATE

Power Smoothie



INGREDIENTS:

1 cup water
1/4 cup of 100% pomegranate juice
1 cup ice
1 scoop vanilla protein powder
1/2 cup fresh or frozen raspberries

DIRECTIONS:

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

SERVES: 1

CHERRY CITRUS

Smoothie



INGREDIENTS:

1 cup sparkling water, divided use
1/4 cup 100% grapefruit juice
1 cup ice
1 scoop vanilla protein powder
1/2 medium orange, peeled
1/4 cup frozen cherries
1-2 tsp finely grated orange zest

DIRECTIONS:

1. Add 1/2 cup of the sparkling water and the rest of the ingredients into a high-speed blender and blend until smooth.
2. Pour into a large glass and add the remaining 1/2 cup of sparkling water, mix well with a spoon.
3. Enjoy your glass of healthy goodness!

SERVES: 1

VEGGIE PLATTER WITH

Ranch Dip



INGREDIENTS:

RANCH DIP

1-1/2 cups plain coconut or soy yogurt
2 tsp apple cider vinegar
1-1/2 tsp dried parsley
1-1/2 tsp dried chives
1-1/2 tsp dried dill
1-1/2 tsp onion powder
1 tsp garlic powder
1 tsp agave
1 tsp sea salt
1/4 tsp black pepper

VEGGIES

1 yellow bell pepper, sliced
1 red bell pepper, sliced
3 carrots, cut into sticks
2 celery stalks, cut into sticks
3-4 radishes, sliced
1 cucumber, cut into sticks

DIRECTIONS:

1. Add the ranch dip ingredients to a bowl and mix well. Chill in the fridge for at least 1 hour before serving.
2. Enjoy with the veggies!

SERVES: 6

FRUITY Snack Skewers



INGREDIENTS:

2 kiwis, peeled and sliced
1 cup strawberries, hulled and halved
2 bananas, sliced
1 cup grapes (any variety)
wooden or bamboo skewer sticks

DIRECTIONS:

1. Wash and prepare the fruits. Peel and slice the kiwis, hull and halve the strawberries, slice the bananas, and wash the grapes.
2. Take a wooden or bamboo skewer stick. Thread a piece of kiwi onto the skewer, followed by a strawberry half, a slice of banana, and a grape. Repeat until the skewer is filled with a colorful assortment of fruits.
3. Continue assembling fruit skewers until you have used all the fruit and created the desired number of skewers.
4. Arrange the fruit skewers on a serving platter.
5. For an extra touch, you can drizzle the fruit skewers with a bit of melted dark chocolate or serve with a side of plant-based yogurt for dipping.
6. Serve the fruit skewers as a refreshing and healthy plant-based snack.

SERVES: 4

PISTACHIO

Date Bites



INGREDIENTS:

1 cup medjool dates, pitted
1 cup raw pistachios
1/4 cup shredded coconut (unsweetened)
1 Tbsp chia seeds
1 Tbsp flaxseeds
1 tsp pure vanilla extract
pinch of salt (optional)

DIRECTIONS:

1. Soak the pitted dates in warm water for about 10 minutes to soften them.
2. In a food processor, pulse the raw pistachios until finely chopped. Set aside a small amount for coating if desired.
3. Add the soaked dates, shredded coconut, chia seeds, flaxseeds, vanilla extract, and a pinch of salt (if using) to the processor with the chopped pistachios.
4. Process the mixture until it forms a sticky dough. The dates should be well incorporated, and the nuts finely chopped.
5. With slightly damp hands, take small portions of the mixture and roll them into bite-sized balls. If desired, roll the balls in crushed pistachios or shredded coconut for an extra coating.
6. Place the energy balls on a tray lined with parchment paper and refrigerate for at least 30 minutes to firm up.
7. Once firm, transfer the pistachio date energy balls to an airtight container. Store in the refrigerator for up to two weeks.

MAKES: 12-15 balls

CREAMY STRAWBERRY

Cashew Mousse



INGREDIENTS:

1 cup raw cashews, soaked in water for at least 4 hours or overnight
1-1/2 cups fresh strawberries, hulled and halved
1/3 cup maple syrup or agave nectar (adjust to taste)
1/4 cup coconut cream (the thick part from a can of full-fat coconut milk)
1 tsp vanilla extract
juice of 1 lemon
pinch of salt

*optional garnish - cashews, strawberries and fresh mint

DIRECTIONS:

1. Place the raw cashews in a bowl and cover them with water. Allow them to soak for at least 4 hours or overnight. Drain and rinse before using.
2. In a high-speed blender, combine the soaked cashews, halved strawberries, maple syrup or agave nectar, coconut cream, vanilla extract, lemon juice, and a pinch of salt. Blend until the mixture is smooth and creamy.
3. Transfer the strawberry cashew mixture to a bowl or individual serving glasses. Refrigerate for at least 2 hours to allow the mousse to set.
4. Once chilled, give the mousse a gentle stir. Serve the vegan strawberry mousse in dessert glasses or bowls.
5. Garnish with fresh strawberry slices and mint leaves if desired.

SERVES: 4-6

CASHEW

Ricotta



INGREDIENTS:

1 cup raw cashews, soaked overnight
1/4 cup unsweet almond milk
1/4 lb organic extra firm tofu, pressed
4 Tbsp vegan pesto
1-2 Tbsp lemon juice
sea salt & black pepper, to taste

DIRECTIONS:

1. Prepare the ricotta by placing the cashews and milk in a food processor and blend until smooth.
2. Add the tofu and pulse a few times until it has a ricotta like texture. Add the pesto, lemon juice, salt and pepper.

SERVES: 6-8



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.

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