



# *Recipe Roundups*

**HEALTHY MEAL IDEAS FOR MAY**



# recipes for the month



## BREAKFAST

- 4 Classic Overnight Oats
- 5 Potatoes & Veggies Breakfast Skillet
- 6 Simple Banana Pancakes
- 7 Chocolate Baked Protein Oats
- 8 Mexican Tofu Scramble & Toast
- 9 Sweet Quinoa Breakfast Bowl
- 10 Spinach & Artichoke Quiche
- 11 Baked Tofu & Grits Bowl

## LUNCH

- 13 Teriyaki Chickpea Bowl
- 14 Falafel Salad Bowl
- 15 Roasted Veggies Kale Salad
- 16 Spring Veggie Miso Risotto
- 17 Mediterranean Orzo Salad
- 18 Vegan Crab Cakes
- 19 Rosemary Cleansing Slaw
- 20 Refreshing Green Salad



## DINNER

- 22 Zucchini & Snap Peas Orzo Pasta
- 23 Roasted Broccoli Green Soup
- 24 Sweet Potato Lentil Rice Bowl
- 25 Mushroom Bourguignon
- 26 Beans & Greens Quesadillas
- 27 Spicy Chili Garlic Noodles
- 28 Baked Orange Cauliflower
- 29 Instant Pot Plant-based Dal

## SNACK

- 31 Blueberry Cauliflower Smoothie
- 32 Chocolate Almond Smoothie
- 33 Easy Whipped Coffee Drink
- 34 Strawberry Banana Layered Smoothie
- 35 Chickpea Cookie Dough
- 36 Coconut Macaroons
- 37 Miso Green Beans
- 38 Strawberry Energy Bites



*Breakfast*

**I D E A S**

CLASSIC

# Overnight Oats



## INGREDIENTS:

1/2 cup old-fashioned oats  
1/2 cup unsweet almond milk  
1/2 tsp pure maple syrup  
1/4 tsp pure vanilla extract

\*toppings - fresh fruit, nuts, nut butter, coconut flakes, jam, etc.

## DIRECTIONS:

1. Combine oats, milk, maple syrup and vanilla in a mason jar or small bowl. Seal with a lid and shake to mix or stir.
2. Refrigerate overnight. Stir and add your toppings right before serving. Be creative and make all kinds of different flavors!

**SERVES: 1**

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## POTATOES & VEGGIES

# Breakfast Skillet



### INGREDIENTS:

5 cups yukon gold potatoes, chopped  
1 yellow onion, chopped  
1 red bell pepper, chopped  
1 cup mushrooms, sliced  
5 garlic cloves, minced  
3 Tbsp extra virgin olive oil  
1 tsp paprika  
1 tsp garlic powder  
1 tsp sea salt, or to taste  
3/4 tsp old bay seasoning  
black pepper, to taste

### DIRECTIONS:

1. Preheat the oven to 400F degrees and line a baking pan with parchment paper.
2. Add the potatoes, onion, pepper and mushroom to a large bowl. Toss with the oil and garlic until everything is well coated. Add in the spices, salt and black pepper and mix until well incorporated.
3. Add to a baking dish or cast iron skillet. Bake for 30 minutes. After 30 minutes, turn the heat to 450F and bake for an additional 15. Test to see if the potatoes can be easily pierced with a fork. Bake time can vary depending on how big or small you chopped them.
4. Remove when done. Serve with ketchup or any other sauce as you like. Enjoy!

**SERVES: 4**

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# BANANA

## Pancakes



### INGREDIENTS:

1-1/2 cups whole wheat flour  
2 tsp baking soda  
1 tsp cinnamon  
1/2 cup banana, mashed  
2 flax eggs  
1 tsp pure vanilla extract  
1 (5oz) container vanilla coconut yogurt  
1 cup unsweet almond milk  
3 Tbsp coconut oil, melted

### DIRECTIONS:

1. First you'll prepare your flax eggs by mixing together 2 Tbsp of ground flax seeds with 6 Tbsp of warm water. Let it sit for 15 minutes.
2. Then mix the dry ingredients in a medium bowl and set aside.
3. In a large bowl, add the mashed banana, flax eggs and the rest of the ingredients EXCEPT the coconut oil; mix well.
4. Slowly add the dry ingredients into the wet mixture.
5. Finally add in the melted coconut oil and mix smooth.
6. Preheat a large frying pan to low-medium heat and spray with oil.
7. Scoop a heaping 1/3 cup of the batter onto your pan and cook for 3-5 minutes per side or until golden brown.
8. These cook best on lower heat and if your batter sits too long it will get thick, simply add in a little extra almond milk as needed.
9. Top as desired and enjoy!

**SERVES: 4**

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# CHOCOLATE BAKED

# Protein Oats



## INGREDIENTS:

### WET

- 1/4 cup mashed banana or applesauce
- 1 Tbsp nut butter
- 2-4 Tbsp of almond milk
- 1 Tbsp pure maple syrup
- 1/2 tsp pure vanilla extract

### DRY

- 1/2 cup quick cooking oats
  - 3 Tbsp chocolate protein powder
  - 1 Tbsp cocoa powder
  - 1/4 tsp baking powder
  - 1/8 tsp sea salt
- 1-2 Tbsp mini-chocolate chips, optional

## DIRECTIONS:

1. Preheat oven to 350F degrees and spray a 12-14oz ramekin with oil and set aside.
2. Whisk together all the wet ingredients in a bowl until smooth. Starting with just 2 Tbsp of milk first.
3. Then mix in the dry ingredients. If your batter seems to thicken and dry, then add in another Tbsp of milk at a time.
4. Transfer to your ramekin and top with chocolate chips if desired. Bake for 20-25 minutes or until a toothpick comes out clean.
5. Remove from oven once done and allow to cool for 10 minutes. Enjoy as is or topped with fresh berries or banana.

**SERVES:** 1 ramekin

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## SIGNATURE MEXICAN

# Tofu Scramble



### INGREDIENTS:

1 tsp extra virgin olive oil  
1/2 onion, finely diced  
1/2 green bell pepper, diced  
1/2 red bell pepper, diced  
1/4 tsp coriander  
1/4 tsp cumin  
dash of turmeric  
1 cup cooked black beans  
7-8oz extra firm organic tofu, mashed  
2 Tbsp fresh cilantro, chopped  
1/4 cup fresh salsa  
1/2 tomato, chopped  
1/2 avocado, chopped  
2 slices whole-grain bread

### DIRECTIONS:

1. Heat the oil in a skillet over medium-high heat.
2. Add the onions and bell pepper, cooking for about 6 minutes and stirring frequently.
3. Add the spices, beans, and tofu; cook for another 5 minutes.
4. Divide the tofu mixture between two serving plates and top evenly with cilantro, salsa, tomato and avocado.
5. Add 1 slice of toast to each and serve immediately.

*\*For extra veggies, feel free to add spinach to the mixture and cook until wilted.*

**SERVES: 2**

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# SWEET QUINOA

## Breakfast Bowl



### INGREDIENTS:

1/2 cup uncooked quinoa  
1 cup almond milk  
dash of cinnamon  
1/2 tsp pure vanilla extract  
pinch of sea salt

\*toppings for serving - fresh fruit, raw nuts, raw seeds, coconut flakes, pure maple syrup, etc.

### DIRECTIONS:

1. Rinse and drain the quinoa. Place it in a small saucepan with the milk, cinnamon, vanilla and salt.
2. Bring to a high simmer, cover and reduce heat to low. Simmer for 15 minutes.
3. Remove from heat and let it sit for 5 more minutes or until the milk is absorbed and quinoa is cooked.
4. Taste and adjust the flavor to your liking.
5. Divide it between two bowls and top as desired to enjoy!

**SERVES: 2**

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# SPINACH + ARTICHOKE

## Plant-based Quiche



### INGREDIENTS:

2 large tortillas  
cooking spray  
1 Tbsp extra virgin olive oil  
1/2 large onion, chopped  
3 garlic cloves, minced  
2 cups fresh spinach  
14 oz organic soft silken tofu\*  
1/2 cup nutritional yeast  
1 tsp dijon mustard  
juice of 1 lemon  
1 tsp dried basil  
1/2 tsp turmeric  
sea salt & black pepper, to taste  
14 oz can artichokes, drained & chopped

\*can be found in the asian international foods section of most grocery stores

### DIRECTIONS:

1. Preheat oven to 350F degrees.
2. Grease a pie plate with the cooking spray.
3. Rip the 2 tortillas in half and arrange them so that the bottom and sides are covered.
4. Bake for 15 minutes and make sure they are staying put and not bubbling. Break any bubbles that form.
5. While the crust is baking, heat the oil in a large pan. Add the onion and cook until translucent. Add the garlic and cook another few minutes. Stir in the spinach and cook until it is wilted. Remove from the heat.
6. In a food processor, add the tofu, yeast, lemon juice and spices. Process until smooth.
7. Add the artichokes and onion mixture to the processor and pulse 20 times until mixed.
8. Pour the mixture into the pie pan and bake for 45 minutes more.

**SERVES: 4**

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# BAKED TOFU

## Grits Bowl



### INGREDIENTS:

1 block organic extra firm tofu, pressed  
1/4 cup low sodium soy sauce  
1 tsp turmeric  
1/2 tsp onion powder  
1 Tbsp extra virgin olive oil  
4 servings of grits  
1/2 cup nutritional yeast  
2 Tbsp plant-based butter  
1 avocado, sliced  
sea salt & black pepper, to taste

\*toppings of your choice - ex. sliced tomatoes, green onion, carrots, broccoli, chickpeas, sweet potato...

### DIRECTIONS:

1. Preheat oven to 425F degrees.
2. Whisk together the soy sauce, turmeric, onion powder, and olive oil to make your marinade.
3. Cut the tofu into strips. Toss the marinade with the tofu strips and let them sit for at least 15-30 minutes.
4. Arrange your tofu on a baking sheet lined with parchment paper. Bake for 15 minutes, flip then back for 15 more minutes.
5. While the tofu is baking, prepare your grits according to the instructions on the package.
6. When the grits are ready, stir in the nutritional yeast, butter and divide between 4 bowls.
7. Top each bowl your tofu and toppings and serve!

**SERVES: 4**

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*Lunch*

**IDEAS**

# TERIYAKI

## Chickpea Bowl



### INGREDIENTS:

2 cups cooked white or brown rice  
1 head broccoli, cut & steamed  
1 cup filtered water  
1/3 cup soy sauce or coconut aminos  
1/2 tsp ground ginger  
3/4 tsp garlic powder  
3/4 tsp onion powder  
1/2 tsp red pepper flakes  
1/4 cup pineapple juice  
2 Tbsp cornstarch  
3 Tbsp cold water  
2 cans chickpeas, drained & rinsed  
1 cup pineapple chunks

\*optional garnish - sesame seeds

### DIRECTIONS:

1. In a medium saucepan, add 1 cup of water, soy sauce, ginger, garlic powder, onion powder, red pepper flakes and pineapple juice. Stir and cook over medium heat.
2. In a small bowl, mix together the cornstarch and 3 Tbsp of water. Slowly pour it into the saucepan while stirring. Then bring your sauce to a simmer until it is thickened.
3. Remove from heat and stir in the pineapple, chickpeas and broccoli.
4. Divide the rice among 4 bowls and evenly add the chickpea mixture on top each. Garnish with sesame seeds if desired and enjoy.

**SERVES: 4**

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# FALAFEL

## Salad Bowl



### INGREDIENTS:

#### FALAFEL

1 cup chickpeas  
1 tsp cumin seeds  
2 Tbsp chickpea flour  
2 Tbsp cilantro, finely chopped  
1/2 white onion, finely chopped  
1 garlic clove, minced  
5 Tbsp extra virgin olive oil  
sea salt & black pepper to taste

#### OPTIONAL SALAD ADD-INS

leafy greens  
shredded beet  
shredded carrot  
diced cucumber  
diced tomato  
corn  
quinoa  
sesame seeds  
dressing, your choice

### DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking pan with parchment paper.
2. Place all falafel ingredients into a blender and process until smooth. Add more flour or oil if needed.
3. Form the mixture into bowls and arrange them on the baking pan. Bake for 25 minutes or until golden brown.
4. Meanwhile prepare the other desired ingredients you'd like in your salad bowl.
5. Layering as much leafy greens on bottom, then some veggies, quinoa or beans for extra protein and sesame seeds on top.
6. Once the falafels are finished, allow them to cool for 10 minutes then add them into your salad bowl.
7. Drizzle with your favorite dressing and enjoy!

**SERVES: 2**

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# ROASTED VEGGIES

## Kale Salad



### INGREDIENTS:

3/4 cup quinoa, rinsed well  
1-1/2 cups water

#### VEGGIES

4 large carrots, chopped  
1 whole beet, sliced thin  
pinch of sea salt  
1/2 tsp curry powder

#### DRESSING

1/3 cup tahini  
4 Tbsp lemon juice  
1-2 Tbsp pure maple syrup  
pinch of sea salt  
3 Tbsp water, to thin

#### SALAD

8 cups kale, chopped  
1/2 cup cherry tomatoes  
1 ripe avocado, sliced  
1/4 cup sunflower seeds

### DIRECTIONS:

1. Heat a small pot over medium heat and add the quinoa. Toast for 2 minutes, stirring frequently. Add the water and bring to a low boil. Once boiling, reduce to simmer, cover and cook for 20 minutes or until the liquid is absorbed.
2. Preheat the oven to 375F and add the carrots and beets to a baking sheet lined with parchment paper. Sprinkle the salt and curry powder on top. Roast for 30 minutes or until tender.
3. Prepare the dressing by adding all ingredients to a small bowl and mixing well. Taste and adjust flavor as needed.
4. Arrange the kale in a large bowl and top with the tomatoes, avocado, seeds and roasted veggies. Serve with the dressing on the side or toss to combine. Enjoy!

**SERVES: 4**

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# SPRING VEGGIE

## Miso Risotto



### INGREDIENTS:

5 cups filtered water, divided  
4 Tbsp white miso paste\*  
2 Tbsp extra virgin olive oil, divided  
1/2 bunch asparagus, cut into 1/2" pieces  
1 cup mushrooms, sliced  
1 pinch sea salt & black pepper  
7 garlic cloves, minced  
1 cup arborio rice  
1/2 cup dry white wine  
1/2 cup frozen peas

*(\*miso is found near the tofu, refrigerated section or international foods.)*

### DIRECTIONS:

1. In a medium saucepan, bring the water to simmer over medium heat. Once simmering, reduce heat to low and keep warm.
2. In a small mixing bowl add the miso and 1 cup of warm water from the saucepan. Whisk until the miso is mostly dissolved.
3. Add this miso mixture to the rest of the water and stir to fully dissolve it.
4. Heat a large rimmed skillet over med-high heat and add 1 Tbsp oil. Add the asparagus and cook for 5 minutes. Add the mushrooms and saute for 2 minutes or until tender. Season with a pinch of sea salt and black pepper. Transfer to a bowl and set aside.
5. Heat the same large skillet over med-low heat and add the remaining oil. Saute the garlic until fragrant.
6. Add the rice and cook for 1 minute.
7. Add the dry white wine and stir gently. Cook for 2 minutes or until liquid is absorbed.
8. Add the miso broth a 1/2 cup at a time, stirring constantly and allowing the risotto to keep simmering. Continue adding until rice is al dente. About 20 minutes.
9. Turn the heat to low and add in the peas along with the cooked mushrooms and asparagus. Stir well until combined.
10. Taste and adjust the flavor as needed. Serve and enjoy!

**SERVES: 4**



# MEDITERRANEAN

# Orzo Salad



## INGREDIENTS:

### SALAD

- 1 cup orzo pasta
- 2 cups cherry tomatoes, halved
- 1 small jar marinated artichokes, chopped
- 1/2 english cucumber, chopped
- 1/2 cup black olives, sliced
- 1/3 cup red onion, finely diced
- 1 bell pepper, chopped
- 3 Tbsp fresh parsley, chopped

### DRESSING

- 1 tsp dried dill
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- 1/2 tsp sea salt
- 2 tsp coconut sugar
- pinch of black pepper
- 1 tsp yellow mustard
- 1 garlic clove
- juice of 1 lemon
- 2 Tbsp red wine vinegar
- 3 Tbsp extra virgin olive oil
- 2 Tbsp of filtered water

## DIRECTIONS:

1. Cook the orzo pasta according to the package directions. Drain the pasta and add back to the pot with a cold water and then drain again. Drizzle with oil to prevent sticking.
2. Next make your dressing by combining all ingredients in a jar with a tight lid and shaking until combined.
3. Prepare all your veggies and herbs and add them into a large salad bowl. Stir in the orzo pasta. Pour the dressing in and mix well.
4. Serve and enjoy!

**SERVES: 6-8**

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VEGAN

# Crab Cakes



## INGREDIENTS:

1-1/4 cups chickpeas, liquid reserved  
1-1/4 cups hearts of palm\*  
2 Tbsp plant-based mayo  
2 tsp dijon mustard  
2 tsp worcestershire sauce  
1 tsp old bay seasoning  
1/2 tsp sea salt  
1/4 cup green onions, sliced  
2 Tbsp fresh parsley, chopped  
1/2 cup panko bread crumbs

*(\*you can find hearts of palm in the canned foods section near the other pickled or canned vegetables)*

## DIRECTIONS:

1. Drain and rinse the chickpeas but reserve the liquid.
2. Place chickpeas and hearts of palm in a food processor; pulse until flaky and set aside.
3. Place 3 tbsp of reserved chickpea liquid in a medium bowl and whisk until foamy. Then add in the mayo, mustard, worcestershire, seasoning, salt, green onions and parsley; mix until combined.
4. Combine the chickpea mixture and bread crumbs in a medium bowl.
5. Gently fold in the mayo mixture until just combined.
6. Form about a 1/4 cup of mixture into a patty and make 12. Set them aside.
7. Heat a large cast iron skillet, lightly coated with spray over med-high heat.
8. Add 3-4 patties at a time and cook for 3 minutes on each side or until golden brown and crispy. Repeat with the remaining patties.
9. Serve with your fav sauce and enjoy!

**SERVES: 4**

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# ROSEMARY

## Cleansing Slaw



### INGREDIENTS:

#### SLAW

3 cups green cabbage, shredded  
1 bulb fennel, stems & fronds removed  
1 small honeycrisp apple  
2 celery stalks  
1 small beet  
2 large carrots  
1/2 cup fresh cilantro  
3 Tbsp lemon juice  
2 Tbsp apple cider vinegar

#### DRESSING

1/2 cup tahini  
3 Tbsp lemon juice  
1 Tbsp apple cider vinegar  
2 Tbsp fresh minced rosemary  
4 garlic cloves, minced  
3 Tbsp coconut aminos  
1/3 cup water  
pinch of sea salt

### DIRECTIONS:

1. Prepare the produce by thinly slicing or finely grating them.
2. Add all produce to a large mixing bowl and top with lemon juice and apple cider vinegar. Toss and set aside.
3. Prepare the dressing by adding all ingredients except water into a small blender. Blend to combine. Add the water until the dressing is pourable.
4. Taste and adjust the flavor.
5. Pour the dressing into the slaw bowl and toss thoroughly to combine. Enjoy as is or add to salads, bowls, sandwiches or burgers.

**SERVES: 6-8**

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# REFRESHING

# Green Salad



## INGREDIENTS:

1 cup romaine lettuce, chopped  
1 cup fresh spinach, chopped  
1 cup riced cauliflower  
1/2 cup black beans  
1/2 cup chickpeas  
1/2 cup sliced cucumber  
1/2 cup sliced tomato  
1/4 cup chopped walnuts  
salt & pepper, to taste  
dressing of your choice

## DIRECTIONS:

1. Place the greens in a large salad bowl then top with the riced cauliflower.
2. Sprinkle the remaining ingredients on top.
3. Drizzle with the dressing of your choice and enjoy!

**SERVES: 1**

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*Dinner*

**I D E A S**

# ZUCCHINI + SNAP PEAS

## Orzo Pasta



### INGREDIENTS:

8oz orzo pasta  
16oz snap peas, ends trimmed & halved  
2 small zucchini, cut & quartered  
1 red bell pepper, chopped  
4 Tbsp fresh lemon juice  
2 Tbsp extra virgin olive oil  
italian seasoning, to taste  
sea salt & black pepper, to taste

### DIRECTIONS:

1. Cook the orzo according to the package directions. Set aside.
2. In a skillet, over medium-high heat add the olive oil, snap peas, zucchini and red bell pepper. Cook until the veggies are slightly tender.
3. Turn off the heat and add in the orzo pasta, seasonings, lemon juice, salt & pepper. Toss to combine. Taste and adjust seasonings.

**SERVES:** 4-6

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# ROASTED BROCCOLI

## Green Soup



### INGREDIENTS:

2 Tbsp extra virgin olive oil, divided  
2 large broccoli crowns, stems removed  
1 heaping cup of onion, diced  
3 garlic cloves, minced  
4 cups veggie broth  
1 tsp sea salt  
1/2 tsp black pepper,

\*optional garnish - coconut cream and  
minced chives

### DIRECTIONS:

1. Preheat the oven to 425F and line a baking sheet with parchment paper.
2. Chop the broccoli into even sized florets and toss with 1 Tbsp olive oil, salt & pepper. Lay out on the sheet and roast for 15-20 minutes or until just beginning to brown.
3. Heat the remaining oil in a large pot over medium-high heat. Add the garlic and onions and saute until softened. Add the broccoli, salt & pepper and broth.
4. Bring to a simmer and cook until the broccoli is very soft. About 10 minutes.
5. Working in batches, transfer the soup to a blender and puree until smooth. Return to pot and season with salt & pepper, to taste.
6. Serve hot. Garnish with coconut cream and chives if desired.

**SERVES: 2-3**

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# SWEET POTATO

## Lentil Rice Bowl



### INGREDIENTS:

1 medium sized sweet potato, diced  
1-1/2 cups cooked brown rice  
2 cups kale, steamed

#### LENTIL MIXTURE

1/2 cup brown lentils, rinsed  
1 garlic clove, minced  
1/4 onion, diced  
1/4 bouillon broth cube  
1 tsp cumin  
1 cup water

### DIRECTIONS:

1. For the sweet potato you can leave the skin on and then steam it in a steamer basket with the kale.
2. For the lentils. First saute the onions and garlic in a medium saucepan until translucent.
3. Add the lentils, water, bouillon, cumin and water. Mix thoroughly. Bring to a boil and cover. Reduce to simmer and cook for 15-20 minutes, or until tender.
4. For the rice bowl. Add your rice, then the sweet potato and kale on top. Then layer the lentils last. Add salt & pepper to taste and enjoy!

**SERVES: 1**

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# MUSHROOM

## Bourguignon



### INGREDIENTS:

4 tsp olive oil, divided use  
1 cup onion, finely chopped  
1 cup carrots, cut into chunks  
1/2 cup celery, chopped  
6 garlic cloves, minced  
1/2 cup dry red wine  
2 Tbsp tomato paste  
1 Tbsp white miso paste\*  
4 cups low sodium veggie broth  
2 tsp fresh thyme leaves  
1/2 tsp smoked paprika  
1/2 tsp garlic powder  
1/2 tsp sea salt  
1/2 tsp black pepper  
2 bay leaves  
6 cups mushrooms, cut into chunks  
3 Tbsp cornstarch + 3 Tbsp water  
1 Tbsp fresh parsley

\*for serving - serve by itself, with cauliflower mash, potatoes or noodles.

(*\*miso is found near the tofu, refrigerated section or international foods.*)

### DIRECTIONS:

1. In a large saucepan, heat 2 tsp oil over medium high heat. Add the onion, carrots and celery. Cook for 3 minutes. Add the garlic and cook for another minute.
2. Add the wine and tomato paste; cook for 3 minutes.
3. In a small bowl, combine the miso paste and small amount of broth. Whisk with a fork to make a thinner paste and set aside.
4. Add the broth, miso paste mixture, spices and bay leaves to the pan. Bring to a simmer and cook for 30 minutes.
5. While the stew cooks, heat the remaining 2 tsp of oil in a large skillet over high heat. Add the mushrooms and cook for 5 minutes. Add the seared mushrooms to the stew.
6. Make a slurry with the cornstarch and 3 Tbsp of water then add it to the pan and mix well. Cook for a minute or until stew has thickened slightly. Remove from heat and discard the bay leaves.
7. Divide evenly among serving bowls and garnish with parsley. Enjoy!

**SERVES: 5**

## BEANS + GREENS

# Quesadillas



### INGREDIENTS:

1 small red onion, minced  
4 garlic cloves, minced  
1 bunch kale, finely chopped  
2 roma tomatoes, chopped  
1 can black beans, drained & rinsed  
1/3 cup organic corn  
2 Tbsp nutritional yeast\*  
1 tsp onion powder  
1 tsp garlic powder  
1 tsp smoked paprika  
1 tsp chili powder  
4 (10") whole grain tortillas

\*for serving - hot sauce, salsa, cheese, sour cream and guacamole

*(\*nutritional yeast is found most often in the health food aisle, baking aisle or near spices or on Amazon. It provides a "cheesy" taste and B vitamins.)*

### DIRECTIONS:

1. Heat 1/4 cup of water in a pot over medium heat. Add the onion and garlic and cook until softened. Add the kale, corn and tomatoes, cook for about 5 more minutes.
2. In a bowl, mash the beans and stir in the spices. Mix well.
3. Drain off any remaining liquid from the greens mixture and then stir it into the bean mixture. Taste and adjust seasonings.
4. Divide the filling among the tortillas, spreading it evenly over the bottom half of each. Fold the top half of the tortilla over the filling, pressing down lightly to hold the halves together. Place two of the quesadillas in a large nonstick skillet or griddle over medium heat.
5. Cook until lightly browned on both sides, turning once, about 3 minutes per side. Repeat with remaining tortillas.
6. To serve, cut each quesadilla into three wedges and plate with any additional garnishes.

**SERVES: 4**

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# SPICY CHILI

## Garlic Noodles



### INGREDIENTS:

8oz pkg of rice noodles  
2 shallots, sliced  
5 garlic cloves, minced  
1/3 cup scallions, chopped  
1 Tbsp fresh ginger, grated  
1 Tbsp extra virgin olive oil  
5 Tbsp low sodium soy sauce  
2 Tbsp chili garlic sauce  
1 Tbsp brown sugar  
1 Tbsp sriracha  
2 tsp rice vinegar  
1 Tbsp toasted sesame oil  
1/2 tsp red pepper flakes

### DIRECTIONS:

1. Cook the noodles according to the package directions.
2. Add the shallots and garlic to a pot and saute with oil until browned, about 10 minutes.
3. Add the white part of the scallions and the ginger. Saute for 3 more minutes.
4. Add in the remaining sauce ingredients and whisk together. Taste and adjust as needed if you want it spicier.
5. Serve as is or with any other veggies or protein of choice. Top with red chili flakes for more spice and the remaining scallions. Enjoy!

**SERVES: 4**

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# BAKED ORANGE

## Cauliflower



### INGREDIENTS:

1 medium head cauliflower, chopped  
2/3 cup all-purpose flour  
1/4 cup cornstarch  
1/2 tsp garlic powder  
3/4 cup almond milk  
3/4 cup breadcrumbs

#### SAUCE

1 cup fresh squeezed orange juice  
1/4 cup light brown sugar  
1 Tbsp orange zest  
3 Tbsp low sodium soy sauce  
2 tsp sriracha  
3 garlic cloves, minced  
1/4 tsp ground ginger  
1 Tbsp extra olive oil  
1-1/2 Tbsp rice vinegar  
  
1-1/2 Tbsp cornstarch  
2 Tbsp filtered water

*\*you can sub with gluten-free versions of the ingredients if needed*

### DIRECTIONS:

1. Preheat the oven to 425F degrees and line a baking sheet with parchment paper.
2. Whisk together the flour, cornstarch, garlic and milk in a large mixing bowl. If too thick, add a little more milk. You do want it on the thicker side though. Add in the cauliflower pieces and toss to coat with batter. Add in the breadcrumbs and toss again. Transfer to the baking sheet.
3. Bake for 25 minutes then turn the oven off and leave it in for an additional 5-10 minutes to crisp up.
4. During the final minutes make the sauce by adding the garlic to a pot with the oil. Saute for a few minutes or until golden brown. Add in the remaining ingredients EXCEPT the cornstarch and whisk to combine. Bring to a low boil.
5. In a small bowl, combine the cornstarch and water. Mix well then add it to the sauce when it is at a low boil. Reduce heat and simmer until thickened. Remove from heat.
6. When cauliflower is done, let it cool for 5 minutes then transfer to a large bowl. Toss with the sauce to coat and serve immediately as is or on a bed of rice.

**SERVES: 4**

# INSTAPOT

## Plant-based Dal



### INGREDIENTS:

1 Tbsp extra virgin olive oil  
1 cup onion, chopped  
4 garlic cloves, minced  
1 Tbsp ginger, finely chopped  
2 cups tomatoes, chopped  
3/4 cup green bell pepper, chopped  
1/4 cup shredded coconut  
1 Tbsp coconut sugar  
1 tsp ground turmeric  
1 tsp ground coriander  
1/2 tsp ground cardamom  
1 tsp ground cumin  
1 tsp black pepper  
1/2 tsp cinnamon  
1/4 tsp ground cloves  
1/4 tsp ground nutmeg  
2-1/3 cups filtered water  
1 cup dry red lentils, rinsed  
1-1/2 tsp sea salt  
2 Tbsp cilantro, chopped  
1 Tbsp lime juice

### DIRECTIONS:

1. Set your instapot to "saute" then add your oil, onions, garlic and ginger. Cook for 3 minutes or until onion is translucent.
2. Add in the tomatoes and bell pepper and cook for another 5 minutes.
3. Add the coconut, coconut sugar and spices; stir to combine. Cook for 1 minute then add in the water, lentils & salt.
4. Change the setting to "pressure cook" on HIGH for 8 minutes.
5. Once it is done, let the pressure release naturally. Remove the lid.
6. Just before serving; stir in the cilantro and lime juice. Enjoy!

**SERVES: 4**

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*Snack*

**I D E A S**

# BLUEBERRY & CAULIFLOWER

## Smoothie



### INGREDIENTS:

1 cup frozen cauliflower florets  
1/2 cup frozen blueberries  
1/2 cup frozen blackberries  
1 ripe banana  
1-1/2 cup coconut water  
juice from 1 lime  
1 Tbsp chia or flax seeds  
2 Tbsp almond butter

### DIRECTIONS:

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

**SERVES: 2**

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# CHOCOLATE

# Almond Smoothie



## INGREDIENTS:

1 cup unsweet almond milk  
1 scoop chocolate protein powder  
1/2 large banana  
1 Tbsp natural almond butter  
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**

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## EASY WHIPPED

# Coffee Drink



### INGREDIENTS:

1/2 cup lite coconut milk, canned  
1/4 cup coconut milk beverage  
2 Tbsp instant coffee granules  
2 Tbsp boiling water  
1 tsp stevia

### DIRECTIONS:

1. Combine both coconut milks and a handful of ice cubes into a shaker cup and shake well. Then divide the milk into two separate glasses.
2. In a medium mixing bowl, add the instant coffee, boiling water and stevia. Whip the mixture with a hand beater, increasing the speed as it starts to thicken. Do this for about 2 minutes or until it is a light and has a meringue-like texture.
3. Divide the whipped coffee between the glasses. Stir to combine and enjoy!

**SERVES: 2**

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# STRAWBERRY BANANA

## Layered Smoothie



### INGREDIENTS:

6 large strawberries, cored  
1/2 cup light coconut milk  
1/2 cup coconut yogurt  
2 frozen bananas  
1/2 of a mango  
1/2 tsp pure vanilla extract

\*optional - 1 scoop of vanilla  
superfood protein powder

### DIRECTIONS:

1. Place all ingredients EXCEPT the strawberries into a blender.
2. Puree until smooth then divide by pouring the mixture into the bottom of two glasses.
3. Rinse the blender briefly with water and place in the strawberries. Puree until smooth.
4. Pour the strawberry puree gently on top and enjoy!

**SERVES: 2**

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# CHICKPEA

## Cookie Dough



### INGREDIENTS:

1 can chickpeas (or white beans)  
1/4 cup almond butter  
1/4 cup pure maple syrup  
1/4 cup quick cooking oats  
2 tsp pure vanilla extract  
1/2 tsp sea salt, or more to taste  
4 Tbsp light brown or coconut sugar  
1/2 cup chocolate chips  
pinch of cinnamon  
drop of pure almond extract, optional

### DIRECTIONS:

1. Drain and rinse the chickpeas really well in a strainer. Then add them to a food processor.
2. Add in the rest of the ingredients EXCEPT the chocolate chips. Process until smooth.
3. Taste and adjust the sweetness as desired. If it doesn't seem thick enough, blend in a Tbsp more of oats at a time.
4. Pulse in the chocolate chips just to combine.
5. Transfer to a container and place it in the fridge. Allow to chill for at least 30 minutes before serving.
6. Enjoy as is by the spoonful, as a dip for apples or strawberries, on graham crackers, on a cinnamon bagel or roll into balls for energy bites.

**SERVES: 6**

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# COCONUT

## Macaroons



### INGREDIENTS:

1-1/3 cups unsweet shredded coconut  
3 Tbsp organic pure cane sugar  
1 Tbsp coconut sugar  
2 Tbsp all-purpose flour  
1 pinch sea salt  
1 heaping Tbsp unsweet applesauce  
1 Tbsp creamy peanut butter  
1 Bob Red Mill's Egg Replacer\*  
1 tsp pure vanilla extract

*(\*or you can make a flax egg by combining 1 Tbsp of ground flax with 3 Tbsp of water)*

### DIRECTIONS:

1. Preheat the oven to 325F degrees.
2. Line a large baking sheet with parchment paper and set aside.
3. Add the coconut, sugar, flour and salt to a medium bowl; stir to combine.
4. Add in the applesauce, peanut butter, egg replacer (or flax egg) and vanilla; stir to combine.
5. It will be a sticky dough and you may need to use your hands to mix well.
6. Spoon 15 evenly sized 1 Tbsp scoops onto the prepared pan. Press down slightly.
7. Bake for 18-20 minutes or until golden brown.
8. Allow to cool on the pan before serving.

**MAKES 15 cookies**

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# MISO

## Green Beans



### INGREDIENTS:

1 Tbsp white miso paste\*  
1 Tbsp filtered water  
2 tsp fresh lime juice  
1 large garlic clove, minced  
1 Tbsp extra virgin olive oil  
4 cups fresh green beans, trimmed  
2 Tbsp fresh cilantro, chopped

\*optional garnish - sesame seeds

*(\*miso is found near the tofu, refrigerated section or international foods.)*

### DIRECTIONS:

1. Combine and whisk the miso, water, lime juice and garlic in a small bowl; set aside.
2. Heat the oil in a large skillet over medium-high heat. Add in the green beans and cook for about 10 minutes. Tossing them as they cook. Remove from heat.
3. Place the green beans in a large bowl and toss them with the miso mixture, cilantro and sesame seeds if desired.

**SERVES: 4**

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# STRAWBERRY

## Energy Bites



### INGREDIENTS:

1-1/4 cup almond flour  
3/4 cup freeze dried strawberries, crushed  
1/4 cup vanilla protein powder  
1/8 tsp sea salt  
1/3 cup nut butter  
1/4 cup pure maple syrup  
2 Tbsp almond milk  
1 tsp pure vanilla extract

optional: 1-2 Tbsp strawberry jam

PLUS additional crushed freeze dried strawberries and shredded coconut for rolling the balls in

### DIRECTIONS:

1. Crush the freeze dried strawberries in a ziplock bag by beating with a meat tenderizer (or hammer). You can also pulse in a food processor if you prefer.
2. Then in a mixing bowl, whisk together the almond flour, strawberries, protein powder and salt. Add in the remaining ingredients and mix until smooth.
3. If too dry, add in more milk. If too wet, add in more strawberries. Taste and adjust. For a richer flavor add the strawberry jam.
4. Scoop out 1-1/2 Tbsp of the mixture to roll into a ball. Then roll the balls into a mixture of shredded coconut and crushed strawberries.
5. Enjoy immediately or place in a container to firm up in the fridge.

**SERVES: 12**

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## 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.