



Recipe Roundups

HEALTHY MEAL IDEAS FOR AUGUST



recipes for the month



BREAKFAST

- 4 Quick & Easy Sweet Potato Toast
- 5 Protein Chocolate Waffles
- 6 Breakfast Quinoa Apple Bowl
- 7 Simple Apple Pancakes
- 8 Raspberry Pomegranate Oatmeal
- 9 Simple Flaxseed Pudding
- 10 Sweet Potato Chickpea Hash
- 11 Peach Baked Oatmeal



LUNCH

- 13 Refreshing Lentil Tabbouleh
- 14 Quinoa Stuffed Sweet Potatoes
- 15 BBQ Cauliflower Veggie Wraps
- 16 Indian Veggie Shai Pulao
- 17 Artichoke Quinoa Salad
- 18 Middle Eastern Couscous Salad
- 19 Summer Tomato Peach Panzanella
- 20 High Protein Bean & Lentil Wraps



DINNER

- 22 Roasted Broccoli & Potatoes
- 23 Miso Glazed Eggplant
- 24 Lemony Spinach Pasta
- 25 Creamy Tuscan Gnocchi
- 26 Plant-based BLT Pasta Salad
- 27 Grilled Corn Chipotle Salad
- 28 Red Pepper Pesto Veggie Pasta
- 29 Tha Snap Pea Quinoa Bowl



SNACK

- 31 Peanut Butter Strawberry Smoothie
- 32 Peach Raspberry Smoothie
- 33 Refreshing Summer Hibiscus Mocktail
- 34 Fresh Rosemary Peach Lemonade
- 35 Plant-based Lemon Bars
- 36 Almond Flour Banana Cookies
- 37 Spicy Refried Bean Dip
- 38 Thai Mango Sticky Rice



Breakfast

I D E A S



QUICK & EASY

Sweet Potato Toast



INGREDIENTS:

1 yam or sweet potato

*your choice of toppings: mashed banana, cinnamon, avocado, tomato, beans, cream cheese, coconut yogurt, peanut butter, chopped nuts, etc!

Get creative!

DIRECTIONS:

1. Preheat oven or an air fryer to 400F degrees.
2. Cut yam in half lengthwise. Thinly slice with a sharp knife slices that are about 1/4" thick.
3. Place the yam slices on a baking sheet lined with parchment paper (or in your air fryer) and bake for about 20 minutes or until cooked through.
4. While the yam is baking, prepare your topping ingredients.
5. When finished, remove yam slices from oven and top as desired. Enjoy!

SERVES: 2

PROTEIN

Chocolate Waffles



INGREDIENTS:

1 (15oz) can black beans, drained/rinsed
3/4 cup unsweet almond milk
1/4 cup + 3 Tbsp of pure maple syrup
1/2 cup of cocoa powder
2 ripe bananas
1 cup whole wheat flour, or gluten free
2 tsp of baking powder
1/2 cup chocolate chips

DIRECTIONS:

1. Add the beans, milk, syrup, cocoa, and bananas to your blender. Blend until smooth.
2. Add in the flour and baking powder and blend until just combined.
3. Stir in the chocolate chips.
4. Cook in your waffle maker per your manufacturer's instructions.
5. Enjoy with your favorite toppings!

SERVES: 2

BREAKFAST QUINOA

Apple Bowl



INGREDIENTS:

2 cups filtered water
1 cup of quinoa
1 banana, sliced
1 apple, sliced
1/4 cup raisins or dried cranberries
1 Tbsp brown sugar (or sweetener of choice)
1 tsp cinnamon
1/2 cup unsweet almond milk

DIRECTIONS:

1. In a medium pot over high-heat bring the water to a boil. Stir in the quinoa then reduce heat to low. Cover for 10 minutes or until all the water is absorbed.
2. Fluff the quinoa with a fork, then add it to your bowls.
3. Top with banana, apples, and raisins or dried cranberries. Sprinkle the brown sugar and cinnamon on top. Then pour the almond milk all over it. Enjoy!

SERVES: 2

SIMPLE

Apple Pancakes



INGREDIENTS:

1/3 cup spelt flour
2 Tbsp rolled oats
1/2 cup finely-chopped apple
1 tsp cinnamon
2/3 baking powder
1/8 tsp sea salt
1 tsp pure vanilla extract
1 Tbsp sugar or pinch of stevia
1/3 cup almond milk
1 Tbsp organic coconut oil

DIRECTIONS:

1. Combine the dry ingredients in a bowl, then add the wet. Don't overmix.
2. Cook on a greased or non-stick skillet over medium-low heat. Flipping each pancake once it starts to bubble and the sides brown.
3. Top with syrup, more apple, cinnamon and crushed nuts if desired.

SERVES: 2

RASPBERRY POMEGRANATE

Oatmeal



INGREDIENTS:

1/4 cup rolled oats
1/2 cup almond milk, plus extra if needed
1/2 banana, mashed
1 Tbsp chia seeds
1 Tbsp almond slices
1/2 cup raspberries
3 Tbsp pomegranate seeds
pinch of ground cinnamon

*alternatively you can sub the rolled oats for cooked quinoa if you prefer

DIRECTIONS:

1. Add the oats, chia seeds, mashed banana and almond milk to a bowl and microwave for 2-1/2 to 3 minutes.
2. Remove from the microwave, stir and top with the remaining ingredients. Enjoy!

SERVES: 1

SIMPLE

Flaxseed Pudding



INGREDIENTS:

1 cup flaxmeal
1 tsp cinnamon
3 Tbsp peanut butter
3 Tbsp pure maple syrup
1-1/2 cup unsweet almond milk
1 tsp pure vanilla extract

*for serving - 1/4 cup fresh berries

DIRECTIONS:

1. If you have whole flaxseeds and need to make flaxmeal you can place them in a food processor or coffee grinder. Cover the blade and grind them into a fine powder.
2. In a large bowl, whisk the peanut butter, syrup and vanilla until a thick caramel like texture forms.
3. Whisk in the milk, flaxmeal and cinnamon until well combined.
4. Close the bowl tight and refrigerate overnight.
5. The next day, divide it into 4 small glass jars and serve with 1/4 cup berries.

SERVES: 4

SWEET POTATO

Chickpea Hash



INGREDIENTS:

1 can chickpeas, drained & rinsed
1 onion, chopped
2 sweet potatoes, cut into cubes
2 zucchini, cut into cubes
3 garlic cloves, minced
1 red chili, deseeded & finely chopped
1/2 tsp smoked paprika
1/2 tsp dried oregano
1 tsp sea salt
2 Tbsp extra virgin olive oil
juice of 1 lemon
1 Tbsp fresh parsley, chopped

DIRECTIONS:

1. Add the oil to a large skillet over medium heat. When hot, add the onion and cook for 5 minutes or until translucent.
2. Add the sweet potato, garlic and chili along with two Tbsp of water. Stir to combine then reduce heat to low and cover with a lid.
3. Cook for 15 minutes, stirring occasionally.
4. Then add in the zucchini and cook for another 10-15 minutes.
5. Once veggies are starting to tender, add in the chickpeas, salt, smoked paprika and oregano. Cook for another 5 minutes.
6. Remove from heat. Squeeze in the lemon juice and top with parsley.

SERVES: 3-4

PEACH BAKED

Oatmeal



INGREDIENTS:

2 cups old-fashioned oats
1/2 cup unsweet shredded coconut
1 tsp cinnamon
1/2 tsp sea salt
1/3 cup pure maple syrup
1-3/4 cup almond milk
1/4 cup coconut yogurt
1 flax egg (1 Tbsp flaxmeal + 3 Tbsp water)
1 Tbsp chia seeds
1 tsp pure vanilla extract
1 Tbsp coconut oil, melted
2-1/2 cups peaches, diced

DIRECTIONS:

1. Preheat the oven to 350F degrees. Grease an 8" square baking dish and set aside.
2. prepare the flax egg by stirring 1 Tbsp of flaxmeal with 3 Tbsp of lukewarm water. Set aside for 10 minutes.
3. In a large bowl, whisk the flax egg, almond milk, yogurt, oil, vanilla and maple syrup together.
4. Stir in the dry ingredients, oats, chia, coconut, salt and cinnamon.
5. Fold in the diced peaches and stir evenly to combine.
6. Pour the mixture into the baking dish and add a few more peach slices on top.
7. Bake in the center rack until oatmeal is set and golden brown on top.
8. After 35 minutes, it will be a soft moist oatmeal. For drier, firmer texture bake 45-60 minutes.

SERVES: 6



Lunch

I D E A S



REFRESHING

Lentil Tabbouleh



INGREDIENTS:

1 cup green or brown lentils
2 cups of hot water
2 bullion cubes
1 yellow onion, finely diced
2 garlic cloves, minced
2 Tbsp fresh lemon juice
2 tomatoes, diced
1 large cucumber, diced
1 Tbsp extra virgin olive oil
1 cup of parsley, minced
sea salt & black pepper, to taste

DIRECTIONS:

1. In a small saucepan, add the lentils, water and bullion cubes. Bring to boil, mix well, cover and lower the heat to a simmer. Cook for 15-20 minutes. Turn off the heat and let them sit undisturbed for 5 minutes. After, uncover and let them cool completely.
2. In a large bowl add the onion, garlic, and lemon juice. Mix well and let it sit for 15 minutes while the lentils are cooking and cooling down.
3. Then add the tomato, cucumber, oil, parsley and lentils. Taste and add more salt & pepper if needed.

SERVES: 4-6

QUINOA STUFFED *Sweet Potatoes*



INGREDIENTS:

2 medium sweet potatoes
6 cups baby spinach, chopped
2 garlic cloves, minced
1 Tbsp extra virgin olive oil
1-1/2 cups of cooked quinoa
1/3 cup cooked chickpeas
1/4 cup pecan pieces
pinch or two of sea salt & pepper

*optional - dried cranberries & tofu feta cheese

DIRECTIONS:

1. Preheat oven to 400F degrees and line a baking sheet with parchment paper.
2. Slice the sweet potatoes evenly in half lengthwise and place them face down on the sheet.
3. Roast the sweet potatoes for 30-40 minutes or until they are tender and soft.
4. If you are making the quinoa, prepare 1/2 cup of dry per the pkg instructions. If you'd like more flavor cook it in veggie broth instead of water.
5. While the potatoes are roasting, add the oil to a large saute pan and heat over medium heat. Add the garlic and half of the spinach and cook until wilted. Add the rest of the spinach and cook for 4 more minutes. Remove from heat.
6. Stir in the chickpeas, pecans, salt and pepper.
7. When potatoes are done, remove from the oven and allow them to cool slightly.
8. With a spoon gently press down the center to create an indentation to scoop your quinoa mixture into then serve!

SERVES: 4

BBQ CAULIFLOWER

Veggie Wraps



INGREDIENTS:

BBQ CAULIFLOWER:

1/2 head of cauliflower
1 cup of all-purpose flour
1 cup of unsweet almond milk
1 tsp of garlic powder
1 tsp of onion powder
1/2 tsp of paprika
1/2 tsp of brown sugar
1/2 tsp of liquid smoke
1 cup of BBQ sauce

WRAPS:

2 large tortillas
2 tomatoes
1 head of romaine lettuce
extra BBQ sauce

DIRECTIONS:

1. For the BBQ cauliflower, preheat the oven to 450F degrees and line a baking sheet with parchment paper.
2. Cut the cauliflower into thin strips about 1/2" wide and 2-3" long.
3. Whisk the flour, milk, spices, sugar and liquid smoke in a bowl until thoroughly combined. Dip each piece into the flour mixture, making sure to fully coat.
4. Place the pieces on the baking sheet and bake for 15 minutes.
5. Meanwhile, heat the BBQ sauce in a saucepan until warm.
6. Remove the cauliflower after 15 minutes and dip them into the BBQ sauce. Place them back on the baking sheet and cook for another 5-8 minutes.
7. For the wraps, slice the tomato and romaine lettuce. Spread the sauce over each tortilla and then top with the BBQ cauliflower, tomato and romaine.
8. Wrap them up and enjoy!

SERVES: 2-4

INDIAN VEGGIE

Shahi Pulao



INGREDIENTS:

1-1/2 cups basmati rice
2 Tbsp extra virgin olive oil
sea salt, as needed to taste
2-1/2 cups filtered water
1-1/2 tsp ginger garlic paste

VEGGIES, HERBS & SPICES:

1 onion, thinly sliced
2 green chilies, slit
1 carrot, chopped
4 french green beans, chopped to 1"
1/2 cup of green peas
1 small potato, cubed
3 Tbsp fresh mint, finely chopped
1 bay leaf
3/4 tsp caraway seeds (or cumin seeds)
1 tsp cardamom
4 whole cloves
1 tsp cinnamon
pinch of nutmeg
1/2 tsp fennel seeds
1 star anise, optional

DIRECTIONS:

1. Add the rice to a bowl and rinse it until the water runs clear.
2. Soak it for at least 20 minutes. After 20 mins, drain the water off completely.
3. Heat the 2 Tbsp of oil in a hot pot or pressure cooker.
4. Add in the whole spices (bay leaf, caraway seeds, cloves, fennel seeds & star anise) and saute for 30-60 seconds until they sizzle.
5. Fry the onions and chilies in the pot next until they turn golden. Then saute the garlic ginger paste until the raw smell disappears.
6. Add the veggies and mint. Saute for 2 more minutes.
7. Add in the 2-1/2 cups water and salt. Bring it to a rolling boil. Add the drained rice and stir.
8. If cooking in a pot, cover and cook on low heat until all the water is absorbed and rice is cooked. Cover and let it rest for 10 minutes so it becomes fluffy.
9. If in pressure cooker, cover with lid and cook on medium high flame for 1 whistle. Turn off stove and when pressure releases, remove lid and fluff the rice.
10. Serve and enjoy!

SERVES: 3-4

ARTICHOKE

Quinoa Salad



INGREDIENTS:

1 cup quinoa
2 cups veggie broth
juice of a lemon
1/2 Tbsp extra virgin olive oil
1/2 red onion, diced
5 button mushrooms, chopped
5 garlic cloves, minced
1 (14oz) can large artichoke hearts
1 (15oz) can chickpeas, drained/rinsed

DIRECTIONS:

1. Drain the artichoke hearts and quarter them lengthwise.
2. Add the quinoa, broth, and lemon juice to a medium pot with a lid.
3. Over high heat, bring to a boil. Cover and reduce the heat to low. Cook for 20 minutes.
4. In a large pan over medium heat, heat the oil. Add the onions, mushrooms, and saute for 3 to 4 minutes, or until tender.
5. Stir in the garlic, artichokes and chickpeas, and cook for an additional 4 minutes.
6. Stir in the quinoa and enjoy!

SERVES: 4

MIDDLE EASTERN

Couscous Salad



INGREDIENTS:

SALAD

1 pkg pearl couscous
7-8 cups romaine, torn or chopped
1/4 cup fresh parsley, chopped
8 green onions, thinly sliced
1 large cucumber, finely diced
2 tomatoes, small diced
1 can chickpeas, drained & rinsed
squeeze of half a lemon

DRESSING

1/2 cup red wine vinegar
1 Tbsp tahini
1 Tbsp white miso
2 tsp pure maple syrup
2 Tbsp filtered water
1/8 tsp dried mint
1 tsp garlic powder
1 tsp onion powder
1/2 tsp sea salt
pinch of black pepper

DIRECTIONS:

1. Prepare the couscous according to the package directions then allow to completely cool. Place in fridge for at least 15 minutes.
2. Add all salad ingredients into a very large bowl and mix well.
3. Add the dressing ingredients to a bowl and whisk until combined.
4. Pour the dressing over the salad and mix well to coat. Taste and adjust seasoning as desired.
5. Serve as is or inside of a wrap and enjoy!

SERVES: 4

SUMMER TOMATO PEACH

Panzanella



INGREDIENTS:

DISH:

2 yellow peaches, sliced
1 lb heirloom tomatoes, halved
1/3 cup red onion, thinly sliced
2 cups sourdough bread, cut into 1" cubes

DRESSING:

1/3 cup extra virgin olive oil
3 garlic cloves, minced
3 Tbsp balsamic vinegar
1 tsp dijon mustard
salt & pepper, to taste

GARNISH:

1 cup fresh basil leaves, torn
1 cup fresh mint leaves, torn
raw nuts

DIRECTIONS:

1. Place the peaches, tomatoes, red onion and bread into a large serving bowl; toss to combine.
2. To make the dressing, whisk together the oil, garlic, vinegar and mustard. Season with salt & pepper to taste.
3. Pour half of the dressing over the salad and toss to combine. Put the salad in the fridge for at least an hour so the bread can soak up the dressing.
4. Before serving, add the fresh herbs, raw nuts, dash of black pepper and a bit more dressing.

SERVES: 4

HIGH PROTEIN BEAN &

Lentil Wraps



INGREDIENTS:

BEANS & LENTILS:

1 can brown lentils, rinsed/drained
1 can red kidney beans, rinsed/drained
1 can chickpeas, rinsed/drained
1/2 cup filtered water
1/2 Tbsp chili powder
1/2 tsp onion powder
1/2 tsp cumin
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp sea salt

1 small jalapeno, diced
1 small yellow bell pepper, diced
4 roma tomatoes, chopped
3/4 parsley or cilantro, chopped

spicy red pepper hummus
whole-grain tortilla wraps

DIRECTIONS:

1. Heat a skillet to medium heat and add the lentils, beans, chickpeas, spices and water. Stir well and allow the water to boil before turning to low and simmer for 10 minutes.
2. Once the beans & lentils are done, prepare your wraps by spreading 2 Tbsp of hummus on each tortilla. Then top with some jalapeno, bell pepper, tomato and parsley. Wrap up and enjoy!

SERVES: 5-6



Dinner

I D E A S

ROASTED

Broccoli & Potatoes



INGREDIENTS:

1 head of broccoli, cut into pieces
1 large sweet potato, sliced into coins
8-10 small baby gold potatoes, washed
1 Tbsp chopped fresh rosemary
3 Tbsp extra virgin olive oil
4 garlic cloves, minced
sea salt & black pepper, to taste

*optional - hummus for serving

DIRECTIONS:

1. Preheat the oven to 425 F degrees and line a baking sheet with parchment paper.
2. In a large bowl, place the broccoli pieces, sweet potato, whole baby potatoes, garlic, oil and rosemary.
3. Toss to coat and season with salt and pepper.
4. Transfer to the baking sheet and roast for 25 minutes or until lightly brown and tender.
5. Remove and serve with your favorite dish or a side of hummus.

SERVES: 2

MISO GLAZED

Eggplant



INGREDIENTS:

2 large eggplants
1 Tbsp sesame oil

GLAZE:

2 Tbsp brown miso paste
2 tsp sesame oil
2 tsp pure maple syrup
2 tsp light soy sauce
1 tsp rice vinegar
1 tsp mirin

*for serving - sesame seeds & green onions

DIRECTIONS:

1. Line a baking sheet with parchment paper.
2. Slice the eggplants in half lengthwise to end up with 4 halves.
3. Using a small sharp knife, score the inside of the eggplants into small diamonds (see picture).
4. In a large non-stick saucepan, warm the oil over medium-high heat.
5. Place the eggplant, scored face down in the pan and cook for 1-2 minutes or until the flesh burns.
6. Flip the eggplants over, cover the pan with a lid and reduce to low-medium heat. Keep cooking for 3-4 minutes or until the eggplant has softened in the center.
7. Meanwhile, set the oven to broil mode and let it warm up.
8. For the glaze in a small bowl, whisk all the sauce ingredients together.
9. Remove the eggplants from the pan and place them on the baking sheet, scored side up.
10. Brush the miso glaze and sprinkle sesame seeds on top.
11. Place the eggplant on the top rack of the oven on broil mode for about 5 minutes or until the top is grilled and bubbly.
12. Remove and serve immediately with sliced green onions.

SERVES: 4

LEMONY

Spinach Pasta



INGREDIENTS:

1 onion, chopped
4 garlic cloves, minced
1-1/2 cups veggie broth
1 cup full fat can coconut milk
9oz spaghetti or linguini pasta
4 cups fresh spinach
Juice of 1 large lemon
1 tsp lemon zest
sea salt & black pepper, to taste
red pepper flakes, optional

DIRECTIONS:

1. In a large pot, heat some oil and saute the onion until it is translucent. Add the garlic and cook for another minute.
2. Add the spaghetti noodles, veggie broth, coconut milk and lemon juice. Give it a stir a couple of times and gently push the noodles into the liquid when soft enough. Cook for 15-18 minutes.
3. Check to see when the noodles are al dente and then stir in the spinach and lemon zest. Cook for another few minutes until completely done.
4. Season with salt, pepper and red pepper flakes and enjoy!

SERVES: 2

CREAMY TUSCAN

Gnocchi



INGREDIENTS:

2 vegan italian sausages (like Field Roast)
5 garlic cloves, minced
1/2 cup veggie broth
1 can full fat coconut milk
1 Tbsp fresh lemon juice
1 tsp dried italian seasoning
1/3 cup sun dried tomatoes, sliced
1 lb uncooked dry packaged gnocchi
sea salt & black pepper, to taste
2 heaping cups baby spinach
1/2 cup vegan parmesan
1/4 cup fresh basil, chopped

DIRECTIONS:

1. In a large skillet, saute the sausage over medium-high heat for about 5 minutes. or until browned.
2. Add the garlic and cook, stirring constantly for 30 seconds until fragrant.
3. Pour in the broth, coconut milk, lemon juice, italian seasoning, sun-dried tomatoes and gnocchi. Stir well.
4. Bring to a boil, then lower heat to medium and cook for 5 minutes; stirring occasionally.
5. Add the salt and pepper to taste then stir in the spinach. Cook for 2 minutes or until it is wilted.
6. Next stir in the parmesan. Gnocchi should be cooked through but not mushy and the sauce thickening. Cook for another 1-2 minutes.
7. Serve immediately garnished with parmesan and fresh basil. Enjoy!

SERVES: 4-5

PLANT BASED BLT

Pasta Salad



INGREDIENTS:

DRESSING:

1/2 cup red wine vinegar
4 garlic cloves, minced
1 tsp dried oregano
1 tsp dried parsley
1 tsp sea salt
1/4 cup aquafaba (chickpea liquid)

SALAD:

12oz farfalle pasta

1 can chickpeas drained & reserve liquid for dressing above

1 pint cherry tomatoes, halved
1/3 cup sliced sun dried tomatoes
1 thinly sliced cucumber
1/2 red onion, thinly sliced
1 avocado, chopped
1 cup packed arugula or spring mix
vegan bacon slices, cooked & diced

DIRECTIONS:

1. Bring a large pot of salted water to boil and cook the pasta according to the package.
2. Meanwhile, make the dressing by combining all ingredients in a small dish and whisk.
3. Add the pasta to a large bowl. Pour in the pasta and toss. Add in the rest of the ingredients and gently toss.
4. Season to taste and serve immediately.

SERVES: 4-5

GRILLED CORN

Chipotle Salad



INGREDIENTS:

SALAD

1 small sweet potato, cubed
3 whole corn cobs
6 cups fresh lettuce
1/2 medium red bell pepper, diced
1 cup cherry tomatoes, halved
1/2 cup cilantro, chopped
1/2 small red onion, diced
1 small jalapeno, seeded & diced

SERVING

1/2 cup tortilla chips, crushed
1 avocado, cubed
1 lime, squeezed

chipotle ranch dressing, store-bought
or homemade from [this recipe](#)

DIRECTIONS:

1. If you haven't prepared the dressing, do so now. See recipe on page #38.
2. Preheat oven to 400F degrees and line a baking sheet with parchment paper. Add the cubed sweet potato, toss with some oil, salt and pepper. Bake for 20 minutes or until tender then set aside to cool.
3. Heat a grill or grill pan. Once hot, place your corn on the grill. Grill, turning occasionally, until blackened on all sides. About 5-8 minutes. Then set aside to cool.
4. Once the corn is cool, slice the corn off with a sharp knife and set aside.
5. To assemble the salad, add the lettuce, bell pepper, tomatoes, cilantro, onion, jalapeno, sweet potatoes, and corn into a large bowl.
6. Squeeze the lime over and toss gently. Then sprinkle in crushed tortilla chips and avocado.
7. Serve with the chipotle ranch dressing and enjoy!

SERVES: 4

RED PEPPER PESTO

Veggie Pasta



INGREDIENTS:

1 Tbsp extra virgin olive oil, divided
2 red bell peppers, quartered
1 orange bell pepper, quartered
1/4 tsp sea salt, divided
1/8 tsp ground black pepper, divided
5 garlic cloves, minced
1 zucchini, thinly sliced
1 pkg spaghetti noodles
1/4 cup sun-dried tomatoes in oil, drained
1/4 cup roasted walnuts, crushed
1-1/2 cups frozen green peas

*for garnish - fresh basil, fresh parsley
and roasted walnuts

DIRECTIONS:

1. Add half of the oil to a large pan on high heat. Add the bell peppers and sprinkle salt and pepper on top.
2. Cook until the skin begins to blister and then flip to cook the other side.
3. When cooked through, push them to the side of the pan and add a little bit more oil. Cook the garlic for 3 minutes. Transfer both the peppers and garlic to a food processor.
4. Add in the sun-dried tomatoes and walnuts and blend until smooth.
5. Return the same pan and add more oil, zucchini and salt and pepper. After a few minutes flip it and cook the other side.
6. Cook the spaghetti according to the package directions.
7. When the pasta is almost done, add the peas to the cooking water. When pasta is al dente, drain and return to the pot.
8. Add the cooked zucchini and blended red pepper pesto to the pot.
9. Toss to coat, garnish and enjoy!

SERVES: 4

THAI SNAP PEA

Quinoa Bowl



INGREDIENTS:

3/4 cup quinoa
1 handful peanuts
2 Tbsp sesame seeds
1 tsp extra virgin olive oil
2 cups sugar snap peas
1/2 red onion
1 bunch fresh basil
1 bunch fresh mint
2 tsp coconut flakes
1 tsp hot sauce
1/2 lemon, juiced
1 thumb ginger, freshly grated
small garlic clove, minced
sea salt

DIRECTIONS:

1. Cook the quinoa according to the package directions with a pinch of sea salt.
2. While the quinoa is cooking, chop the peanuts roughly and roast them together with the sesame seeds in a pan on medium heat for 2-3 minutes. Place them into a mixing bowl.
3. In the same pan with some oil, gently fry the snap peas for 1 minute and add to the mixing bowl.
4. Thinly slice the red onion, chop the basil and mint. Add it and the quinoa into the mixing bowl and finish it off with the lemon juice, coconut flakes, hot sauce, ginger and garlic.
5. Serve and enjoy!

SERVES: 2



Snack

I D E A S



PEANUT BUTTER

Strawberry Smoothie



INGREDIENTS:

1 cup unsweet almond milk
1-1/2 Tbsp unsalted peanut butter
1 cup frozen strawberries
1 small banana
1/4 tsp pure vanilla extract
1 tsp chia seeds
1-2 tsp pure maple syrup

*optional - 1 scoop of strawberry
superfood protein powder

DIRECTIONS:

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

SERVES: 1

PEACH RASPBERRY

Smoothie



INGREDIENTS:

1 heaping cup frozen peaches
1 cup frozen raspberries
1/2 cup coconut yogurt
1 cup unsweet coconut milk
1 tsp pure vanilla extract

*for garnish: fresh raspberries,
peach slices and/or granola

DIRECTIONS:

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

SERVES: 1

REFRESHING SUMMER

Hibiscus Mocktail



INGREDIENTS:

MOCKTAILS:

3 bags of hibiscus tea
3 cups filtered water
2 limes, juiced
sparkling water or club soda

SYRUP MIXTURE:

2 Tbsp pure maple syrup
2 Tbsp filtered water

*for serving: ice, rosemary springs and sliced limes

DIRECTIONS:

1. For your tea, heat the water to a low simmer in a saucepan on the stove. Steep the tea in hot water for at least 3 minutes then remove the bags. Set it aside to cool, about 20 minutes.
2. For the syrup, add ingredients into a small bowl and warm in the microwave until just heated. Stir to combine well.
3. When ready to serve, fill four medium glasses with ice. Add the hibiscus tea halfway. Top with a Tbsp of lime juice and a tsp or two of syrup mixture. Stir to combine.
4. Fill the rest of the glasses with sparkling water and gently stir to combine.
5. Adjust taste and add more lime or syrup as needed. Enjoy with rosemary sprigs and sliced limes.

SERVES: 4

FRESH ROSEMARY

Peach Lemonade



INGREDIENTS:

2 fresh large peaches, peeled & chopped into chunks

6 Tbsp Stevia sweetener (or other sweetener of your choice)

4 cups filtered water

1 sprig of fresh rosemary

1 cup fresh lemon juice (about 5 lemons)

DIRECTIONS:

1. Peel the peaches and cut away the flesh from the pit. Chop it and add it to a large saucepan.
2. Add the Stevia, rosemary and 4 cups of filtered water to the saucepan. Stir well.
3. Heat the mixture over medium high heat until the water boils. Remove from heat and allow it to cool completely.
4. Strain out the rosemary and process the peaches and liquid in a blender until smooth.
5. Stir in the fresh lemon juice and chill until serving.
6. Serve over ice with fresh peach slices and rosemary for garnish. Enjoy!

SERVES: 3-4

PLANT-BASED

Lemon Bars



INGREDIENTS:

LEMON FILLING:

1/4 cup fresh lemon juice
16oz soft organic tofu
zest of one lemon
1/3 cup pure maple syrup
1/3 cup coconut butter
1/2 tsp pure vanilla extract
1/4 tsp sea salt
1/8 tsp turmeric, for color

GRAHAM CRUST:

10 full size graham cracker sheets
3 Tbsp coconut oil or coconut butter

DIRECTIONS:

1. Preheat the oven to 350F degrees.
2. Combine all filling ingredients in a blender and blend until smooth.
3. Pulverize the graham crackers in a food processor with the 3 Tbsp of oil or butter.
4. Press the graham cracker mixture down into a parchment lined pan (8-inch).
5. Add the lemon filling on top the crush and spread smooth.
6. Bake for 35 minutes, then allow to cool.
7. Refrigerate until cold before slicing then enjoy!

MAKES 9-12 squares

ALMOND FLOUR

Banana Cookies



INGREDIENTS:

2-1/2 cups almond flour
3/4 cup mashed bananas
2 Tbsp coconut oil, melted
2 Tbsp pure maple syrup
1/2 tsp cinnamon
1 tsp pure vanilla extract
1/3 cup raw walnuts, chopped

OPTIONAL CARAMEL TOPPING:

2 Tbsp cashew butter
1 Tbsp pure maple syrup

DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking sheet with parchment paper. Slightly grease it with coconut oil.
2. Mash the bananas on a plate until there are no lumps then add 3/4 cup of it into a large mixing bowl. Stir in the coconut oil and maple syrup.
3. Mix in the almond flour, cinnamon, vanilla and chopped nuts. Stir or knead. It should be consistent, wet, soft, dense and sticky.
4. Wash and dry your hands and lightly oil them with coconut oil. Roll 1 Tbsp of dough in your hands to form a ball.
5. Place each cookie ball on the baking sheet and flatten. Leave 1 thumb space between. Oil your hands as needed.
6. Repeat until all cookies are formed then bake for 15-20 minutes or until golden brown on top. Cool for 15 minutes then move to a cooling rack.
7. If using the caramel topping, combine the ingredients in a small bowl. Microwave for 20 seconds if too hard to stir. Add 1 tsp of caramel on top each cookie and sprinkle more chopped walnuts on top. Enjoy!

MAKES 18 cookies

SPICY DIP

Refried Beans



INGREDIENTS:

1 Tbsp of extra virgin olive oil
1 yellow onion, chopped
3 garlic cloves, chopped
1/4 cup jalapeno pepper, chopped
1 (15oz) can pinto beans, drained/rinsed
1 tsp of sea salt, or to taste
1 Tbsp chili powder
1 Tbsp nutritional yeast
1 tsp of oregano
1 tsp fresh lemon juice

DIRECTIONS:

1. In a medium skillet over medium-high heat, saute the onion, garlic and peppers for 5 minutes or until soft and fragrant.
2. Transfer the mixture to a food processor. Add the beans and the rest of the ingredients. Puree for 2-3 minutes until rich and creamy.
3. Place the dip in a small saucepan and keep warm on the stove until ready to serve.

MAKES 2 cups

THAI MANGO

Sticky Rice



INGREDIENTS:

1 cup of sticky rice
2/3 cup of filtered water
1 cup of full-fat canned coconut milk
1/4 cup organic cane sugar
1 large ripe mango, peeled & sliced

*for garnish: sesame seeds, lemon zest
and/or mint leaves

DIRECTIONS:

1. To cook the rice, follow the instructions on the package.
2. Once the rice is done, add the coconut milk and sugar. Stir well.
3. Place it in the refrigerator for about an hour to cool.
4. Serve with slices of mango and your preferred garnish. Enjoy!

SERVES: 4



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.