



Recipe Roundups

HEALTHY MEAL IDEAS FOR SEPTEMBER



recipes for the month



BREAKFAST

- 4 Mixed Berry Sweet Potato
- 5 Quick & Easy Sweet Potato Toast
- 6 Chocolate Baked Oatmeal Bars
- 7 Sunflower Seed Bagel Spread
- 8 Cinnamon Cauliflower Pudding
- 9 Turmeric Apple Coconut Oatmeal
- 10 Simple Flaxseed Pudding
- 11 Peaches and Cream Oatmeal



LUNCH

- 13 Cooling Mint & Dill Cucumber Salad
- 14 Mango Arugula Salad
- 15 BBQ Cauliflower Veggie Wraps
- 16 High Protein Bean & Lentil Wraps
- 17 Indian Veggie Shai Pulao
- 18 Loaded Veggie Carrot Dogs
- 19 Edamame Mango Salad
- 20 Plant-based BLT Pasta Salad



DINNER

- 22 Creamy Tuscan Gnocchi
- 23 Grilled Veggie Chickpea Bowl
- 24 Cauliflower Burrito Bowl
- 25 Broccoli Green Pea Quinoa Bowl
- 26 Edamame Broccoli Wild Rice Salad
- 27 Avocado Asparagus Veggie Bowl
- 28 Roasted Tomato Pesto Pasta
- 29 Roasted Broccoli & Potatoes



SNACK

- 31 Lemon Blueberry Smoothie
- 32 Simple Papaya Smoothie
- 33 Orange Mango Smoothie
- 34 Cranberry Chia Jam
- 35 Homemade Creamy Pesto
- 36 Simple & Easy Coconut Bacon
- 37 Spicy Stir Fry Green Beans
- 38 Coconut Lime No-bake Cookies



Breakfast

I D E A S



MIXED BERRY

Sweet Potato



INGREDIENTS:

3/4 cup mashed sweet potato OR
1 small whole baked sweet potato

TOPPINGS:

peanut or almond butter
ground flaxseed
raw crushed nuts
fresh berries
cinnamon

DIRECTIONS:

1. Spread the cooked mashed sweet potato in a bowl or place one small baked sweet potato on a platter.
2. Top with your favorite toppings such as peanut butter, blueberries, raspberries, ground flaxseed and cinnamon.

SERVES: 1

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

CHOCOLATE BAKED

Oatmeal Bars



INGREDIENTS:

1-3/4 cups riped mashed banana
2 cups quick or rolled oats
2 servings chocolate protein powder
2 Tbsp unsweet cocoa powder
1/2 cup chocolate chips

DIRECTIONS:

1. Preheat oven to 350F degrees.
2. In a mixing bowl add the banana and use an immersion blender or fork to mash into a creamy paste.
3. Add the rest of the ingredients and mix everything into a thick batter.
4. Lightly coat or line a 7-8" baking pan with parchment paper then evenly spread the mixture into the pan.
5. Bake for 15 minutes. Remove from oven and allow to cool before slicing into 16 bars.
6. Enjoy as is or spread some warm almond butter on top!

MAKES 16 bars

SUNFLOWER SEED

Bagel Spread



INGREDIENTS:

1 cup raw sunflower seeds
1/2 cup unsweet oat milk
2 Tbsp nutritional yeast
2 Tbsp white miso
3 Tbsp lemon juice
1 Tbsp apple cider vinegar
1 tsp garlic powder
1 tsp onion powder
6 green onions, thinly sliced

DIRECTIONS:

1. Soak the sunflower seeds in enough warm water for an hour or two.
2. Drain the seeds and add to a high-speed blender.
3. Add all the remaining ingredients in except the green onions. Blend until smooth and creamy.
4. Place in a bowl and fold in the green onions, mix well.
5. Refrigerate for at least a few hours before serving.
6. Enjoy on a toasted bagel or bread!

MAKES roughly 2 cups

CINNAMON RAISIN

Cauliflower Pudding



INGREDIENTS:

2 cups riced cauliflower
1/4 cup raisins
1 tsp cinnamon
1-2 Tbsp pure maple syrup
1-1/2 cup unsweet almond milk
1 scoop vegan protein powder

DIRECTIONS:

1. Combine the cauliflower rice and milk in a sauce pan and stir to combine.
2. Add in the remaining ingredients and bring to a simmer.
3. Lightly simmer while stirring until it reaches desired consistency. If too thick, add more milk.
4. Garnish with cinnamon or more raisins and enjoy!

SERVES: 1

TURMERIC APPLE

Coconut Oatmeal



INGREDIENTS:

1/2 cup rolled oats
3/4 cup filtered water
pinch of sea salt
1 Tbsp ground flaxseed
1 small apple, diced
2 Tbsp unsweet coconut
1 tsp ground turmeric
1/2 tsp ground ginger
1/2 tsp cinnamon
1/2 tsp cardamom
pinch of black pepper

**for serving - walnuts, almonds or cashews, chopped banana and mango, almond butter, coconut milk*

DIRECTIONS:

1. Bring the water to a boil in a small sauce pan then add the rest of the ingredients and reduce to a light simmer. Add more water if it's too thick
2. Cook for 5 minutes, stirring often then remove from heat and let sit for 1-2 minutes.
3. Transfer to a bowl and add your desired toppings to 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

PEACHES AND CREAM

Oatmeal



INGREDIENTS:

1/2 cup rolled oats
1 Tbsp ground flaxseed
1/2 scoop vegan protein powder
1 cup frozen or fresh sliced peaches
1/2 cup filtered water
1/2 cup unsweet plant milk
1/4 tsp sea salt
1/2 tsp cinnamon
1 tsp pure vanilla extract
1/4 cup light or full fat coconut milk
1-2 Tbsp almond butter

DIRECTIONS:

1. Add the oats, peaches, flaxseed, protein powder, salt, water, milk and vanilla to a small pot and cook over low-medium heat until thick and creamy. Stir often to prevent burning.
2. Add 1-2 Tbsp more of water or milk if needed to adjust thickness as it cooked.
3. Once cooked, add to a bowl and top with the coconut milk and almond butter. Enjoy!

SERVES: 1



Lunch

I D E A S



COOLING MINT & DILL

Cucumber Salad



INGREDIENTS:

DRESSING

1/2 large ripe avocado, mashed
2 Tbsp extra virgin olive oil
3 Tbsp white balsamic vinegar
sea salt & black pepper, to taste

SALAD

1 head romaine, chopped or torn
2 large cucumbers, cut into slices
1/4 cup freshly chopped mint
1/4 cup freshly chopped dill
1 cup crispy chickpeas (store-bought or homemade is fine)

TOFU FETA

1 pkg organic extra firm tofu, drained & pressed
1/3 cup lemon juice
1/2 cup filtered water
1/2 cup apple cider vinegar
1 Tbsp italian seasoning

DIRECTIONS:

1. To make the tofu feta, drain and press the tofu and cut it into cubes. Mix all the marinade ingredients in a bowl. Add the tofu, cover and refrigerate for at least 2 hours, better if for one full day.
2. Add the avocado to a large bowl and use a fork to roughly mash. Add the oil, vinegar, salt and pepper and mix.
3. Add the cucumber, mint, dill and romaine to the bowl and combine.
4. When the tofu feta is ready, drain it and gently crumble it with a fork. Add to the large bowl and toss with the crispy chickpeas.
5. Serve immediately and enjoy. Best when fresh!

(Also tastes great with ranch dressing)

SERVES: 4

MANGO

Arugula Salad



INGREDIENTS:

SALAD

- 6 cups baby arugula
- 1 cup fresh mango, chopped
- 1 Tbsp pumpkin seeds
- 1/2 small red onion, thinly sliced
- 1 Tbsp dried cranberries

DRESSING

- 1/2 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1 tsp dijon mustard
- 2 Tbsp coconut sugar
- 1/2 tsp black pepper

DIRECTIONS:

1. Mix all salad ingredients in a bowl.
2. Whisk all dressing ingredients in a small dish.
3. Drizzle the dressing into the salad bowl and gently toss.
4. Serve and enjoy!

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

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

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

SERVES: 3-4

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!

LOADED VEGGIE

Carrot Dogs



INGREDIENTS:

MARINADE

- ½ cup soy sauce or coconut aminos
- ½ cup filtered water
- 2 Tbsp rice vinegar
- 1 Tbsp apple cider vinegar
- 2 tsp liquid smoke
- 4 garlic cloves, minced
- 1 tsp black pepper
- ½ tsp onion powder
- ½ tsp smoked paprika

DOGS

- 4 large carrots (thick like a hot dog)
- 4 whole grain hot dog buns

**for serving – lettuce, onions, jalapeños, corn, chili, mustard, ketchup, mayo, tomatoes, pickles and whatever else you like!*

DIRECTIONS:

1. First, bring a medium pot of water to a rolling boil.
2. Peel the carrots and cut the ends off so they resemble hot dogs and can fit into the buns. Boil for 10-15 minutes. The time varies depending on the thickness. When you can easily stick a fork in them they are done. Just make sure it's before they start falling apart! Fork-tender, not mushy.
3. Mix your marinade in a shallow dish and then add your carrots. Cover and set in the fridge for 24 HOURS.
4. The next day, pull them out and heat them in a cast-iron skillet with about 3 Tbsp of the marinade over med-high heat. Cook for about 5-10 minutes, turning them often.
5. Then serve them immediately with your buns and any other fixins. Enjoy!

SERVES: 4

EDAMAME

Mango Salad



INGREDIENTS:

1 (12oz) pkg organic edamame, shelled
1 english cucumber, diced
4-5 small yellow mangos, chopped
1 medium red onion, diced
1 can black beans, drained & rinsed
2 cups organic corn
1/4 cup cilantro, chopped
3 cloves of garlic, minced
3 Tbsp red wine vinegar
1 tsp sea salt
1 tsp black pepper
1/3 cup lime juice
1 avocado, diced for topping

DIRECTIONS:

1. Cook the edamame according to the package directions then rinse under cold water to cool.
2. Add all the chopped ingredients into a large bowl.
3. Add in the vinegar, salt, pepper and lime juice; mix to combine.
4. Serve immediately with diced avocado on top and enjoy!

SERVES: 6

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



Dinner

I D E A S

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

GRILLED VEGGIE

Chickpea Bowl



INGREDIENTS:

VEGGIE BOWL

1 can chickpeas, drained & rinsed
1 pint cherry tomatoes (or 3 roma tomatoes)
1 large zucchini, sliced into 1/2" rounds
1 eggplant, sliced into 1/2" rounds
3 portobello mushrooms, sliced
1/2 cup fresh basil, chopped
extra virgin olive oil
sea salt & black pepper, to taste

DRESSING

2 Tbsp extra virgin olive oil
3 Tbsp fresh lemon juice
2 tsp red wine vinegar
2 garlic cloves, minced
2 tsp ground cumin
1 tsp smoked paprika
1/2 tsp sea salt, plus more to taste

DIRECTIONS:

1. Preheat a grill to medium heat. Coat the vegetables in a touch of oil and season with salt. On the first side, grill the veggies for 5 minutes. Flip and then grill them for 5 more minutes or until your desired tenderness. If preferred, you can cut into smaller bite-size pieces.
2. Whisk all the dressing ingredients in a small bowl. Transfer to a large bowl along with the chickpeas and herbs. Add in the roasted veggies and toss to combine. Allow to marinate at room temperature for 30 minutes. Taste and season as desired. Then toss again before serving. Enjoy!

SERVES: 3-4

CAULIFLOWER

Burrito Bowl



INGREDIENTS:

ROASTED CAULIFLOWER

- 1 head cauliflower
- 1 Tbsp extra virgin olive oil
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper

BURRITO BOWL

- 2-3 cups cooked rice
- 1 can black beans, drained & rinsed
- 1/2 cup fresh cilantro
- 1 cup corn
- 1 cup red onion, diced
- 1 cup fresh salsa
- 1 avocado, diced
- fresh lime, for serving

DIRECTIONS:

1. Preheat the oven to 425F degrees.
2. Remove the thick stem and leaves from the cauliflower head and chop it into florets.
3. Line a baking sheet with parchment paper and spread the cauliflower out. Drizzle with oil and sprinkle on the spices. Use your hands to mix until all florets are coated.
4. Roast in the oven for 30-40 minutes or until tender and browned.
5. While the cauliflower is cooking, start cooking your rice according to the pkg directions.
6. Once the rice is ready, divide it into 4 bowls. Portion out the cauliflower, onion, beans, corn and cilantro between each bowl.
7. Finish off with salsa and avocado. Serve with a wedge of fresh lime and enjoy!

SERVES: 4

BROCCOLI GREEN PEA

Quinoa Bowl



INGREDIENTS:

4-5 cups cooked quinoa
2 heads of broccoli, cut into florets
2 celery spears, sliced
1 cucumber, thinly sliced
1 cup green peas

3 small garlic cloves, minced
1 large lemon, juiced
2 Tbsp red wine vinegar
1 large avocado
2 Tbsp nutritional yeast
1 tsp sea salt
black pepper, to taste

**for serving - crushed red pepper flakes,
1/2 cup slivered almonds, sliced avocado*

DIRECTIONS:

1. Lightly steam the broccoli and green peas in a pot with a steamer insert.
2. Add the cooked quinoa, celery, cucumber, broccoli and green peas in a large mixing bowl. Stir to combine.
3. In a small dish, mash the avocado with the garlic, lemon juice, vinegar, nutritional yeast salt and pepper. Add a Tbsp of water at a time for desired consistency.
4. Pour the dressing in the large bowl and stir to combine.
5. Serve topped with almonds, avocado and red pepper flakes if desired.

SERVES: 4-6

EDAMAME BROCCOLI

Wild Rice Salad



INGREDIENTS:

SALAD

2 cups cooked wild rice
1 red bell pepper, diced
1/2 cup dried cranberries
2 cups shelled edamame, cooked
4 cups broccoli florets, lightly steamed
1 cup chopped spinach
1/4 cup chopped walnuts
sea salt & black pepper, to taste
dash of hot sauce, if desired

DRESSING

1 tsp sea salt
1 tsp garlic powder
3 Tbsp lemon juice
4 Tbsp tahini
2 Tbsp pure maple syrup
filtered water, for consistency

DIRECTIONS:

1. Cook your rice, edamame and lightly steam your broccoli. Allow to cool.
2. Add all salad ingredients to a large mixing bowl and mix well.
3. Whisk the tahini dressing ingredients together in a small dish or shake in a jar. Add 1 Tbsp of water at a time until you reach your desired consistency.
4. Add the dressing to the salad and toss.
5. Serve right away or store in the fridge for up to 4 days.

SERVES: 4

AVOCADO ASPARAGUS

Veggie Bowl



INGREDIENTS:

SEASONED CHICKPEAS

2 cups chickpeas, drained & rinsed
1 tsp ground cumin
1/2 tsp garlic powder
1 tsp sweet paprika
2 Tbsp extra virgin olive oil

VEGGIE BOWL

3 cups pea sprouts or watercress
1 bunch asparagus, washed & trimmed
2 large broccoli crowns, cut into florets
2 nearly ripe avocados, quartered
2 Tbsp fresh dill, chopped
2 Tbsp fresh lemon juice
sea salt & black pepper, to taste

*optional – pumpkin seeds

DIRECTIONS:

1. To make the chickpeas, combine them with the spices and 1 Tbsp olive oil to a mixing bowl. Heat the remaining Tbsp of oil in a large pan on medium heat. When hot, add the chickpeas. Cook until lightly crisped and warm. Season with salt and pepper to taste. Set aside.
2. Prepare a grill for medium-high heat. Brush the cut sides of avocado and asparagus spears with olive oil. Season with salt and pepper. Then grill, turning frequently, until avocados are well-marked on all sides and asparagus is tender. Remove.
3. Meanwhile, steam your broccoli either in the microwave covered in a glass dish with 4 Tbsp of water or in a steamer basket on stovetop until your desired tenderness.
4. To assemble your bowls, arrange the sprouts or watercress at the bottom of 4 bowls. Top with the chickpeas, sliced avocado, asparagus and broccoli. Drizzle with the lemon juice, garnish with dill and pumpkin seeds if desired. Season to taste with salt and pepper.

SERVES: 4

ROASTED TOMATO

Pesto Pasta



INGREDIENTS:

3 cups cherry tomatoes, halved
pinch of sea salt & black pepper

1 pkg 12oz pasta noodles

8oz container vegan pesto (like
Bitchin brand) OR see page #35

1/4 cup vegan parmesan cheese
1/4 cup fresh chopped basil

DIRECTIONS:

1. For the roasted tomatoes preheat oven to 350F degrees and line a baking sheet with parchment paper.
2. Add the tomatoes to the pan and sprinkle with salt and pepper. Arrange in an even layer and roast for about 20 minutes or until tender and shriveling.
3. Cook the pasta according to the package directions. Drain and rinse with cool water.
4. Add the pasta to a large dish and pour in your basil pesto. Stir to coat.
5. Add in your roasted tomatoes and lightly combine.
6. Garnish with parmesan and fresh basil then serve and enjoy!

SERVES: 4

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



Snack

I D E A S



LEMON BLUEBERRY

Smoothie



INGREDIENTS:

1-1/2 cups frozen blueberries
1/2 frozen banana
1 Tbsp chia seeds
4 Tbsp fresh lemon juice
1 tsp lemon zest
1-1/2 tsp cinnamon
1-1/2 cups unsweet almond milk
1 scoop vanilla 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

SIMPLE PAPAYA

Smoothie



INGREDIENTS:

1-1/2 cups frozen papaya
1 frozen banana
1/2 cup chopped carrot
2 tsp grated fresh ginger
1 scoop vanilla protein powder
1-2 cups unsweet almond milk

DIRECTIONS:

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

SERVES: 1

ORANGE MANGO

Smoothie



INGREDIENTS:

1 cup unsweet almond milk
1 scoop vanilla protein powder
1 cup frozen mango chunks
1 navel orange
1/2 frozen banana
1 tsp pure vanilla extract
1 Tbsp hemp seeds
1/2 tsp turmeric

DIRECTIONS:

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

SERVES: 1

CRANBERRY

Chia Jam



INGREDIENTS:

10oz bag of fresh or frozen
cranberries
the juice and zest of 1 large orange
1/4 cup pure maple syrup (or to taste)
1 tsp pure vanilla extract
2 Tbsp chia seeds

DIRECTIONS:

1. Place all ingredients except chia seeds in a medium saucepan over medium-high heat and bring to a boil.
2. Once boiling, reduce heat to medium-low and simmer covered until the cranberries begin to pop. Make sure they are soft enough to blend. If too thick, add a little water.
3. Remove from the heat and blend with an immersion blender. Or allow it to cool then transfer it to a blender or food processor. Blend until desired texture is achieved.
4. Stir in the chia seeds and transfer to an airtight container. Store in the fridge for up to 3 weeks.

MAKES 1 cup

HOMEMADE

Creamy Pesto



INGREDIENTS:

2/3 cup raw cashews
2/3 cup water
1 cup tightly packed fresh basil
2 cups loosely packed spinach
2 garlic cloves
2 Tbsp lemon juice
1 Tbsp nutritional yeast
1/2 tsp sea salt

DIRECTIONS:

1. Soak the cashews in hot water for 20 minutes then drain.
2. Add all ingredients to a high-speed blender and blend for about 1 minute.
3. Taste and adjust as needed.

MAKES about 1-1/2 cups

SIMPLE & EASY

Coconut Bacon



INGREDIENTS:

2 cups plain unsweet coconut flakes
2 Tbsp soy sauce or tamari
2 Tbsp pure maple syrup
1 tsp apple cider vinegar
1/2 tsp smoked paprika
pinch of black pepper

**serving suggestion - add to salads, sandwiches, pasta, sprinkled on toast and more!*

DIRECTIONS:

1. Preheat oven to 325F degrees.
2. Add the coconut flakes to a medium or large bowl.
3. Mix the other ingredients together in a small dish then pour it over the coconut flakes. Fold together until coconut flakes are coated.
4. Spread the flakes on a baking sheet lined with parchment paper. Make sure they are in an even layer.
5. Bake for 10 minutes then stir and flip. Spread back into an even layer.
6. Bake for 3-5 minutes more until dark golden brown. Watch carefully as they can burn quickly.
7. Remove from oven and let cool completely on the pan. Store in an airtight container for up to 3 weeks.

MAKES 2 cups

SPICY STIR FRY

Green Beans



INGREDIENTS:

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

DIRECTIONS:

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

SERVES: 3

COCONUT LIME

No-bake Cookies



INGREDIENTS:

2 cups desiccated unsweet coconut
1 cup almond flour
1/3 cup pure maple syrup
1/3 cup melted coconut oil
4 Tbsp fresh lime juice

DIRECTIONS:

1. In a food processor, using the S blade attachment, add all the ingredients.
2. Process the mixture for 1 minute then stop and scrape down the sides. Repeat for a few more minutes until all ingredients are soft and come together in a dough.
3. Roll 25 small cookie balls with your hands and place each one on a pan lined with parchment paper.
4. Flatten each ball into a cookie shape then place the pan into the freezer for 5-10 minutes to set.
5. Remove and enjoy immediately or store in an airtight container in the fridge for up to 3 weeks.

MAKES 25 cookies



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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