



— 30 - DAY —

# Plant-Based Recipes

▪ TRANSFORMATION PROGRAM ▪

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# BREAKFAST

## *Recipes*

## BREAKFAST RECIPES

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### STRAWBERRY COCONUT SMOOTHIE

½ cup (120 ml) coconut milk, ½ cup (120 ml) water, ½ banana (frozen), 1 cup (225 grams) frozen strawberries, 1 Tbsp unsweetened shredded coconut, ¼ tsp vanilla extract, 1/8 tsp cinnamon, 1 scoop vegan protein powder (optional)

### BLUEBERRY ENERGY SMOOTHIE

½ frozen banana, ½ cup (75 grams) frozen blueberries, 1/8 tsp cinnamon, 1 Tbsp cacao powder, 1 handful baby spinach or kale, 1 handful ice, 1 cup (240 ml) almond milk, 1 scoop vegan protein powder (optional)

### BERRY DELICIOUS SMOOTHIE

1 cup (200 grams) frozen mixed berries, ½ banana, 1 handful spinach, 1 tsp chia seeds, 1 cup (240 ml) almond milk, 1 Tbsp pumpkin seeds, 1 scoop vegan protein powder (optional)

### PINEAPPLE TURMERIC SMOOTHIE

1 cup (240 ml) coconut milk, 1 cup (165 grams) pineapple (diced), 1 tsp fresh lime juice, ½ Tbsp ginger (peeled and grated), ¼ tsp turmeric (powder), ¼ tsp black pepper, 1 scoop vegan protein powder (optional)

### AVOCADO BRAIN-BOOSTER SMOOTHIE

½ frozen banana, ¼ avocado, ¼ cup (40 grams) frozen blueberries, 1 handful spinach, 1 cup (240 ml) almond milk, 1 tsp ground flax seed, 1 scoop vegan protein powder (optional)

### BLUEBERRY ALMOND SMOOTHIE

½ frozen banana, ½ cup (80 grams) frozen blueberries, 2 Tbsps almonds (or 1 Tbsp almond butter), 1 cup almond milk (240 ml), 1 tsp flaxseed meal, 1 tsp chia seed, 1 scoop vegan protein powder (optional)

## AVOCADO POWER TOAST

(1 serving)

### Ingredients

- ⅓ avocado
- ¼ cup (65 grams) canned white navy beans or white kidney beans (rinsed & drained)
- 1 squeeze of lemon juice
- pinch sea salt
- 1 slice gluten-free bread
- 1 tsp hemp hearts
- 2 slices tomato

### Directions

In a bowl, mix the avocado, beans, lemon juice and salt together with a fork until desired consistency. Toast bread (if you want).

Spread the mixture on the toast. Sprinkle with hemp hearts and top with sliced tomatoes. Enjoy!

## BANANA PECAN WEEKEND OATMEAL

(2 servings)

### Ingredients

- 1 cup (80 grams) oats (gluten-free)
- 2 cups (480 ml) unsweetened almond milk
- ½ tsp cinnamon (divided)
- 1 tsp coconut oil
- 1 banana (sliced lengthwise down the middle)
- ¼ cup (25 grams) pecans (chopped)
- 2 Tbsp hemp hearts
- ½ scoop unflavored vegan protein powder

### Directions

Add oats, almond milk and ¼ tsp of cinnamon to a saucepan. Bring to a low boil, then reduce to a simmer. Stir frequently. Cook for about 5 minutes or until most of the liquid is absorbed.

Meanwhile, coconut oil in a pan over medium-high heat. Add ¼ tsp cinnamon and the banana with the sliced side on the bottom of the pan. Sauté for about 2 minutes until lightly caramelised.

Mix in the protein powder in the oat mixture, and then in two separate bowls, divide the oats and top each with half of the caramelised bananas, pecans, and hemp hearts. Enjoy!

## BLUEBERRY ALMOND OVERNIGHT OATS

(2 servings)

### Ingredients

- ½ cup (40 grams) oats (gluten-free)
- ¾ cup (180 ml) unsweetened almond milk
- ½ scoop unflavored vegan protein powder
- 1 Tbsp chia seeds
- 1 Tbsp maple syrup or honey
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ cup (75 grams) blueberries
- ½ cup (55 grams) slivered almonds
- 2 Tbsp unsweetened shredded coconut

### Directions

In a large glass food storage container, add the oats, almond milk, protein powder, chia seeds, maple syrup (or honey), cinnamon, and vanilla extract. Mix well. Cover and refrigerate overnight or for a minimum of 8 hours.

When you're ready to eat your oatmeal, remove oats from the fridge and place one serving (½ of the mixture) in a cereal bowl. Top with blueberries, almonds, and shredded coconut. Enjoy hot or cold!

(If you're going to warm up your oatmeal, heat up your oat mixture before adding toppings.)

## MUM'S FAVOURITE ZUCCHINI OVERNIGHT OATS

(2 servings)

### Ingredients

- $\frac{3}{4}$  cup (60 grams) gluten-free oats
- $\frac{3}{4}$  cup (180 ml) unsweetened almond milk
- $\frac{1}{2}$  scoop unflavored vegan protein powder
- 1 Tbsp ground flaxseed
- 1 Tbsp maple syrup
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{2}$  medium zucchini (grated)
- 2 Tbsp hemp hearts
- 1 banana (sliced)
- 1 Tbsp walnuts (chopped)

### Directions

In a glass food storage container, add the oats, almond milk, protein powder, flax seeds, maple syrup, cinnamon, vanilla extract, and zucchini. Mix well. Cover and refrigerate overnight or for a minimum of 8 hours.

When you're ready to eat your oatmeal, remove oats from fridge and divide mixture into two bowls. Top with hemp hearts, sliced banana, and walnuts! Enjoy hot or cold!

(If you're going to warm up your oatmeal, heat up your oat mixture first before adding toppings.)

### SIMPLE SOUTHWEST SCRAMBLE

(2 servings)

#### Ingredients

- 2 Tbsp extra virgin olive oil
- ¼ red onion, diced
- ½ red capsicum, diced
- ½ zucchini, diced
- ½ cup (130 grams) black beans (drained)
- 2 cups (40 grams) baby spinach, chopped
- ½ tsp sea salt
- ½ tsp cumin
- ¼ tsp chilli powder
- ¼ tsp turmeric
- dash of water
- 225 grams tofu (extra firm, pat dry, broken into crumbles)
- ½-1 sliced tomato
- ½ avocado

#### Directions

Heat a large frypan over medium heat. Once hot, add olive oil, onion, capsicum, and zucchini. Season with salt and pepper, and sauté for about 5 minutes, until vegetables are soft. Add beans and spinach, and cover to cook for about 2 more minutes.

While the veggies are cooking, add the salt, cumin, chilli powder, and turmeric to a separate bowl. Add a dash of water to create a sauce.

In your frypan, move the vegetables over to one side, and add tofu on the other. Cook for about 2 minutes, and then add the sauce to the pan. Mix all of the ingredients together to form a scramble. Continue to sauté for about 5 minutes or until tofu is lightly browned.

Serve with sliced tomato and avocado. Enjoy!



## BREAKFAST RECIPES

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### VEGAN BREAKFAST TACOS!

(4 servings)

#### Ingredients

##### Veggies

- 1 sweet potato, chopped
- 1 red capsicum, chopped
- 1 tsp extra virgin olive oil
- ½ tsp chili powder
- ½ tsp cumin
- 1 pinch cayenne pepper
- 2 cups (40 grams) kale, chopped

##### Tofu

- 340 grams tofu (extra firm, pat dry, broken into crumbles)
- 1 tsp extra virgin olive oil
- 2 cloves garlic, minced

##### Sauce

- 1 tbsp hummus
- ½ tsp chilli powder
- ½ tsp ground cumin
- 1 tsp nutritional yeast
- ¼ tsp sea salt
- 2 Tbsp water

##### Toppings!

- ¼ cup (4 grams) coriander, chopped
- ½ cup (130 grams) black beans
- 1 avocado, sliced
- 8-12 corn tortillas

#### Directions

Preheat oven to 200°C.

On a tray lined with baking paper, add sweet potatoes and red capsicum. Sprinkle with olive oil and spices over the vegetables and toss to combine. Bake for 15 minutes.

Take the veggies out of the oven, add kale, and toss all of the veggies to combine. Put back in the oven for about 5 minutes or until veggies are tender and lightly browned.

In the meantime, heat a large frypan over medium heat. Once the pan is hot, add olive oil, garlic, and tofu. Sauté for about 10 minutes, stirring often, until tofu is lightly browned.

While that's cooking, in a small bowl, add hummus, chilli powder, cumin, yeast, salt, and water, and mix to combine. Add sauce to the tofu and continue cooking over medium heat for about 3-5 more minutes.

Time to put together your tacos! Fill each tortilla with the desired amount of tofu, veggies, and toppings, with 2-3 tacos per serving (depending on size). Enjoy!

(Note: Do not assemble tacos until you're ready to eat.)



AMAZING

— *Salads & Wraps* —

## DETOX WRAPS

(1 serving)

### Ingredients

- ½ red capsicum (sliced)
- ½ cup (45 grams) broccoli (chopped)
- ½ tomato (sliced)
- ½ cucumber (peeled and sliced)
- ½ cup (15 grams) alfalfa sprouts
- 1 Tbsp pumpkin seeds
- Juice from ¼ lemon
- 1 Tbsp extra virgin olive oil
- dash balsamic vinegar
- 2-3 butter lettuce leaves (for wrap)
- ¼ avocado, sliced

### Directions

Gently toss all of the ingredients in a bowl EXCEPT the butter lettuce and avocado.

Arrange veggies from the bowl in the centre of the lettuce, add sliced avocado, and wrap it up! Enjoy!

## KITCHEN SINK KALE SALAD

(4 servings)

### Ingredients

#### Quinoa

- 1 tsp extra virgin olive oil
- $\frac{3}{4}$  cup (138 g) quinoa, rinsed
- $1\frac{1}{2}$  cups (360 ml) water

#### Dressing

- $\frac{1}{3}$  cup (70 grams) tahini
- 3 Tbsp lemon juice
- 1 Tbsp honey (sub maple syrup if prefer)
- $\frac{1}{2}$  tsp sea salt
- $\frac{1}{4}$  cup (60 ml) water (about)

#### Salad

- 8 cups (165 grams) kale, chopped
- 1 cup (150 grams) cherry tomatoes, chopped
- 2 large carrots, chopped
- 1 yellow capsicum, chopped
- 1 Granny Smith apple, chopped
- 1 avocado, chopped
- $\frac{1}{4}$  cup (40 grams) hemp hearts

### Directions

Heat olive oil in a small pot over medium heat and add rinsed, drained quinoa. Toast quinoa for 1-2 minutes, stirring frequently so it doesn't burn. Add water and bring to a low boil. Reduce heat to a simmer, cover, and cook for around 20 minutes or until the liquid is absorbed.

Once cooked, remove from heat and stir before setting aside.

While the quinoa cooks, prepare dressing: Add all of the dressing ingredients EXCEPT the water in a small bowl and whisk to combine. Add water (a little bit at a time), continuing to whisk until it reaches desired consistency. Taste and adjust flavor as needed.

In a large bowl, add the kale and top with tomatoes, carrots, capsicum, apple, avocado, cooked quinoa, and hemp hearts. Serve with dressing on the side.

TIP: Hold off on cutting the apple and avocado until you're ready to eat the salad.

Store leftovers in the refrigerator for up to 3 days.

## CORIANDER LIME SOUTHWEST SALAD

(4 servings)

### Ingredients

- 1 large. sweet potato, diced
- 2 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 8 cups (400 grams) red leaf lettuce
- 1 x 400 g can black beans, drained and rinsed
- 1 cup (165 grams) sweet corn, drained and rinsed
- 1 red capsicum, chopped
- 1 large avocado, diced
- 1 cup (150 grams) cherry tomatoes, halved
- ⅓ cup (38 grams) pumpkin seeds
- ½ red onion, chopped

### Vinaigrette

- ½ bunch coriander
- 2 limes, juiced
- 1 clove garlic, minced
- ½ jalapeño, seeded (optional)
- 2 tbsp apple cider vinegar
- ¾ tsp spicy mustard
- ¼ cup (60 ml) olive oil
- ¼ tsp sea salt

### Directions

Preheat oven to 190°C. On a large baking sheet toss together the sweet potato, olive oil, salt and pepper. Roast sweet potato until fork tender, about 30 minutes.

While the sweet potatoes are roasting, prepare the vinaigrette. In a food processor or blender, combine coriander, lime juice, garlic, jalapeño, apple cider vinegar and then blend. Then, add the mustard, olive oil and salt and blend until well combined. Set aside.

When the sweet potatoes are done, let them cool, and then toss with all the remaining salad ingredients in a large bowl.

Place salad in individual bowls and pour in desired amount (about 2 Tbsp.) of dressing when you're ready to eat.

TIP: wait until you're ready to eat before you add the dressing.

## CARROT GINGER KALE SALAD

(3 servings)

### Ingredients

#### Carrot Ginger Dressing

- 2 medium carrots, peeled and chopped
- 3-4 Tbsp extra virgin olive oil
- 2 Tbsp rice vinegar
- 2 tsp minced ginger
- ¼ tsp sea salt
- ⅓ to ½ cup (80 to 120 ml) water

#### Salad

- ¼ cup (30 grams) pumpkin seeds
- 1 bunch curly kale, stems removed, leaves torn
- 1 tsp lemon juice
- ½ tsp extra-virgin olive oil
- 1 small carrot, chopped
- 1 yellow capsicum, diced
- 1 cup (150 grams) chickpeas, rinsed and drained (from can)
- 1 tsp sesame seeds
- Sea salt & ground pepper

### Directions

To make the dressing, add the carrots in a food processor or high-speed blender and pulse to shred. Then, add the remaining dressing ingredients. Blend the dressing, and add water as needed until it reaches your desired consistency. Chill in the fridge until ready to use.

Just before serving, toast the pumpkin seeds for 1-2 minutes in a medium-hot frypan with 1 tsp of olive oil. Remove from heat.

While they are cooling, place the kale leaves in a large salad bowl and drizzle them with lemon juice, ½ tsp olive oil, and 1-2 pinches of salt. “Massage” the kale leaves with your hands. This will break down the tough fibres. Keep massaging until they reduce in bulk by about half.

Add the carrot, yellow capsicum, chickpeas, half of the toasted pumpkin seeds to the kale. Toss with your desired amount of the carrot ginger dressing.

Top the salad with the remaining pumpkin seeds and sprinkle with sesame seeds.

Season to taste and serve.



— *Nourishing* —  
SOUPS

## NOURISHING SOUPS

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### LENTIL & ENDIVE SOUP

(4 servings)

#### Ingredients

- ¼ cup (60 ml) extra virgin olive oil
- 1 brown onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 800 g can diced fire-roasted tomatoes
- 1 cup (190 grams) lentils, picked over and rinsed
- 6 cups (1.45 litre) vegetable broth (low-sodium)
- 1 tsp salt, more to taste
- Pinch of red chilli flakes
- Freshly ground black pepper, to taste
- 1 head endive (can use cos lettuce) rib removed, chopped
- 1 to 2 Tbsp lemon juice (½ to 1 medium lemon), to taste
- sriracha (optional)

#### Directions

Heat the olive oil in a large soup pot over medium heat. Add the onions and carrots, stirring often, until the onion has softened and becomes translucent (for about 5 minutes).

Add the garlic, cumin, curry powder, and thyme and cook for about 30 seconds, stirring constantly to avoid burning. Pour in the diced tomatoes and cook for about 3-5 more minutes.

Add the lentils and broth. Season with the salt, red chilli flakes, and fresh ground black pepper.

Raise heat to bring the soup to a boil, then reduce heat & partially cover the pot, simmering for 25 to 30 minutes. The lentils should be tender.

When done, use an immersion blender to puree a portion of the soup, to thicken. If you don't have an immersion blender, place 2 cups of the soup in a blender and blend until smooth (be careful the blender container is securely fastened, and place a dish towel over the top to protect yourself from steam or splashes). Pour the pureed soup back into the pot.

Add the endive or cos lettuce and cook for 4-6 more minutes until the endive or lettuce has wilted. Remove the pot from the heat and mix in the lemon juice. Taste for seasoning, and add a dash of sriracha – if desired!



## NOURISHING SOUPS

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### FIRE ROASTED TEX MEX SOUP

(4-6 servings)

#### Ingredients

- 1 Tbsp extra-virgin olive oil
- 1 medium brown onion, chopped
- 3 carrots, chopped
- 2 celery stalks, chopped
- 1 cup (140 grams) quinoa, uncooked
- 1 zucchini, chopped
- 1 jalapeno, seeded and diced (optional)
- 1 lime, juiced
- 1 can (400 g) corn, drained
- 1 can (400g g) diced fire roasted tomatoes with green chilis
- 1 can (400 g) diced fire roasted tomatoes
- 1 can (400 g) pinto beans, drained and rinsed
- 1 can (425 g) black beans, drained and rinsed
- 2 Tbsp tomato paste
- 2 tsp chilli powder
- 1 tsp cumin
- 1 tsp garlic powder
- 2 bay leaves
- 6 cups (1.4 L) vegetable broth
- sea salt to taste
- fresh ground pepper to taste
- 140g spinach
- Avocado (optional for topping)

#### Directions

In a large Dutch oven or soup pot, heat the oil and add the onion, carrots, and celery. Sauté for 3-5 minutes, until the veggies start to become aromatic.

Add the remaining ingredients EXCEPT the spinach and avocado. Stir to combine well.

Bring to a boil, cover, and then reduce heat to low to simmer for 45-60 minutes. Add more broth or water as needed. Stir in spinach, and taste for seasoning.

Top with avocado slides right before serving. Enjoy!

This soup will keep in an airtight container in the refrigerator for up to 5 days. It also freezes well – just be sure it's fully cooled before putting in the freezer, with as little air as possible in the airtight container.

### OUT OF THIS WORLD SOUTH AMERICAN STEW!

(4 servings)

#### Ingredients

- 1 Tbsp olive oil
- 1 medium brown onion, chopped
- 3 cloves garlic, minced
- ¼ cup (70 g) chopped chipotle in adobo sauce
- ¾ cup (105 g) quinoa, rinsed and drained
- 4 cups (960 ml) vegetable broth
- ¾ tsp salt
- ¼ tsp turmeric
- ⅛ tsp cinnamon
- fresh ground black pepper, to taste
- 680 g sweet potatoes, chopped into big chunks
- 1½ cups (240 g) frozen corn
- 1 yellow zucchini, halved and sliced
- 1 can chopped green chilis
- 400 g can whole tomatoes
- 400 g can black beans, rinsed and drained
- ½ cup (48 grams) coriander, chopped (optional)

#### Directions

Heat olive oil in a large dutch oven or saucepan over medium heat. Add onion and sauté until tender, about 5 minutes. Add garlic and sauté for 30-60 seconds, stirring constantly so it doesn't burn.

Add the chipotle, quinoa, vegetable broth, ¾ tsp salt, turmeric, cinnamon, fresh ground pepper, and stir well. Cover and bring to a boil for about 7 minutes.

Lower the heat to a simmer, and add the sweet potatoes and cook for about 12 more minutes.

Add corn, zucchini, green chilli's, tomatoes, beans, and coriander and continue to simmer for about 7-8 more minutes. Let sit for a few minutes, and then ENJOY!

Note: this tastes even better the next day, after the flavours have time to meld.



# BUDDHA BOWL

## *Recipes*

## BUDDHA BOWLS

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### MEDITERRANEAN BUDDHA BOWL

(4 servings)

#### Ingredients

##### Bowls

- 1 cup (140 g) quinoa, uncooked
- 225 g tofu, drained and chopped
- 2-3 tsp extra virgin olive oil
- 1 head red leaf lettuce, chopped
- 1 cup (150 grams) canned chickpeas
- 1 cucumber, chopped
- 1 red capsicum, chopped
- ½ red onion, finely chopped
- ½ cup (115 grams) hummus
- ½ cup (120 grams) pitted Kalamata olives

##### Dressing

- ¼ cup (60 ml) extra virgin olive oil
- 2 Tbsp apple cider vinegar
- Juice of ½ lemon
- ½ tsp oregano
- ⅛ tsp thyme
- ⅛ tsp sea salt & pepper

#### Directions

Preheat oven to 205°C.

Prepare the quinoa according to directions and set aside.

While that's cooking, coat tofu with 2 tsp olive oil. Pour mixture on a baking sheet, and bake for about 25 minutes, flipping half-way through. Remove when tofu is golden on the edges.

In 4 bowls or 4 separate glass food storage containers (meal prep!), divide the chopped lettuce equally in each. Top each with equal amounts of quinoa, tofu, chickpeas, cucumber, capsicum, onion, hummus and olives in each bowl.

In a separate bowl, whisk together the dressing ingredients. When you're ready to eat, drizzle about 2 tbsp of dressing over your Buddha Bowl, and enjoy!

## BUDDHA BOWLS

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### GUT-FRIENDLY BUDDHA BOWL

(4 servings)

#### Ingredients

##### Bowls

- 1 cup (200 grams) cooked or canned lentils
- 2 cups (280 grams) cooked quinoa ( $\frac{2}{3}$  cup/90 grams dry)
- 3 large carrots
- 1 head broccoli florets, chopped
- 1 red capsicum, chopped
- 1 Tbsp extra-virgin olive oil, divided
- 8 kale leaves, chopped
- $\frac{3}{4}$  cup (180 grams) sauerkraut
- 2 Tbsp hemp seeds
- Sea salt and freshly cracked black pepper

##### Dressing

- $\frac{1}{4}$  cup (60 ml) extra-virgin olive oil
- 2 lemons, juiced
- 2 Tbsp tahini
- 2 Tbsp water
- 2 garlic cloves, minced
- 1 tsp turmeric
- pinch of oregano
- $\frac{1}{4}$  tsp sea salt
- Freshly ground black pepper

#### Directions

Cook lentils and quinoa according to directions.

While lentils and quinoa are cooking, preheat oven to 205 C) and arrange carrots, broccoli, and capsicum on a large rimmed baking sheet. Drizzle with olive oil, season with salt and pepper, and mix to coat well. Roast for 15-18 minutes, stirring halfway through.

Drizzle kale with a touch of olive oil, season with a pinch of salt and pepper. Take the pan out of the oven after the 15-18 minutes, add kale, and continue roasting for another 4-5 minutes, then set aside.

Meanwhile, combine all the dressing ingredients in a bowl and whisk well. Adjust seasoning and set aside.

To serve, assemble 4 bowls or glass food storage containers (for meal prep!), placing equal amounts of quinoa, lentils, veggies, sauerkraut, and hemp seeds. Before you eat, drizzle with dressing, and ENJOY!

## BUDDHA BOWLS

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### GO-TO BUDDHA BOWL

(2 servings)

#### Ingredients

##### Veggies

- 1 large sweet potato, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 medium yellow or red beetroots (sliced)
- 2 medium radishes (halved)
- 1 cup (90 grams) cabbage (thinly sliced)
- 1 medium yellow capsicum (thinly sliced)
- 1 cup (70 grams) broccolini (roughly chopped)
- 2 handfuls chopped kale (organic when possible)

##### Dressing

- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp curry powder, divided
- ¼ tsp turmeric, divided
- ½ tsp sea salt
- Pepper, to taste

##### Toppings

- Remaining lemon juice (from above)
- 2 Tbsp tahini (divided)
- 2 Tbsp hemp hearts (divided)
- ½ avocado

#### Directions

Preheat oven to 205°C and line two baking trays with baking paper.

Combine all dressing ingredients in a LARGE bowl and set aside.

In the same large bowl, add the sweet potatoes, carrots, beets and radishes. Transfer (with your hands, do not pour!) the veggies to the baking sheet. You should have dressing left in the bowl.

Spread out the veggies evenly and roast for about 20 minutes, stirring halfway through.

Back in the large bowl, add the cabbage, yellow capsicum, & broccolini. Toss to coat with the remainder of the dressing. Transfer (with your hands, do not pour!) the veggies to the second baking sheet. Spread out the veggies evenly and roast for 15-18 minutes, stirring halfway through.

While those are roasting, in the same large bowl (which should have a little dressing still inside!), place the kale and “massage” the dressing into it.

Five minutes before the veggies are done roasting, add kale to one of the baking sheets, and bake until tender but still vibrant green.

To serve, assemble 2 bowls or glass food storage containers (for meal prep!), placing equal amounts of the roasted veggies and toppings: tahini, lemon juice, avocado, hemp hearts, as desired. ENJOY!

## BUDDHA BOWLS

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### ROASTED VEGETABLE BUDDHA BOWL

(3 servings) \*Inspired by LoveandLemons.com

#### Ingredients

##### Roasted Veggies

- 340 g tofu, drained and chopped
- 450 g Brussels sprouts, cut in half
- 1 yellow capsicum, seeded and diced
- 1 small red onion, sliced
- 1-2 Tbsp extra-virgin olive oil
- 1½ Tbsp balsamic vinegar
- 1 tsp maple syrup
- salt and pepper to taste

##### For the Salad

- 2 cups (370 grams) cooked quinoa
- ⅓ cup (40 grams) walnuts
- ⅓ cup (40 grams) dried cranberries
- Sea salt and freshly ground black pepper

##### Dressing

- 1 Tbsp extra-virgin olive oil
- 2 Tbsp fresh lemon juice, more to taste
- ½ tsp Dijon mustard

#### Directions

##### Roasted Veggies:

Preheat the oven to 220°C. Line a baking tray with baking paper. In a large bowl, combine the tofu, Brussels sprouts, capsicum and red onion.

Pour 1-2 Tbsp of olive oil over them, along with the vinegar, maple syrup, and 2-3 pinches of salt and pepper. Toss to fully coat the veggies, and then arrange on the baking sheet, spreading evenly. Roast until the edges of the veggies are browned (about 30 to 40 minutes), flipping once during cooking.

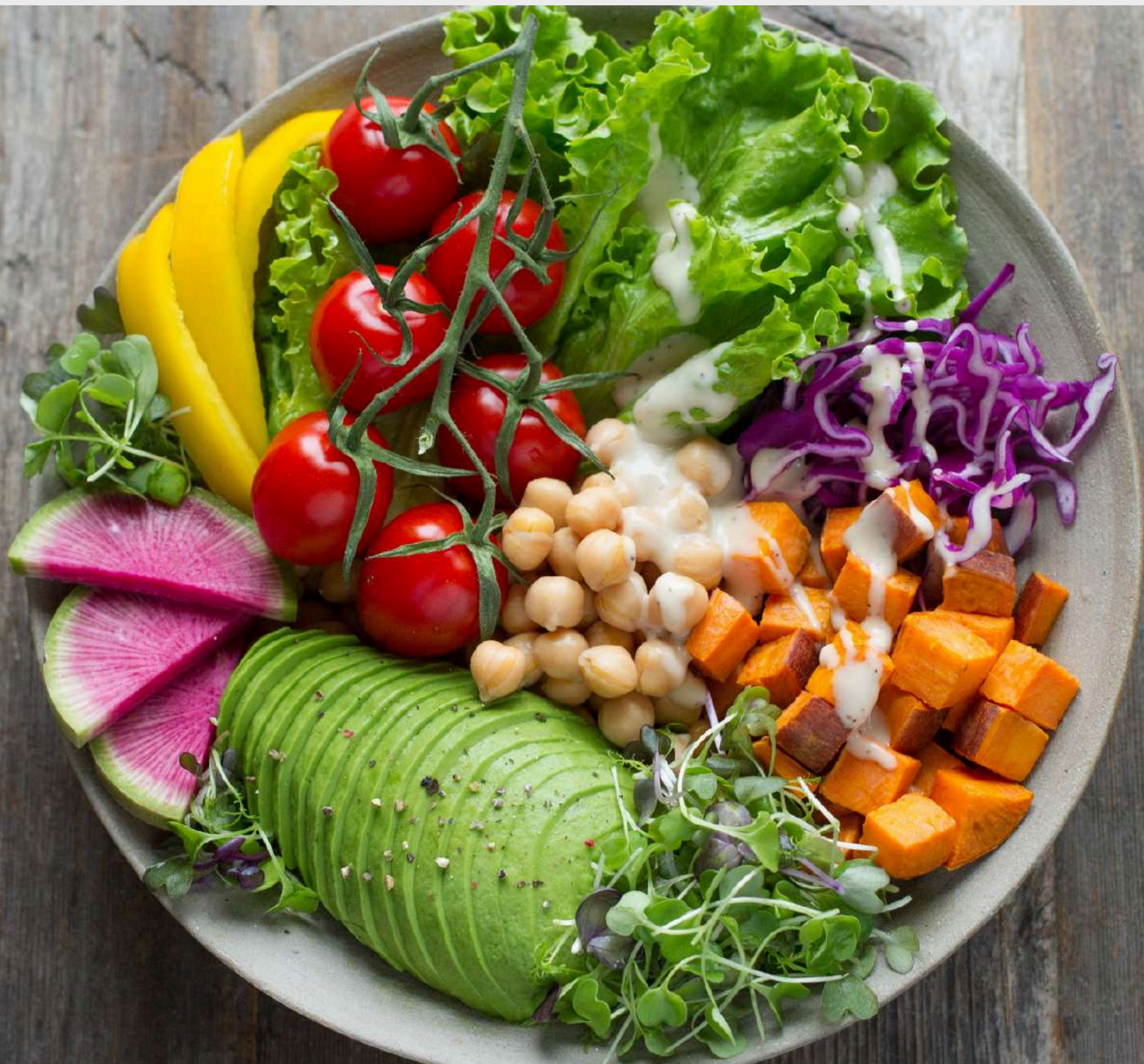
##### Quinoa Salad:

Place the cooked quinoa in a small bowl. Set aside.

To toast the walnuts, simply add walnuts to a pan over medium heat for about 5 minutes. Stir often so they don't burn.

In a small bowl, whisk together the olive oil, lemon juice and mustard. Pour the lemon juice mixture over the quinoa, stirring to combine.

Add the roasted veggies, walnuts, and cranberries. Toss and season with salt, pepper and lemon juice as needed.



— Other —  
PLANT-BASED  
— Recipes —



## OTHER PLANT-BASED RECIPES

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### LOADED VEGGIE PAELLA

(4-6 servings)

#### Ingredients

- 2 Tbsp extra virgin olive oil
- 1 large brown onion, thinly sliced
- 340 g tofu, drained and chopped
- 1 yellow capsicum, thinly sliced
- 2 large carrots, peeled and diced
- 2 cloves garlic, minced
- 1½ cups (200 grams) asparagus, chopped
- 1 can 400 gr diced tomatoes
- 1 tsp paprika
- ½ tsp turmeric
- ½ tsp red chilli flakes, optional
- 2 bay leaves
- 1½ cups (270 grams) arborio rice, uncooked
- 3½ cups (840 ml) low-sodium vegetable broth
- ½ tsp salt, or to taste
- 1 x 400 g jar artichoke hearts in water, drained and chopped
- 1 zucchini, quartered and sliced
- 1 cup (130 grams) peas, frozen (allow to thaw out in a bowl when you begin cooking)
- chopped parsley, to garnish

#### Directions

Heat olive oil over medium heat in a paella pan or Dutch oven. Add onion, tofu, pepper and carrots, cook until tender, about 5-7 minutes.

Add garlic, asparagus, tomatoes, paprika, turmeric, red chilli flakes and bay leaves, cook another 3-5 more minutes, stirring frequently.

Add the rice, broth, and salt. Give it a good stir so the rice falls to the bottom of the pan.

Turn up the heat to medium-high and bring to a boil. Then reduce heat to medium or medium-low and let simmer for about 20 minutes, uncovered.

#### **Do NOT stir the rice.**

Keep an eye on it as it cooks, so you can add more broth or water if the pan starts to get too dry.

After it has been simmering for about 15 minutes, add the artichoke hearts, zucchini, and green peas to the pot.

Once the paella has cooked for the full 20 minutes, cover and turn off the heat. Let this sit for about 10 minutes. YUM!!!

## OTHER PLANT-BASED RECIPES

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### 1-PAN ITALIAN ROASTED VEGETABLE DINNER

(3 servings)

#### Ingredients

##### Marinade

- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp garlic powder
- 3 Tbsp olive oil
- Juice of ½ lemon

##### Veggies & Other

- 340 grams firm or extra-firm tofu, drained, and chopped
- 1 Tbsp extra virgin olive oil (for the tofu)
- ½ head cauliflower, chopped
- 3 carrots, peeled, sliced lengthwise, then chopped in thirds
- 1 can 400 g chickpeas, drained and rinsed
- 450 g asparagus, ends trimmed and cut into thirds
- 1 medium brown onion, sliced
- 1 yellow capsicum, sliced
- 440 grams cherry tomatoes
- sea salt, to taste
- fresh ground pepper, to taste

#### Directions

Preheat oven to 220°C. Line two baking trays with baking paper paper or foil.

In a medium bowl, drizzle 1 Tbsp olive oil over the tofu, and mix to cover well. Pour mixture on one of the baking sheets, and bake for 25-30 minutes, flipping half-way through. Remove when tofu is golden brown on the edges.

Meanwhile, in a large bowl whisk together basil, thyme, oregano, paprika, garlic powder, olive oil and lemon juice. Set aside.

On the other sheet pan, combine the cauliflower, carrots, and chickpeas. Pour about ¼ of the oil-spice mixture over them, and toss well to coat. Arrange veggies in a single layer and roast for 20-25 minutes.

In the large bowl with the remaining oil-spice mixture, add the asparagus, onion, pepper, and tomatoes and toss well to coat.

Remove the carrot, cauliflower & chickpea pan from the oven and add the remaining veggie mixture.

Give the veggies a stir, and place the pan back in the oven for another 15 minutes.

Remove from the oven, mix in the tofu, and let cool slightly. Season to taste, and enjoy!

## OTHER PLANT-BASED RECIPES

### VEGAN COCONUT CURRY

(4 servings)

#### Ingredients

##### Curry

- 1 Tbsp olive oil
- 1 small brown onion, chopped
- 3 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 1 Tbsp curry powder
- 1 tsp sea salt
- 2 cups (230 grams) butternut pumpkin, chopped
- 1 red capsicum, chopped
- 1 carrot, peeled and sliced
- 1 red Thai chile, thinly sliced (optional)
- 1 can (400 ml) coconut milk (full fat)
- 2 cups (170 grams) cauliflower florets
- 2 tbsp fresh lime juice, plus lime wedges for serving
- 3 cups (210 grams) fresh kale, ribs removed and sliced thin
- 1 cup each (135 grams) frozen peas and frozen corn
- Freshly ground black pepper

##### Cauliflower Rice

- 1 Tbsp coconut oil
- 2.5 cups (215 grams) raw cauliflower
- Handful of fresh basil, chopped (organic if possible)

#### Directions

Heat the olive oil in a large Dutch oven or saucepan over medium heat. Add the onion and cook for about 10 minutes, until golden brown. Reduce the heat to low after the first 5 minutes.

While the onions cook, in a small bowl mix together the garlic, ginger, curry powder, and salt. Set aside.

After the onions have cooked for about 10 minutes, add the butternut pumpkin, red capsicum, carrots, and chile to the onions, stir to combine, and cook for 5 minutes.

Add the coconut milk, 2 cups of cauliflower florets, and the spice mixture. Cover and simmer for about 20 minutes.

Meanwhile, to make the rice, shred cauliflower in food processor (or use box grater). Add coconut oil to frypan over medium heat. Cook cauliflower for about 1-3 minutes, or until tender. Stir in the chopped basil when done.

After the coconut milk mixture has been cooking for about 20 minutes, stir in the lime juice, kale, peas, and corn. Taste and adjust seasonings as needed.

Remove from heat. Serve over cauliflower rice with fresh basil. DELICIOUS!

## OTHER PLANT-BASED RECIPES

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### VEGAN "TUNA" SALAD

(3 servings)

#### Ingredients

- 400 g can chickpeas, drained
- ¼ cup (56 grams) vegan mayonnaise
- 1 nori sheet, finely chopped (optional)
- ½ small red onion, finely chopped
- 1 stalk celery, diced
- 1 Tbsp lemon juice
- 1 Tbsp nutritional yeast
- 1 Tbsp hemp hearts
- 1 Tbsp tamari
- ½ Tbsp Dijon mustard
- ½ tsp apple cider vinegar
- Dash of sea salt
- Dash of ground black pepper

#### Directions

Using a fork, mash the chickpeas in a mixing bowl. Add the remaining ingredients and mix well. Taste and adjust seasonings as needed. Enjoy!

This keeps 3 days in the refrigerator (if it lasts that long!).

## WORLD'S BEST VEGGIE BURGER

(4 servings) \*Inspired by RunningonRealFood.com

### Ingredients

- 1 can (400 grams) chickpeas
- ½ red onion, finely diced
- 1 zucchini, grated
- 1 cup (70 grams) mushrooms, diced
- 3 Tbsp coriander, finely chopped
- 3 Tbsp red wine vinegar
- 1 Tbsp sriracha
- 2 Tbsp tahini
- 1 tsp cumin
- ½ tsp garlic powder
- 1-2 tsp black pepper
- 1 Tbsp ground flaxseed
- ½ tsp sea salt
- 1 cup (80 grams) quick oats (gluten-free)
- 2 Tbsp extra virgin olive oil
- Extra virgin olive oil (for sautéing)

### Directions

Drain and rinse the chickpeas. Then, in a large bowl, mash them with a fork. Add the remainder of the ingredients, and mix well.

Form into 6-8 patties. Place in the refrigerator for 10-15 minutes to give the patties time to become firm.

Heat about 1 Tbsp olive oil in a frypan over medium heat. When hot, place the patties in the skillet and sauté for 4-6 minutes per side. Enjoy!

## EASY CAULIFLOWER CASSEROLE

(4-6 servings)

### Ingredients

- 4 cups (460 g) jasmine rice, already cooked
- 400 g can chickpeas, drained
- 3 cups (255 g) cauliflower florets
- 1 cup (70 g) broccoli florets
- Handful of spinach or leafy greens of choice
- 2 Tbsp pine nuts
- ½ tsp cumin powder
- ½ tsp curry powder
- ¼ tsp garlic powder
- 1 Tbsp olive oil
- sea salt and pepper to taste
- 1 Tbsp nutritional yeast

### Directions

Cook rice according to directions. Next, preheat the oven to 175°C.

In a bowl, add the rest of the ingredients EXCEPT the nutritional yeast, and mix well. Season with salt and pepper to taste.

In a 23x33 cm oven-safe glass casserole dish, spread the cooked rice in an even layer at the bottom. Layer the chickpea/veggie mixture on top. Sprinkle nutritional yeast over the top.

Bake for 25-30 minutes or until the top is golden brown. Enjoy!

## OTHER PLANT-BASED RECIPES

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### VEGAN STIR FRY

(3 servings)

#### Ingredients

- ½ cup (90 grams) Jasmine rice (uncooked)
- 1 cup (240 ml) low-sodium vegetable broth (for the rice)
- 1 Tbsp olive oil
- 450 g extra-firm tofu, cubed
- 2 carrots, carrots peeled and sliced
- 1 cup (70 grams) mushrooms, sliced
- 1 cup (70 grams) broccoli florets
- 1 red capsicum, sliced
- 1 cup (65 grams) snow peas trimmed
- 225 g can sliced water chestnuts, drained
- 400 g can baby corn, drained and sliced
- 2 tsp garlic minced
- 1 tsp ginger minced
- salt and pepper to taste

#### For the Sauce

- ¼ cup (60 ml) vegetable broth
- 2-3 Tbsp tamari
- 2 Tbsp honey (sub 1-2 tbsps agave nectar if not using honey)
- 2 tsp cornstarch

#### Directions

Prepare the jasmine rice, using package directions but use vegetable broth instead of water.

In a small bowl, combine the vegetable broth and honey. Set aside.

For the stir-fry, heat the oil in a large pan over medium-high heat. Add the tofu, carrots, and mushrooms and cook for 4-6 minutes or until tender, stirring often.

Add the broccoli, capsicum, snow peas, water chestnuts, baby corn and 2 tbsp of water to the pan. Cook for 3-5 minutes or until vegetables are tender. Add the garlic and ginger, stir, and cook for about 30 seconds.

Pour the broth and honey mixture over the veggies and cook for about 30-60 seconds.

Meanwhile, mix the cornstarch with 1 tbsp of cold water (you can use that same small bowl). Stir the cornstarch mixture into the veggies and cook for about 1 minute, until the sauce starts to thicken.

Immediately remove the heat and serve over rice. Enjoy!



# JUICES

— *& Drinks* —



## JUICES & DRINKS

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### HOMEMADE SUPERHERO JUICE

(Great for reducing inflammation and cell maintenance)

950 ml water, ½ lemon (sliced), ¼ tsp each turmeric, cumin, and Himalayan pink salt, 1 pinch each cayenne and cinnamon

**Directions:** Mix ingredients together and drink.

### HOMEMADE GATORADE

950 ml water or coconut water; ¼ tsp Himalayan pink salt,  
½ tsp calcium magnesium powder or crushed tablets,  
¼ cup (60 ml) of juice (lemon, lime, grape, apple, etc.), 1 tsp honey or stevia (to taste).

**Directions:** Mix ingredients together and drink.

### MORNING MOJO: LEMON GINGER DETOX

355 ml water (at room temperature), Juice of ½ lemon,  
either: 1cm knob ginger root OR pinch of cayenne pepper

**Directions:** Add water to glass, along with lemon juice.  
If using ginger: finely grate the ginger using a zester, and add the zest to the glass of water. If cayenne pepper: add a pinch of cayenne to your water.