

Whole Food Plant-Based Recipes

for Reversal of Chronic Health Conditions





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Shopping Locations of Quad Cities

Affordable options for healthy eating



Sam's Club



Costco



Aldi



Sample 2 Week Plan – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Key Lime Pie Overnight Oats	Plant-based Pancakes	Double Chocolate Overnight Oats	PB&J Overnight Oats	Overnight Chia Seed Pudding	Apple Cinnamon Overnight Oats	Breakfast Burritos
Lunch	Savory Potato and Veggie Soup	Quesadillas	“No-Tuna” Salad Sandwich	Spring Greens Soup	Sweet Potato and Veggie Roll-Ups	Avocado Salad Sandwiches	Sweet Potato Bruschetta with Avocado-Tomato Topping
Dinner	Southwest Stew	Minestrone in Minutes	Black Bean Burgers	“Nacho” Vegan Baked Potato	Burrito Bowl	30-Minute Chili	Roasted Veggie Flatbreads
Snack	Celery stalks (with or without peanut butter)	Energy Balls	Popcorn (without butter)	Oatmeal Banana-Raisin Cookies	Savory Snacks	Crunchy Chickpeas	Cowboy Caviar

Sample 2 Week Plan – Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Peanut Butter Granola Bars	Overnight Chia Seed Pudding	Black Bean and Sweet Potato Hash	Double Chocolate Overnight Oats	Plant-based Pancakes	Key Lime Pie Overnight Oats	Apple Cinnamon Overnight Oats
Lunch	Sweet Potato and Veggie Roll-Ups	Spring Greens Soup	Quesadillas	Sweet Potato Bruschetta with Avocado-Tomato Topping	Avocado Salad Sandwiches	Savory Potato and Veggie Soup	Apple Chickpea Salad
Dinner	30-Minute Chili	Chickpea Noodle Soup w/Spinach	Southwest Stew	Burrito Bowl	Black Bean Burgers	“Nacho” Vegan Baked Potato	Minestrone in Minutes
Snack	Nourish Bowl	Cowboy Caviar	Celery stalks (with or without peanut butter)	Crunchy Chickpeas	Oatmeal Banana-Raisin Cookies	Tropical Fruit Salad	Savory Snacks



Breakfasts

Key Lime Pie Overnight Oats

Servings: 1 Prep time: 5 min Set time: 8 hours Total time: 8 hours 5 min



Ingredients

- $\frac{1}{2}$ cup rolled or quick oats
- 1 Tbsp chia seeds
- 1 tsp lime zest (optional garnish)
- $\frac{1}{3}$ cup plain non-dairy yogurt
- $\frac{2}{3}$ cup non-dairy milk
- 1 Tbsp lime juice
- 2-3 tsp maple syrup, or to taste*

Optional: Granola, Graham cracker crumbs or fruit for topping

Serving size: 1 jar

Calories: 340

Fat: 11g

Carbs: 53g

Protein: 11g

Fiber: 15g

Key Lime Pie Overnight Oats

Directions

1. In a mason jar or sealable container, stir together the oats, chia seeds, and lime zest.
2. Add in the remaining ingredients and stir everything well to combine.
3. Seal the jar and store the oats in the fridge overnight or for at least 4 hours until thickened.
4. To serve, enjoy the oats straight out of the jar or pour them into a bowl and add whatever toppings you desire.

Notes:

PB&J Overnight Oats

Servings: 1 Prep time: 5 min Set time: 8 hours Total time: 8 hours 5 min



Ingredients

- ½ cup rolled oats
- 1 Tbsp of chia seeds
- Pinch of salt
- 1 cup of non-dairy milk
- Jelly of your choosing (for drizzle/garnish)
- Peanut butter (sparingly)

Serving size: 1 jar

Calories: 300

Fat: 7g

Carbs: 45g

Protein: 17g

Fiber: 15g

PB&J Overnight Oats

Directions

1. In a jar, stir together the rolled oats and chia seeds. Pour in the non-dairy milk and stir everything to combine.
2. To make Peanut Butter and Jelly Overnight Oats simply stir some of your favorite jelly into a basic batch of overnight oats.
3. The next morning, add a drizzle of peanut butter to the top right before serving.

Notes:

Apple Cinnamon Overnight Oats

Servings: 1 Prep time: 5 min Set time: 8 hours Total time: 8 hours 5 min



Ingredients

- ½ cup rolled oats
- 1 Tbsp of chia seeds
- Pinch of salt
- 1 cup of non-dairy milk
- 1 Apple
- Cinnamon to taste
- Walnuts (optional)
- If preferred, can swap apple for other fruits such as strawberries, bananas, blueberries, or peaches

Serving size: 1 jar

Calories: 300

Fat: 7g

Carbs: 45g

Protein: 17g

Fiber: 15g

Apple Cinnamon Overnight Oats

Directions

1. In a jar, stir together the rolled oats and chia seeds. Pour in the non-dairy milk and stir everything to combine.

2. Simply add some chopped apple and cinnamon to the batch of overnight oats and allow to sit overnight in the refrigerator.

3. The next day, top the oats with more apple, some chopped walnuts and more cinnamon to taste.

Notes:

Double Chocolate Overnight Oats

Servings: 1 Prep time: 5 min Set time: 8 hours Total time: 8 hours 5 min



Ingredients

- ½ cup rolled oats
- 1 Tbsp of chia seeds
- Pinch of salt
- 1 cup of non-dairy milk
- Cocoa or Cacao powder to taste
- Cacao nibs or chocolate chips sparingly (optional)
- Maple syrup sparingly (optional)

Serving size: 1 jar

Calories: 300

Fat: 7g

Carbs: 45g

Protein: 17g

Fiber: 15g

Double Chocolate Overnight Oats

Directions

1. In a jar, stir together the rolled oats and chia seeds. Pour in the non-dairy milk and stir everything to combine.
2. Add some cocoa or cacao powder, a touch of maple syrup and some cacao nibs (or chocolate chips) to taste.

Notes:

Overnight Chia Seed Pudding

Servings: 2-3 Prep time: 5 min Set time: 8 hours Total time: 8 hours 5 min



Ingredients

- 2 cups almond milk (unsweetened)
- ½ cup chia seeds
- ½ tsp vanilla extract
- 1 Tbsp pure maple syrup

Optional: Sliced raw almonds and choice of fruit for topping

Serving size: 1/3 of jar

Calories: 150

Fat: 10g

Carbs: 14g

Protein: 5g

Fiber: 5g

Overnight Chia Seed Pudding

Directions

1. Combine almond milk, chia seeds, vanilla, and syrup in a bowl. Mix well until combined (it'll start to thicken). Cover and store in the fridge overnight.

Notes:

Plant-based Pancakes

Servings: 4 Prep time: 10 min Cook time: 10 minutes



Ingredients

- 1 cup old fashioned rolled oats
- 1 cup + ½ cup unsweetened non-dairy milk, divided
- ¾ cup ground rolled oats
- 1 mashed banana
- 1.5 tbsp peanut butter
- 2 tsp baking powder

Serving size: 3 pancakes

Calories: 250

Fat: 6g

Carbs: 40g

Protein: 7g

Fiber: 4g

Plant-based Pancakes

Directions

1. Add 1 cup oats and 1 cup non-dairy milk to a medium bowl and allow to soak for 10 minutes
2. Add the remaining ingredients to the soaked oats and blend until smooth
3. Heat a large skillet over medium heat and cook each side for about 2 minutes
4. Serve with fruit, sugar-free maple syrup, or cinnamon

Notes:

Breakfast burritos

Servings: 6 Prep time: 15 min Cook time: 10 hours Total time: 25 min



Ingredients

- 6 tortillas
- 1 diced bell pepper
- 1/2 cup diced vegetables of choice
- 16 oz tofu, silken or firm
- 1 handful spinach or kale
- 1 tsp each: curry/chili powder and onion powder
- 1/2 tsp ground turmeric
- 1/2 tsp salt

Optional: 1 tbsp minced garlic

Optional: 1 tbsp nutritional yeast

Burrito add-ins of choice, such as salsa, hash browns, or sliced avocado

Serving size: 1 burrito

Calories: 120

Fat: 4g

Carbs: 10g

Protein: 12g

Fiber: 3g

Breakfast Burritos

Directions

1. Spray nonstick pan and sauté vegetables over medium heat until lightly browned.
2. Drain tofu and add to pan. Break it up with spatula and add your spices. Continue to cook and stir until tofu is hot and liquid evaporates so it looks like scrambled eggs.
3. Stir in spinach or kale and spread on tortillas.
4. Top with add-ins of your choice, wrap, and enjoy

Notes:

Black Bean and Sweet Potato Hash

Servings: 4 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- 1 cup chopped onion
- 1 to 2 garlic cloves, minced
- 2 cups chopped sweet potatoes
- 2 tsp chili powder
- $\frac{1}{3}$ cup low-sodium vegetable broth
- 1 cup cooked black beans

Serving size: 1

Calories: 320

Fat: 6g

Carbs: 57g

Protein: 13g

Fiber: 7g

Black Bean and Sweet Potato Hash

Directions

1. Place the onions in a nonstick skillet and sauté over medium-heat, stirring occasionally, for 2 to 3 minutes. Add the garlic and stir.
2. Add the sweet potatoes, chili powder, broth and stir. Cook for ~12 minutes, stirring occasionally, until the potatoes are cooked through. Add more liquid 1-2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
3. Add the black beans and salt. Cook for 1 or 2 minutes more, until the beans are heated through.

Notes:

Peanut Butter Granola Bars

Servings: 8 Prep time: 17 min Cook time: 18 min Total time: 35 min



Ingredients

- ½ cup smooth peanut butter
- ¼ cup pure maple syrup
- ¼ cup brown rice syrup
- 1 teaspoon vanilla
- 2 cups rolled oats
- ½ tsp sea salt
- ½ tsp ground cinnamon

Serving size: 1 bar

Calories: 270

Fat: 6g

Carbs: 46g

Protein: 9g

Fiber: 4g

Peanut Butter Granola Bars

Directions

1. Preheat oven to 350°F. Line an 8-inch square baking pan with a 10-inch square of parchment paper.
2. In a medium saucepan combine peanut butter, maple syrup, and rice syrup. Heat over low just until smooth, whisking constantly with a fork. Cool slightly. Stir in vanilla. Stir in oats, salt, and cinnamon until combined.
3. Using moist fingers, press mixture into the prepared pan. Bake 18 minutes or until edges are light brown.
4. Cool in pan on a wire rack 10 minutes. Using the parchment paper, lift out uncut bars. Cut into bars. Store leftovers in an airtight container at room temperature.

Notes:

Cauliflower Breakfast Scramble

Servings: 1 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- 1 red onion
- 1 red bell pepper
- 1 green bell pepper
- 2 cups sliced mushrooms
- 1 large head cauliflower, cut into florets
- ½ tsp black pepper
- 1½ tsp turmeric
- ¼ tsp cayenne pepper
- 3 garlic cloves
- 1 to 2 Tbsp low-sodium soy sauce

Serving size: 1

Calories: 520

Fat: 2g

Carbs: 100g

Protein: 24g

Fiber: 25g

Cauliflower Breakfast Scramble

Directions

1. In a large skillet over medium heat, sauté diced onion, peppers, and mushrooms for 5 minutes. Add water as necessary to keep vegetables from sticking to pan.

2. Add cauliflower to the pan and cook for another 5 minutes. Stir in the beans until thoroughly mixed and season with black pepper,

turmeric, cayenne, and garlic as desired.

3. Cook 5 minutes longer and serve hot.

Notes:



Lunches

Savory Potato and Veggie Soup

Servings: 4 Prep time: 10 min Cook time: 30 min Total time: 40 min



Ingredients

- 1 Tbsp olive oil
- 1 cup chopped onion
- 2 ribs celery diced
- ½ cup diced carrots
- 4 garlic cloves chopped
- 1 tsp salt,
- ¼ tsp black pepper
- 1 bay leaf
- 2 Tbsp flour
- 1 ½ cup unsweetened almond milk
- 2 cups vegetable broth/stock
- 3 medium potatoes peeled and cut into ½ inch cubes
- 1 green onion

Serving size: 1

Calories: 210

Fat: 4g

Carbs: 39g

Protein: 5g

Fiber: 10g

Savory Potato and Veggie Soup

Directions

1. Heat oil over medium heat in a large saucepan. Add onions, garlic, celery and carrots with $\frac{1}{2}$ tsp salt and sauté 5-7 mins then add bay leaf. Sautee then add flour and sauté for another 2 mins. Add in half the milk and mix to pick up all the flour so that there are no dry lumps.
2. Add that and the rest of the ingredients, mix well, partially cover and cook for 15-20 mins. Once the potatoes and veggies are tender and cooked, mash and break some potatoes using a pastry cutter or fork.
3. Serve the soup in bowls and top the soup with vegan bacon or smoky tofu bacon and chives or green onion (optional).

Notes:

Quesadillas

Servings: 4 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- Whole grain tortillas
- 1 can fat-free refried beans
- ½ medium onion
- 2 cloves of garlic
- 1 bell pepper
- 6 medium mushrooms
- ½ can of corn
- 2 avocados (optional)
- 2 Tbsp oil for cooking (or use water)
- 1 Tbsp taco seasoning
- *Optional: Salsa, vegan cheese, vegan sour cream, cilantro*

Serving size: 1

Calories: 590

Fat: 26g

Carbs: 78g

Protein: 18g

Fiber: 14g

Quesadillas

Directions

1. Preheat oven to 400 °F
2. Prep veggies: peel onion and garlic. Finely dice onion, bell pepper, and mushrooms while finely mincing the garlic. In a large pan, heat 2 Tbsp oil (or water) over medium-high heat. Once hot, add onion and cook for about 2 minutes to soften.
3. Add garlic, bell pepper, and mushrooms to pan, and cook until softened (about 4-5 min) then stir in taco seasoning.
4. Lower heat to low, and add in refried beans, corn, and cilantro, mix until combined then remove pan from heat.
5. In a small bowl smash 2 avocados.
6. Assemble Quesadillas. On a baking tray place parchment paper and place tortilla shells down. Spread $\frac{1}{4}$ of avocado on $\frac{1}{2}$ of the tortilla, and $\frac{1}{4}$ of the filling from the pan on the other $\frac{1}{2}$ of the tortilla. Adding vegan cheese to the top if desired.
7. Fold tortilla in half and place in the oven for 10 minutes or until both sides are crisp.
8. Remove from oven and serve with salsa and vegan sour cream as desired.

BBQ Chickpea Wraps

Servings: 4 Prep time: 5 min Cook time: 35 min Total time: 40 min



Ingredients

- 4 large flour tortillas
- 1 can oven roasted chickpeas
- 4 Tbsp vegan BBQ sauce
- 4 Tbsp vegan yogurt or vegan mayo
- 4 leaves green lettuce chopped
- 1 tomato chopped
- ½ lemon, only juice (optional)

Serving size: 1

Calories: 240

Fat: 5g

Carbs: 41g

Protein: 9g

Fiber: 12g

BBQ Chickpea Wraps

Directions

1. Preheat the oven to 400° F.
Drain the chickpeas and rinse with cold water. Place in a large baking dish and bake for 30 minutes.

2. Heat a skillet and cook each side of the tortilla for 1 minute.

3. Place the chopped salad, tomato, chickpeas, BBQ sauce, and yogurt in the middle of each tortilla. Drizzle with lemon juice.

4. Fold in each side (1 inch) of the tortilla into the middle. Start rolling it up tightly from one end until you have a nice wrap. Cut in half and serve.

Notes:

Avocado Salad Sandwiches

Servings: 4 Prep time: 10 min Cook time: 5 min Total time: 15 min



Ingredients

- 1 baguette, (about 16 inches) cut into 4, halved lengthwise
- 2 tsp olive oil (optional)
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{3}$ cup of chopped parsley
- 2 large avocados, peeled, pitted, and chopped
- 1 cup cherry tomatoes, diced
- $\frac{1}{4}$ cup crumbled plant-based feta cheese
- Salt to taste

Serving size: 1

Calories: 390

Fat: 15g

Carbs: 57g

Protein: 10g

Fiber: 4g

Avocado Salad Sandwiches

Directions

1. Preheat the oven to 350°F. combine, being careful not to completely smash the avocado.
2. Toast in the oven for 3-4 minutes until just lightly browned.
3. In a large bowl, combine the olive oil, garlic powder, and parsley.
4. Add the avocado, tomato, plant-based feta, and gently
5. Add a pinch of salt, to taste.

Notes:

Sweet Potato and Veggie Roll-Ups

Servings: 6 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- $\frac{2}{3}$ cup oil-free hummus
- $\frac{1}{4}$ cup sliced green onions
- 4 (6-inch) whole wheat tortillas
- $1\frac{1}{2}$ cups fresh baby spinach
- 1 cup chopped baked sweet potato
- $\frac{1}{4}$ cup chopped red bell pepper
- 2 Tbsp sunflower kernels/seeds toasted

Serving size: 1

Calories: 100

Fat: 4g

Carbs: 12g

Protein: 3g

Fiber: 5g

Sweet Potato and Veggie Roll-Ups

Directions

1. In a small bowl stir together hummus and green onions. Spread over tortillas. Top with spinach, sweet potato, bell pepper, and sunflower kernels/seeds; gently press into the hummus.
2. Roll up tortillas and wrap individually using plastic wrap or reusable wrapper. Refrigerate at least 1 hour. Slice rolls into 1-inch pieces.

Notes:

Potato and Artichoke Heart Pasta Salad

Servings: 4-5 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

- 1½ lb potatoes, cut into 1-inch chunks
- 2 cups dry whole grain pasta
- 1 (15-ounce) can artichoke hearts, rinsed, drained and quartered lengthwise
- ½ cup canned hearts of palm, sliced
- 1 cup cherry tomatoes, cut into halves
- 2 stalks green onions
- 1 Tbsp dried dill weed
- 1 12-ounce package silken tofu, drained
- 2½ tablespoons white wine vinegar
- 2 small garlic cloves
- 1½ tsp yellow mustard
- Pinch of salt
- ¼ to ½ cup unsweetened almond milk

Serving size: 1

Calories: 220

Fat: 18g

Carbs: 11g

Protein: 4g

Fiber: 4g

Potato and Artichoke Heart Pasta Salad

Directions

1. Place a steamer insert in a saucepan over 1 to 2 inches of water. Bring water to boiling. Add potatoes to basket, cover, and steam for 20 minutes. Transfer potatoes to a large bowl to cool.
2. Cook pasta according to package directions; drain. Rinse with cold water; drain again. Transfer to the bowl with the potatoes. Add the artichoke hearts, hearts of palm, tomatoes, green onions, and dill.
3. In a blender, combine the tofu, vinegar, garlic, and mustard. Blend into a smooth sauce. Season to taste with salt and pepper.
4. Add the sauce to the bowl and mix well. Taste and adjust seasoning. Just before serving, add the plant-based milk 1 to 2 Tbsp. at a time, to achieve desired texture and creaminess.

Notes:

“No-Tuna” Salad Sandwich

Servings: 4 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 Tbsp tahini
- 1 tsp Dijon or spicy brown mustard
- 1 Tbsp maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- pinch of salt and black pepper
- 1 Tbsp roasted unsalted sunflower seeds (optional)
- 8 slices whole-wheat bread
- Dijon or spicy brown mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced

Serving size: 1

Calories: 150

Fat: 3g

Carbs: 24g

Protein: 7g

Fiber: 10g

“No-Tuna” Salad Sandwich

Directions

1. Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
2. Add tahini, mustard, maple syrup, red onion, celery, pickle, salt and pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
3. Toast bread (if desired) and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).
4. Scoop a healthy amount of the chickpea mixture (about $\frac{1}{2}$ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.

Spring Greens Soup

Servings: 2-4 Prep time: 20 min Cook time: 4 hours Total time: 4 hours 20 min



Ingredients

- 1 cup frozen peas
- 8 cups assorted spring greens (spinach, arugula, baby chard, and/or baby kale)
- 1 medium cucumber halved
- ½ of an avocado, peeled and chopped
- 1 lemon, juiced
- 1 cup low-sodium vegetable broth
- Black pepper, to taste
- ¼ cup chopped fresh parsley
- ¼ cup very thin radish pieces for garnish (optional)
- 1 Tbsp chopped fresh chives
- ¼ cup unflavored almond milk
- Crispbread crackers (optional)

Serving size: 1

Calories: 90

Fat: 1g

Carbs: 18g

Protein: 7g

Fiber: 8g

Spring Greens Soup

Directions

1. In a small heatproof bowl place peas and enough boiling water to cover. Let stand 1 minute; drain well. In a blender combine peas, spring greens, cucumber, avocado, the lemon juice, and broth. Cover and blend until smooth. Transfer to a bowl. Season with pepper. Cover and chill at least 4 hours.
2. Garnish: in a small bowl combine parsley, radishes, chives, and the lemon zest. Cover and chill until ready to use.
3. Before serving, stir milk into soup. Top servings with garnish. Serve with crackers.

Notes:

PLT (Green Pea, Lettuce & Tomato) Sandwich

Servings: 4 Prep time: 10 min Cook time: 10 min Total time: 10 min



Ingredients

- 2½ cups fresh green peas or thawed frozen green peas
- ¼ cup packed fresh basil
- 1 Tbsp nutritional yeast
- 1 Tbsp lemon juice
- 1 Tbsp sunflower seed butter or almond butter
- 2 garlic cloves, minced
- ½ tsp salt
- Red pepper flakes to taste
- 1–2 Tbsp water
- 1–2 tomatoes, thinly sliced
- 4–6 romaine lettuce leaves
- 8 slices whole grain bread, toasted
- Dijon mustard, to taste

Serving size: 1

Calories: 350

Fat: 8g

Carbs: 47g

Protein: 17g

Fiber: 8g

PLT (Green Pea, Lettuce & Tomato) Sandwich

Directions

1. If using fresh peas, cook them in boiling water for about 3 minutes or until they turn bright green, then quickly transfer them to a bowl of ice water to cool. Set aside for 5 minutes.
2. Drain the peas, transfer them to a food processor, and add basil, nutritional yeast, lemon juice, sunflower seed butter, garlic, salt, red pepper flakes, and 1 tablespoon water. Process until mixture is well combined but not completely smooth—you want to maintain some texture. Add more water if needed to achieve desired consistency. Taste and adjust seasonings as needed. Transfer the spread to a glass bowl.
3. Toast the whole grain bread (2 slices per sandwich). To make each sandwich, spread one toast slice with Dijon mustard and the other slice with $\frac{1}{4}$ cup of Green Pea Spread. Layer sliced tomatoes and crisp romaine lettuce between the toast slices.

Notes:

Apple Chickpea Salad

Servings: 2-4 Prep time: 10 min Cook time: 5 min Total time: 15 min



Ingredients

- 2 tbsp extra virgin olive oil
- 14 ounces cooked chickpeas
- 1 Tbsp paprika
- ½ medium lemon, juice only
- Handful of fresh flat leaf parsley
- 4 medium apples
- 2 celery stalks
- 2 Tbsp peanut butter
- 1 Tbsp Soy Sauce (optional)
- ½ cup water

Serving size: 1

Calories: 260

Fat: 10g

Carbs: 36g

Protein: 7g

Fiber: 9g

Apple Chickpea Salad

Directions

1. In a frying pan/skillet, heat the oil. Add the chickpeas and roast for about 4 minutes, tossing it from time to time. Add paprika and toss the chickpea around until completely coated.
2. Roast for about a minute before turning off the heat. Combine this with lemon juice and roughly chopped parsley. Season it with little salt and a pinch of pepper.
3. Peel (optional) and coarsely grate the apples, thinly slice the celery. Throw these into a serving bowl altogether with the roasted chickpea. Give it a stir.
4. For the dressing: Combine peanut butter, soy sauce, and water in a blender or food processor until smooth. Add more liquid, if needed.

Notes:

Sweet Potato Bruschetta with Avocado-Tomato Topping

Servings: 4 Prep time: 5 min Cook time: 35-40 min Total time: 40-45 min



Ingredients

- 2 medium or large sweet potatoes, scrubbed and rinsed
- 1 cup seeded and diced fresh tomatoes
- ¼ cup minced red onion
- 1 clove garlic, minced
- 2 Tbsp chopped fresh basil
- 1 tsp lemon juice
- ¼ tsp salt
- Black pepper
- 1 avocado, pitted, peeled, and chopped
- 1 large cucumber, thinly sliced
- 1 cup baby arugula

Serving size: 1

Calories: 70

Fat: 3g

Carbs: 10g

Protein: 1g

Fiber: 3g

Sweet Potato Bruschetta with Avocado-Tomato Topping

Directions

1. Preheat the oven to 375°F. Line a large baking sheet with parchment paper.
2. Slice the sweet potatoes lengthwise into ½ inch thick slices. Lay the slices flat on the prepared baking sheet and bake for 35 to 40 minutes, until the edges are browned and the slices are easily pierced with a fork.
3. While the sweet potatoes are baking, combine the diced tomatoes, red onion, garlic, basil, lemon juice, salt, and pepper in a medium bowl. Cover and let sit until the sweet potatoes are done.
4. When the sweet potatoes are just about ready, chop the avocado and gently fold it into the tomato mixture.
5. Top the sweet potato slices with sliced cucumber and baby arugula, and then spoon with 2 to 3 Tbsp of the avocado mixture on top.

Notes:



Dinners

Easy Veggie Stir Fry

Servings: 2 Prep time: 15 min Cook time: 20 min Total time: 35 min



Ingredients

- 1 package (8 oz) tempeh, cubed
- 2 tbsp soy sauce
- 1 tsp garlic powder
- 2 tsp water or vegetable broth
- 1 cup chopped carrots
- 1 cup chopped broccoli
- ½ cup white onion, sliced
- ½ cup sliced white or crimini mushrooms
- 1 bell pepper, sliced
- Salt and pepper to taste
- 2 tbsp hoisin sauce or another store-bought sauce of choice (for serving)
- 1 cup cooked brown rice or quinoa

Serving size: 2

Calories: 730
Fat: 25g
Carbs: 85g
Protein: 48g

Easy Veggie Stir Fry

Directions

1. In a small bowl, combine tempeh, soy sauce, and garlic powder. Mix and set aside
2. Heat a large skillet or wok over medium-high heat. Add the water (or broth), carrot, broccoli, onion, and a pinch of salt. Cook for 4-5 minutes, stirring every 30 seconds until the onions are softened.
3. Add the bell pepper and mushrooms and cook for 4-5 minutes until everything is cooked al dente (small amount of resistance when chewed).
4. While the veggies are cooking, place the cubed tempeh on a baking tray and broil in the oven for 5-10 minutes until browned and crispy, stirring once halfway through.
5. Serve the stir-fried veggies in a bowl with cooked brown rice or quinoa, $\frac{1}{2}$ of the tempeh, and 1 tbsp of hoisin sauce.

Southwest Stew

Servings: 6 Prep time: 25 min Cook time: 35 min Total time: 60 min



Ingredients

- 6 medium white mushrooms, sliced
- 1 medium yellow or white onion, chopped
- 1 small red bell pepper
- 1 Tbsp chili powder
- 1 Tbsp dried oregano
- 2 tsp granulated garlic
- 2 tsp ground cumin
- 4½ cups water
- ¾ pound white potatoes, peeled and cut
- 1 can cooked black beans (about 1½ cups), drained and rinsed
- 1 can cooked pinto beans (about 1½ cups), drained and rinsed
- 1½ cups corn
- 1 can diced tomatoes
- ⅓ cup tomato paste (half of a 6 ounce can)
- 4 cups coarsely chopped collard greens
- 1½ cups loosely packed cilantro, chopped

Serving size: 1

Calories: 200
Fat: 2g
Carbs: 40g
Protein: 10g
Fiber: 14g

Southwest Stew

Directions

1. Heat 1 Tbsp of water in a soup pot over medium heat. When the water starts to sputter, add the onion, bell pepper and mushrooms and cook while stirring for 5 to 8 minutes.
2. Add the chili powder, oregano, granulated garlic, and cumin and cook while stirring for 1 minute.
3. Stir in the water, potatoes, black beans, pinto beans, corn, diced tomatoes, and tomato paste and bring to a boil, uncovered. Reduce the heat to low, cover and cook for 10 minutes.
4. Stir in the greens and cook covered for 10-15 minutes or until the potatoes are tender. Stir in the cilantro, and serve.

Notes:

“Nacho” Vegan Baked Potato

Servings: 1 Prep time: 10 min Cook time: 40 min (oven) or 4-6 min microwave Total time: 50 min or 16 min



Ingredients

- 1 large baking potato
- ½ cup black beans, either canned or prepared as directed for Black Beans
- ¼ cup salsa of your choice
- ¼ to ½ avocado, cubed, sliced, or smashed
- Salt and black pepper to taste
- Cilantro for garnish
- Lime wedges for garnish

Serving size: 1

Calories: 300
Fat: 16g
Carbs: 26g
Protein: 13g
Fiber: 8g

“Nacho” Vegan Baked Potato

Directions

1. Preheat the oven to 450° F if baking the potato.
2. Pierce the potato with a fork or knife a few times to allow the steam to escape. Bake in the oven for about 40 minutes, or microwave for 4 to 6 minutes, depending on the size of the potato. Pierce the potato with a fork or knife to check if it is soft and cooked through.
3. When the potato is done, slice it open, and layer on the black beans, salsa, and avocado. Season with salt and pepper. Top with garnish of cilantro or lime (optional).

Notes:

Crispy Buffalo Cauliflower Bites

Servings: 6 Prep time: 10 min Cook time: 25 min Total time: 35 min



Ingredients

- $\frac{2}{3}$ cup brown rice flour
- 2 Tbsp almond flour
- 1 Tbsp tomato paste
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp smoked paprika
- 1 tsp dried parsley
- 1 head cauliflower, cut into 2-inch florets
- $\frac{1}{3}$ cup Frank's hot sauce or barbecue sauce

Serving size: 1

Calories: 120

Fat: 2g

Carbs: 20g

Protein: 6g

Fiber: 10g

Crispy Buffalo Cauliflower Bites

Directions

1. Preheat oven to 450°F. Line 2 baking sheets with parchment paper.
2. Combine the brown rice flour, almond flour, tomato paste, garlic powder, onion powder, paprika, parsley, and $\frac{2}{3}$ cup of water in a blender. Puree until the batter is smooth and thick. Transfer to a bowl and add the cauliflower florets; toss until the florets are well coated with the batter.
3. Arrange the cauliflower in a single layer on the prepared baking sheets, making sure that the florets do not touch one another. Bake for 20 to 25 minutes, until crisp on the edges.

They will not get crispy all over while still in the oven.

4. Remove from the heat and let stand for 3 minutes to crisp up a bit more. Transfer to a bowl and drizzle with the sauce. Serve immediately.

Notes:

Black Bean Burgers

Servings: 6 Prep time: 30 min Cook time: 30 min Total time: 60 min



Ingredients

1 cup cooked brown rice
1 (15-ounce) can black beans
 $\frac{1}{2}$ onion, diced
 $\frac{1}{4}$ cup corn
1 tsp cumin
1 tsp garlic powder
 $\frac{1}{4}$ tsp chili powder
 $\frac{1}{4}$ cup cornmeal
2 Tbsp salsa

Serving size: 1

Calories: 200
Fat: 3g
Carbs: 33g
Protein: 11g
Fiber: 10g

Black Bean Burgers

Directions

1. To cook the brown rice, bring $\frac{1}{2}$ cup of rice and 1 cup of water to a boil in a pot. Once boiling, reduce heat to simmer. Boil beans until soft or drain canned beans. Pour beans in a medium size bowl and mash them with your hands, potato masher, or fork.
2. Preheat oven to 350° F. Lay a piece of parchment paper on sheet pan.
3. Steam the onion in a sauté pan. If the onions start to stick, add a little bit of water. When onions become translucent add corn and spices. Cook for a few more minutes.
4. Add cornmeal, salsa, veggies, and rice to bean bowl. Mix everything together so there is an even consistency. Feel free to do this with your hands. Then form mixture into patties. A good thickness is about $\frac{1}{2}$ inch and around 3 inches in diameter.
5. Place patties onto parchment paper and bake for 15 minutes at 350°F. Flip the patties and bake for another 15 minutes. Serve between two leaves of romaine lettuce with tomato, onion, ketchup, and mustard.

Chickpea Noodle Soup w/Spinach

Servings: 6 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- 1 large yellow onion, diced
- 3 medium carrots, diced
- 3 celery stalks, diced
- 3 garlic cloves, minced
- $\frac{3}{4}$ tsp dried thyme
- Red pepper flakes to taste
- 8 cups low-sodium vegetable broth
- 8 ounces uncooked brown rice spaghetti ($\frac{1}{2}$ pound)
- 2 cups cooked or canned chickpeas (drained)
- 2 cups baby spinach
- 1 Tbsp lemon juice
- $\frac{1}{2}$ – $\frac{3}{4}$ tsp sea salt
- Pepper to taste

Serving size: 1

Calories: 160
Fat: 4g
Carbs: 29g
Protein: 4g
Fiber: 3g

Chickpea Noodle Soup w/Spinach

Directions

1. Combine the onion, carrots, celery, garlic, thyme, red pepper flakes in a large soup pot; add $\frac{1}{3}$ cup of water, and sauté over medium-high heat until the onions soften, about 5 to 7 minutes. Add more water as needed to prevent burning.
2. Continue to cook on medium heat, stirring constantly for another 2 minutes.
3. Add the vegetable broth, cover the pot, and bring to a boil. Once boiling, crack the spaghetti noodles in half and add them to the pot. Reduce heat to a simmer and continue to cook, partially covered, for another 12 minutes. Add the cooked chickpeas and continue to simmer for another 3 minutes.
4. Add the spinach, and cook for 1 more minute, just until the spinach is wilted. Turn off the heat, add the lemon juice, salt, and pepper. Serve hot.

30-Minute Chili

Servings: 3-4 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

- 2 yellow onions, chopped (1½ cups)
- 1 large green bell pepper, chopped (1½ cups)
- 3 Tbsp chili powder
- 1 Tbsp oregano
- 2 tsp ground cumin
- 4 garlic cloves, minced
- 2 (15-oz) cans pinto beans
- 1 (28-oz) can diced tomatoes, - undrained
- 2 cups low-sodium vegetable broth
- Salt/pepper to taste
- Cooked brown rice or whole grain noodles (optional)

Serving size: 1

Calories: 290

Fat: 3g

Carbs: 56g

Protein: 15g

Fiber: 15g

30-Minute Chili

Directions

1. In a medium pot over the stove, cook onions and bell peppers over medium 5 minutes or until softened, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
2. Stir in chili powder, oregano, cumin, and garlic; cook 1 minute. Add beans, tomatoes, and broth. Bring just to boiling over medium-high; reduce heat to a simmer, partially cover, and let cook 20 minutes or until tomatoes start to break down and mixture is slightly thick.
3. Season with salt and black pepper. If desired, serve chili over rice.

Notes:

Simple Pita Pizzas

Servings: 6 Prep time: 15 min Cook time: 15 min Total time: 30 min



Ingredients

- 6 whole-wheat pitas
- 3 Tbsp tomato puree
- 1 Tbsp dried oregano
- ½ tsp dried thyme
- Sea salt and freshly ground black pepper
- 1 cup olives, halved
- ½ cup diced smoked tofu
- 10–12 pickled pepperoncini, sliced
- ½ zucchini, thinly sliced or shaved
- 3 Tbsp Vegan Parmesan
- Fresh basil

Toppings/Options:

- 2 large tomatoes, diced
- 4 sun-dried tomatoes (not packaged in oil)
- 1 Tbsp apple cider vinegar
- 1 ½ tsp maple syrup
- 2 garlic cloves
- 1 large handful of fresh basil

Serving size: 1

Calories: 240

Fat: 7g

Carbs: 32g

Protein: 11g

Fiber: 6g

Simple Pita Pizzas

Directions

1. Preheat the oven to 400° F.
2. Tomato Sauce: Combine the diced tomatoes, sun-dried tomatoes, tomato puree, vinegar, maple syrup, garlic, a handful of fresh basil, oregano, and thyme in a blender; season with salt and pepper to taste. Puree until smooth.
3. Place the pitas on a baking sheet and spread tomato sauce on top. Scatter the olives, tofu, pepperoncini, and shaved zucchini over the sauce.
4. Bake for 15 to 20 minutes.

Notes:

Burrito Bowl

Servings: 2-4 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

- Baked tortilla chips
- 2-4 cups cooked grains
- 2-4 cups cooked beans
- 2-4 cups chopped romaine lettuce or steamed kale
- 2-4 chopped tomatoes
- 1-2 chopped green onions
- 1-2 cups corn kernels
- 1 avocado, chopped
- Fresh salsa

Serving size: 1

Calories: 580

Fat: 7g

Carbs: 32g

Protein: 11g

Fiber: 12g

Burrito Bowl

Directions

1. Break a handful of the chips into pieces in the bottom of each serving bowl.
2. Spoon some of the cooked grains over the chips, followed by some of the beans, then layer on the rest of the toppings: lettuce or kale, tomatoes, onions, corn, and avocado. Top with the salsa. (Use more or less of all these ingredients, as desired.)

Notes:

Cherry Tomato & Basil Pasta

Servings: 6-8 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

16 oz or 500g whole-grain linguine
5 cups or 700g ripe plum or cherry tomatoes
1 medium red onion
6 garlic cloves
1 cup fresh basil
1 Tbsp balsamic glaze
Dried oregano
Salt and pepper to taste

Serving size: 1

Calories: 220
Fat: 1g
Carbs: 45g
Protein: 8g
Fiber: 10g

Cherry Tomato & Basil Pasta

Directions

1. Fill a large pot $\frac{3}{4}$ full with water. Place over high heat and bring to a boil. Add your pasta of choice to the pot. Cook to al dente (small amount of resistance when chewed) according to package instructions. While the water is starting to heat up, begin heating a nonstick pan. Add sliced onion to pan along with finely chopped garlic. Sear for 1-2 minutes then add $\frac{1}{4}$ cup of hot pasta water.
2. Add whole tomatoes to skillet. Add an additional $\frac{1}{4}$ cup water to the skillet. Let the tomatoes soften up (3 to 4 minutes). Mash tomatoes gently so that they "pop" and release their juices into the sauce.
3. Season your tomato sauce with 1 Tbsp dried oregano. Tear or chop half of your basil leaves and add to the sauce. Add the balsamic glaze. Simmer 2 to 3 minutes longer and then remove from heat.
4. When your pasta is al dente, set aside $\frac{1}{4}$ cup of the pasta water. Remove the pasta from heat and strain the water. Add the pasta back to the pot with a few tablespoons of the hot water.
5. Add the tomato sauce to the pasta and use tongs to gently combine. Garnish with the rest of the basil (whole, torn, or ribboned) and another drizzle of balsamic glaze.

Roasted Veggie Flatbreads

Servings: 4 Prep time: 30 min Cook time: 15 min Total time: 45 min



Ingredients

- Cornmeal, for dusting
- 1 oil free pizza dough refrigerated tube
- 6 baby potatoes, quartered
- 8 brussels sprouts, quartered
- 1 medium carrot, coarsely chopped
- 1 medium onion, coarsely chopped
- 1 Tbsp red wine vinegar
- Salt and freshly ground black pepper, to taste
- ⅓ cup balsamic vinegar
- 1 cup no-salt-added canned cannellini beans, rinsed and drained
- 1 tsp finely chopped fresh sage or ¼ tsp. dried sage, crushed
- 2 cups fresh lettuce or spinach

Serving size: 1

Calories: 410

Fat: 16g

Carbs: 54g

Protein: 15g

Fiber: 11g

Roasted Veggie Flatbreads

Directions

1. Preheat oven to 400 °F. Lightly sprinkle a large baking sheet with cornmeal.
2. Divide dough into four portions. On a lightly floured surface, roll portions into 7- to 8-inch circles or 10×5-inch ovals. Transfer flatbreads to prepared pan. Bake 10 to 13 minutes or until lightly browned and set (flatbreads may puff). Let cool.
3. Preheat oven to 425 °F. Line a 15×10-inch baking pan with foil. Arrange potatoes, Brussels sprouts, carrot, and onion in prepared baking pan. Sprinkle with red wine vinegar and season with salt and pepper. Roast about 20 minutes or until tender and lightly browned.
4. Balsamic Glaze: in a small saucepan bring balsamic vinegar to boiling; reduce heat. Simmer (uncovered) ~6 minutes or until mixture has reduced to about 1 ½ Tbsp and thickened to a syrup consistency, then remove from heat.
5. In a bowl mash beans with a fork and stir in sage and 2 tsp. water. Spread on flatbreads. Top with roasted vegetables. Remove foil from baking sheet; transfer flatbreads to baking sheet. Bake 5 minutes to heat through.
6. Drizzle flatbreads with balsamic glaze and top with lettuce or spinach.

Minestrone in Minutes

Servings: 4 Prep time: 10 min Cook time: 20 min Total time: 30 min



Ingredients

- 1 large onion, chopped
- 2 medium carrots, chopped
- 1 stalk celery, chopped
- 2 large garlic cloves, minced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (15.5-ounce) can cannellini beans (or other white beans), drained and rinsed
- 1 medium zucchini, diced
- 4 cups vegetable broth
- 1 tsp dried basil
- ½ tsp dried oregano
- salt and ground black pepper

Serving size: 1

Calories: 160

Fat: 2g

Carbs: 30g

Protein: 8g

Fiber: 12g

Minestrone in Minutes

Directions

1. Heat a large saucepan over medium heat. Place the onion, carrots, celery, and garlic into the pan and cook, stirring occasionally, until softened, about 7 minutes. Add water 1 to 2 Tbsp at a time as needed, to keep the vegetables from sticking to the pan.
2. Stir in the tomatoes and their juices, beans, zucchini, and broth. Add the basil, oregano, and salt and pepper to taste. Bring to a boil, then reduce the heat to low, cover, and simmer until the vegetables are tender, about 20 minutes.
3. Taste and adjust the seasonings, adding more salt and pepper if needed. Serve hot.

Notes:

Creamy One-Pot Pasta with Broccolini

Servings: 4 Prep time: 25 min Cook time: 10 min Total time: 35 min



Ingredients

- 8 oz. dry whole wheat rotini pasta
- 6 oz. Broccolini
- 1 cup low-sodium vegetable broth
- 1 (8-oz) package fresh mushrooms, quartered
- 1 medium zucchini
- 1 medium yellow squash, quartered lengthwise and sliced (1¼ cups)
- ¾ cup slivered red bell pepper
- ½ cup chopped onion
- 3 garlic cloves, minced
- ¼ cup cashew butter or tahini
- 3 Tbsp nutritional yeast
- 1 Tbsp lemon juice
- 2 tsp Dijon mustard
- Salt, to taste
- Black pepper, to taste

Serving size: 1

Calories: 580

Fat: 19g

Carbs: 82g

Protein: 22g

Fiber: 20g

Creamy One-Pot Pasta with Broccolini

Directions

1. In a large pot cook pasta according to package directions; reserve $1\frac{1}{2}$ cups pasta cooking water. Drain; set rotini aside.
2. In the same pot, cook Broccolini with $\frac{1}{4}$ cup of the vegetable broth over medium-high about 3 minutes. Add mushrooms, zucchini, bell pepper, onion and garlic; cook 5 minutes or until just crisp-tender, stirring frequently. Remove from heat; combine with rotini and squash.
3. In a bowl whisk together the remaining $\frac{3}{4}$ cup broth and cashew butter or tahini, nutritional yeast, lemon juice, and Dijon Mustard. Add

to pasta mixture in pot; toss to combine. Add reserved pasta cooking water a little at a time until creamy. Return to heat; heat through. Season with salt and black pepper.

Notes:



Snacks

Simple Healthy Plant-based Snack Options



Celery Stalks (with or without peanut butter)

Carrot Sticks

Fresh Fruit

Popcorn (without butter)

Oil Free Hummus (as dip for veggie sticks)

1 cup soy milk with 1 tsp pure cocoa powder (serve hot or cold)

Simple Savory Snacks



1 sliced bell pepper + $\frac{1}{4}$ cup guacamole

1 cup baby carrots & celery sticks + $\frac{1}{4}$ cup hummus

1 cup shelled edamame + sprinkle salt

$\frac{1}{2}$ cup roasted chickpeas or Edamame

2 rice cakes + $\frac{1}{4}$ cup hummus + chopped tomatoes & cucumbers

2-3 cups air-popped popcorn + sprinkle of nutritional yeast

Simple Sweet Snacks



Fresh fruit (apple, banana, berries, grapes, melon, kiwi, mango, etc.)

1 medium baked sweet potato + sprinkle of cinnamon + 1 tbsp hemp seeds

1 medium apple sliced + 1 tbsp natural peanut butter

1 cup kale blended with 1 frozen banana + 1 tbsp chia seeds + 1 cup unsweetened non-dairy milk

1 frozen banana blended with 1 tbsp almond butter + 1 cup unsweetened non-dairy milk

½ cup berries + small handful of walnuts + 1 square dark chocolate

¼ cup dried cranberries & unsalted mixed nuts

2 Medjool dates stuffed with walnuts (or another nut)

Homemade Hummus



Ingredients:

- 1 x 16 oz chickpeas (canned or cooked from dry). 4 oz dry = equivalent to a 16 oz can (roughly 8 oz yield beans when strained, or 1.5 cups).
- 2 Tbsp lemon juice (or juice of one lemon)
- ¼ cup soy milk
- Cumin spice (optional)

Directions:

Blend together in a blender or food processor until smooth.

Calories: 650
Fat: 12 g
Carbs: 95 g
Protein: 35 g

Homemade Soy Yogurt



Ingredients:

- ½ cup of yogurt from previous batch (for first batch, use ½ cup store-bought soy yogurt as a “starter”).
- 4 cups of soy milk

Directions:

Preheat oven to 200°F (or lowest setting if it doesn't go that low).

Mix soy milk and starter together well and pour into an empty jar or heatproof container.

Turn oven off then place container inside. Allow container to remain in warmed oven for 8 hours. Refrigerate before serving.

Calories: 520
Fat: 16 g
Carbs: 60 g
Protein: 32 g

Energy Balls



Ingredients:

- 2 dates
- 1 tbsp. almonds
- 1 tsp cocoa powder
- 1/3 cup rolled oats

Directions:

Blend or food-process ingredients together, then roll into balls.

Calories: 380
Fat: 7 g
Carbs: 76 g
Protein: 10 g

Crunchy Chickpeas



Ingredients:

- 1 cup cooked or canned chickpeas, drained
- ½ tsp smoked paprika or curry powder

Directions:

Mix spice with chickpeas, then spread over parchment paper on an oven tray. Bake for about 5-10 minutes, until golden.

Calories: 350
Fat: 12 g
Carbs: 48 g
Protein: 16 g

“Ants on a Log”



Ingredients:

- 1 cup celery sticks
- 1 Tbsp natural peanut butter (no sugar added)
- 1 Tbsp raisin

Directions:

Spread peanut butter in groove of celery, then top with raisins.

Calories: 180
Fat: 6 g
Carbs: 30 g
Protein: 7 g

Cowboy Caviar



Ingredients:

- 1 cup canned black beans, drained and rinsed
- $\frac{1}{4}$ cup corn kernels
- $\frac{1}{2}$ Tbsp chopped cilantro
- $\frac{1}{4}$ tsp minced garlic
- 2 Tbsp chopped red onion
- 2 Tbsp chopped red bell pepper
- $\frac{1}{4}$ cup salsa
- $\frac{3}{4}$ tsp cumin
- $\frac{3}{4}$ tsp lime juice
- Salt to taste

Directions:

1. In medium bowl, combine drained and rinsed black beans + everything else
2. For best flavor, marinate for 20 min
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves or with whole-grain crackers

Calories: 210
Fat: 2 g
Carbs: 47 g
Protein: 16 g

Tropical Fruit Salad



Ingredients:

- ¼ cup unsweetened shredded coconut, optional to taste
- 1 cup fresh pineapple, cut into bite-size pieces
- 1 cup fresh or frozen mango, cut into bite-sized pieces
- 1 cup strawberries, sliced
- Juice of 1 lime, to taste
- 10 mint leaves

Optional: can add other preferred fruit such as kiwi, oranges, honeydew melon, etc.

Directions:

In medium bowl, combine ingredients as above with shredded coconut as a garnish.

Calories: 250
Fat: 1 g
Carbs: 70 g
Protein: 3 g

Nourish Bowl



LEAFY GREENS

2-3 handfuls, raw
or lightly cooked

arugula
spinach
kale
lettuce
Swiss chard
shaved brussel
sprouts
spring mix
shredded cabbage



OTHER VEGGIES

1 cup, raw, steamed
or roasted

artichoke hearts
broccoli
cauliflower
carrots
bell pepper
cucumber
green beans
red onion
zucchini
summer squash
snap peas
tomatoes



PROTEIN

½ - 1 cup

beans: garbanzo,
black, kidney
lentils
edamame
organic tofu
organic tempeh



FIBER-RICH CARBS

½ - 1 cup

whole grains:
quinoa, brown rice,
millet, farro
sweet potato
winter squash
corn
peas
fruit: berries,
apples, oranges



HEALTHY FATS

limit 1-2 to
toppings

avacado (¼)
olives (5)
nuts: walnuts,
almonds, pistachio
(1 Tbl.)
seeds: pumpkin,
hemp, sesame
(1 Tbl.)
hummus (2 Tbl.)
dressing (1 Tbl.)



TOPPERS

flavor elements

lemon/lime juice
fresh herbs: mint,
parsley, cilantro,
chives
nutritional yeast
vinegar: balsamic,
apple cider, white
spice blends
salsa

Nourish bowls are a
simple way to assemble a
meal using already
prepared food/ingredients
you have in your pantry.

Simply throw something
from each category into
your bowl and enjoy!



Desserts

Berry Whip

Ingredients:

- 1 cup of frozen berries
- ½ cup soy yogurt
- 1 Tbsp crushed walnuts

Directions:

Blend in a high-speed blender or food processor until ice-cream consistency. If you don't have a blender, you can just stir the ingredients together for a berry pudding. Top with crushed nuts to serve.

Calories: 200

Protein: 7.6 g

Fat: 11 g

Carbs: 19.4 g



Apple Crumble

Ingredients:

- 1 large apple, diced
- ½ cup unsweetened apple sauce
- ¼ cup rolled oats
- 1 Tbsp raisins
- Dash of cinnamon

Directions:

Mix apple with 1 spoonful of apple sauce and a dash of cinnamon, then place in small, oven proof dish. Mix remaining apple sauce with oats and raisins. Top the apples with the mixture. Bake until lightly browned and warmed throughout.

Calories: 220

Protein: 4 g

Fat: 2 g

Carbs: 50 g



Rice Pudding

Ingredients:

- ½ cup cooked brown rice
- ½ cup soy milk
- 1 Tbsp raisins
- Dash of cinnamon

Directions:

Mix together all ingredients and warm through (can be warmed on stove with low heat or in microwave). Sprinkle cinnamon on top to serve.

Calories: 180

Protein: 7 g

Fat: 3 g

Carbs: 32 g



Oatmeal Banana-Raisin Cookies

Ingredients:

- ½ cup rolled oats
- ½ medium banana, mashed
- 1 Tbsp raisins

Directions:

Mix ingredients together, form into cookies, and place on a cookie sheet. Bake at 350°F until lightly browned (~15-20 minutes).

Calories: 200

Protein: 6 g

Fat: 3 g

Carbs: 40 g



Banana “Nice” Cream

Ingredients:

- 2 frozen medium size bananas
- 1 date
- ¼ cup soy milk
- Dash of cinnamon

Directions:

Blend all ingredients until smooth.

Calories: 300

Protein: 5 g

Fat: 2 g

Carbs: 75 g



Fruit Yogurt Parfait

Ingredients:

- 1 cup soy yogurt
- 1 small banana, mashed
- 1 cup strawberries, sliced
- 1 Tbsp unsalted pistachio nuts, crushed

Directions:

Mix yogurt with mashed banana until smooth. Stir in strawberries. Sprinkle nuts over the top to serve.

Calories: 310

Protein: 14 g

Fat: 10 g

Carbs: 45 g



Berry Brownie Bites

Ingredients:

- 2 dates
- 1 tsp cocoa powder
- ¼ cup frozen mixed berries, thawed
- ½ cup rolled oats

Directions:

Pulse ingredients in blender or food processor until mix comes together, then role into balls.

Calories: 310

Protein: 7 g

Fat: 3 g

Carbs: 69 g



Chocolate Pudding

Ingredients:

- 1 date
- 1 cup soy yogurt
- 1 tsp cocoa powder
- 1 Tbsp unsweetened shredded coconut

Directions:

Blend together date, yogurt, and cocoa until smooth.

Sprinkle with coconut and serve.

Calories: 230

Protein: 12 g




Fat: 9 g

Carbs: 29 g





Helpful meal planning apps

 <p>21 Day Vegan</p>	 <p>Daily Dozen</p>	 <p>Forks Meal Planner</p>
<ul style="list-style-type: none"> • Free • Apple and Android 	<ul style="list-style-type: none"> • Free • Apple and Android 	<ul style="list-style-type: none"> • Free and Paid options • Apple and Android
<hr/> <ul style="list-style-type: none"> • Spanish option available at set up • Set up an account • Buildable grocery list • Educational videos • Recipes 	<hr/> <ul style="list-style-type: none"> • No account needed • Health vs health and weight loss options • Health app integration for Apple • Daily checklist • Educational videos link • Information from nutritionfacts.org 	<hr/> <ul style="list-style-type: none"> • Set up account • Select allergies • Select portions per family member (adults and children) • Day-by-day, 3 meals per day • Recipe swapping • Grocery list • Weekend food prep guidance

Citations

American College of Lifestyle Medicine, 21-day Whole Food Plant-Based

<https://theconscientiouseater.com/>

<https://www.veganricha.com/>

<https://gamechangersmovie.com/food/recipes/>



You don't have to
sacrifice flavor to
eat plant based!



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