



# FOOD GUIDE

5 Minute Quick and Easy Vegan Meals Made in Minutes





# CONTENTS

## INTRODUCTION

1

## WHY GO VEGAN?

2

## HOW TO COOK IN 5 MINUTES

3

## PANTRY ESSENTIALS TO STOCK IN YOUR KITCHEN

4

## REFRIDGERATOR VEGAN ESSENTIALS

7

## USEFUL KITCHEN GADGETS

9

12

## BREAKFAST RECIPES

▪ Vegan Chocolate Oats	1	Chocolate Peanut Butter Quinoa Breakfast	18
▪ Jumbo Chickpea Pancake	2	Vegan Mint Chocolate Chip Smoothie	19
▪ Blueberry Oatmeal Waffles	3	Energized Mango Smoothie Bowl	20
▪ Tofu and Mushroom Scramble	4	Tomato and Pesto Toast	21
▪ Toast with Refried Beans and Avocado	5	Savory Mushroom Toast	22
▪ Vegan Breakfast Sandwich	6	Avocado & Sprout Toast	23
▪ Blueberry Banana & Peanut Butter Muffins	7	Apple & Maple Syrup Toast	24
▪ Chocolate Hazelnut Spread	8	Salsa & Avocado Hummus Toast	25
▪ Banana Nut Oatmeal	9	Blueberry & Maple Syrup Toast	26
▪ Blueberry Oatmeal	10	Greek Salad Hummus Toast	27
▪ Oatmeal with dried plums	11	Sweet Strawberry Hummus Toast	28
▪ Green Smoothie	12	Kimchi Tofu Scramble	29
▪ Cherry Knock Oats	13	Raw Banana Splits	30
▪ Soy Oatmeal Pancakes	14	Triple Berry Protein Smoothie	31
▪ Vegan French Toast	15	Creamy Coconut Matcha Oatmeal	32
▪ Coconut French Toast	16	Pumpkin Pie Breakfast Quinoa	33
▪ Chai Breakfast Quinoa	17	Weetbix Porridge	34



## LUNCH RECIPES

- Lettuce Cucumber Walnut Salad [1](#)
- Kale Avocado Salad [2](#)
- Tofu, Feta & Olives Salad [3](#)
- Chickpea & Mushroom Taco [4](#)
- Chickpea, Avocado & Vegan Cheese Salad [5](#)
- Garlic Couscous Salad [6](#)
- Vegan Lettuce Wraps [7](#)
- Chopped Salad [8](#)
- Red Bean Salad [9](#)
- Spinach Tomato Salad [10](#)
- Quick Potato Salad [11](#)
- Veggie Mix Bowl [12](#)
- Cherry Tomato Chickpea & Orange Salad [13](#)

- Avocado Lime Salad [14](#)
- Healthy Apple Natchos [15](#)
- Kale, White Bean Pesto Salad [16](#)
- Tomato & Hummus Pocket Sandwich [17](#)
- Avocado Pesto Caprese [18](#)
- Thia Pinwheels with Peanut Sauce [19](#)
- Easy Vegan Tacos [20](#)
- Veggie Pinwheels [21](#)
- Vegan Egg Salad Sandwich [22](#)
- Mediterranean Bowl [23](#)
- Chickpea, Avocado Mash with Lemon [24](#)
- Easy Ramen Noodles [25](#)

## DINNER RECIPES

- Sloppy Joes Burger [1](#)
- Avocado & Black Bean Tortas [2](#)
- Burrito Bowl [3](#)
- Tofu Veggie & Soba [4](#)
- Chickpea Pasta with Marinara & Spinach [5](#)
- Fried Rice with Tofu [6](#)
- Quick and Easy Bean Chili [7](#)
- Black Bean Tacos [8](#)

- Indian Dahl [9](#)
- Garlic Green Beans with Tofu [10](#)
- Kung Poa Tempeh [11](#)
- Curry with Cauliflower [12](#)
- Stir-fry with Mixed Veggies in Sauce [13](#)
- Vegan Creamed Corn [14](#)
- Quick Hummus Pasta with Asparagus [15](#)
- Vegan Mac N' Cheese [16](#)

## SNACK RECIPES

- Quick Protein Bars [1](#)
- Banana Oatmeal Smoothie [2](#)
- Protein Date Bars [3](#)
- Pea Protein Smoothie [4](#)
- Apple Pie Balls [5](#)
- Berry Chia Smoothie [6](#)

- Blueberry Avocado & Lime [7](#)
- Chocolate Crunch Cups [8](#)
- 4 Ingredient Vegan Creamsicles [9](#)
- Mug Brownie [10](#)
- Chocolate Chip Protein Mug Cake [11](#)
- Cheesy Vegan Popcorn [12](#)

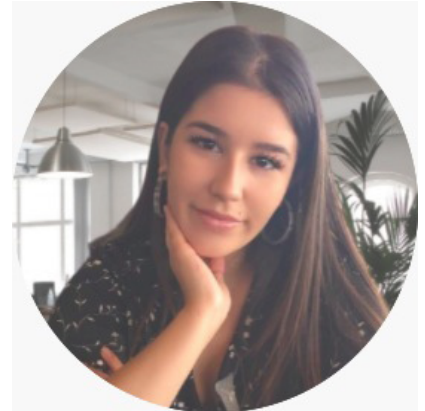




## INTRODUCTION

I have been a vegetarian for over 7 years but decided to go vegan in May 2019 and I have not looked back. When I was 23 years old, I weighed 180 pounds and felt very bad about my appearance and health. Like any overweight person, I tried to lose weight any way I could. However, the real turning point was when I discovered the true powers of the vegan diet and how it changed things for me.

I was against animal cruelty, but once I realised the benefits to my health, there was no turning back. When I went from vegetarian to vegan, I lost 56 pounds in 3 months and gained incredible energy that I have never experienced in my entire life.



And all of this without ever being hungry! Not only did I feel better physically, but my confidence got a huge boost. I felt like I could finally achieve something. I was worth it again.

I valued myself and that affected all sorts of areas of my life. When I first went vegan, I had a hard time figuring out what to eat, and not only that, I had such a busy schedule that it was even harder to prepare meals in the kitchen. I just did not have the time to shop for a lot of special ingredients. I wanted to figure out how to make quick and easy meals that would be ready in under 5 minutes, because I have never been one to compromise when it comes to taste. My meals need to be quick, easy, balanced and delicious.

I decided to compile them into a book to make it easier for people to access quick and easy vegan recipes. Of course, I wanted to share my collection of vegan recipes with as many people as possible so you too can feel empowered in the same way. I found that the meals I cooked at home could be prepared and cooked in five minutes or less, and since I have never compromised on taste, my meals had to be quick, easy, balanced, and delicious.

I rummaged through the fridge and cupboards, often taking inspiration from the dishes I had cooked that day, but using quicker cooking techniques and ingredients I had on hand. The five-minute meals were so delicious that I decided to share them on my cookbook. I have also challenged friends and family to cook my five-minute recipes instead of ordering takeout.

I love being in the kitchen, and I would encourage anyone to develop a passion for good food, no matter how busy their lives are. I am convinced that you can make great meals in a short amount of time, too, using fresh ingredients to create something delicious and balanced. I hope you enjoy the time you spend preparing these recipes as much as the food.

I am very excited to share my collection of five-minute recipes with you in this book.

June Kyle





## WHY GO VEGAN?

People choose to become vegan for many reasons, including ethical values and environmental issues, sustainability, reduction of food costs, and health improvement. For me, any health benefit of a vegan diet is a happy side effect of choices that are primarily ethical. Many questions are raised where food comes from, the ethics, the production and environmental and humanitarian impact created when a consumer chooses to purchase and eat.

Due to this, there are more people reducing their meat and dairy intake whether it is to live a vegan lifestyle or simply just to try something different in their diet.

This book is not designed for a resource in discussing the politics of veganism, but as a celebration of delicious and convenient food that can be enjoyed by everyone.

Vegan food is no longer considered bland and boring.

If we see past the meat and two-veg-style of eating and look at better ways to prepare and enjoy our food, a new world of flavors, textures and dishes await us.

So many people eat the same old meals, perhaps due to habit or lack of confidence in the kitchen, but not truly enjoying their food which is a good indication that it is time to shake things up and try new ingredients and ways of cooking.

Reducing dairy and eggs isn't as difficult as it might seem. Many of us have a learned dependence on dairy products rather than trying something plant-based that can be equally delicious. Think you can't enjoy a bowl of chili without a cooling swirl of sour cream? Wonder how you will ever get that soup so thick and rich? Use coconut milk! There is an alternative for everything, which just involves stepping outside the box.

Vegan food lends itself particularly well to fast cooking, as the basic ingredients are easy to prepare and cook.

There are fewer food safety concerns compared to the storage preparation and use of meat, fish, dairy and eggs. Just be sure to wash your vegetables thoroughly, store non dairy milk, cheese in the refrigerator and ensure any beans and pulses are cooked thoroughly before consuming.

Great vegan food doesn't need to be complicated - and I promise you, it will not be bland or boring. Every recipe in this book has been tested to ensure it's packed with flavour using the simplest and fastest methods. After all, we want to be eating the food and not waiting for it to cook.












## HOW TO COOK IN 5 MINUTES

If you are short on time, you do not have to give up cooking great meals or being a culinary genius to make it happen. With a few simple tips, time-saving advice, and tried-and-true recipes, you'll be cooking the best meals in no time.

Many people think that quick cooking requires you to prepare all the ingredients in advance, but that's not the case. It is enough to use your time effectively before and during the preparation.



-  When you use the oven, set it to preheat as soon as you decide what you want to cook.
-  If you need to add hot water or stock to a recipe, put the kettle on before you start cooking so you have less time to wait when you start cooking.
-  If a recipe calls for using a skillet or wok, put the oil in and heat it to the recommended level before doing anything else. You can then prepare the first vegetables without having to wait for the pan to reach temperature.
-  You do not have to prepare all the ingredients before you start cooking. Start with the ingredients that have the longest cooking time. While those are cooking, you can prepare the other ingredients and then add them.
-  If you have more time and plan to cook quickly later, you can also prepare many ingredients ahead of time if you like. Shop prepared fruits and vegetables in the refrigerator and in sealed jars and bring to room temperature before cooking.
-  Keep a selection of useful kitchen utensils handy: a few good knives, a wooden spoon, a garlic press, measuring spoons and a timer.
-  Fresh ingredients such as vegetables and fruit are often easier to peel, chop and process if they are at room temperature. Produce that is in season is more tender and tastes better. So work with what's available at the moment.
-  Stock a pantry with the essentials, such as pasta, rice, flour and sugar. This way you have all the basics on hand when you want to cook something (without running to the shop!). I keep dried foods in tall jars so they are easy to find in the cupboard without having to search for half used packets.
-  Taste your food as you cook it and season it to your liking. Do not make yourself a slave to a recipe - if adding more or less of an ingredient appeals to you, go for it. Trust your instincts.

## PANTRY ESSENTIALS TO STOCK IN YOUR KITCHEN

If you have a pantry full of a few essentials, you'll always be able to cook up something delicious at a moment's notice. Forget convenience foods, as they can be expensive and lack flavour.

Instead, keep a few basic ingredients on hand so you can make a home-cooked meal whenever you want.



### BEANS AND PULSES

Beans and legumes are versatile staples for a vegan diet, adding substance and a healthy source of protein and fibre to any dish. However, they are known to take hours to prepare before you can cook with them. Canned beans and legumes, on the other hand, just need to be drained and rinsed before you can use them.

### NUTS & SEEDS



Nuts and seeds are also powerhouses, packed with essential fatty acids, protein and fibre. Try a few varieties and discover what goes well with other flavours.

Keep a few basics on hand in your cupboard, including walnuts, flaked almonds, sesame seeds and pistachios.

### YEAST EXTRACT



Yeast extract is a magical ingredient when you are short on time. A teaspoon of the dark elixir stirred into a sauce gives it a deeper, richer flavour, as if it had been simmered for hours.

Even if you have vowed never to eat it on toast, do not forget that it's a fantastic basic ingredient for quick cooking.

### HERBS, SPICES & BLENDS



Invest in a few jars of herbs and spices so you always have the basics to make a flavorful dish, no matter how much time you can spare in the kitchen. Woody herbs like rosemary, thyme, sage, and oregano shop beautifully as dried herbs and enrich the basic flavour of a dish. Leafy herbs such as parsley, cilantro (coriander), basil and mint are best kept on the windowsill and used fresh.





## PASTA

They are the ultimate fast food and a staple in every household. They come in many shapes, sizes, types of wheat, and colours, making them the perfect base ingredient for a variety of dishes. Most dried pasta sold in supermarkets is egg free, but check to be sure. Pasta is an inexpensive ingredient that keeps well in your cupboard if stored in a sealed bag or canning jar. Keep a selection of penne, spaghetti, tagliatelle and macaroni on hand as a standard.

## ANTIPASTI VEGETABLES



Vegetables preserved in oil are a useful ingredient for any cook, especially if you want to create a great dish in a short amount of time.

The vegetables are roasted, fried or sun-dried before being dipped in the oil and ready to use. They have a selection of jarred antipasti vegetables including artichokes, sun-dried tomatoes, peppers and mixed mushrooms - perfect when you need maximum

## KETCHUP AND SAUCES



Never think of ketchup as just a dipping sauce. Add a tablespoon of ketchup to tomato dishes and sauces for instant flavour. Keep your favourite sauces like barbecue, sweet chilis, and mustard on hand for a quick extra flavour!

Always read the labels on shop-bought products, as they may contain hidden non-vegan ingredients.

## RICE



This rice makes a great side dish or pudding and is extremely versatile as a staple in your pantry. Opt for basmati rice, jasmine rice, American long-grain rice and flaked rice for the quickest cooking times, and save wild rice and brown rice for when you have more time in the kitchen. selection of your favourite sweet and savoury spices in your



## OILS

The purpose of oil in cooking is to bring the pan to a high temperature so that heat can be transferred to the food, promoting quick and effective cooking. It can also be used to add flavour to finished dishes and add moisture to baked goods. I recommend a mild oil (such as sunflower or olive oil) for cooking and baking, and a high-quality pressed oil (such as extra virgin olive oil or canola oil) for drizzling on finished products. Coconut oil is best for puddings, as its sweet flavour can overpower a savoury dish.



## SUGAR

Sugar provides natural sweetness and should be enjoyed in moderation. Although I do not agree with 'hidden sugar' in food, when baking at home I use sugar where necessary, including caster sugar (superfine), granulated sugar, demerara sugar, golden syrup and maple syrup (but not all at once!). Most sugar sold in the UK is not combined with or filtered through animal products and is therefore suitable for vegans. If you are unsure, contact the supplier or research online.



## SALT

A pinch of salt enhances both sweet and savoury flavours and turns an everyday dish into an exceptional one. Use good quality salt flakes and gently crush them between your fingers as you sprinkle them moderately over your food.

## REFRIGERATOR VEGAN ESSENTIALS



For quick cooking, you need fresh ingredients that are easy to prepare and cook quickly. It pays to always have a selection of fresh ingredients in your fridge so you can whip up a quick meal when you need it.

### SOFT FRUITS



Soft fruits such as blueberries, raspberries, strawberries, grapes and blackberries do not need to be prepared and can be used for a quick morning smoothie, a simple snack or baked into crumbles for puddings. Other fruits you can prepare without much effort include peaches, nectarines, bananas and cherries. Choose your fruit seasonally to get the best taste, price and variety all year round.

### LEMON AND LIMES



Lemons and limes provide a quick burst of flavour in a dish when the juice is squeezed out at the end of cooking. Always choose unwaxed fruit, as they are often waxed for aesthetic reasons with an animal ingredient such as

### VEGGIES



Most vegetables can be cooked quickly, depending on the method you use. Some vegetables, including mushrooms, tomatoes, peppers and long-stemmed broccoli, cook quickly, while other root vegetables take longer to cook. Look out for vacuum-packed, pre-cooked root vegetables such as beetroot, which usually require a long roasting time, but their pre-cooked versions can be easily sliced before eating. or add to a curry; Kale, which can be stir-fried or roasted until crisp.



## ONIONS AND GARLIC



Onions and garlic are a quick, tasty base for many dishes that you can use either together or separately. Keep a variety of brown and red onions on hand for variety, and shop them in a cool, dark place for a long shelf life.

## FRESH HERBS



Fresh herbs like parsley, cilantro (coriander) and mint can be quickly torn or chopped and added to a dish to take it from simple to great and give it a fresh taste. If you have enough space, you can grow them in

## DAIRY-FREE ITEMS



If you are cooking dairy-free for the first time, try the many types of milk available, including soy, almond, cashew, macadamia, oat and rice milk. Many are available sweetened or unsweetened, so choose what tastes best to you. I tend to opt for an unsweetened soy milk for cooking and a nut milk for drinks and desserts. A cup of non-dairy yoghurt is also a useful ingredient to have in your fridge. For use in savoury dishes, opt for an unsweetened, sugar-free soy yoghurt. Sweetened or flavoured soy yoghurt is best for desserts.

If you like cheese, you should try the ever-growing selection of vegan cheeses available in most supermarkets and health food stores.

## USEFUL KITCHEN GADGETS



For quick cooking, you need fresh ingredients that are easy to prepare and cook quickly. It pays to always have a selection of fresh ingredients in your fridge so you can whip up a quick meal when you need it.



### CHOPPING KNIVES

Chopping goes a lot faster with a few good knives. For home cooking, I recommend a small, medium, large, and bread knife. Look for knives that are heavy yet ergonomic, and buy the best ones you can afford - they will last a lifetime if you take good care of them. In addition to knives, a non-slip cutting board will also make it easier to prepare ingredients.



### PANS

If you are cooking in 5 minutes, opt for pans that are silver or black on the inside as they heat up quickly. Often casserole dishes are white lined on the inside; these are best for slow cooking. Woks are also great for quick cooking because of their concave shape.



### BLENDING EQUIPMENT

A high-powered blender is a good investment, allowing you to make the creamiest sauce, the finest pesto, and even ice cream! Blenders with over 1000 watts of power have the best capabilities and the most versatility.



## MICROWAVE

Microwave is also time-saver.

Measuring spoons give accurate amounts of tablespoons and teaspoons, more precise than the measurements of the cutlery in your drawer. Food processors slice, chop and grate vegetables, mix ingredients and can even knead dough. They differ from blenders in that the interchangeable blades work better with drier ingredients and you have full control over how you want to prepare an ingredient.



## GARLIC PRESS

A garlic press is an inexpensive, easy-to-find device that saves a lot of time in the kitchen. Simply place the clove in the device and squeeze the handle to crush the garlic.

The peel will then come off quite easily.





If you are cooking dairy-free for the first time, try the many types of milk available, including soy, almond, cashew, macadamia, oat and rice milk. Many are available sweetened or unsweetened, so choose what tastes best to you. I tend to opt for an unsweetened soy milk for cooking and a nut milk for drinks and desserts. A cup of non-dairy yoghurt is also a useful ingredient to have in your fridge. For use in savoury dishes, opt for an unsweetened, sugar-free soy yoghurt. Sweetened or flavoured soy yoghurt is best for desserts.

If you like cheese, you should try the ever-growing selection of vegan cheeses available in most supermarkets and health food stores.

When coconut milk is used in a recipe in this book, it means the full-fat milk from a can, which is thick and creamy, not to be confused with the coconut milk mixes you find refrigerated in cartons.

I make no apologies for using shop-bought dough. It's quick and easy, and even top chefs appreciate the convenience of a pre-made batter. I tend to keep a supply of shortbread, puff pastry, and filo pastry on hand for a quick dinner or dessert. Keep them in the freezer or refrigerator and let them come to room temperature before using for best results. Many brands are accidentally vegan because they use vegetable fats instead of butter - just check the ingredient list before you buy.

Wine and beer can add a hearty, warming flavour to a dish or be enjoyed as an accompaniment to a meal, although some varieties contain eggs, gelatine and isinglass, which is derived from the swim bladders of fish. Check with your supplier or research one of the many great online resources. Remember that brands change their ingredients from time to time, so you should check before you buy again.



# BREAKFAST RECIPES

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## BREAKFAST RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Breakfast 1

Vegan Chocolate  
Oats



### Breakfast 2

Jumbo Chickpea  
Pancake



### Breakfast 3

Blueberry  
Oatmeal Waffles



### Breakfast 4

Tofu and mushroom  
scramble



### Breakfast 5

Toast with Refried Beans  
and avocado



### Breakfast 6

Vegan Breakfast  
Sandwich



### Breakfast 7

Blueberry Banana &  
Peanut Butter Muffins



### Breakfast 8

Chocolate Hazelnut  
Spread



### Breakfast 9

Banana Nut Oatmeal



### Breakfast 10

Blueberry Oatmeal



### Breakfast 11

Oatmeal with dried  
Plumbs



### Breakfast 12

Green Smoothie



### Breakfast 13

Cherry Knock Oats



### Breakfast 14

Soy Oatmeal  
Pancakes







## BREAKFAST RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Breakfast 15

Vegan French Toast



### Breakfast 16

Coconut French Toast

### Breakfast 17

Chai Breakfast  
Quinoa



### Breakfast 18

Chocolate Peanut Butter  
Quinoa Breakfast

### Breakfast 19

Vegan Mint Chocolate  
Chip Smoothie



### Breakfast 20

Energized Mango  
Smoothie Bowl

### Breakfast 21

Tomato and Pesto  
Toast



### Breakfast 22

Savory Mushroom  
Toast

### Breakfast 23

Avocado & Sprout Toast



### Breakfast 24

Apple & Maple  
Syrup Toast

### Breakfast 25

Salsa & Avocado  
Hummus Toast



### Breakfast 26

Blueberry & Maple  
Syrup Toast

### Breakfast 27

Greek Salad  
Hummus Toast



### Breakfast 28

Sweet Strawberry  
Hummus Toast



## BREAKFAST RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Breakfast 29

Kimchi Tofu  
Scramble



### Breakfast 30

Raw Banana Splits

### Breakfast 31

Triple Berry  
Protein Smoothie



### Breakfast 32

Creamy Coconut  
Matcha Oatmeal

### Breakfast 33

Pumkin Pie Breakfast  
Quinoa



### Breakfast 34

Weetbix Porridge

# VEGAN CHOCOLATE OATS

An easy make-ahead breakfast or snack, healthy Chocolate Peanut Butter Overnight Oats take just 5 minutes to make, are packed with complex carbs, protein, fiber, and healthy fats.

## Nutritional Information:

Per Serving: CALORIES: 455- FAT: 15g CARBS: 56g PROTEIN: 19g

## Breakfast 1

Prep  
Time

15min

Ready  
In

10 min

Serves

1



## Procedure

1. Just barely cover the oats with water, add the cardamom and microwave for 4 minutes. Then stir in 2 heaping tsp ground flax and 1 heaping tsp cacao powder and stir.

2. Top with bananas, raisins(optional), superseded + cacao powder, and peanut butter.

NOTE: If you have ever had cacao powder in your oats, you are probably going to want to add a little sweeter. It's an acquired taste but now I love it and don't need much sweetness at all. If you want it sweetened, here's the time to add mashed banana, maple syrup, or whatever sweetener you like.

## Requirements

- 1 cup Old fashioned oats
- Filtered water
- 1 tbsp of cinnamon
- 1 tbsp Ground flax seeds
- 1 tsp of cacao powder
- 1/2 tsp of seeds
- 1 Bananas
- Rasins (optional)
- 1 tbsp of peanutbutter (optional)



## JUMBO CHICKPEA PANCAKE

This dense and filling savoury chickpea pancake is packed with protein and fibre. Feel free to change up the mix-ins and toppings based on what you have in your fridge.

### Nutritional Information:

Per Serving: CALORIES: 109 FAT: 4.9g CARBS: 10.7g PROTEIN: 5.5g

### Breakfast 2

Prep  
Time

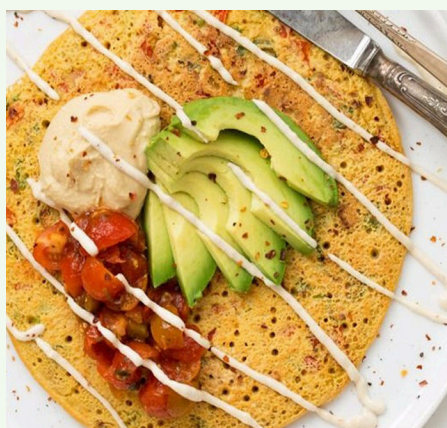
5min

Ready  
In

5 min

Serves

1



### Requirements

- 1 green onion, finely chopped (about 1/4 cup)
- 1/4 cup finely chopped red pepper
- 1/2 cup chickpea flour (or ready to eat boiled chickpeas)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon baking powder
- pinch red pepper (optional)
- 1/2 cup + 2 tablespoons water
- For serving: salsa, avocado, hummus, cashew cream (optional)

### Procedure

1. Prepare the vegetables and set aside. Use microwave.
2. In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and optional red pepper flakes.
3. Add the water and whisk well until no clumps remain. I like to whisk it for a good 15 seconds to create lots of air bubbles in the batter.
4. Stir in the chopped vegetables.
5. Pour on all of the batter (if making 1 large pancake) and quickly spread it out all over the pan.
6. Cook for about 1-3 minutes on one side (timing will depend on how hot your pan is), until you can easily slide a pancake flipper/ spatula under the pancake and it's firm enough not to break when flipping.
8. Flip pancake carefully and cook for another 2 minutes, until lightly golden. Be sure to cook for enough time as this pancake takes much longer to cook compared to regular pancakes.
9. Serve on a large plate and top with your desired toppings. Leftovers can be wrapped up and placed in the fridge. R
10. Reheat on a skillet until warmed throughout.



# BLUBERRY OATMEAL WAFFLES

Healthy Blueberry Oat Waffles are low calorie made with gluten free oats and sugar free. Naturally gluten free and an easy meal prep healthy breakfast!

## Nutritional Information:

Per Serving: CALORIES: 129 FAT: 4.4 CARBS: 18.5g PROTEIN: 4.7

## Breakfast 3

Prep  
Time

15min

Ready  
In

10 min

Serves

1



## Requirements

- 1 cup white whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1 cup quick cooking oats
- 1/3 cup unsweetened
- 1 1/2 cups unsweetened almond milk (or your fave non-dairy milk)
- 3 tablespoons pure maple syrup
- 2 tablespoons olive or coconut oil
- 1 teaspoon pure vanilla extract
- 1 1/2 cups frozen blueberries

## Procedure

1. Sift flour, baking powder, salt and allspice into a mixing bowl. Mix in the oats.
2. Make a well in the center and add applesauce, milk, maple syrup, oil and vanilla. Stir with just until combined. Let batter rest for 5 minutes or so, it will thicken a bit. Fold in the blueberries. Don't worry too much about the blueberries bleeding into the batter, it's no biggie.
3. Cook in waffle iron according to manufacturer directions or toast machine. In my 8 inch waffle iron, I use a heaping 1/2 cup of batter.
4. Remember to spray or brush the iron with oil in between each waffle.

# TOFU AND MUSHROOM SCRAMBLE

Tofu scramble is one of many favorites among for vegans. Add a little toast and some fresh berries and get stuck in. You can add other vegetables to the tofu, but mushrooms are my favorite.

## Nutritional Information:

Per Serving: CALORIES: 192 FAT: 12g CARBS: 6g PROTEIN: 11g

### Breakfast 4

Prep  
Time

5min

Ready  
In

5 min

Serves

1



## Requirements

- 450g / 16oz of tofu
- little bit of water
- 2 tablespoons olive or coconut oil
- 1/4 cup of nutritional yeast (optional)
- half a small onion
- 2 cloves of garlic
- mushrooms (as many as you want)
- 1 tsp of turmeric
- sprinkle of paprika (optional)
- salt & pepper
- optional herbs, spices
- optional vegan cheese

## Procedure

1. Put 450g / 16oz of firm tofu to microwave for 30 sec, make sure there is no water in it anymore.
2. Smash all tofu to the pan, you can use your hands.
3. Add salt and pepper to taste, a teaspoon of turmeric and any other of your favourite spices or herbs.
4. Add garlic or and onions into the pan. You can either roast your mushrooms.
5. You can be able to cook mushrooms in microwave for 45 sec before to make them cook for 3 min in the pan.

# TOAST WITH REFRIED BEANS AND AVOCADO

This filling toast is an excellent vegetarian & vegan option to keep you energized all morning long! Pair with a piece of fruit to make it a complete breakfast.

## Nutritional Information:

Per Serving: CALORIES: 346 FAT: 17g CARBS: 41g PROTEIN: 12g

## Breakfast 5

Prep  
Time

5min

Ready  
In

5 min

Serves

2



## Procedure

1. Toast bread to desired level of doneness.
2. Top with refried beans and avocado (mash with a fork if desired).
3. Add slivered onions, sprinkle with salt, and serve.

## Requirements

- 2 slices sandwich vegan bread
- 1 cup homemade or store-bought vegan refried beans
- 1 avocado, thinly sliced
- A few slivers white onion



# VEGAN BREAKFAST SANDWICH

This super easy vegan breakfast sandwich can be whipped up in just 15 minutes! Super flavorful!

## Nutritional Information:

Per Serving: CALORIES: 271 FAT: 7g CARBS: 38g PROTEIN: 11g

## Breakfast 6

Prep  
Time

5min

Ready  
In

5 min

Serves

1



## Requirements

- 2 slices of bread
- 1 piece of vegan sausages
- 1/4 vegan cheese
- a few leaves of spinach or kale or mushroom
- Smashed 1/4-1/2 avocado
- Strawberry jam or Maple syrup
- tiny splash of hot sauce (optional)

## Procedure

1. Warm up a skillet over high heat. Add a splash of oil. (1 minute)
2. Pop your bread to toaster. (while you cook)
3. Add your vegan sausage patty to the skillet. Cook for two minutes, then flip. (2 minutes)
4. Add the cheese to the patty. Cook long enough to melt the cheese –cover with a lid for a bit if that helps. (2 minutes)
5. Quickly saute any optional greens or veggies to soften. (1 minute)
6. Prep your avocado and/or grab your added toppings like jam and hot sauce. (1 minutes)
7. Slather jam and or smashed avocado on your toast.



# BLUEBERRY BANANA & PEANUT BUTTER ENGLISH MUFFINS

These delicious, protein packed muffins are perfect for weekend mornings! Top buttery broiled English muffins with peanut butter, bruleed bananas, and blueberries or almonds for a satisfying all-in-one breakfast!

## Nutritional Information:

Per Serving: CALORIES: 904 FAT: 37g CARBS: 133g PROTEIN: 29g

## Breakfast 7

Prep  
Time

5min

Ready  
In

5 min

Serves

2



## Requirements

- 4 Tbsp of blueberries
- 1/4 cup of peanut butter
- 2 Tbsp of brown sugar
- 2 Medium bananas
- 2 English muffins

## Procedure

1. Preheat baking tray in oven (500 degrees F). Arrange rack in lower third of oven.
2. Place muffin halves on a baking sheet and broil until toasted, 1-2 minutes.
3. Spread peanut butter on top of muffin halves and top with banana slices. Sprinkle evenly with brown sugar, a few pinches on each muffin.
4. Return muffins to oven and broil until sugar is browned and caramelized, 2 to 3 minutes. Remove from oven and top with blueberries and/or almonds. Enjoy!

# CHOCOLATE HAZELNUT SPREAD

A chocolate hazelnut spread recipe in the style of homemade Nutella! This is a super tasty recipe with a creamy texture and rich chocolate taste. Easy to prepare and also a healthy recipe made with natural ingredients and low in sugar.

## Nutritional Information:

Per Serving: CALORIES: 200 FAT: 12g CARBS: 47g PROTEIN: 22g

Breakfast 8

Prep  
Time

5min

Ready  
In

5 min

Serves

4



## Requirements

- 1½ c hazelnuts, skinned
- 1-2 tbsp hazelnut or vegetable oil
- ¾ c powdered sugar
- 2 tbsp high-quality cocoa powder
- 2 tbsp soy powder
- ¼ tsp vanilla

## Procedure

1. Toast hazelnuts in microwave (or toaster oven) at 350° for ~3 minutes, tossing them frequently so as not to burn the nuts.
2. While still hot, grind in a blender until nuts break down into nut butter, adding vanilla and a little oil during the blending process.
3. Once a coarse nut butter has been formed, add cocoa powder, powdered sugar, and soy powder, adding more oil as needed.
4. Blend until spread reaches desired consistency.

Note: The longer you blend, the smoother and thinner the spread will become. Grind for a shorter period of time or add more powdered sugar for a thicker spread.

## BANANA NUT OATMEAL

Prep your breakfast in 5 minutes or less with these Banana Nut Overnight Oats. Pop them in the fridge overnight for an easy, healthy and nutritious breakfast waiting for you in the morning.

### Nutritional Information:

Per Serving: CALORIES: 250 FAT: 45g CARBS: 46g PROTEIN: 12g

### Breakfast 9

Prep  
Time

5min

Ready  
In

5 min

Serves

3



### Procedure

1. Combine oats and 1 cup of water in a small microwave safe bowl. Microwave on high for 3 minutes until tender.
2. Top with banana slices, walnuts, and cinnamon.

### Requirements

- 1½ Cups of oats
- 3 Cups of water
- 1 Medium Banana
- 3 Tbsp of pecans



## BLUEBERRY OATMEAL

Easy oatmeal made with vegan protein powder and plant-based milk, topped with cinnamon blueberries for an easy, nutritious breakfast ready in under 10 minutes.

### Nutritional Information:

Per Serving: CALORIES: 130 FAT: 2g CARBS: 26g PROTEIN: 3g

Breakfast 10

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Requirements

- 1 cup of almond or soy milk
- 1/3 Cups of oatmeal
- ½ Cups of frozen berries
- 1 Tbsp of flaxseed oil
- 1 Tbsp of cinnamon

### Procedure

1. Mix all ingredients into a big bowl (except for the frozen blueberries)
2. Cook in the microwave for about
3. 4 minutes (Cooking time may vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick to the bowl or create chunks)
4. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!



## OATMEAL WITH DRY PLUMS

This is the perfect breakfast to give you sustained energy throughout the morning. For a change, serve it with a different variety of Princes canned fruit – such as peaches, pineapple, or mango.

### Nutritional Information:

Per Serving: CALORIES: 156 FAT: 11g CARBS: 54g PROTEIN: 11g

### Breakfast 11

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Procedure

1. Combine ry plums with water and stir in the oatmeal.
2. Microwave until cooked according to package directions, about 2 minutes.
3. Remove, add syrup of your choice, and enjoy!

### Requirements

- ½ Cup of oatmeal
- ¼ Cup of raisins
- 1 Tbsp of maple syrup
- 1½ mango
- 1 Cup of water

## GREEN SMOOTHIE

A powerhouse green smoothie that is loaded with spinach, it's smooth and creamy, sweet and refreshing. The perfect simple to make healthy smoothie to have anytime!

### Nutritional Information:

Per Serving: CALORIES: 120 FAT: 14g CARBS: 56g PROTEIN: 23g

Breakfast 12

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Requirements

- 2 kale leaves
- 2 celery sticks
- 2 carrots
- 1 small knob ginger
- 1 pear, core removed and sliced
- 2 cups spinach
- 1 tablespoon chia seeds
- 6-8 ice cubes

### Procedure

1. If you have a 'low' setting on your juicer, begin with the softer items first – kale. Then turn to 'high' and juice the celery, carrots and ginger.
2. Place fresh juice in the blender with spinach, pear slices, chia seeds and ice cubes.
3. Blend until smooth, about 30 seconds.

## CHERRY KNOCK OATS

These nourishing Cherry and Toasted Almond Overnight Oats are packed full of flavor and amazing creamy texture. Make them up for an easy meal prep breakfast!

### Nutritional Information:

Per Serving: CALORIES: 451 FAT: 20g CARBS: 63g PROTEIN: 14g

### Breakfast 13

Prep  
Time

5min

Ready  
In

2 min

Serves

1



### Procedure

1. Prepare oatmeal according to package instructions.
2. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

### Requirements

- ½ Cup of oatmeal
- 1 Medium Banana
- 2 Tbsp of peanut butter
- 1 Tbsp of cinnamon



## SOY OATMEAL PANCAKES

These soy oatmeal pancakes are made with simple ingredients balanced to perfection! Serve with vegan butter and maple syrup for the perfect breakfast!

### Nutritional Information:

Per Serving: CALORIES: 430 FAT: 13g CARBS: 64g PROTEIN: 18g

### Breakfast 14

Prep  
Time

5min

Ready  
In

5 min

Serves

5-6



### Procedure

1. In a mixing bowl, combine together the flour and baking powder. Stir in the sugar, oats, and ground flaxseed.
2. Stir in the soy milk, vanilla, coconut oil, and salt and stir to combine.

### Requirements

- 1 Cup of wholewheat flour
- 1 Tbsp of baking powder
- 1 ½ Cup of soy milk
- ¾ cup of rolled oats (organic is preferred)
- 1 cup of nut milk (almond, cashew, coconut are all great)
- 1 Tbsp of coconut palm sugar or stevia
- Top with syrup
- Optional - sprinkle vegan chocolate chips or dark chocolate on top for extra flavour.



# VEGAN FRENCH TOAST

So easy to make in just 5 minutes, using everyday ingredients. You won't miss the eggs at all in this delicious weekend morning breakfast. A secret ingredient makes these french toast incredibly crisp,

## Nutritional Information:

Per Serving: CALORIES: 404 FAT: 8g CARBS: 69g PROTEIN: 12g

Breakfast 15

Prep  
Time

5min

Ready  
In

5 min

Serves

4



## Requirements

- 1 cup coconut milk beverage
- 1 tablespoon flaxseed meal (ground flaxseed)
- 1 teaspoon vanilla
- 1 tsp cinnamon
- 1 loaf day-old bread, sliced (make sure the bread is vegan)
- 1 tbsp coconut oil
- Optional: maple syrup for topping

## Procedure

1. In a wide-rimmed bowl, add coconut milk, flaxseed, vanilla, and cinnamon, whisk, and let set for 5 minutes.
2. Heat coconut oil on a griddle over medium-low heat.
3. One side at a time, dip slices of bread into the batter, leaving no spots untouched.
4. Transfer slices to the griddle and cook for 4-5 minutes on each side, or until golden-brown.
5. Optional: Drizzle french toast with maple syrup.

# COCONUT FRENCH TOAST

This coconut French toast recipe, topped with coconut flakes and tart raspberries, is the ultimate Sunday brunch.

## Nutritional Information:

Per Serving: CALORIES: 344 FAT: 18g CARBS: 36.4g PROTEIN: 19.1g

Breakfast 16

Prep  
Time

5min

Ready  
In

5 min

Serves

4



## Requirements

- 1/2 cup canned coconut milk
- 1 tbsp coconut sugar
- 1 tsp vanilla extract
- 1 tbsp vegan butter
- 2 pieces sourdough bread
- top with powder sugar
- top with coconut flakes
- top with maple syrup
- top with raspberries and blueberries.

## Procedure

1. In a medium sized mixing bowl, add in coconut milk, coconut sugar, and vanilla and mix well. (Optional: you can add in a pinch of salt if you'd like, to bring out the flavours a little more)
2. Melt vegan butter in a heated pan and add in the sourdough bread slices. Toast on each side until they start to brown.
3. Pour in the mixture straight onto the pan with the bread. Flip the bread around a few times until it starts to crisp up.
4. Transfer the "French toast" onto a plate and top with raspberries and sprinkle with powdered sugar.
5. Add in some coconut flakes and maple syrup. Enjoy!

## CHAI BREAKFAST QUINOA

Quick and easy breakfast quinoa that's flavored with chai, filled with protein, and takes just 5 minutes to make. With 16g of plant-based protein in each bowl, this recipe will quickly become your morning go-to!

### Nutritional Information:

Per Serving: CALORIES: 568 FAT: 22g CARBS: 76g PROTEIN: 16g

### Breakfast 17

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Requirements

- 1 cup almond milk
- 2 chai tea bags
- 2 cups cooked quinoa
- 2 tablespoons chia seeds
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon
- toppings (optional)
- 2 tablespoons almond butter
- 2 tablespoons blueberry jam
- 2 tablespoons seed mix

### Procedure

1. Add the almond milk and tea bags into a small saucepan. Warm the milk and allow the tea to steep for 4 minutes.
2. Remove the tea bags, press out any extra tea, and add the remaining breakfast quinoa ingredients. Stir until quinoa has warmed, about 1 minute, and transfer to two bowls.
3. Top with half the toppings indicated above, or your favorite toppings of choice.



# CHOCOLATE PEANUT BUTTER QUINOA

This Chocolate Peanut Butter Quinoa Breakfast Parfait is the BEST way to start your day! This vegan-friendly recipe seriously tastes like breakfast for dessert but is super healthy and you can make it in a mason jar ahead of time!

## Nutritional Information:

Per Serving: CALORIES: 480 FAT: 24g CARBS: 51g PROTEIN: 19g

Breakfast 18

Prep  
Time

5min

Ready  
In

5 min

Serves

5



## Requirements

- 4 tablespoons black chia seeds
- 1 scoop vegan protein powder optional
- 2 tablespoons raw cacao powder or unsweetened cocoa powder
- 1 cup non-dairy milk of choice
- 3 tablespoons creamy peanut butter
- 1 tablespoon maple syrup
- 2 - 3 tablespoons water
- 1 cup cooked quinoa
- chocolate chips optional

## Procedure

1. The night before you want to eat this breakfast, whisk together the chia seeds, protein powder, cacao and milk. Place it in a bowl or mason jar and refrigerator overnight (or for at least 2 hours).
2. When ready to serve, remove chia pudding from the fridge and separate into two glasses.
3. Mix together the peanut butter, honey and water until smooth. Add a scoop on top of the chia pudding and smooth to form an even layer.
4. Add 1/2 cup quinoa atop the peanut butter and garnish with a few chocolate chips.
5. Enjoy

## VEGAN MINT CHOCOLATE CHIP SMOOTHIE

This delicious vegan mint chocolate chip smoothie is the perfect way to start your day. Packed with vegetables, vegan protein, and chocolate, it might taste like dessert but is way healthier!

### Nutritional Information:

Per Serving: CALORIES: 346 FAT: 21g CARBS: 30g PROTEIN: 18g

Breakfast 19

Prep  
Time

5min

Ready  
In

5 min

Serves

5



### Procedure

1. Add all the ingredients into a blender and blend on high until smooth and creamy. Pulse in the cacao nibs.
2. Pour the smoothie into a glass and enjoy! (optional: sprinkle on more cacao nibs and garnish with a sprig of mint)

### Requirements

- 1/2 cup frozen cauliflower
- 1/2 cup frozen blueberries
- 1/3 cup fresh mint
- 2 tablespoons raw cacao powder
- 2 tablespoons hemp seeds
- 1 scoop vegan chocolate protein powder
- 1/2 cup coconut water
- 1/2 cup almond milk (or water)
- 1 tablespoon cacao nibs

# ENERGIZING MANGO SMOOTHIE BOWL

This energizing Mango Smoothie Bowl is made with fruits, veggies and superfoods to give you fiber, vitamins and a natural boost of energy in the morning!

## Nutritional Information:

Per Serving: CALORIES: 407 FAT: 13g CARBS: 51g PROTEIN: 28g

Breakfast 20

Prep  
Time

5min

Ready  
In

5 min

Serves

5



## Procedure

1. Add all ingredients to a blender in the order listed. Blend on high until smooth and creamy.
2. Transfer contents of the blender to a bowl. Smooth over the top and add your toppings.
3. Dig in and enjoy with a cool glass of Cold Brew!

## Requirements

- 1/4 of an avocado
- 1/2 cup frozen cauliflower
- 1 cup frozen mango
- 1 scoop vegan protein powder optional (or replace with 3 tbsp hemp seeds)
- 1 teaspoon maca powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- A pinch of black pepper
- 1/4 - 1/2 cup almond milk
- toppings: granola coconut flakes, blueberries and bee pollen



# TOMATO & PESTO TOAST

Say hello to the summer avocado toast of your dreams topped with vibrant pesto and sliced tomatoes! It's avocado toast on a whole new level

## Nutritional Information:

Per Serving: CALORIES: 480 FAT:18g CARBS: 51g PROTEIN: 13g

Breakfast 21

Prep  
Time

5min

Ready  
In

5 min

Serves

1



## Procedure

1. Slather the toast with hummus. Top with sliced tomato and drizzle with pesto.
2. Garnish with cracked pepper and hemp seeds.

## Requirements

- 1 slice gluten-free bread, toasted
- 2 tablespoons classic hummus
- 1 small tomato
- 1 tablespoon pesto
- hemp seeds to garnish

## SAVORY MUSHROOM TOAST

Need a little breakfast inspiration? Try this Savory Mushroom Toast With four different flavors, there's something for everyone to love!

### Nutritional Information:

Per Serving: CALORIES: 580 FAT:24g CARBS: 59g PROTEIN: 64g

Breakfast 22

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Requirements

- 1 slice gluten-free bread
- 1 tablespoon olive oil
- 1 cup button mushrooms, sliced
- 1/2 teaspoon garlic powder
- 1 teaspoon rosemary
- Pinch of sea salt
- 2 tablespoons hummus
- Herbs to garnish

### Procedure

1. Heat the olive oil over medium heat. Once hot, add the mushrooms and saute for 2 – 3 minutes. As the mushrooms start to soften, sprinkle with garlic, rosemary, and salt. Continue cooking until mushrooms are completely soft. Strain off any liquid.
2. For the toast, slather the bread with hummus. Top with the warm mushrooms and garnish with cracked pepper and herbs.

## AVOCADO & SPROUT TOAST

A fresh take on the classic flavors of smashed avocado on toast, we use alfalfa sprouts to bring a fresh bite to velvety avocado. Add a sprinkle of nutrient-rich sunflower seeds for extra crunch.

### Nutritional Information:

Per Serving: CALORIES: 169 FAT:9.5g CARBS: 17g PROTEIN: 9g

### Breakfast 23

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Procedure

1. Slather the toast with hummus. Top with the sprouts and sliced avocado. Garnish with hemp seeds, pepper flakes and lemon zest.

### Requirements

- 1 slice gluten-free bread
- 2 tablespoons hummus
- 2 tablespoons (small handful) of sprouts
- 1/2 an avocado, sliced
- Hemp seeds, pepper flakes and lemon zest to garnish



# APPLE & MAPLE SYRUP TOAST

In this fall breakfast recipe, soft caramelized apples are a heavenly topping for a thick slice of fluffy French toast.

## Nutritional Information:

Per Serving: CALORIES: 680 FAT:24g CARBS: 51g PROTEIN: 30g

Breakfast 24

Prep  
Time

5min

Ready  
In

5 min

Serves

1



## Procedure

1. Slather the toast with hummus. Top with the sliced apple and drizzle with maple syrup. Garnish with a pinch of cinnamon.

## Requirements

- 1 slice gluten-free bread
- 2 tablespoons hummus
- 1/2 tbs maple syrup
- Cinnamon to garnish

## SALSA & AVOCADO HUMMUS TOAST

Clean, colorful and deliciously good-for-you hummus avocado toast! The most simple, savory bite for breakfast, lunch and healthy snacking. Top with your favorite veggies and seasoning, or follow

### Nutritional Information:

Per Serving: CALORIES: 435 FAT:24g CARBS: 43g PROTEIN: 19g

Breakfast 25

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Procedure

1. Slather the toast with hummus. Top with the salsa and swirl it around. Place avocado on top of the salsa and garnish with cilantro.

### Requirements

- 1 slice gluten-free bread
- 2 tablespoons hummus
- 1 tablespoon jarred salsa
- 1/2 a small avocado, cubed
- Cilantro & lime juice to garnish

## BLUEBERRY & MAPLE SYRUP TOAST

We've all heard of blueberry pancakes but how about blueberry vegan French toast? A simple stovetop syrup of blueberries, butter, and maple syrup make a delectable topping for a breakfast of warm French toast.

### Nutritional Information:

Per Serving: CALORIES: 480 FAT:24g CARBS: 51g PROTEIN: 19g

Breakfast 26

Prep  
Time

5min

Ready  
In

5 min

Serves

5



### Procedure

1. Slather the toast with hummus. Top with the sprouts and sliced avocado. Garnish with hemp seeds, pepper flakes and lemon zest.

### Requirements

- 1 slice gluten-free bread, toasted
- 2 tablespoons classic hummus
- 1/4 cup fresh blueberries
- 1 tablespoon chopped mint
- maple syrup to garnish



## GREEK SALAD HUMMUS TOAST

This greek salad sandwich packs the punch of your favorite greek salad all into a sandwich! one of my favorite easy lunches!

### Nutritional Information:

Per Serving: CALORIES: 317 FAT: 24g CARBS: 19g PROTEIN: 15g

Breakfast 27

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Procedure

1. Add the cucumber, tomato, olives, and shallot into a bowl and toss to combine. Slather the toast with hummus, then top with the greek salad. Garnish with chives.

### Requirements

- 2 tablespoons chopped cucumber
- 2 tablespoons chopped cherry tomatoes
- 1 tablespoon chopped olives
- 2 tablespoon chopped shallot
- 1 slice gluten-free bread
- 2 tablespoons hummus
- Chives to garnish

# SWEET STRAWBERRY HUMMUS TOAST

This strawberry toast is sure to be the hit of your house for a tasty breakfast!

## Nutritional Information:

Per Serving: CALORIES: 414 FAT:27g CARBS: 42g PROTEIN: 11g

Breakfast 28

Prep  
Time

5min

Ready  
In

5 min

Serves

1



## Procedure

1. Slather the toast with hummus. Top with jam and swirl around. Place strawberries on top and garnish with hazelnuts.

## Requirements

- 1 slice gluten-free bread
- 2 tablespoons hummus
- 1 tablespoon strawberry jam
- 1/4 cup sliced strawberries
- Chopped hazelnuts to garnish

## KIMCHI TOFU SCRAMBLE

This kimchi tofu scramble is a protein-packed, plant-based breakfast and is a wonderful alternative to scrambled eggs!

### Nutritional Information:

Per Serving: CALORIES: 91 FAT:4g CARBS: 3g PROTEIN: 9g

Breakfast 29

Prep  
Time

5min

Ready  
In

5 min

Serves

5



### Requirements

- 1 block extra firm tofu patted dry
- 2 teaspoons olive oil
- 2 cups spinach
- 1/2 cup kimchi
- 1/4 cup green onions
- Optional add-ins: salt pepper, hot sauce, lime juice

### Procedure

1. Heat the oil in a large skillet over medium heat. Crumble tofu into small pieces using your hands and add to the pan. Sauté for 2 - 3 minutes until starting to sizzle and brown slightly.
2. Add remaining ingredients and cook another 2 minutes until the spinach is wilted and everything is piping hot.
3. Serve immediately, garnish with salt, pepper and hot sauce, with a side of toast (preferably avocado toast).



## RAW BANANA SPLITS

Enjoy your banana split as a post-workout treat, a quick-and-easy breakfast, or a midday snack. Or, to turn it into more of a dessert, drizzle with a little dark chocolate.

### Nutritional Information:

Per Serving: CALORIES: 414 FAT:27g CARBS: 42g PROTEIN: 11g

Breakfast 30

Prep  
Time

5min

Ready  
In

5 min

Serves

4-5



### Requirements

- 4 medium ripe bananas
- TOPPINGS:
- 1/2 cup nut butter (divided // we used peanut butter, but for raw, try raw cashew or almond butter)
- 1/4 cup Coconut Yogurt \* (divided // or store-bought, such as Coyo brand)
- 1/4 cup Rawnola (divided)
- 1/2 cup berries of choice (divided)
- 4 tsp hemp seeds (divided)
- 1/4 cup unsweetened coconut flakes (divided)

### Procedure

1. Peel bananas and use a knife to carefully cut a slit down the center of each to create an opening without completely slicing through.
2. Top with nut butter of choice, then coconut yogurt, raw nola, berries, hemp seeds, and coconut flakes.
3. Best served fresh. Can cover and store leftovers in the refrigerator up to 24 hours. You could also slice and freeze leftovers for up to 1 month for adding to smoothies.

## TRIPLE BERRY PROTEIN SMOOTHIE

This Triple Berry Smoothie is packed with clean ingredients and a whopping 12g of protein per serving.

### Nutritional Information:

Per Serving: CALORIES: 196 FAT:3g CARBS: 32g PROTEIN: 13g

Breakfast 31

Prep  
Time

5min

Ready  
In

5 min

Serves

5



### Procedure

1. Add all the ingredients into a blender and blend on high until smooth and creamy.
2. Pour the smoothie into a glass and enjoy!  
(optional: sprinkle with some hemp seeds and granola for extra protein!)

### Requirements

- 1/2 cup frozen cauliflower rice
- 1/2 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup frozen blueberries
- 1/4 of an avocado
- 1 scoop vegan vanilla protein powder
- 1 cup non-dairy milk

# CREAMY COCONUT MATCHA OATMEAL

These creamy coconut matcha oatmeal bowls are a warm, comforting, and cozy vegan breakfast recipe that keeps you warm and full all morning long.

## Nutritional Information:

Per Serving: CALORIES: 339 FAT:21g CARBS: 7g PROTEIN: 9g

Breakfast 32

Prep  
Time

5min

Ready  
In

5 min

Serves

3



## Requirements

- 1 1/2 cups water
- 1 1/2 cups coconut water
- 1 cup rolled oats
- 2 tablespoons coconut flour
- 2 tablespoons maple syrup
- 2 teaspoons matcha powder
- 1/4 cup shredded coconut

## Procedure

1. Add water, coconut water and oats into a small saucepan. Bring the waters to boil, reduce to simmer and continue to stir until the mixture begins to thicken, about 1 minute.
2. Stir in coconut flour, syrup and matcha. Continue to cook and stir until the mixture has reached your desired consistency. Fold in the shredded coconut.
3. Divide equally between two bowls. Top with your toppings of choice!



# PUMPKIN PIE QUINOA

One change I have tried is this pumpkin version of the same breakfast topped with creamy almond butter and crushed raw almonds for a crunchy chew. It's just as healthy and quick and easy to make.

## Nutritional Information:

Per Serving: CALORIES: 405 FAT:8g CARBS: 68g PROTEIN: 13g

Breakfast 33

Prep  
Time

5min

Ready  
In

5 min

Serves

2



## Procedure

1. Combine the quinoa flakes, pumpkin, maple sugar and milk in a small sauce pan. Bring to a boil then reduce to simmer, stirring constantly until thickened, about 90 seconds. Stir in spices.
2. Transfer to a bowl, and top with pecans and maple sugar if using.

## Requirements

- 1/3 cup quinoa flakes
- 1/3 cup pumpkin puree
- 2 tablespoons maple sugar
- 1 1/4 cup plant-based milk
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/4 teaspoon vanilla bean powder
- Pecans + additional maple sugar for topping optional

## WEETABIX PORRIDGE

This is probably one of my new favourite breakfasts to have! Its cakey, it's fluffy and is so warming in the mornings! It pairs so nicely with the salted caramel protein powder and also the yogurt on top!

### Nutritional Information:

Per Serving: CALORIES: 342 FAT: 4g CARBS: 30g PROTEIN: 7g

Breakfast 34

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Requirements

#### BASE:

- 3 weetabix
- 3/4 cup of your favorite plant milk
- 1/2 scoop of soy protein powder
- 1 tbsp chia seeds

#### TOPPINGS:

- 1/2 banana
- 1/2 cup frozen berries
- alpro or any other vegan plain yogurt
- caramel syrup

### Procedure

1. In a bowl, crumble up your weetabix with your hands and then add in your plant milk. Mash down on the weetabix even more with a spoon and mix it together until you have a mushy texture. Now add in your chia seeds and protein powder. It should be pretty thick by this point.

2. Put in the microwave for 1 - 1:30 minutes. Once done, take out and serve up with all your toppings! I chose banana, frozen berries, plain yogurt and a caramel syrup!





# LUNCH RECIPES

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## LUNCH RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Lunch 1

Lettuce Cucumber  
Walnut Salad



### Lunch 2

Kale Avocado Salad



### Lunch 3

Tofu, Feta & Olives  
Salad



### Lunch 4

Chickpea & Mushroom  
Taco



### Lunch 5

Chickpea, Avocado &  
Vegan Cheese Salad



### Lunch 6

Garlic Couscous  
Salad



### Lunch 7

Vegan Lettuce  
Wraps



### Lunch 8

Chopped Salad



### Lunch 9

Red Bean Salad



### Lunch 10

Spinach Tomato  
Salad



### Lunch 11

Quick Potato Salad



### Lunch 12

Veggie Mix  
Bowl



### Lunch 13

Cherry Tomato,  
Chickpea & Orange  
Pepper Salad







## LUNCH RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Lunch 14

Avocado Lime Salad



### Lunch 15

Healthy Apple  
Nachos



### Lunch 16

Kale White Bean &  
Pesto Salad



### Lunch 17

Tomato & Hummus  
Pocket Sandwich



### Lunch 18

Avocado Pesto  
Caprese Sandwich



### Lunch 19

Thia Pinwheels  
with Peanut Sauce



### Lunch 20

Easy Vegan Tacos



### Lunch 21

Veggie Pinwheels



### Lunch 22

Vegan Egg Salad  
Sandwich



### Lunch 23

Chickpea, Avocado  
Mash with Lemon



### Lunch 24

Mediterranean Bowl



### Lunch 25

Easy Ramen  
Noodles





# LETTUCE CUCUMBER WALNUT SALAD

A light and refreshing salad prepared with cucumbers, walnuts, onion and feta too, it's loaded with crunch and texture. Cucumber Walnut Salad is tangy, salty, and best served chilled. You have to save

## Nutritional Information:

Per Serving: CALORIES: 383 FAT: 36g CARBS: 16g PROTEIN: 9g

Lunch 1

Prep  
Time

5min

Ready  
In

5 min

Serves

5



## Procedure

1. Add lettuce to a bowl. Peel, slice, and add cucumbers.
2. Add olive oil, season with salt and pepper, and mix.
3. Crush and add walnuts. Serve immediately and enjoy.

## Requirements

- 7 7/8 cup of shredded lettuce
- 3 medium cucumbers
- 1 1/2 Tbsp of olive oil
- 1 1/2 dash of salt
- 1 1/2 dash of pepper
- 3/8 cup of chopped walnuts



## KALE AVOCADO SALAD

Kale Avocado Salad is packed with incredible flavor and amazing textures. Rainbow kale is topped with crisp cucumbers, juicy tomatoes, creamy avocado slices, roasted sunflower seeds.

### Nutritional Information:

Per Serving: CALORIES: 248 FAT: 19g CARBS: 18g PROTEIN: 8g

### Lunch 2


Prep  
Time

5min

Ready  
In

5 min

Serves

1-2

### Procedure

1. Chop kale.
2. Mash avocado into kale. This will help to tenderize the kale.
3. Add lemon or lime juice. 2 Tbsp is about the amount from a small/medium lemon.
4. Salt and pepper to taste.
5. Toss once more and serve. Enjoy!

### Requirements

- 4 chopped kale
- 2 avocado with skin and seed
- 4 Tbsp of lemon juice
- dash of pepper
- dash of salt

## TOFU FETA, OLIVES SALAD

This vegan Greek salad has everything you'd expect! Cucumbers, bell peppers, tomatoes, olives, onion, and crumbled chunks of punchy, flavourful tofu feta marinated in a simple Greek salad vinaigrette.

### Nutritional Information:

Per Serving: CALORIES: 327 FAT: 26g CARBS: 20g PROTEIN: 17g

Lunch 3

Prep  
Time

5min

Ready  
In

5 min

Serves

3-4



### Requirements

- 8 ounces of extra firm tofu
- 3 tbsp of lemon juice
- 2 tbsp of extra virgin olive oil
- 1/4 tbsp of salt
- 1/4 tbs of oregano

### Procedure

1. Slice the tofu into 4 slabs, crosswise. Blot between layers of paper towel or clean tea towels until you get out as much moisture as you can.
2. Cut the slabs into 1/2 inch dice. Place in the serving container in which you plan to serve this, in a single layer.
3. Toss with the lemon juice and oil; sprinkle with the salt and oregano. Let stand for 30 minutes, then use as you wish.

## CHICKPEA & MUSHROOM TACO

Mushrooms and chickpeas are great meat alternatives that create an almost “meaty” texture and can take on flavors really well. Give these yummy tacos a try!

### Nutritional Information:

Per Serving: CALORIES: 410 FAT: 17g CARBS: 56g PROTEIN: 14g

### Lunch 4


Prep  
Time

5min

Ready  
In

5 min

Serves

2

### Procedure

1. Chop mushrooms, dice onion, and mash chickpeas using a fork (or you can use a food processor).
2. Add oil into a heated pan and add in mushrooms and onions. Let it cook for a little bit before adding in the chickpeas.
3. Add in the taco seasoning and mix well. Add a splash of water if things start looking a bit dry.
4. Cover and let it simmer for a few minutes until everything is well cooked.
5. Now it's time for the assembly: add some shredded lettuce to the taco shells before adding in the chickpea & mushroom filling.
6. Add corn and salsa. Enjoy!

### Requirements

- 1 cup of spinach
- 1/2 zucchini (preferably spiralized)
- 1/2 cup of shredded carrots
- 1/2 cup of shredded red cabbage

### DRESSING:

1/2 avocado  
2 tbsp of extra virgin olive oil  
juice of 1/2 lime



# CHICKPEAS, AVOCADO & VEGAN CHEESE SALAD

This is the best vegan chickpea avocado salad because it is healthy, simple, creamy and so easy to make! In addition, it's gluten free, customizable, and perfect for meal-prep or weeknight dinners or lunches!

## Nutritional Information:

Per Serving: CALORIES: 193 FAT: 9g CARBS: 24g PROTEIN: 8

## Lunch 5

Prep  
Time

5min

Ready  
In

5 min

Serves

3-4



## Procedure

FOR THE DRESSING:

2. Whisk together all ingredients in a bowl until they come together to a smooth dressing.

FOR THE SALAD:

5. Mix arugula, beans, lentils, and capers. Top with dressing and enjoy

## Requirements

- 1 can of chickpeas (rinsed and drained)
- handful of parsley (chopped)
- 2 Tbsp of green onion (thinly sliced)
- 1/3 vegan cheddar cheese (diced)
- 1 avocado (diced)
- juice of 1 lemon
- Add salt and mix well

## Garlic Couscous Salad

A roasted garlic Italian Couscous Salad that's light and refreshing! We're roasting garlic and tomatoes and adding it to pearl couscous with an easy Italian dressing, fresh arugula,

### Nutritional Information:

Per Serving: CALORIES: 480 FAT:24g CARBS: 51g PROTEIN: 19

Lunch 6



Prep  
Time

5min

Ready  
In

5 min

Serves

2-3

### Procedure

1. In a bowl, add in couscous and garlic salt and pour in the same amount of hot water. Mix well and cover it up.
2. Chop sun-dried tomatoes and artichoke hearts and add to the couscous.
3. Add in corn and chickpeas and mix well.
4. Squeeze in lemon and add in olive oil and chopped arugula.
5. Season with black pepper and more salt, if needed.
6. That's it! Enjoy!

### Requirements

- 1/2 cup dry couscous
- 1/2 cup boiling water
- 1 tsp garlic salt
- 2 pieces sun-dried tomato
- 2 artichoke hearts
- 1/4 cup corn
- 1/2 cup chickpeas, drained & rinsed
- 1 tsp olive oil
- 1 cup arugula, chopped
- Juice of 1/2 lemon

## VEGAN LETTUCE WRAPS

These Healthy Vegan Lettuce Wraps are an easy healthy dinner idea! Leftovers also make a quick lunch the next day.

### Nutritional Information:

Per Serving: CALORIES: 153 FAT:9g CARBS: 12g PROTEIN: 9.6

Lunch 7

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Requirements

- 1 or 2 romaine hearts
- ½ cup hummus, to spread
- 1 cucumber, julienned
- ½ cup shredded carrots
- ½ cup cherry tomatoes, halved
- ½ cup chickpeas, optional
- ¼ cup cilantro sprigs
- 2 tablespoon hemp hearts
- salt + pepper

### Procedure

1. Start with a sprinkle of the hemp hearts, salt and pepper. You really can eat about as much as you want here and I love it like that!
2. Wash and dry your romaine hearts. I usually use 2 leaves together for each wrap, one large and a smaller one on top. Add a layer of hummus down the middle of romaine hearts, it's ok to spread a little out toward the edges if you like. Layer first with cucumbers, carrots and then tomatoes. Add cilantro and top with a sprinkle of hemp hearts, salt and fresh cracked pepper.
3. Enjoy as much or as little as you like!



## CHOPPED SALAD

It's easy to make with crispy lettuce, some fresh and jarred ingredients, and an easy dressing (if you can even call it that!), and it's called my everyday salad because I never get sick of this combination.

### Nutritional Information:

Per Serving: CALORIES: 380 FAT: 3g CARBS: 12g PROTEIN: 26g

Lunch 8

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Procedure

1. Prepare all of the vegetables as listed above. I highly recommend creating different textures with your vegetables to add variety.
2. Place the mixed greens at the bottom of the bowl then add all of the vegetables on top. Combine the avocado, extra virgin olive oil and the lime juice with salt and pepper to create a creamy dressing.
3. Serve with the dressing drizzled on top.

### Requirements

- 1 cup of spinach
- 1/2 zucchini (preferably spiralized)
- 1/2 cup of shredded carrots
- 1/2 cup of shredded red cabbage

#### DRESSING:

1/2 avocado  
2 tbsp of extra virgin olive oil  
juice of 1/2 lime

## RED BEAN SALAD

This simple, protein-packed Kidney Bean Salad with Lemon & Parsley is filled with texture & bright, fresh, zesty flavours. Perfect for a healthy, light lunch or tasty side!

### Nutritional Information:

Per Serving: CALORIES: 396 FAT:11g CARBS: 55g PROTEIN: 19

Lunch 9

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Procedure

1. Chop celery, seed and chop red pepper, drain canned
2. Kidney beans, chop scallions and parsley.
3. Combine all ingredients in a medium bowl and toss well; adjust seasonings

### Requirements

- 2 medium scallions
- 1 1/2 cup of parsley
- 2-3 Tbsp of olive oil
- dash of salt
- dash of pepper
- 1/4 cup of bluebell pepper (sliced)
- 1 1/3 cup of kidney beans
- 1/3 celery sticks
- 1/3 cup of red pepper relish
- 1/3 Tbsp of vinegar

## SPINACH TOMATO SALAD

Simple salads can be a life saver, especially when it's time to get back into a routine for back-to-school. Add this Summer Spinach Salad with Tomato to your dinner plan this week!

### Nutritional Information:

Per Serving: CALORIES: 373 FAT:29g CARBS: 26g PROTEIN: 12

Lunch 10



Prep  
Time

5min

Ready  
In

5 min

Serves

4

### Procedure

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions and tomato.
2. Put spinach in a mixing bowl and add the tomato, scallions, oil, pepper, and the juice from 1 squeezed lemon.
3. Toss and serve.

### Requirements

- 10 cups of spinach
- 4 large scallions
- 1 1/2 cup of medium tomato
- 2 tbsp of olive oil
- dash of pepper
- 1 lemon yield



## QUICK POTATO SALAD

Hands down, this is my favorite creamy potato salad recipe. See how to make our homemade potato salad with a simple classic dressing.

### Nutritional Information:

Per Serving: CALORIES: 200 FAT:9.6g CARBS: 24g PROTEIN: 2.9

Lunch 11

Prep  
Time

5min

Ready  
In

5 min

Serves

4-5



### Procedure

1. Boil potatoes until just soft (test with fork). Transfer to strainer and cool.
2. Once the potatoes have cooled, peel if desired, and chop into bite-sized pieces.
3. Gently toss together all the ingredients in a large bowl, seasoning with salt and pepper to taste. Can serve immediately, or chill before serving.

### Requirements

- 5 medium potatoes
- 8 tbsp of vegan mayo
- 3 tbsp of vinegar
- 1 medium onion
- 2 medium celery stalks
- 1 dash of pepper
- 1 dash of salt

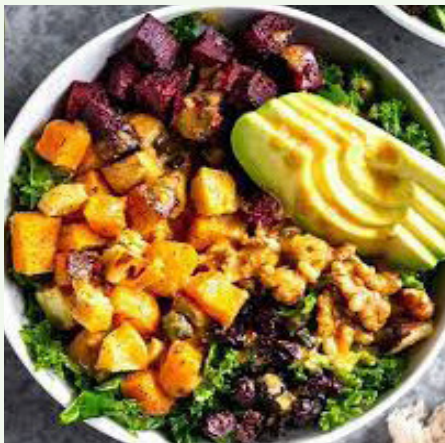
## VEGGIE MIX BOWL

This colorful recipe has been slowly taking shape in my kitchen over the past few months. I've seen "Mix bowls" all over the internet and menus lately, so I set out to make one.

### Nutritional Information:

Per Serving: CALORIES: 592 FAT:30g CARBS: 64g PROTEIN: 21

Lunch 12



Prep  
Time

5min

Ready  
In

5 min

Serves

2-3

### Procedure

1. Pre-heat the oven at 350F/175C. Place the cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.
2. While the sweet potatoes are baking, clean and chop up the kale. Once the kale is ready mix it in with the olive oil and massage it into the kale.
3. Chop the red pepper and avocado. Prepare the dressing by mixing the tahini and the fresh lemon juice together.
4. Once the sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it and finish it off with the dressing.

### Requirements

- 2 cups of kale
- 1 roasted sweet potato
- 1 avocado
- 1 red bell pepper
- 1 can of bean beans
- 1 Tbsp of olive oil

### DRESSING

- 2 medium celery stalks
- 1 Tbsp of tahini

# CHERRY TOMATO, CHICKPEA & ORANGE PEPPER SALAD

Full of fresh ingredients and a different way to use beans, our Chickpea Tomato Salad is healthy, filling and super addictive. The bonus? You will love the Lemon-herb-garlic dressing!

## Nutritional Information:

Per Serving: CALORIES: 600 FAT:33g CARBS: 64g PROTEIN: 21

## Lunch 13

Prep  
Time

5min

Ready  
In

10 min

Serves

4



## Requirements

- juice of 1 large lemon
- 1/2 cup (125 mL) extra virgin olive oil  
1/2 tsp (2 mL) vegan sugar
- salt and freshly ground black pepper to taste
- 20 cherry tomatoes, halved
- 1 1/2 cups (375 mL) cooked chickpeas
- 1 medium red onion, finely chopped
- 4 cloves garlic, finely chopped
- A handful of fresh flat-leaf parsley, finely chopped
- 1 small orange bell pepper, sliced thinly in strips, then cut twice crossways
- fresh basil leaves, finely chopped

## Procedure

### Dressing:

1. Place the ingredients in a clean jar, close the lid tightly and shake until thick and smooth.

### Salad:

2. Toss all the ingredients together in a bowl.
3. Drizzle on as much dressing as you like, toss again and serve.



## AVOCADO LIME SALAD

Quick, fresh salad dressing! This avocado dressing is fun and easy to make. While there are many recipes online, this one differs because it is oil-free, cholesterol-free, very low in fat.

### Nutritional Information:

Per Serving: CALORIES: 379 FAT:9g CARBS: 56g PROTEIN: 16

Lunch 14

Prep  
Time

5min

Ready  
In

10 min

Serves

4



### Requirements

- 2 cups (200g) diced red bell pepper
- 1 1/4 cups (168g) frozen sweet corn
- 2 (15-ounce) cans low-sodium black beans, drained and rinsed, or 3 cups cooked (510g)
- 1/4 cup (60g) fresh lime juice
- 1 tablespoon (20g) pure maple syrup
- 1 teaspoon (2.5g) chili powder
- 1/2 teaspoon (1.5g) ground cumin
- 1/8 teaspoon fine salt
- 1 medium avocado (150g), chopped
- OPTIONAL: crushed tortilla chips for serving

### Procedure

1. In a medium glass or ceramic bowl, whisk together 2 tablespoons lime juice and 1/2 teaspoon salt.
2. Add tomatoes, avocados, scallions and garlic.
3. Using rubber spatula, gently fold to combine.
4. Season to taste with pepper.
5. In large bowl, whisk together olive oil, cumin, remaining tablespoon lime juice and 1/8 teaspoon salt.
6. Add lettuce and toss.
7. Season to taste with pepper.
8. Divide lettuce among plates.
9. Top each with mound of avocado mixture.
10. Top with cucumber slices.
11. Sprinkle with cilantro and serve.

## HEALTHY APPLE NACHOS

This is probably one of my new favourite breakfasts to have! It's cakey, it's fluffy and is so warming in the mornings! It pairs so nicely with the salted caramel protein powder and also the yogurt on top!

### Nutritional Information:

Per Serving: CALORIES: 169 FAT: 3.4g CARBS: 28.2g PROTEIN: 6.2

Lunch 15

Prep  
Time

5min

Ready  
In

10 min

Serves

4



### Requirements

- 2 apples of choice
- ¼ cup natural nut butter (peanut, almond, sunflower, etc.)
- small handful chocolate chips (I used Enjoy Life Mini Chips)
- small handful shredded coconut
- small handful slivered almonds, optional
- sprinkle of cinnamon
- 1 tablespoon lemon juice

#### Optional toppings:

- hemp hearts
- cacao nibs
- raisins or currants
- ground cardamom
- pure maple syrup

### Procedure

1. Apples: Wash, core and cut your apples into ¼ inch slices. I like to cut mine into quarters, take a small paring knife and carefully remove the core and upper and lower end where dirt may still be collected (even after washing). Lay apple quarters on a flat surface with the inside of the apple facing up, carefully slice your apple into ¼ inch slices, even ½ inch slices is good too. Whatever thickness you prefer, no rules here! Place apple slices in a small bowl with the lemon juice, toss to coat.

2. Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate (like shown in the picture above). Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge. You can also just zig zag the almond butter from one side to the other if you like. Again, no rules – just do what you feel is best! Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you've chosen to use as your toppings).

3. Serves one generously, or two as a small plate.

4. Enjoy this simple yet delicious treat!

## KALE WHITE BEAN & PESTO SALAD

For starters, you can completely customize these. You need apples of course, and then toppings of choice. This is the perfect late night healthy treat, or the perfect after school snack fuel to keep your family going for the rest of the evening.

### Nutritional Information:

Per Serving: CALORIES: 423 FAT: 3.4g CARBS: 54g PROTEIN: 19g

### Lunch 16


Prep  
Time

5min

Ready  
In

10 min

Serves

4

### Procedure

1. Finely chop kale and place in a large bowl.
2. Rinse and drain beans, slice the tomatoes in half, and add them both to the bowl.
3. Add the pesto and then toss with lemon juice until everything is coated.

### Requirements

- 2 cups of kale
- 1/4 cup of chopped grape tomatoes
- 3 1/4 cup of white beans
- 3/16 cup pesto or basil sauce
- 1/3 lemon juice (lemon yields)



## TOMATO & HUMMUS POCKET SANDWICH

Spread our Classic Hummus in pita halves and fill with a fresh vegetable mixture to make an easy lunch.

### Nutritional Information:

Per Serving: CALORIES: 1781 FAT: 82g CARBS: 220g PROTEIN: 67g

### Lunch 17

Prep  
Time

5min

Ready  
In

10 min

Serves

4



### Procedure

1. Rinse cherry tomatoes and cut into halves.
2. Slice an opening at the top of each pita and spread hummus on the inside of each. Stuff with alfalfa sprouts and 6 tomato halves. Drizzle olive oil over the sandwich filling and serve.

### Requirements

- 3 cherry tomatoes
- 1 large pita bread
- 1/2 cup of hummus
- 1/2 tbsp of olive oil

# AVOCADO PESTO CAPRESE SANDWHICH

Avocado basil pesto, tomato, and vegan mozzarella on roasted garlic focaccia, this Vegan Avocado Pesto Caprese Sandwich is sure to be a hit! You have to save this one!

## Nutritional Information:

Per Serving: CALORIES: 712 FAT: 43g CARBS: 73g PROTEIN: 9g

Lunch 18

Prep  
Time

5min

Ready  
In

10 min

Serves

1



## Procedure

1. Warm focaccia, if desired. Spread avocado basil pesto on both slices. Top with vegan mozzarella, slices of tomato, and fresh basil.

## Requirements

- 2 slices roasted garlic focaccia
- ¼ cup avocado basil pesto
- 2 slices tomato
- 2 slices vegan mozzarella
- Fresh basil

# THIA PINWHEELS WITH PEANUT SAUCE

These easy Thai Pinwheels with Peanut Sauce are similar to spring rolls, but in a different package. They are perfect for a party!

## Nutritional Information:

Per Serving: CALORIES: 118 FAT: 8g CARBS: 9g PROTEIN: 3g

Lunch 19

Prep  
Time

5min

Ready  
In

10 min

Serves

1



## Procedure

1. Mix all the sauce ingredients together. Refrigerate if necessary to thicken.
2. On a tortilla, spread peanut sauce, cilantro, grated carrot, red pepper, and avocado.
3. Roll tightly, and slice with a serrated or really sharp knife.

## Requirements

- Peanut Sauce
- ¼ cup peanut butter
- ¼ cup sweet red chili sauce
- ½ teaspoon sriracha
- ½ teaspoon low sodium gluten free tamari
- 1 teaspoon brown rice vinegar
- 1 tablespoon lime juice - I used key limes

## Filling

- 1 tortilla - I used a spinach, amaranth, and mesquite blend
- 3 tablespoons cilantro
- 2 tablespoons grated carrot
- ½ fresh or roasted red pepper
- ½ avocado sliced



## EASY VEGAN TACOS

Healthy and delicious 5-minute easy vegan taco recipe. Satisfying, delicious, quick tacos, loaded with healthy fillings that you can easily customize.

### Nutritional Information:

Per Serving: CALORIES: 288 FAT: 10g CARBS: 41g PROTEIN: 9g

Lunch 20

Prep  
Time

5min

Ready  
In

10 min

Serves

4



### Procedure

1. Assemble your tacos: Distribute corn, black beans, avocado slices, quartered cherry tomatoes, chopped onion and parsley among tortillas.
2. Season with ground cumin, lime juice, salt and freshly ground black pepper. Drizzle with your favorite hot chili sauce. Enjoy!

### Requirements

- 4 whole wheat tortillas
- 1 grilled corn on the cob, husked or canned corn equivalent
- 1 cup or 170 grams cooked black beans
- 1 avocado, sliced
- 3/4 cup or 120 grams quartered cherry tomatoes
- 1/2 red onion, chopped
- 2 tablespoons fresh chopped parsley
- 1 teaspoon ground cumin
- 4 lime wedges
- salt and freshly ground black pepper to taste
- your favorite hot chili sauce, to taste

## VEGGIE PINWHEELS

These Vegan Veggie Pinwheels are filled with garden vegetables and herbs. They are the perfect sized appetizer or snack.

### Nutritional Information:

Per Serving: CALORIES: 72 FAT: 5g CARBS: 4g PROTEIN: 2g

Lunch 21

Prep  
Time

5min

Ready  
In

10 min

Serves

2



### Requirements

- 8 ounces vegan cream cheese
- 1 tablespoon chopped red onion
- ¼ cup chopped red pepper
- ¼ cup chopped carrot
- 1 tablespoon chopped chives
- 1 tablespoon chopped dill
- 1 tablespoon chopped parsley optional
- Salt and pepper

### Procedure

1. Leave vegan cream cheese out for at least a half an hour to soften.
2. Put vegan cream cheese in a bowl. Add chopped red onion, red pepper, carrot, chives, dill, parsley, salt and pepper. Mix well and serve.
3. Spread Vegan Garden Vegetable Cream Cheese on tortillas. Roll tightly and slice with a serrated or really sharp knife.

## VEGAN EGG SALAD SANDWICH

This Vegan Egg Salad might actually fool you into thinking you are eating REAL Egg Salad! Himalayan Black salt is the secret ingredient that adds that sulphur 'eggy' flavor! Delicious and simple, it's ready in five minutes or less!

### Nutritional Information:

Per Serving: CALORIES: 190 FAT: 15g CARBS: 4g PROTEIN: 7g

Lunch 22

Prep  
Time

5min

Ready  
In

5 min

Serves

6



### Procedure

1. Open Tofu package and press firmly to drain. Mash with fork to desired texture.
2. Chop fresh chives and add to tofu.
3. Add remaining ingredients and mix well!
4. Serve on toast or crackers as desired, or with gluten-free crackers and bread.

### Requirements

- 16 oz Firm Tofu, (water-packed)
- 3 tablespoons Fresh Chives, Chopped
- ½ cup Vegan Mayo
- 1 tablespoon Nutritional Yeast Flakes
- 1 teaspoon Onion Powder
- 1 teaspoon Yellow Mustard
- 1 teaspoon Himalayan Black Salt, Kala Namak or Black Indian Salt
- 1 tbsp of Tumeric



# CHICKPEA AVOCADO MASH WITH LEMON

This easy, healthy chickpea mash only takes 5 minutes to prepare. So simple & satisfying! Great as a sandwich spread, dip, or on salads.

## Nutritional Information:

Per Serving: CALORIES: 235 FAT: 2g CARBS: 26g PROTEIN: 8g

Lunch 23

Prep  
Time

5min

Ready  
In

5 min

Serves

6



## Requirements

- 15 oz. can chickpeas (or 1 1/2 cups cooked chickpeas)
- 1 ripe avocado
- 2 Tbsp. fresh lemon juice (about 1/2 lemon, or more to taste)
- Salt and pepper to taste
- Optional add-ins:
  - 1-2 Tbsp. hummus, a couple shakes of garlic powder, fresh herbs, etc.

## Procedure

1. Rinse and drain chickpeas and place in a medium bowl. Mash with a potato masher or strong fork. (Mash thoroughly for a smoother consistency, or not as much for chunky texture.)
2. Cut avocado in half and remove pit and peel. Place avocado flesh in bowl. Add lemon juice, salt/pepper, and any other desired additions.
3. Mash again to combine. Serve immediately or refrigerate covered for 2-3 days.

## MEDITERRANEAN BOWL

This healthy vegan bowl has got some salad in there, some hummus in there, some chickpeas, some paleo & vegan tzatziki and then some quinoa, which we all agree is very Mediterranean.

### Nutritional Information:

Per Serving: CALORIES: 380 FAT: 20g CARBS: 44g PROTEIN: 11g

Lunch 24

Prep  
Time

5min

Ready  
In

10 min

Serves

1



### Requirements

#### SALAD

- 1 small cucumber, cubed
- 1/2 cup cherry tomatoes, halved
- small bunch of parsley, chopped
- 1-2 spring onions, thinly chopped
- olive oil

#### FOR THE BOWL

- 7-8 olives
- 1/3 cup chickpeas, canned, rinsed & drained
- 1 tbsp tzatziki
- 2 tbsp hummus
- 2-3 tbsp quinoa, cooked
- black pepper, freshly ground

### Procedure

#### Salad:

1. Wash the vegetables, chop them, place in a mixing bowl. Add olive oil, vinegar, and salt to taste.

#### Assemble your bowl:

2. Salad, rinsed and drained chickpeas, the olives, quinoa. In the middle/on top: 2 tbsp hummus and 1 tbsp tzatziki + freshly ground black pepper. Ready.

## EASY RAMEN NOODLES

Easy vegan ramen with instant noodles and homemade seasoning. So GOOD!! No flavour packet needed! It's my go to quick and easy vegetarian noodle bowl!!! And soon to be yours too...

### Nutritional Information:

Per Serving: CALORIES: 235 FAT: 2g CARBS: 26g PROTEIN: 8g

Lunch 25

Prep  
Time

3min

Ready  
In

5 min

Serves

1



### Requirements

- 1 (85-100 g/3 oz) package instant ramen noodles, seasoning packet discarded
- 2 cups water
- SEASONING:
- 1 and 1/2 teaspoons vegetarian better than bouillon No chicken or No Beef soup base
- 1 teaspoon tamari, can sub soy sauce regular or lite or Braggs Liquid aminos
- 1/2 - 1 teaspoon chili garlic sauce
- 1/4 - 1/2 teaspoon toasted sesame oil ( a tiny drizzle)
- 1/4 teaspoon granulated garlic (powder)
- 1/4 teaspoon onion powder
- 1 - 2 tablespoons green onions, diced (for topping)

### Procedure

1. Cook noodles according to package instructions with the 2 cups of water. Don't overcook 2-3 minutes is usually good. The noodles will continue to cook in the bowl.
2. While ramen is cooking add seasonings to your soup bowl: bouillon, chili garlic sauce, sesame oil and spices.
3. Pour cooked noodles and liquid into bowl and stir with a fork or chopsticks, top with green onions and Enjoy! Add any cooked veggies and or vegan protein you like!





# DINNER RECIPES

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## DINNER RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Dinner 1

Sloppy Joes  
Burger



### Dinner 2

Avocado & Black Bean  
Tortas



### Dinner 3

Burrito Bowl



### Dinner 4

Tofu Veggie &  
Soba



### Dinner 5

Chickpea Pasta With  
Marinara & Spinach



### Dinner 6

Fried Rice  
With Tofu



### Dinner 7

Quick and Easy  
Bean Chili



### Dinner 8

Black Bean  
Tacos



### Dinner 9

Indian Dahl



### Dinner 10

Garlic Green Beans  
With Tofu



### Dinner 11

Kung Poa Tempeh



### Dinner 12

Curry With  
Cauliflower







## DINNER RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Dinner 13

Stir-fry Mixed  
Veggies in Sauce



### Dinner 14

Vegan  
Creamed Corn

### Dinner 15

Quick Hummus  
Pasta With Asparagus



### Dinner 16

Vegan Mac N' Cheese



## SLOPPY JOES BURGER

Combine crumbled tempeh with some veggies, spices and tomato sauce and you've got yourself an easy weeknight dinner that everyone (even the pickiest of eaters) will love!

### Nutritional Information:

Per Serving: CALORIES: 150 FAT: 4g CARBS: 22g PROTEIN: 8g

### DINNER 1

Prep  
Time

3min

Ready  
In

5 min

Serves

4



### Requirements

- 2 tbsp veggie oil
- 1 onion, diced
- 3 cloves garlic, minced
- ½ bell pepper, diced
- 1 jalapeno, diced
- ½ tsp dried oregano
- ½ tsp cayenne
- ¼ tsp cumin
- 2 packages tempeh, crumbled
- 1 tbsp raw sugar
- 1 cup tomato sauce
- 1/2 cup ketchup
- Salt and pepper to taste
- 4-6 whole wheat burger buns
- Daiya cheddar cheese shreds
- Dill pickles for garnish

### Procedure

1. In a large pot, heat the oil over medium heat. Add in the onions, garlic, peppers and spices and cook for 1-2 minutes.
2. Next, add in the crumbled tempeh and sauté briefly before stirring in the sugar, tomato sauce and ketchup. Season with salt and pepper and cook until the mixture is hot and bubbly.
3. Spoon over soft burger buns, sprinkle with Daiya, garnish with a pickle and you're ready to eat!

## AVOCADO AND BLACK BEAN TORTAS

With so few but flavorful ingredients, these Avocado and Black Bean Tortas are the best quick meal there is. Gluten-free? No problem, just use a corn tortilla.

### Nutritional Information:

Per Serving: CALORIES: 150 FAT: 4g CARBS: 22g PROTEIN: 8g

### DINNER 2

Prep  
Time

3min

Ready  
In

5 min

Serves

4



### Requirements

- 1 1/2 cup thinly shredded green cabbage
- 1 large ripe tomato, seeded and chopped
- 2 large radishes, thinly sliced
- red onion, a few thinly sliced pieces
- 1 can (15oz) refried black beans, warmed or at room temp
- 1 or 2 avocados, pitted, peeled and sliced
- sriracha cashew cream sauce from this recipe, as spread
- 3 crusty or soft sandwich rolls, split
- 1 - 2 limes
- hot pepper sauce, as garnish, optional

### Procedure

Prepare your veggies and beans. Slice your bread and remove some of the soft bread from the inside of the top slice, making a slightly hollow area for the sandwich filling (this is optional depending on what your rolls are like, you be the judge, I removed a small amount from mine).

Spread a good amount of the refried black beans over the bottom half of each roll. Top with avocado, radishes, red onion and cabbage. Spread your condiment of choice on the top portion. Squeeze some lime over the bottom portion and cover with the top half of the rolls. Serve immediately, or wrap and pack to go (if you can get out of the door without eating them). Makes three sandwiches.

Options for those who are eating gluten free. Turn this recipe into tacos using corn tortillas or use gluten free bread of choice.

# BURRITO BOWL

This Mexican-inspired burrito bowl recipe is so easy to put together, the kids can do it!

## Nutritional Information:

Per Serving: CALORIES: 15 FAT: 0.2g CARBS: 3.4g PROTEIN: 6g

DINNER 3

Prep  
Time

3min

Ready  
In

5 min

Serves

4



## Procedure

1. Follow the package instructions to warm the brown rice for 3 minutes.
2. While the rice is heating, assemble the beans, spinach, and salsa in large bowls).
3. Add the rice, then top the dish with guacamole and corn tortilla chips.

## Requirements

- 1 10- oz pack frozen pre-cooked brown rice
- 1 cup cooked black beans I used canned
- 2 handfuls raw pre-washed spinach
- 1/2-1 cup corn salsa or tomato salsa
- 1/2 cup fresh guacamole
- a handful of corn tortilla chips



## VEGGIE TOFU & SOBA NOODLES

This quick and easy vegan noodle dish comes together in just 5 minutes – perfect for those busy weeknights!

### Nutritional Information:

Per Serving: CALORIES: 772 FAT: 7.2g CARBS: 2.2g PROTEIN: 6g

DINNER 4

Prep  
Time

3min

Ready  
In

5 min

Serves

2



### Requirements

- 2 bundles of soba noodles
- 2 cups of frozen veggies
- 1/2 package of extra-firm tofu
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil

### Procedure

1. Bring 6 cups of water to a boil, and cook the soba noodles for 4 minutes, or until tender.
  2. While the soba is cooking sauté the frozen veggies and tofu on medium heat. I didn't add any oil to the pan to do this because the frozen veggies add plenty of water the pan while they cook. Feel free to sauté in oil if you prefer.
  3. Cover and cook the veggies and tofu for about 4 minutes while the soba is cooking.
- Drain the soba noodles then toss them into the skillet with the veggies, and remove from the heat.
4. Add the soy sauce, rice vinegar, and sesame oil, and toss the noodles and veggies well.
  5. Season with more sauce to taste then serve.

# CHICKPEA PASTA WITH MARINARA AND SPINACH

Pasta with chickpeas and spinach is so delicious and filling and if you are trying to find vegetarian/vegan protein rich (meat free) options to cook your pasta, adding chickpeas is a great way to do that.

## Nutritional Information:

Per Serving: CALORIES: 72 FAT: 7.2g CARBS: 2.2g PROTEIN: 0.3g

DINNER 5

Prep  
Time

3min

Ready  
In

5 min

Serves

2



## Requirements

- 8 oz of chickpea pasta
- 2 cups pre-made marinara sauce
- 12 oz bag of fresh spinach
- 4 tbsp vegan parmesan (optional)

## Procedure

1. Prepare chickpea pasta according to package instructions.
2. Heat marinara sauce on a large sauce pan over medium heat. Add spinach when sauce begins to boil. Reduce heat and cover. Cook for an additional 5 minutes or until spinach wilts.
3. Combine cooked and drained pasta with sauce. Sprinkle with vegan parmesan cheese (optional).

## FRIED RICE WITH TOFU

Basically, I used tofu instead of eggs, and the meat-eaters thought it was beef! Note that I prepare the dish with a wok. A regular frying pan might require longer cooking time.

### Nutritional Information:

Per Serving: CALORIES: 572 FAT: 72g CARBS: 22g PROTEIN: 19g

DINNER 6

Prep  
Time

3min

Ready  
In

5 min

Serves

2



### Requirements

- 1 package of frozen brown rice
- 16 oz extra firm tofu
- 2 cups frozen mixed vegetables (carrots, peas, corn, and green beans)
- 1 small red onion (diced)
- ¼ cup soy sauce

### Procedure

1. Cook brown rice in the microwave according to package directions. If you don't have a brown rice steamer bag, you can make instant pot brown rice to save time.
2. While rice is cooking, quickly press water out of tofu. Usually, I press my tofu for 15 minutes, but when I'm in a crunch for time, I do a quick press. Drain water from tofu. Place tofu block on two paper towels folded into quarters, fold two additional paper towels into quarters, and place on the top of the tofu. Gently but firmly press on the top of the tofu for 1-2 minutes. Then dice tofu into cubes.
3. Heat ¼ cup of soy sauce in a large skillet. Add diced onion. Cook for 3-5 minutes or until translucent. Add tofu. Cook until tofu begins to brown, about 5-10 minutes.
4. Add frozen vegetables and cooked brown rice. Cover and cook for an additional 5 minutes, or until frozen vegetables are cooked through.



## QUICK AND EASY BEAN CHILI

Easy chili with beans can be made as mild or spicy as desired. It's even better the next day.

### Nutritional Information:

Per Serving: CALORIES: 84g FAT: 7.2g CARBS: 19g PROTEIN: 22g

DINNER 7

Prep  
Time

3min

Ready  
In

5 min

Serves

2



### Procedure

1. In a large dutch oven or pot sauté onions in ¼ cup of vegetable stock. Cook until translucent. Add chopped green peppers and chili powder. Cook an additional 2-3 minutes.
2. Add vegetable stock, fire roasted tomatoes, and black beans. Simmer on low for 20 minutes. Add salt and pepper to taste.

### Requirements

- 1 yellow onion chopped
- 1 organic green pepper chopped
- 1 cups vegetable stock plus ¼ cup to simmer vegetables
- 14 oz can organic black beans or other type of beans
- 14 oz can fire roasted tomatoes
- 1 tbsp chili powder
- salt and pepper to taste

# BLACK BEAN TACOS

With so few but flavorful ingredients, these Avocado and Black Bean Tortas are the best quick meal there is. Gluten-free? No problem, just use a corn tortilla.

## Nutritional Information:

Per Serving: CALORIES: 472 FAT: 72g CARBS: 43g PROTEIN: 30g

DINNER 8

Prep  
Time

3min

Ready  
In

5 min

Serves

2



## Procedure

1. Drain and rinse black beans.
2. Add to medium saucepan. Add taco seasoning (optional), and frozen corn. Stir to combine. Cover and cook for 5 minutes or until corn is warm and cooked through. While beans are simmering, warm corn tortillas in microwave for 10-20 seconds..

## Requirements

- 4-8 corn tortillas
- 15 oz can of black beans (drained and rinsed)
- 2 tsp taco seasoning or chili powder (optional)
- ½ cup frozen corn
- ½ cup prepared salsa
- ½ cup shredded lettuce
- ½ avocado diced (optional)

## INDIAN DAHL

A spicy Indian lentil soup that can be enjoyed with rice or Naan, the Indian bread. A very healthy dish.

### Nutritional Information:

Per Serving: CALORIES: 209 FAT: 6g CARBS: 31g PROTEIN: 11g

DINNER 9

Prep  
Time

3min

Ready  
In

5 min

Serves

2



### Requirements

- 3 cloves of garlic
- 1 small nub of ginger
- 5 scallions
- 1 x 400g tin of chickpeas
- 1 x 400g tin of cooked lentils
- 1 handful of spinach
- 1 x 400g tin of coconut milk
- Juice of half a lime
- Fresh Coriander to serve (10g)
- 1/2 tbsp oil
- 10 cherry tomatoes
- 2 tbsp curry powder
- 1 tsp Turmeric
- 2 tsp ground cumin
- 1 tsp salt

### Procedure

1. Drain and rinse the chickpeas and lentils. Peel and finely chop the garlic and ginger, Chop scallions, half the cherry tomatoes. Pick the coriander leaves and finely chop the stalks.
2. Heat the oil on high heat in a large pan, non stick if possible. Add the garlic and ginger to the pan, reduce the heat to medium and cook for 2 minutes, stirring occasionally
3. Add the scallions to the pan along with the cherry tomatoes, coriander stalks and 1 tsp of salt. Cook for a further 1 minute.
4. Add the tin of coconut milk, lentils and chickpeas, and stir well, Add in the spices, salt, black pepper and lime juice. Bring to a boil then lower to a simmer for 5 minutes.
5. Add in the spinach to wilt a few minutes before you serve, taste before serving and season if needed
6. Serve with with your toasted pittas and some fresh coriander and chilli flakes if you like. Enjoy!



## GARLIC GREEN BEANS WITH TOFU

It's green bean season and my backyard garden is currently exploding with them. I decided to make this Garlic Green Bean Stir Fry with Crispy Tofu one night after realizing I NEEDED to come up with some tasty ways to enjoy a whole lot of green beans!

### Nutritional Information:

Per Serving: CALORIES: 782 FAT:51g CARBS: 56g PROTEIN: 36g

DINNER 10

Prep  
Time

3min

Ready  
In

5 min

Serves

3



### Requirements

- 3 tbsp of olive oil
- 6 garlic cloves
- 34lbs of tofu
- 6 cups of green beans (sliced)

### Procedure

1. Rinse the green beans and snip off their ends.
2. In a wok or nonstick skillet, warm the oil over medium heat.
3. Add the green beans and garlic and saute for 5 minutes, stirring continuously.
4. Add the tofu and cook for 5 more minutes.
5. Take skillet off the stove and let it cool for 5-10 mins and ready to serve and eat.

## KUNG PAO TEMPEH

There's no need to order take-out when you can cook up this flavor-packed kung pao tempeh stir-fry at home! This recipe has a hearty texture, thanks to bell peppers, bok choy, tempeh, scallions, and peanuts. Serve with brown rice, or grain-free three-seed pilaf.

### Nutritional Information:

Per Serving: CALORIES: 660 FAT:53g CARBS: 28g PROTEIN: 29g

### DINNER 11

Prep  
Time

3min

Ready  
In

5 min

Serves

4



### Procedure

1. Bring all ingredients to a boil in a small saucepan over high.
2. Cover, reduce heat to low, and simmer until the seeds are softened and liquid is absorbed, about 5 minutes.
3. Set aside covered for 5 minutes.
4. Serve warm.

### Requirements

- ½ cup low-sodium vegetable broth
- 1½ tablespoons tamari (or soy sauce)
- 1 tablespoon natural hoisin sauce
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil
- 2 teaspoons organic cornstarch
- 2 teaspoons coconut nectar
- ½ teaspoon crushed red pepper flakes, or to taste

# CURRY WITH CAULIFLOWER

This is a vegan quick cauliflower curry that can be made in the instant pot or stovetop which is creamy light and tastes just like that chicken curry. Cauliflower curry is a better meat alternative.

## Nutritional Information:

Per Serving: CALORIES: 1317 FAT:109g CARBS: 70g PROTEIN: 50g

DINNER 12

Prep  
Time

3min

Ready  
In

5 min

Serves

3



## Requirements

- 1/2 tbsp of peanut butter
- 2 tbsp of curry powder
- 1 medium head of cauliflower
- 1/2 cup of sliced almonds
- 1 dash of salt

## Procedure

1. Preheat oven to 345 degrees F.
2. Mix peanut butter, curry powder, olive oil and salt
3. Add the chopped raw cauliflower and almonds and mix well.
4. Spread cauliflower heads on a baking pan and place on top rack of the oven. Wait until brown and flip. The process takes about 5 minutes total. Enjoy!



## STIR FRY MIXED VEGGIES IN SAUCE

This vegetable stir fry is a blend of colorful veggies cooked in soy sauce. An easy side dish or main course that's light, fresh and totally delicious! Serve your veggie stir fry over rice for a complete meal.

### Nutritional Information:

Per Serving: CALORIES: 187 FAT19g CARBS: 18g PROTEIN: 17g

### DINNER 13

Prep  
Time

3min

Ready  
In

5 min

Serves

3



### Procedure

1. Melt coconut oil in a pan over medium-high heat.
2. Add vegetables and stir, coating in the oil.
3. Add soy sauce and cook until vegetables are tender.
4. Serve hot and enjoy

### Requirements

- 1 1/2 tbsp of coconut oil
- 1 1/2 pack of mixed vegetables
- 1 1/2 tbsp of soy sauce

## VEGAN CREAMED CORN

This 5-minute, 8 ingredient vegan creamed corn is the perfect side dish for your holiday feast. It will pair beautifully with Thanksgiving or Christmas dishes, or for any meal you like!

### Nutritional Information:

Per Serving: CALORIES: 168 FAT 12g CARBS: 14g PROTEIN: 5g

DINNER 14

Prep  
Time

3min

Ready  
In

5 min

Serves

7-8



### Procedure

1. In a medium skillet or pot melt the vegan butter over medium heat.

2. When melted add the garlic and cook for about 30 seconds, then whisk in the flour to make a paste and cook for another 30 seconds, whisking continually.

3. Add the coconut milk, nutritional yeast, salt, and pepper and whisk to combine. Stir in the corn kernels and continue to cook for 2 - 4 minutes, until you reach desired consistency.

4. If you prefer a thicker creamed corn cook a little longer, and if you prefer a thinner creamed corn then remove from the heat earlier.

5. You can also add an extra splash of coconut milk or water to thin if needed. Serve hot.

### Requirements

- 1 tablespoon vegan butter
- 2 cloves garlic, minced or pressed
- 1 tablespoon all-purpose flour (sub-gluten-free all-purpose flour if preferred)
- 1  $\frac{3}{4}$  cups full-fat coconut milk (see notes)
- 2 tablespoons nutritional yeast (optional for cheesy taste)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 3 cups corn kernels (fresh or frozen)

# QUICK HUMMUS PASTA WITH ASPARGUS

This quick and easy hummus pasta with asparagus is an absolutely amazing budget-friendly and fuss-free comfort food, that's also healthy, oil-free, and oh so yummy.

## Nutritional Information:

Per Serving: CALORIES: 293 FAT:9g CARBS: 48g PROTEIN: 10g

DINNER 15

Prep  
Time

3min

Ready  
In

5 min

Serves

3



## Requirements

- 350g of your favorite pasta choice
- 600 grams of asparagus (cut into smaller pieces)
- 1 tbsp of hummus
- 2 cups of cooked chickpeas
- 2-3 garlic cloves
- 1.5 lemons (juiced - save the zest for serving)
- 3 tbsp of tahini
- 1/2 tbsp of red pepper flakes
- add dash of salt and pepper for taste

## Procedure

1. Cook pasta according to package directions, adding asparagus during the last 2 minutes of cooking. Drain (reserving some of the cooking liquid) and return to pot.
2. Meanwhile add chickpeas, garlic, lemon juice, tahini, and chili flakes to a food processor and blend until creamy. Season with salt and pepper, and adjust consistency with pasta water (you'll need -1/2 cup of water).
3. Add hummus to drained pasta and asparagus, and mix well. Serve immediately warm or at room temperature with lemon zest on top.
4. Enjoy!



# VEGAN MAC AND CHEESE

A super quick and very cheesy vegan version of this classic comfort dish.

## Nutritional Information:

Per Serving: CALORIES: 395 FAT:16g CARBS: 56g PROTEIN: 25g

DINNER 16

Prep  
Time

3min

Ready  
In

5 min

Serves

2-3



## Requirements

- 1 1/2 cups of raw cashews
- 3 tbsp of fresh lemon juice
- 3/4 cup of water
- 1 1/2 tbsp of fine sea salt
- 1/4 cup of nutritional yeast
- 1/2 tablespoon of chili powder
- 1/2 garlic clove
- 1/4 tablespoon of tumeric
- a pinch of cayenne pepper (optional)
- 1/2 tbsp of mustard
- 16 ounces of shell pasta of choice (gluten-free if needed)

## Procedure

1. Prepare the pasta according to package directions.
2. While the pasta is cooking, combine the cashews, lemon juice, water, salt, nutritional yeast, chili powder, garlic, turmeric, cayenne (if using), and mustard in a high speed blender and blend until silky smooth. If the mixture is too thick, add 2-4 more tablespoons of water and blend again.
3. Once the pasta is tender, drain and rinse it, then return the pasta to the pot and stir in the cheese sauce. Season to taste and serve warm!
4. Enjoy!



# SNACK RECIPES

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## SNACK RECIPES OPTIONS

Click the  
recipes  
to get the  
method

### Snack 1

Quick Protein  
Bars



### Snack 2

Banana Oatmeal  
Smoothie



### Snack 3

Protein Date  
Bars



### Snack 4

Pea Protein  
Smoothie



### Snack 5

Apple Pie Balls



### Snack 6

Berry Chia Smoothie



### Snack 7

Blueberry Avocado  
& Lime



### Snack 8

Chocolate Crunch  
Cups



### Snack 9

4 Ingredient Vegan  
Cremsicles



### Snack 10

Mug Brownie



### Snack 11

Chocolate Chip Protein  
Mug Cake



### Snack 12

Cheesy Vegan  
Popcorn





## QUICK PROTEIN BARS

Easy to make No-Bake Oatmeal Protein Bars that are gluten free and refined sugar free. These delicious bars are full of flavor and healthy ingredients plus they are so easy to adapt. Great for taking in your bag on-the-go!

### Nutritional Information:

Per Serving: CALORIES: 280 FAT:22g CARBS: 11g PROTEIN: 14g

### SNACK 1

Prep  
Time

5min

Ready  
In

5 min

Serves

12



### Requirements

- 2 cups of smoothie peanut butter (or use cashew, almond butter if your prefer).
- 1/2 cup of brown rice syrup (or maple syrup)
- 1 1/2 cups of ground oats (gluten-free or oat flour)
- 1/2 cup of vanilla protein powder
- 1 tbsp of liquid of choice (water or vegan milk)

### Procedure

1. Line an 8 x 8 inch loaf pan or cake tin with parchment paper and set aside.
2. In a mixing bowl, add your ground oats and vanilla protein powder and set aside.
3. In a microwave safe bowl or stovetop, combine your peanut butter with brown rice syrup and melt together. Whisk to ensure it is combined. Pour into the dry mixture and mix until fully incorporated. If batter happens to still be crumbly, add water/ milk until a thick batter remains.
4. Pour batter into lined baking dish and press firmly into place. Refrigerate for at least 20 minutes to firm up. Once slightly firm, top with optional chocolate frosting and refrigerate for a further 40 minutes. Remove and cut into bars.

# BANANA OATMEAL SMOOTHIE

Creamy Oatmeal Smoothie with peanut butter and banana. With fiber, protein, and healthy fats, this vegan breakfast smoothie is filling and delicious!

## Nutritional Information:

Per Serving: CALORIES: 321 FAT:11g CARBS: 54g PROTEIN: 8g

## SNACK 2

Prep  
Time

5min

Ready  
In

5 min

Serves

12



## Procedure

1. Place the oats in the bottom of a blender and pulse a few times until finely ground. Add the banana, milk, peanut butter, maple syrup, vanilla, cinnamon, and salt.
2. Blend until smooth and creamy, stopping to scrape down the blender as needed. Taste and add additional sweetener if you'd like a sweeter smoothie. Enjoy immediately.

## Requirements

- 1/4 cup old-fashioned oats or quick oats
- 1 banana chopped into chunks and frozen
- 1/2 cup unsweetened almond milk
- 1 tablespoon creamy peanut butter
- 1/2 tablespoon pure maple syrup plus additional to taste
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon kosher salt don't skip this, as it makes the oatmeal pop!
- Ice (optional)

## PROTEIN DATE BARS

These 5-minute Protein date bars are the perfect pick-me-up. They're quick and easy to make, raw, vegan, gluten-free, customizable, satisfying, nourishing, happiness-inducing and chocolatey!

### Nutritional Information:

Per Serving: CALORIES: 284 FAT:12g CARBS:45g PROTEIN: 6g

### SNACK 3

Prep  
Time

5min

Ready  
In

5 min

Serves

12



### Requirements

- 1 cup of chopped dates
- 2 cups of walnuts
- 3/4 cups of cranberries
- 3 tbsp of water
- chocolate chips, dried fruit, nuts banana, chips, vanilla, ect (optional)

### Procedure

1. First toast the walnuts slightly in an oven heated to 170 degrees. Let them cool down before adding them to your food processor along with pitted dates, desiccated coconut and cranberries.
2. Process until the mixture is well combined and has a crumbly texture. Scrape down sides as needed.
3. Now add gradually the water, a tablespoon at a time and keep processing until the mixture is sticky and holds together.
4. Next get a square or rectangular baking dish, line it up with cling film and press the mixture in.
5. Press down firmly to ensure the mixture sticks well Together and is evenly spread.
6. Pop in the fridge for a couple of hours, then cut in to bars



## PEA PROTEIN SMOOTHIE

An easy, customizable recipe for a delicious, creamy banana and pea protein shake that's packed with 22g of protein! made in just 5 minutes.

### Nutritional Information:

Per Serving: CALORIES: 188 FAT: 7g CARBS:61g PROTEIN: 22g

### SNACK 4

Prep  
Time

5min

Ready  
In

5 min

Serves

2



### Procedure

1. Combine all ingredients in a blender and pulse until smooth. Add more water if necessary. Enjoy!

### Requirements

- 4 medium bananas
- 4 scoops of pea protein
- 2 cups of water
- 2 ice cubes

## APPLE PIE BALLS

These no-bake Apple Pie Energy Balls come together easily and will give your body the energy it needs to power through the afternoon.

### Nutritional Information:

Per Serving: CALORIES: 260 FAT: 16g CARBS: 29g PROTEIN: 6g

### SNACK 5

Prep  
Time

5min

Ready  
In

5 min

Serves

10



### Requirements

- 8 dates
- 1 cup of dried apples
- 1 cup of walnuts
- 1 tbsp of cinnamon

### Procedure

1. Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
2. Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

## BERRY, CHIA SMOOTHIE

Triple Berry Chia Smoothie-raspberries, blackberries, and blueberries are blended together with chia seeds to create a refreshing smoothie!

### Nutritional Information:

Per Serving: CALORIES: 271 FAT: 11g CARBS: 44g PROTEIN: 8g

### SNACK 6

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Requirements

- 1 1/2 cups of almond milk
- 3 tbsp of chia seeds
- 1 cup of frozen raspberries
- 1/2 cup of frozen strawberries
- 1 tbsp of ground cardamom

### Procedure

1. In a small bowl, mix together 1 cup almond milk with chia seeds. Let sit at least 20 minutes and up to 1 hour, until chia expands and the texture becomes pudding-like.
2. Transfer chia mixture to blender and add remaining 1/2 cup almond milk, frozen berries, and cardamom.
3. Puree ingredients in a blender until smooth.



## BLUEBERRY, AVOCADO & LIME

This is the perfect smoothie to get your day moving, to give you a boost, or to serve as a kid-friendly snack!

### Nutritional Information:

Per Serving: CALORIES: 251 FAT: 9g CARBS: 35g PROTEIN: 11g

### SNACK 7

Prep  
Time

5min

Ready  
In

5 min

Serves

1



### Procedure

1. Puree ingredients in a blender until smooth.

### Requirements

- 1/2 cup of organic oats (soaked overnight in water and drained of excess liquid)
- 2 tbsp of cinnamon
- 2 tbsp of nutmeg
- 1 tbsp of almond butter
- 1/2 apple, diced
- 1/2 cup of unsweetened coconut milk
- 1 cup of ice cubes
- 1/2 cup of water

# CHOCOLATE CRUNCH CUPS

5-Minute Vegan Chocolate Crunch Cups, quick and easy tasty vegan candy that will become one of your favorite sweet treats!

## Nutritional Information:

Per Serving: CALORIES: 254 FAT: 6g CARBS: 36g PROTEIN: 3g

## SNACK 8

Prep  
Time

2min

Ready  
In

5 min

Serves

12



## Requirements

- 1 1/2 cups Vegan Chocolate Chips
- 2 tsp Coconut Oil
- 3/4 cup Rice Krispies

## Procedure

1. Line a muffin pan with non-stick cupcake liners.
2. Stir the chocolate chips and coconut oil together on low heat until melted.
3. Remove from heat and stir in Rice Krispies.
4. Distribute mixture evenly into liners. Put in refrigerator until firm.

OPTIONAL: Melt in 1/3 cup peanut butter with melted chocolate and coconut oil. Add additional 1/4 cup Rice Krispies.

## 4 INGREDIENT VEGAN CREMSICLES

5-Minute Vegan Chocolate Crunch Cups, quick and easy tasty vegan candy that will become one of your favorite sweet treats!

### Nutritional Information:

Per Serving: CALORIES: 93 FAT: 10g CARBS: 16g PROTEIN: 1g

### SNACK 9

Prep  
Time

2min

Ready  
In

5 min

Serves

5



### Requirements

- 1 cup full-fat coconut milk
- 1 cup orange juice
- 3 tablespoons agave
- ½ teaspoon vanilla extract

### Procedure

1. Toss all the ingredients in a blender and blend for a few seconds to combine. Alternatively, you could just whisk the ingredients together in a bowl, but I like the blender because it makes it easy to pour mixture straight into the popsicle molds.

2. Pour the mixture into the popsicle molds and insert the popsicle sticker. Freeze for about 4 hours or until ready to serve. Run warm water over the mold to help release a popsicle when you are ready to enjoy your frosty treat.



## MUG BROWNIE

This rich and chocolaty Vegan Mug Brownie is possibly the easiest and fastest dessert there is. All you need to do is mix it up and microwave.

### Nutritional Information:

Per Serving: CALORIES: 333 FAT: 10.2g CARBS: 62.1 PROTEIN: 8.4g

SNACK 10

Prep  
Time

4min

Ready  
In

1 min

Serves

5



### Requirements

- 1 medium overripe or spotty banana, mashed (see note 1)
- 1 tablespoon maple syrup or other sweetener, optional
- 1 tablespoon peanut butter (see note 2)
- 2 tablespoon unbleached all purpose or GF flour (see note 3)
- 2 tablespoon cocoa or cacao powder
- ¼ teaspoon baking soda
- Less than ½ teaspoon salt (just a pinch!)
- Small handful dairy-free chocolate chips, optional

### Procedure

1. Mash the banana in a small bowl or the mug you're using.
2. Mix the wet ingredients together in the mug. Add your dry ingredients to the mug and mix until incorporated, but don't overmix.
3. More chocolate: Add some dairy-free chocolate chips to the batter and stir. Sprinkle a few on top if desired.
4. Microwave Method: Microwave for about 1-2.5 minutes. Don't overcook it! Start with 1 minute and add 15 seconds at a time after checking it. How long it takes will vary by microwave. It's done when an inserted toothpick comes out clean, or with tiny crumbs on it (which is the best doneness because it's super tender at that point).
5. Oven Method: If you don't have a microwave, you can still make a single serving brownie in an oven safe mug or ramekin. Bake it on the top rack of your oven at 350 degrees Fahrenheit (or 177 degrees Celsius). You'll want to bake it for 6-10 minutes or until an inserted toothpick comes out clean. Be extra careful when removing it from the oven.
6. Serve: Serve your vegan brownie in a mug with a dollop of vegan vanilla ice cream (if desired) and enjoy!

# CHOCOLATE CHIP PROTEIN MUG CAKE

This rich and chocolaty Vegan Mug Brownie is possibly the easiest and fastest dessert there is. All you need to do is mix it up and microwave.

## Nutritional Information:

Per Serving: CALORIES: 333 FAT: 10.2g CARBS: 62.1 PROTEIN: 8.4g

## SNACK 11

Prep  
Time

3min

Ready  
In

2 min

Serves

5



## Procedure

In a small bowl, stir together the oat flour,vegan vanilla protein powder, baking powder and salt.

Mix in the maple syrup, vanilla extract, melted coconut oil and milk until smooth.

Stir in the chocolate chips.

Empty this into a small ramekin or mug (lightly oiled) and smooth over the top. Sprinkle a few more chocolate chips over the top. Microwave for 2 minutes. Leave to stand for 30 seconds – 1 minute to cool slightly before eating. Delicious topped with nut butter, coconut yoghurt or vegan ice cream!

## Requirements

- 2 1/2 tbsp oat flour (simply blend oats in a high speed blender until a fine flour forms – use gluten free if required )
- 2 tbsp of vanilla vegan protein powder
- 1/4 tsp baking powder
- Pinch salt
- 1-2 tbsp maple syrup (or liquid sweetener of choice)
- 1/2 tsp vanilla extract
- 2 tsp coconut oil, melted
- 3 tbsp milk of choice
- 1-2 tbsp vegan/dark chocolate chips (set aside a few for topping)

# CHEESY VEGAN POPCORN

Want to learn how to make low-calorie, cheesy vegan popcorn from scratch? Say no more. It only takes 4 ingredients and less than 5 minutes! You'll be Netflix & chilling with a bowl of popcorn in no time.

## Nutritional Information:

Per Serving: CALORIES: 52 FAT: 2.3 CARBS: 6.4 PROTEIN: 1.5g

## SNACK 12

Prep  
Time

5 min

Ready  
In

5 min

Serves

4



## Requirements

- ½ cup popcorn kernels
- 1 tablespoon neutral oil for cooking
- 1 tablespoon neutral spray oil for topping
- 3 tablespoon nutritional yeast
- 1 teaspoon garlic powder
- Sea salt to taste

## Procedure

1. To start, heat about a tablespoon of oil in a large pot over medium-high. Add a single kernel and put the lid on the pot. Wait until the kernel pops before adding the rest.
2. Once the kernel has popped, add the rest of the popcorn kernels in, then put the lid back on. At this point, vigorously shake the pot back and forth to ensure all the kernels are coated in oil.
3. Continue to shake the pot over medium-high (to prevent burning) until all the kernels are popped. You'll know the popcorn is done when there are about 3 seconds between popping sounds.
4. Once the kernels have finished popping, remove your pot from the heat. Transfer popcorn into a large mixing bowl and allow it to cool, about 1 minute.
5. Lastly, spray a little oil on one surface of the popcorn, sprinkle salt and nutritional yeast over top, toss the popcorn, and repeat until you achieve desired results. Enjoy!





## CONGRATULATIONS ON MAKING THE SWITCH TO A VEGAN LIFESTYLE

Your decision to become vegan can be a tough road to go down especially around the holiday season. Holiday celebrations in the UK, Canada, Asia, Australia and especially the United States are not necessarily conducive to a vegan, or even vegetarian, lifestyle.

So many people speak negatively of the vegan diet, and this is no surprise. They have been led to believe their whole life that eating meat and dairy will help you to grow strong and healthy, and consequently if you do not eat these foods your health will suffer. But oftentimes, it is the health of meat and dairy eaters that is suffering, not the other way around.