

# 30-Day Vegetarian Meal Plan

All information in this guide has been gathered by LivingSpinal from these sources below:

<http://www.leanrunnerbean.com/30-day-diet-how-to-lose-weight-in-30-days-guaranteed/>

<http://www.the30dayveganchallenge.com/fe/29373-30-day-vegan-challenge>

<https://images.template.net/wp-content/uploads/2016/01/11040917/30-Day-Meal-Plan-for-Weigh-Loss-PDF-Template-Free-Download.pdf>

# 30-Day Meal Plan & Weight Loss Guide

## Table of Contents

Abstract	3
Overcome Your Plateau with these 5 Easy Tips	3
Benefits of Vegetarian Diet	5
Types of Vegetarian Diets	5
How to Choose a Weight Loss Plan	5
Vegetarian Snack Pitfalls	6
30-Day vegetarian Meal Plan	7
Breakfast Recipes	17
Lunch Meals	23
Dinner Meals	37
Desserts	52
References	56

# How to Lose Weight in 30 days

Is there anything that actually works!? Would you like to lose weight faster?

When it comes to losing weight, the rules are simple: Consume fewer calories than you burn on a daily basis. Subtract about 3,500 calories per week—a 500-calorie-per-day deficit—and you'll lose 1 lbs. But for non-mathematical types who lead busy lives doing all that math and trying to figure out the calorie counts of different foods—whether eating on the run or planning meals—can be tough.

A healthy and nutritious diet plays a vital role in maintaining the overall health of the body. Nowadays people are opting for a vegetarian diet. vegetarian diet can also help in weight loss, while providing the basic nutrients required by the body.

## **Overcome Your Plateau with these 5 Easy Tips**

### **1. Stop fearing Carbs!**

It's true, one of the quickest ways to lose weight is to go low-carb, popularized in the early 2000s by the Atkins Diet, and later, the South Beach Diet. The 30-day low-carb plan gained popularity because you don't have to weigh and measure. One caveat: Dieters must nix bread, rice and other complex carbs (including fruit) for two weeks, bringing these carbs back into the diet slowly—in limited doses. But not all carbohydrates are created equal – it's the type that counts.

The 'trick' to losing weight and keeping it off is to have few, if any, peaks and troughs in blood sugar throughout the day. Simple, refined carbohydrates (think white bread & sweets) break down quickly, which 'spike' blood-sugar levels. These are also the type of carbohydrates, which contribute to belly fat – eek!

### **2. Make Fruit your Friend!**

Because fruit contains sugar, many people mistakenly put it in the same category as other sugary treats and cut it from their diet completely. But fruit can be your weight loss ally, thanks to its high levels of water and fiber which help to keep you feeling full.

The top fruits for weight loss include grapefruit, melons (watermelon, rock melon and honeydew), berries (blueberries, strawberries and raspberries), papaya and peach. Dried fruit has four times the energy density of fresh fruit, so stick to fresh where possible.

### **3.Eat Slimming Snacks!**

When it comes to losing weight, calories are important. What's your target weight? Add a zero to that number and that's (approximately) how many calories you should be eating each day. Keep track of how many calories you consume. Clocking in at under 200 calories each, here's a quick list of grab-and-go snacks.

- 1) 1 apple, sliced and 2 tablespoons of hummus.
- 2) 1 banana and 1 tablespoon of fat-free chocolate syrup and 1 tablespoon of chopped walnuts.
- 3) 1 nectarine, chopped and 1 tablespoon toasted almonds and 1 teaspoon of honey.
- 4) 1 handful of whole-wheat pretzel sticks, 1 tablespoon dried cranberries and 1 tablespoon raw cashews.

### **4.Sugar-Shocker!**

Consider your cravings for the sweet stuff public enemy #1 in your fight against the flab. Let's not sugar coat it, **too much sugar makes you fat.**

Fresh fruit aside – soda, artificial fruit drinks, candy and processed foods all feature highly on the added sugar scale and should be limited as much as possible to prevent fat gain. Too many sweet treats can also damage insulin control, trigger stress hormones and wreak havoc on your appetite....back away slowly from the doughnut and no one gets hurt!

### **5.Move your Body!**

Getting in shape isn't just about noshing on the right foods at the right time. Sure, it's important, but it's equally important to get active regularly too! Try to do something active for at least 30 minutes every day to help boost your calorie burn, improve your health and fast-track your body makeover during the first 30 days.

You don't need to spend hours in the gym to get results. In fact, the best forms of activity are often freebies, like taking a walk with a girlfriend, gardening, walking the dog, yoga, cleaning and household chores, doing an aerobics video with a friend, walking to the shops, shooting hoops, cycling, dancing, hitting the beach or taking a dip in the pool – the choice is yours!

## **Benefits of Vegetarian Diet**

- Lowers the cholesterol levels
- Reduces high blood pressure and hypertension
- Reduces the risk of cardiovascular diseases
- Plays a vital role in weight loss
- We consume fewer calories in vegetarian diets.
- We also avoid unnecessary and saturated fats while consuming a veg diet.

## **Types of Vegetarian Diets**

One of the benefits of a vegetarian diet is that you're cutting out potentially high-calorie foods, such as fatty meats, poultry with the skin and processed meat. A vegetarian diet includes no animal flesh and sometimes no animal products. A lacto-ovo vegetarian chooses to eat dairy and eggs along with plant foods; a lacto-vegetarian eats dairy and no eggs; and a ovo-vegetarian only eats eggs, but no dairy. A vegan consumes only plant foods. All can help you lose weight, but ovo-lacto vegetarian variations need to be extra careful to avoid full-fat dairy and baked treats made with butter and eggs.

A 2007 study in the journal *Obesity* compared a low-fat, vegan diet with the Therapeutic Lifestyle Changes Diet, or TLC, diet promoted by the National Cholesterol Education Program on weight loss for 14 weeks and weight-loss maintenance over two years. Researchers found that vegans lost more weight than TLC dieters and kept lost weight off better. The TLC diet restricts fat intake, advising dieters to skip butter and cheese as well as red meat, but permits dieters to eat lean animal proteins, including skinless chicken and fish. A vegan diet has eaters subsist on leafy greens, starchy vegetables, soy proteins, beans and legumes and some nuts and oils.

## **A Vegetarian Weight-Loss Plan**

Once you know exactly how many calories you need to prompt weight loss, and how you want to structure your diet, make those calories consist of whole, unprocessed foods. Skip the refined sugar and grain options that may fit the definition of vegetarian, but add excess calories and limited nutrients.

Poached eggs or egg whites with veggies, scrambled soft tofu with salsa or a fruit smoothie made with yogurt or vegetarian protein powder make nutrient-dense breakfasts that have protein to help keep you full. A large salad with chickpeas, vegetable soup with kidney beans or a black-beans-with-brown-rice dish are all high-fiber lunches.

The beans add fiber as well as protein, both of which help make you feel more satisfied and not deprived. For dinner, stir fry tempeh or tofu with minimal oil and serve with a mound of roasted vegetables, or steam the veggies and spritz with lemon juice. A small serving of whole grains, such as quinoa or wild rice, or a starchy vegetable round out the meal. The size of your servings depends on how many calories you've figured you need daily to achieve your goal.

### **Vegetarian Snack Pitfalls**

To lose weight quickly, you may need to limit certain snacks that are healthy and vegetarian, but can easily lead to overeating. A scant handful of nuts or two tablespoons of hummus fit into a vegetarian weight loss plan, but if they turn into a half- or full-cup serving, you're better off resisting them altogether. Opt for a snack of plain, low-fat yogurt with berries, a piece of fresh fruit or cut-up vegetables, instead.

Stay away from fried vegetarian foods, including french fries and tempura vegetables. Don't deprive yourself of fats altogether when trying to drop pounds, though. Just opt for healthy unsaturated versions by sprinkling a few seeds over your salad, tossing roast vegetables in a tablespoon of olive oil, or adding a tablespoon of chia seeds to your morning smoothie.

Just because a food item says it's vegetarian doesn't mean it's low-calorie. Vegetarian and vegan cookies, cupcakes and pizza usually contain large numbers of calories and could undermine your results. Salads are excellent meal options, as long as you limit the amount of high-calorie toppings -- including croutons, creamy dressing, cheese crumbles, dried fruit and candied nuts.

# **30 Days Vegetarian Meal Plan**

## **DAY 1**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Crunchy red cabbage and green apple sesame slaw with 1 cup steamed, cubed sweet potato (or 1 small sweet potato, baked)

**AFTERNOON SNACK:** 1/4 cup hemp hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

**DINNER:** Black bean and quinoa salad with quick cumin dressing

**DESSERT:** Dark chocolate

## **DAY 2**

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

**LUNCH:** 1 brown rice tortilla (Food For Life brand) or two gluten free corn tortillas with 1/4 cup hemp hummus, fresh or roasted red bell pepper, sliced cucumbers, and a handful of greens. Serve with steamed vegetables as desired, or a small side salad.

**AFTERNOON SNACK:** Protein bar

**DINNER:** Zucchini Pasta with Cherry Tomatoes, Sweet Potato, Basil, and Hemp “Parmesan”

**DESSERT:** Banana soft serve

## **DAY 3**

**BREAKFAST:** Quinoa breakfast porridge with 1 cup fresh berries

**LUNCH:** Large salad with at least three cups of greens, whichever veggies you like, 3 tablespoons pumpkin or hemp seeds, and a dressing of choice (from the dressing options in the recipe index).

**AFTERNOON SNACK:** 4 tablespoons hemp hummus with fresh vegetables (carrots, celery, romaine leaves, bell pep-per, etc.)

**DINNER:** Small baked sweet potato (instructions below) with a tablespoon of melted coconut oil, half a cup of organic black beans, and steamed greens as desired (or a fresh side salad)

**DESSERT:** 2 raw brownie bites



#### **DAY 4**

**BREAKFAST:** Peanut Butter & Chocolate Chip Nirvana bar, fresh fruit salad as desired

**LUNCH:** Golden harvest kale salad with 1/2 cup organic chickpeas

**AFTERNOON SNACK:** 1 oz. almonds and a few tablespoons raisins

**DINNER:** Quick white bean and summer vegetable pasta (prepare with quinoa or brown rice pasta)

**DESSERT:** 2 raw vegan vanilla macaroons

#### **DAY 5**

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 cup frozen blueberries, 1 serving chocolate Nutrition protein, 3 tablespoons of hemp seeds, and 1 cup leafy greens of choice

**LUNCH:** Leftover white bean and summer vegetable pasta or a large green salad with half a cup of beans or lentils, two tablespoons sliced almonds, vegetables of your choosing, and turmeric tahini dressing

**AFTERNOON SNACK:** Apple with 2 tablespoons almond butter

**DINNER:** Butternut squash curry served over 1/2 cup cooked quinoa, steamed vegetables as desired

**DESSERT:** Dark chocolate

#### **DAY 6**

**BREAKFAST:** Banana and almond butter oats (recipe to follow)

**LUNCH:** Smoky avocado and jicama salad

**AFTERNOON SNACK:** 1 cup almond milk blended with Nutrition protein powder and a few ice cubes

**DINNER:** Black bean and corn burgers, served with a small salad or steamed vegetables

**DESSERT:** 2 raw vegan vanilla macaroons

#### **DAY 7**

**BREAKFAST:** Smoothie of 1/2 frozen banana, 1 cup frozen peaches, 2 ice cubes, 3/4 cup almond milk, 1 cup leafy greens, and 1 serving Nutrition vanilla protein powder

**LUNCH:** Leftover black bean and corn burger, small salad

**AFTERNOON SNACK:** 1/4 cup vegan trail mix of choice (or 2 tbsp raw almonds or cashews and 2 tbsp dried fruit)

**DINNER:** 1 cup cooked quinoa, brown rice, or millet, served with 1/2 chopped avocado, 1 cup steamed greens, and dressing of choice (from dressing options in recipe index).

**DESSERT:** 1/2 cup chocomole

### **DAY 8**

**BREAKFAST:** Gluten free banana pancakes, served with 1 cup fresh berries

**LUNCH:** Mango, kale, and avocado salad

**AFTERNOON SNACK:** Apple, banana, melon, berries, or any other fresh fruit of choice

**DINNER:** Eggplant rollatini with cashew cheese, steamed greens or broccoli as desired

**DESSERT:** Dark chocolate

### **DAY 9**

**BREAKFAST:** Apple cinnamon oatmeal

**LUNCH:** Roasted butternut squash and apple soup, served with a fresh green salad or steamed veggies as desired

**AFTERNOON SNACK:** Nutrition bar

**DINNER:** Raw zucchini alfredo with basil and cherry tomatoes, served with fresh salad or steamed vegetables as desired

**DESSERT:** 2 raw vegan brownie bites

### **DAY 10**

**BREAKFAST:** Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving Chocolate protein powder, and a dash of cinnamon.

**LUNCH:** Easy curried yellow lentils with avocado croutons

**AFTERNOON SNACK:** Fresh vegetable crudites with 1/4 cup hemp hummus

**DINNER:** Black bean and quinoa salad with quick cumin dressing

**DESSERT:** 1/2 cup chocomole

## **DAY 11**

**BREAKFAST:** 1 sliced banana with 1 cup organic puffed rice or millet cereal (I like Arrowhead Mills brand) and 1 cup almond milk

**LUNCH:** Kale Salad with Apples, Raisins, and Creamy Curry Dressing

**AFTERNOON SNACK:** 1/4 cup raw trail mix of choice

**DINNER:** Sweet Potato Lime Burgers, fresh salad or steamed vegetables as desired

**DESSERT:** 2 raw vanilla macaroons

## **DAY 12**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Red quinoa, almond, and arugula salad with cantaloupe

**AFTERNOON SNACK:** A couple of raw peanut butter & jelly snack balls

**DINNER:** Sweet potato and black bean chili with steamed broccoli or greens

**DESSERT:** 1/2 cup chocomole

## **DAY 13**

**BREAKFAST:** Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

**LUNCH:** Bowl of leftover black bean and sweet potato chili with small salad or steamed greens

**AFTERNOON SNACK:** Nutrition bar of choice

**DINNER:** Cauliflower “rice” with lemon, mint, and pistachios, served over fresh greens

**DESSERT:** Spicy almond milk hot chocolate

## **DAY 14**

**BREAKFAST:** Banana and almond butter oats

**LUNCH:** Carrot avocado bisque with spicy Thai salad

**AFTERNOON SNACK:** Raw vegetable crudité with sweet potato hummus

**DINNER:** Brown rice and lentil salad, served with fresh salad or steamed vegetables as desired and dressing of choice

**DESSERT:** 2 raw vanilla macarons

### **DAY 15**

**BREAKFAST:** Strawberry ginger chia pudding

**LUNCH:** Leftover brown rice and lentil salad, served with a large mixed vegetable salad and dressing of choice from recipe index.

**AFTERNOON SNACK:** 2 peanut butter and jelly snack balls

**DINNER:** Raw “peanut” noodles with steamed vegetables or fresh salad as desired

**DESSERT:** Dark chocolate

### **DAY 16**

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

**LUNCH:** Mango, kale and avocado salad

**AFTERNOON SNACK:** Vegetable crudité as desired and 1/4 cup hemp hummus

**DINNER:** Easy un-fried brown rice and vegetables

**DESSERT:** 2 raw, vegan brownie bites

### **DAY 17**

**BREAKFAST:** Banana breakfast wraps

**LUNCH:** Brown rice tortilla “pizza” and a side salad

**AFTERNOON SNACK:** Nutrition bar

**DINNER:** Arugula salad with roasted acorn squash, goji berries, and cauliflower

**DESSERT:** Banana soft serve

### **DAY 18**

**BREAKFAST:** Apple cinnamon oatmeal

**LUNCH:** Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans

**SNACK:** 1 cup almond milk blended with Protein Powder

**DINNER:** Roasted vegetable pesto pasta salad

**DESSERT:** Dark chocolate

### **DAY 19**

**BREAKFAST:** Gluten free, vegan pumpkin muffins with a tablespoon of almond butter and an apple

**LUNCH:** Kale Salad with Apples, Raisins, and Creamy Curry Dressing; 1 cup roasted cauliflower and parsnip soup

**SNACK:** 1/3 cup raw trail mix of choice (or a mix of raw almonds and raisins or goji berries)

**DINNER:** Raw marinated portobello mushroom “steak” and cauliflower “mashed potatoes,” served with steamed greens or broccoli

**DESSERT:** Blueberry ginger ice cream

### **DAY 20**

**BREAKFAST:** Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving Chocolate protein powder, and a dash of cinnamon

**LUNCH:** Easy curried yellow lentils with avocado “croutons,” served with a salad and dressing of choice or steamed vegetables as desired

**SNACK:** Celery sticks served with 2 tablespoons of peanut or almond butter and raisins (“ants on a log” style)

**DINNER:** Dinner salad of raw greens and vegetables of choosing, 1 cup cooked sweet potato, 1/2 avocado, cubed, ½ cup cooked lentils, and a dressing of choice from the recipe index.

**DESSERT:** 2 raw, vegan brownie bites

### **DAY 21**

**BREAKFAST:** 1 sliced banana and fresh berries with 1 cup organic puffed rice or millet cereal (I like Arrowhead Mills brand) and 1 cup almond milk

**LUNCH:** Smoky avocado and jicama salad, 1 small apple if desired

**AFTERNOON SNACK:** 2 peanut butter and jelly snack balls

**DINNER:** Quinoa enchiladas

**DESSERT:** Dark chocolate

### **DAY 22**

**BREAKFAST:** Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

**LUNCH:** Leftover quinoa enchilada, side salad with dressing of choice

**SNACK:** Nutrition bar of choice

**DINNER:** Arugula salad with roasted acorn squash, goji berries, and cauliflower

**DESSERT:** 2 raw vegan vanilla macaroons

### **DAY 23**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Red quinoa, almond, and arugula salad with cantaloupe

**AFTERNOON SNACK:** A couple of raw peanut butter & jelly snack balls

**DINNER:** Sweet potato and black bean chili with steamed broccoli or greens

**DESSERT:** 1/2 cup chocomole

### **DAY 24**

**BREAKFAST:** Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

**LUNCH:** Bowl of leftover black bean and sweet potato chili with small salad or steamed greens

**AFTERNOON SNACK:** Nutrition bar of choice

**DINNER:** Cauliflower “rice” with lemon, mint, and pistachios, served over fresh greens

**DESSERT:** Spicy almond milk hot chocolate

### **DAY 25**

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

**LUNCH:** 1 brown rice tortilla (Food For Life brand) or two gluten free corn tortillas with 1/4 cup hemp hummus, fresh or roasted red bell pepper, sliced cucumbers, and a handful of greens. Serve with steamed vegetables as desired, or a small side salad.

**AFTERNOON SNACK:** Nutrition bar

**DINNER:** Zucchini Pasta with Cherry Tomatoes, Sweet Potato, Basil, and Hemp “Parmesan”

**DESSERT:** Banana soft serve

## **DAY 26**

**BREAKFAST:** Apple cinnamon oatmeal

**LUNCH:** Roasted butternut squash and apple soup, served with a fresh green salad or steamed veggies as desired

**AFTERNOON SNACK:** Nutrition bar

**DINNER:** Raw zucchini alfredo with basil and cherry tomatoes, served with fresh salad or steamed vegetables as desired

**DESSERT:** 2 raw vegan brownie bites

## **DAY 27**

**BREAKFAST:** Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving Chocolate protein powder, and a dash of cinnamon.

**LUNCH:** Easy curried yellow lentils with avocado croutons

**AFTERNOON SNACK:** Fresh vegetable crudites with 1/4 cup hemp hummus

**DINNER:** Black bean and quinoa salad with quick cumin dressing

**DESSERT:** 1/2 cup chocomole

## **DAY 28**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Crunchy red cabbage and green apple sesame slaw with 1 cup steamed, cubed sweet potato (or 1 small sweet potato, baked)

**AFTERNOON SNACK:** 1/4 cup hemp hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

**DINNER:** Black bean and quinoa salad with quick cumin dressing

**DESSERT:** Dark chocolate

### **DAY 29**

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 cup frozen blueberries, 1 serving chocolate Nutrition protein, 3 tablespoons of hemp seeds, and 1 cup leafy greens of choice

**LUNCH:** Leftover white bean and summer vegetable pasta or a large green salad with half a cup of beans or lentils, two tablespoons sliced almonds, vegetables of your choosing, and turmeric tahini dressing

**AFTERNOON SNACK:** Apple with 2 tablespoons almond butter

**DINNER:** Butternut squash curry served over 1/2 cup cooked quinoa, steamed vegetables as desired

**DESSERT:** Dark chocolate

### **DAY 30**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Red quinoa, almond, and arugula salad with cantaloupe

**AFTERNOON SNACK:** A couple of raw peanut butter & jelly snack balls

**DINNER:** Sweet potato and black bean chili with steamed broccoli or greens

**DESSERT:** 1/2 cup chocomole



# Breakfast Recipes

## **VANILLA CHIA PUDDING**

Makes 2 Servings

### **INGREDIENTS**

6 tablespoons chia seeds  
2 cups almond milk  
2 tablespoon maple syrup or agave  
1 teaspoon vanilla extract  
1/2 teaspoon cinnamon

### **METHOD**

1. Blend up the almond milk, vanilla, maple syrup, and cinnamon.
2. Pour liquid mixture over the chia seeds and stir till seeds are evenly mixed in. Stir again five minutes later, and five minutes after that. Let sit for an hour at least, or simply let it sit in the fridge overnight. Serve, topped with fresh fruit of choice. Pudding will keep in the fridge for up to four days.

## **QUINOA BREAKFAST PORRIDGE**

Serves 2-4

### **INGREDIENTS**

1 cup dry quinoa  
2 cups almond milk  
1 tbsp agave or maple syrup  
1/2 tsp vanilla  
1/2 tsp cinnamon  
1 tablespoon ground flax meal

Optional toppers and add-ins: sliced banana, fresh berries, a few tablespoons raw walnuts, a tablespoon of chia seeds, a tablespoon of almond butter

### **METHOD**

1. Combine quinoa, almond milk, sweetener, vanilla, and cinnamon in a small pot. Bring to a boil and reduce to a simmer.
2. Allow the quinoa to cook until all of the liquid is absorbed and quinoa is fluffy (15-20 minutes). Stir in the flax meal. Stir in any additional toppers or add-ins, and enjoy.

Leftovers will keep in the fridge for up to three days and can be reheated with almond milk over the stove.

### **BANANA AND ALMOND BUTTER OATS**

Serves 2

#### **INGREDIENTS**

1 cup gluten free rolled oats  
1 cup almond milk  
1 cup water  
1 teaspoon cinnamon  
2 tablespoons almond butter  
1 banana, sliced

#### **METHOD**

1. Bring the water and almond milk to a boil in a small pot. Add the oats and reduce to a simmer.
2. Cook until oats have absorbed all liquid. Stir in cinnamon. Top with almond butter and banana, and serve.

### **GLUTEN FREE, VEGAN BANANA PANCAKES**

Serves 2-3

#### **INGREDIENTS**

1 cup all purpose, gluten free flour  
1 1/2 tsp baking powder  
1/2 tsp cinnamonDash sea salt  
1 tsp apple cider vinegar  
2/3 cup almond milk  
1 ripe banana  
1 teaspoon vanilla  
1 tbsp + 2 tsp melted coconut oil, divided

#### **METHOD**

1. Mix the flour, baking powder, cinnamon, and sea salt together.
2. Add the vinegar to the almond milk and whisk together till froth. Add the almond/vinegar mixture to a blender, along with the banana, vanilla, and 1 tbsp coconut oil. Blend till smooth.

3. Mix the liquid mixture into the flour mixture till just combined.
4. Heat 2 tsp coconut oil in a nonstick skillet. Add the batter, heaping 1/4 cup at a time. Let the pancakes cook till bubbles form on the top; then flip and continue cooking till pancakes are cooked through. Repeat with all remaining batter.
5. Serve pancakes with fresh berries.

### **APPLE CINNAMON OATMEAL**

Serves 2

#### **INGREDIENTS**

- 1 cup gluten free rolled oats
- 1 cup water
- 3/4 cup almond milk
- 3/4 cup diced apples
- 1/2 teaspoon cinnamon or pumpkin pie spice
- 2 tbsp maple syrup
- 1/4 cup chopped raw walnut pieces

#### **METHOD**

1. Combine the oats, water, almond milk, apples, cinnamon and syrup in a medium pot or saucepan. Bring to a boil and lower to a simmer. Cook until oats have absorbed the liquid and apples are tender (about 10-15 minutes).
2. Divide oats into two bowls and top with raw walnut pieces. Enjoy.

### **STRAWBERRY GINGER CHIA PUDDING**

Makes 2 servings

#### **INGREDIENTS**

- 6 tbsp chia seeds
- 1 cup frozen or regular strawberries
- 1 3/4 cups almond milk
- 3/4 tsp ginger powder (substitute cinnamon if you prefer)
- 1 tablespoon maple syrup

#### **METHOD**

1. Blend the strawberries, milk, ginger, and sweetener together on high till smooth.

2. Pour liquid over the chia seeds, and stir every couple of minutes for the next fifteen minutes. Let sit for a few hours or overnight in the fridge. Serve.

### **BANANA BREAKFAST WRAPS**

Serves 2

#### **INGREDIENTS**

2 large bananas  
4 Boston or butter lettuce leaves  
4 tbsp almond butter  
4 tsp maple syrup

#### **METHOD**

1. Spread each lettuce leaf with a tablespoon of almond butter.
2. Cut the bananas in half. Place half of a banana in each leaf. Drizzle each with a teaspoon of maple syrup and serve.

### **GLUTEN FREE, VEGAN PUMPKIN MUFFINS**

Makes 12 muffins

#### **INGREDIENTS**

2 cups gluten free, all purpose flour  
2 tsp baking powder  
1 tsp baking soda  
2 tsp pumpkin pie spice  
1/2 tsp. salt  
1 teaspoon apple cider vinegar  
1 cup almond milk  
2 tbsp melted coconut oil  
1/2 cup cup maple syrup  
3/4 cup pumpkin puree  
1/2 cup raisins (optional)

## **METHOD**

1. Pre-heat oven to 350 degrees lightly grease a muffin tin.
2. Mix together the flour, baking powder, baking soda, pumpkin pie spice, and salt in a large mixing bowl.
3. In a separate mixing bowl, whisk together the apple cider vinegar and almond milk till frothy. Mix in the oil, syrup, and pumpkin puree.
4. Pour the wet ingredients into the dry ingredients and mix till they're just combined—don't overmix. Fold in the raisins.
5. Spoon the batter into muffin tins and bake for about 20- 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Muffins will keep for up to three days in an airtight container, or can be frozen.

# Lunch Meals

## **CRUNCHY RED CABBAGE AND GREEN APPLE SESAME SLAW**

Serves 2

### **INGREDIENTS**

For the salad:

3 cups thinly shredded red cabbage  
1 large granny smith apple, shredded  
2 tbsp hemp seeds

For the dressing:

1/4 cup tahini  
3 tablespoons water  
2 teaspoons agave nectar or maple syrup  
1/2 teaspoon sesame oil  
1/4 – 1/2 tsp sea salt (to taste)  
1 tablespoon apple cider vinegar

### **METHOD**

1. Whisk dressing ingredients together and set aside.
2. Dress the shredded vegetables and hemp seeds with dressing; you can use as much as you like, but make sure you coat everything well (a half cup will probably suffice). Serve. Slaw will keep in the fridge overnight.

Serves 2

### **INGREDIENTS**

For the salad:

5 cups washed, dried, and chopped kale (about 1 bunch after preparation)  
2 small carrots, grated  
2 stalk celery, chopped  
4 tbsp golden raisins  
4 tbsp chopped walnuts  
1 apple, sliced thin

For the dressing:

2 tbsp olive oil  
1 1/2 tbsp apple cider  
1 tbsp agave  
Salt and pepper to taste



## **METHOD**

1. Whisk the dressing ingredients together, and set aside.
2. In a big mixing bowl, pour about the dressing onto the chopped kale, and begin “massaging” it with your hands, until the kale starts to get soft and well coated. It should develop even a wilted texture.
2. Add the remaining salad ingredients, and toss the whole salad again.
3. Plate the salad, and top it with your sliced apple. Enjoy. Leftovers will keep overnight in the fridge.

## **SMOKY AVOCADO AND JICAMA SALAD**

Serves 2

## **INGREDIENTS**

For the dressing:

- 1 small avocado
- 1 tbsp cumin powder
- Juice of 2 limes
- 1/2 teaspoon smoked paprika
- 1 cup water
- 1/4 tsp salt

## **Dash cayenne pepper**

For the salad:

- 1 heaping cup shredded cabbage
- 1 heaping cup shredded carrot
- 10 large leaves romaine lettuce, sliced thinly
- 2 cups jicama, cut into matchsticks
- 2 tbsp toasted pumpkin seeds

## **METHOD**

1. Blend all dressing ingredients together in a blender or processor till smooth.
2. Pour dressing over this salad, and toss. Serve.

## **MANGO, KALE, AND AVOCADO SALAD**

Serves 2

### **INGREDIENTS:**

1 bunch curly kale, de-stemmed, chopped, washed, and dried (about 6 cups after preparation)

Juice of 1 large lemon

2 teaspoons flax or olive oil

1 teaspoon sesame oil

2 teaspoons maple syrup or agave nectar

Sea salt to taste

1 chopped red bell pepper

1 cup mango, cut into small cubes

1 small Haas avocado, cut into cubes

### **METHOD**

1. "Massage" the lemon juice, flax/olive and sesame oils, syrup, and salt into the kale till it's wilted and dressed evenly.

2. Mix in the pepper, mango, and avocado cubes. Toss well to combine. Serve.

## **ROASTED BUTTERNUT SQUASH AND APPLE SOUP**

Makes 4 servings

### **INGREDIENTS**

1 butternut squash, peeled and chopped (about 3-4 lbs, or 4-5 cups)

3 small apples, roughly chopped

1 very small onion, chopped

2 tbsp melted coconut oil

1/2 tsp kosher or sea salt (+more to taste)

Black pepper to taste

1/4 tsp nutmeg

1/2 tsp crushed thyme

2 1/2 cups low sodium vegetable broth

1/2 cup canned coconut milk

## **METHOD**

1. Place squash, apples, and onion on a large roasting tray. Drizzle coconut oil and salt and pepper over them, mix with your hands, and roast at 375 degrees for about 45 minutes, or until they're all soft and golden.
2. Place roasted veggies in a blender with vegetable broth, nutmeg, coconut milk, and thyme. Blend, and season to taste with salt and pepper. If the soup needs more liquid, add some more, until it reaches the consistency you like.
3. Transfer soup to a pot, re-heat and serve.

## **EASY CURRIED YELLOW LENTILS WITH AVOCADO "CROUTONS"**

Serves 4

## **INGREDIENTS**

3/4 cup onion, diced  
1 1/2 tbsp coconut oil  
1 cup yellow lentils  
1 sweet potato, cut into 1 1/2 inch cubes  
2 carrots, diced (optional, but I had them, so I used them!)  
1/2 tsp turmeric  
1 tbsp mild curry powder  
1 tsp powdered ginger  
1/2 tsp sea salt  
Black pepper to taste  
4 cups vegetable broth or water

## **METHOD**

1. Heat oil in a large pot over medium heat. Saute onion till its turning translucent and a little golden. Add the lentils, potato, carrots, and spices/seasonings, and stir to combine everything.
2. Add the broth or water to the pot and bring to a boil. Reduce to a simmer and cook for 25 minutes, or until the lentils and sweet potato are tender.
3. Allow lentils to cool a bit, then serve with fresh avocado slices.

## **KALE SALAD WITH CARROTS, APPLES, RAISINS, AND CREAMY CURRY DRESSING**

Serves 2-4

### **INGREDIENTS**

For the dressing:

1/2 cup raw cashews or walnuts  
2 tablespoons lemon juice  
2 pitted dates  
1/2 cup water  
1/2 tsp sea salt  
2 tsp curry powder

For the salad:

1 head kale, de-stemmed, washed, dried, and cut into bite sized pieces (about 5 cups)  
2 large carrots, peeled and chopped  
1 large apple, chopped into small pieces  
1/3 cup raisins  
1/2 cup chickpeas

### **METHOD**

1. Blend all dressing ingredients in a high speed blender till smooth.
2. Massage the kale with the dressing, making sure that everything is well coated and softened (start with 1/2 cup dressing and add as needed—you may have some leftover). Add the apple, carrot, raisins, and chickpeas, and remix the salad, adding more dressing if you like. Serve.

## **RED QUINOA, ALMOND AND ARUGULA SALAD WITH CANTELOUPE**

Makes 2 servings

### **INGREDIENTS**

1 1/2 cups fresh cantaloupe, cut into 1 inch chunks  
1 1/2 cups red quinoa (regular quinoa is also totally fine)  
4 cups arugula, tightly packed  
1/4 cup slivered, crumbled, or sliced almonds  
2 tablespoons flax, hemp, or olive oil  
1 tablespoon apple cider vinegar

1 teaspoon maple syrup  
Sea salt and black pepper to taste

### **METHOD**

1. Whisk together the oil, vinegar, syrup, and seasoning.
2. Divide the arugula, quinoa, and melon onto two serving plates. Sprinkle them with almonds and then drizzle the dressing over them.

### **SPICY THAI SALAD**

Serves 2

### **INGREDIENTS**

For the dressing:

1 avocado  
1 cup coconut water  
¼ cup cilantro  
¼ cup basil  
¼ tsp salt (or more)  
2 pitted dates  
1 tbsp minced or grated ginger  
Sprinkle of cayenne pepper

For the salad:

1 bell pepper, chopped  
2 cups grated carrots  
1/2 cup cilantro, chopped  
1 cup sprouts  
2 cups shredded romaine lettuce  
1 cup sliced cucumbers

### **METHOD**

1. Blend all dressing ingredients in a high speed blender till smooth.
2. Top salad with dressing as desired. Serve.

## **CARROT AVOCADO BISQUE**

Serves 2

### **INGREDIENTS**

2 cups carrot juice  
1/2 Haas avocado  
1 tablespoon low sodium tamari  
1 teaspoon grated ginger

### **METHOD**

Blend all ingredients in a high speed blender till smooth.

## **GLUTEN FREE TORTILLA PIZZA**

Serves 2

### **INGREDIENTS**

2 10" brown rice tortillas (Food for Life brand)  
2/3 cup low sodium, organic marinara sauce, divided  
2 cups vegetable + toppings of choice (broccoli, spinach, peppers, mushrooms, olives, artichokes, roasted potato, etc)  
1/2 cup basic cashew cheese (recipe below)

### **METHOD**

1. Preheat oven to 400 F. Place tortillas on a foil or parchment lined baking sheet. Bake for 5-8 minutes, or until slightly crispy.
2. Remove tortillas from oven. Top with tomato sauce and veggies, and return to oven for 8-10 more minutes (till toppings are cooked through). Dot with cashew cheese, and serve.

**NB:** If you don't have cashew cheese, you can simply sprinkle pizzas with nutritional yeast. You can also use red pepper hummus in place of the tomato sauce.

## **BASIC CASHEW CHEESE**

Makes 1 cup

### **INGREDIENTS**

1 1/4 cups cashews, soaked for at least three hours (or overnight) and drained  
1/2 tsp sea salt  
1 small clove garlic, minced (optional)  
2 tbsp lemon juice  
1/3-1/2 cup water  
1/4 cup nutritional yeast

### **METHOD**

Place the cashews, sea salt, garlic, lemon, and 1/3 cup water in a food processor. Process till the mixture is very smooth and soft (you're aiming for a texture similar to creamy ricotta cheese), stopping to scrape the bowl down a few times and adding a little extra water as necessary.

## **ROASTED CAULIFLOWER AND PARSNIP SOUP**

Yields 4 servings

### **INGREDIENTS**

1 medium head cauliflower, chopped  
4 large parsnips, peeled and chopped  
1-2 tbsp olive oil  
4 shallots, cut in half  
1 clove garlic, minced  
1 tsp thyme  
1/2 tsp sage  
4 cups vegetable broth  
1/2 cup almond or coconut milk  
Sea salt and pepper to taste  
Paprika

### **METHOD**

1. Preheat oven to 400 degrees. Line a baking tray or two with tin foil.

2. Lay cauliflower, parsnips, shallots, and garlic, out on foil, and drizzle with olive oil, thyme, sage, salt and pepper.

3. Roast veggies for about 35-40 min, or until they're soft and golden brown.

4. Place veggies in a high speed blender (you may have to work in batches) and add broth and non-dairy milk. Blend until soup is smooth and creamy, adding more liquid if you need to. Alternately, you can use an immersion blender.

5. Transfer soup to a pot and re-season to taste with salt and pepper.

## **SNACKS**

### **HEMP HUMMUS**

Serves 4

#### **INGREDIENTS**

1/4 cup shelled hemp seeds

1 can chickpeas, drained, or 2 cups freshly cooked chickpeas

1/2 tsp salt (to taste)

2-3 tbsp freshly squeezed lemon juice (to taste)

1 small clove garlic, minced

1 tbsp tahini (optional)

1/2 tsp cumin

Water as needed

#### **METHOD**

1. Place the hemp seeds in the bowl of a food processor and grind till powdery.

2. Add the chickpeas, salt, lemon, garlic, tahini, and cumin, and begin to process. Add water in a thin stream (stopping to scrape the bowl a few times) until the mixture is totally smooth and creamy.

3. Garnish with extra hemp seeds and serve. Hummus will keep in the fridge for up to four days.



## **RAW PEANUT BUTTER AND JELLY SNACK BALLS**

Makes 20 Balls

### **INGREDIENTS**

1 1/2 cups organic roasted, unsalted peanuts  
1 1/2 cups dark raisins  
2 tablespoons peanut butter  
Pinch sea salt

### **METHOD**

1. Add all ingredients to a food processor and process till the peanuts are broken down and the mixture is starting to stick together. It may release a little oil, but that's OK.
2. Roll mixture into 1 inch balls. Store in the fridge for at least thirty minutes before serving.

## **SWEET POTATO HUMMUS**

Serves 6

### **INGREDIENTS**

2 cups sweet potato, steamed or baked and cut into cubes  
1 can organic, low sodium chickpeas, drained (or 1 1/2 cups cooked chickpeas)  
1 1/2 tsp sesame oil  
1/4 cup tahini  
1 tablespoon lemon juice  
1/2 tsp smoked paprika  
1/2 tsp salt  
Black pepper to taste  
1/2 cup water + more as needed

### **METHOD**

1. Place sweet potato, chickpeas, sesame oil, tahini, lemon, salt and pepper into a food processor. Pulse to combine.
2. Turn on the motor and drizzle in 1/2 water. Process mixture, stopping a few times to scrape down the bowl. Add more water as needed until you have a creamy, smooth textured hummus. Serve.

## **DRESSINGS**

### **TURMERIC TAHINI DRESSING**

Makes 1 1/2 Cups

#### **INGREDIENTS**

1/2 cup tahini  
2 tablespoons apple cider vinegar  
2 tablespoons coconut aminos or tamari  
1/2 teaspoon ground ginger (or 1 teaspoon fresh, grated ginger)  
2 teaspoons turmeric  
1 teaspoon maple syrup  
2/3 - 3/4 cup water

#### **METHOD**

Blend all ingredients together in a blender or food processor till smooth. Start with 2/3 cup water and add more as needed (dressing will thicken in the fridge).

### **WALNUT PESTO**

Makes 1 generous cup

#### **INGREDIENTS**

1 cup coarsely chopped walnuts  
2 1/2 cups packed fresh basil leaves, rinsed and dried  
1 large garlic clove  
1 tbsp lemon zest  
Juice of 1 lemon  
1/4 cup nutritional yeast  
1/2 cup good extra virgin olive oil  
Salt and pepper to taste

#### **METHOD**

1. Grind walnuts in a food processor till finely ground. Add basil and pulse till it forms a coarse mixture.

2. Add the garlic, lemon zest and juice, and nutritional yeast, and pulse a few more times. Turn motor on and run as you add olive oil in a thin stream. I like my pesto very thick, but add more oil if you like a thinner mix. Add salt and pepper to taste. Use, or freeze as needed.

### **BALSAMIC TAHINI DRESSING**

Makes 1 1/4 cups

#### **INGREDIENTS**

1/2 cup tahini  
1/4 cup balsamic vinegar  
1/2 cup water  
1/4 tsp garlic powder, or 1/2 clove finely minced garlic  
1 tbsp tamari or nama shoyu

#### **METHOD**

Blend all ingredients together in a blender or food processor. Add more water as needed.

### **RAW RANCH DRESSING**

Makes 1 1/2 cups

#### **INGREDIENTS**

3/4 cup cashews, soaked for at least two hours and drained  
1/2 cup water  
2 tbsp lemon juice  
1/4 cup apple cider vinegar  
1/4-1/2 tsp salt  
1/2 tsp dried thyme  
1/2 tsp dried oregano  
1 clove garlic  
3 tbsp fresh dill  
3 tbsp fresh parsley  
3 tbsp olive oil

#### **METHOD**

Blend all ingredients in a high speed blender and serve.

### **CREAMY APRICOT GINGER DRESSING**

Makes nearly 2 cups (recipe can be halved)

## **INGREDIENTS**

1/2 cup dried apricots, packed  
3/4 inch long knob raw ginger (or 1/2 tsp ginger powder)  
1/2 cup orange juice  
1/2 cup water  
2 tbsp apple cider vinegar  
1 tbsp tamari or nama shoyu  
2 tbsp olive oil

## **METHOD**

Blend all dressing ingredients together in a high speed blender and serve.

## **Fig and White Balsamic Vinaigrette**

Makes 1 1/4 cups

## **INGREDIENTS**

6 very large dried figs (if yours are small, add a few more), soaked for about 8 hours and drained  
1/3 white balsamic vinegar (sub regular if need be)  
1/4 cup olive oil  
1/4 water  
1 small clove garlic  
1 tbsp dijon mustard  
Salt and black pepper to taste

## **METHOD**

Blend all ingredients in a high speed blender till totally smooth and creamy. Add more water if it's too thick.

# Dinner Meals

## **BLACK BEAN AND QUINOA SALAD WITH QUICK CUMIN DRESSING**

Serves 4

### **INGREDIENTS**

For the salad:

1 cup dry quinoa, rinsed  
Dash salt  
2 cups vegetable broth or water  
1/2 large cucumber, diced neatly  
1 small bell pepper, diced neatly  
1 can BPA free, organic black beans  
10-15 basil leaves, chopped into a chiffonade  
1/4 cup fresh cilantro, chopped

For the vinaigrette:

2 tbsp extra virgin olive oil  
1/4 cup apple cider vinegar  
1 tbsp agave or maple syrup  
1 tbsp dijon mustard  
1 tsp cumin

Salt and pepper to taste

### **METHOD**

1. Rinse quinoa through a sieve till the water runs clear. Transfer it to a small or medium sized pot and add two cups of vegetable broth or water and dash of salt. Bring to a boil, then reduce to a simmer. Cover the pot so that the lid is on, but there's a small gap where water can escape. Simmer till quinoa has absorbed all of the liquid and is fluffy (about 15-20 minutes).
2. Transfer cooked quinoa to a mixing bowl. Add chopped vegetables, black beans, and herbs.
3. Whisk dressing ingredients. Add the dressing to the salad, and serve. (If you don't feel that you need all the dressing, just add as much as you'd like to.)

Salad will keep for three days in the fridge.

## **ZUCCHINI PASTA WITH CHERRY TOMATOES, BASIL, SWEET POTATO, AND HEMP PARMESAN**

Serves 2

### **INGREDIENTS**

2 large zucchini  
1 red bell pepper, diced  
15 cherry tomatoes, quartered  
8 large basil leaves, chiffonaded  
2 small sweet potato, baked and then cut into cubes  
2 tbsp balsamic vinegar  
1 small avocado, cubed  
4 tbsp hemp parmesan (recipe below)

### **METHOD**

1. Use a spiralizer or a julienne peeler to cut zucchini into long ribbons (resembling noodles).
2. Toss zucchini with all remaining ingredients, and serve.

### **Hemp Parmesan**

Makes 1/2 - 2/3 cup

### **INGREDIENTS**

6 tbsp hemp seeds  
6 tbsp nutritional yeast  
Dash sea salt

### **METHOD**

Combine all ingredients in a food processor, and pulse to break down and combine. Store in the fridge for up to 2 weeks.

## **GLUTEN FREE WHITE BEAN AND SUMMER VEGETABLE PASTA**

Serves 4

### **INGREDIENTS**

1 small eggplant, cut into 1 inch cubes and lightly salted for 30 minutes, then patted dry  
1 clove garlic, minced

1 large zucchini, sliced  
1 can organic fire roasted, diced tomatoes  
1 small can organic tomato sauce  
1 tsp agave  
1 tbsp dried basil  
1 tsp dried oregano  
1 tsp dried thyme  
1 can (or 2 cups freshly cooked) cannellini or navy beans, drained  
8 oz. dry brown rice or quinoa pasta (rigatoni, linguine, and penne are all fine)

## **METHOD**

1. Heat a large skillet with olive or coconut oil spray (or just use a few tbsp water). Sautee the eggplant with the garlic till the eggplant is getting nice and brown (about 8 minutes).
2. Add the zucchini and cook it till tender (another 5 minutes).
3. Add the canned tomatoes, tomato sauce, agave, basil, oregano, thyme. Heat through. Test for seasoning, and add more of whatever herbs you like.
4. Add the white beans and heat the whole sauce through. This is so tasty and simple, you could eat it on its own as a “cheater’s” ratatouille.
5. While your sauce cooks, put a pot of salted water to boil. Add pasta when it hits a rolling boil, and cook pasta till tender but still a little al dente.
6. Drain pasta, smother with sauce, and serve.

Leftovers will keep for three days in the fridge.

## **BUTTERNUT SQUASH CURRY**

Serves 4

## **INGREDIENTS**

1 tablespoon melted coconut oil  
1 white or yellow onion, chopped  
1 clove garlic, minced  
1 tablespoon fresh ginger, minced  
3 tablespoons red curry paste  
1 tablespoon organic sugar or coconut sugar  
2/3 cups vegetable broth  
One 14- or 15-ounce can coconut milk



1 tablespoon soy sauce or tamari  
1 green or red bell pepper, chopped  
1 pound butternut squash  
2 cups green beans, cut into 2" pieces  
1 to 2 tablespoon lime juice

## **METHOD**

1. Heat the coconut oil in a large pot or wok. Add the onion and cook till it's soft and translucent (5 to 8 minutes).
2. Add the garlic and ginger and let them cook for about a minute. Then, add the curry paste and sugar. Mix the ingredients together until the paste is evenly incorporated.
3. Whisk in the broth, the coconut milk, and the tamari. Add the red pepper and butternut squash. Simmer till the squash is totally tender (25 to 30 minutes). If you need to add extra broth as the mixture cooks, do so.
4. Stir in the green beans and let them cook for two or three minutes, or until tender. Season the curry to taste with extra soy sauce or tamari and stir in the lime juice as desired. Remove from heat and serve over quinoa or brown basmati rice.

Leftovers will keep for four days.

## **RAW ZUCCHINI ALFREDO WITH BASIL AND CHERRY TOMATOES**

Serves 2 (with leftover alfredo sauce)

## **INGREDIENTS**

Pasta  
2 large zucchini  
1 cup cherry tomatoes, halved  
1/4 cup basil, sliced  
Raw alfredo sauce  
1 cup cashews, soaked for at least three hours (or overnight) and drained  
1/3 cup water  
1 tsp agave or maple syrup  
1 clove garlic  
3-4 tbsp lemon juice (to taste)  
1/4 cup nutritional yeast  
1/4 tsp sea salt

1. Use a spiralizer or a julienne peeler to cut zucchini into long ribbons (resembling noodles).
2. Add tomatoes and basil to the zucchini noodles and set them all aside in a large mixing bowl.
3. Blend all of the alfredo sauce ingredients together in a high speed blender till smooth.
4. Cover the pasta in 1/2 cup sauce, and mix it in well, adding additional sauce as needed (you'll have some sauce leftover). Serve.

### **BLACK BEAN AND CORN BURGERS**

Makes 4 Burgers

#### **INGREDIENTS**

- 1 tablespoon coconut oil
- 1 small yellow onion, chopped
- 1 cup fresh, frozen or canned organic corn kernels
- 1 can organic, low sodium black beans, drained (or 1 1/2 cups cooked black beans)
- 1 cup brown rice, cooked
- 1/4 cup oat flour (or ground, rolled oats)
- 1/4 cup tomato paste
- 2 tsp cumin
- 1 heaping tsp paprika
- 1 heaping tsp chili powder
- 1/2 - 1 tsp sea salt (to taste)
- Black pepper or red pepper, to taste

#### **METHOD**

1. Preheat your oven to 350 F.
2. Heat the coconut oil in a large sauté pan. Add the onion and saute till onion is golden, soft, and fragrant (about 5-8 minutes).
- 2) Add corn, beans and tomato paste to the pan and heat through.
- 3) Place cooked rice into the bowl of a food processor. Add the beans, onion, tomato paste, and corn mixture. Pulse to combine. Add spices, oat flour, and a touch of water, if you need it. Pulse more, until you have a thick and sticky (but pliable) mixture. If the mixture is too wet, add a tablespoon or two of additional oat flour.

4) Shape into 4 burgers and place burgers on a foil lined baking sheet. Bake for 25 -30 minutes, or until burgers are lightly crisped, flipping once through. Serve with fresh guacamole, if desired!

### **EGGPLANT ROLLATINI WITH CASHEW CHEESE**

Serves 4

#### **INGREDIENTS**

For rollatini:

2 large eggplant, sliced lengthwise into 1/4 inch thick slices

Olive oil

1 1/4 cups cashews, soaked for at least three hours (or overnight) and drained

1/2 tsp sea salt

1 small clove garlic, minced (optional)

2 tbsp lemon juice

1/3-1/2 cup water

1/4 cup nutritional yeast

2 tsps dried basil

1 tsp dried oregano

Black pepper to taste

1/2 10 oz. package frozen spinach, defrosted and squeezed thoroughly to remove all excess liquid (I press mine firmly through a sieve)

1 1/2 cups organic, low sodium marinara sauce

#### **METHOD**

1. Preheat oven to 400 F. Slice eggplants lengthwise into strips about 1/2" thick. Place eggplant slices onto baking sheets and sprinkle well with sea salt or kosher salt. Let sit for 30 minutes; this decreases bitterness and removes excess moisture. Pat the slices dry, and spray them or brush them lightly with olive oil.

2. Roast eggplant slices till browning (about 20 min), flipping halfway through.

3. While eggplant is roasting, make the cashew cheese. Place the cashews, sea salt, garlic, lemon, and 1/3 cup water in a food processor. Process till the mixture is very smooth and soft (you're aiming for a texture similar to creamy ricotta cheese), stopping to scrape the bowl down a few times and adding a little extra water as necessary. Stop the motor, and add the nutritional yeast, basil, oregano, and black pepper. Process again to incorporate. Transfer the cashew cheese to a bowl and mix in the chopped spinach. Set the cheese mixture aside.

4. Remove the roasted eggplant from the oven and reduce heat to 325 F. Allow the slices to cool until they can be handled. Transfer them to a cutting board and add about 3 tbsp of the cheese mixture to the end of one side. Roll up from that side, and place seam down in a small casserole dish. Repeat with all remaining slices.

5. Smother the eggplant rolls with tomato sauce, and bake, uncovered, for about 20-25 minutes, or until hot. Serve with sides of choice.

### **GINGER LIME CHICKPEA SWEET POTATO BURGERS**

Makes 4-6 Burgers

#### **INGREDIENTS**

3/4 cup cooked chickpeas  
1/2 small onion  
1 inch ginger, chopped  
1 tsp coconut oil  
1 1/2 cups sweet potato, baked or steamed and cubed  
1/3 cup quinoa flakes or gluten free rolled oats  
2 heaping tbsp flax meal  
2-3 tbsp lime juice (to taste)  
2 tbsp low sodium tamari  
1/4 cup cilantro, chopped  
Dash red pepper flakes (optional)  
Water as needed

#### **METHOD**

1. Preheat oven to 350 F.
2. Heat coconut oil in a large pan or wok. Saute onion and ginger in 1 tsp coconut oil (or coconut oil spray) till soft and fragrant (about 5 minutes). Add chickpeas and heat through.
3. Place the chickpeas, onion, and ginger in a food processor and add the sweet potato, quinoa flakes or oats, flax seed, lime juice, cilantro, tamari or coconut aminos, and dash of red pepper flakes, if using. Pulse to combine, then run the motor and add some water until consistency is very thick but easy to mold.
4. Shape mixture into 4-6 burgers. Bake at 350 degrees for about 35 minutes, flipping halfway through.

## **SWEET POTATO AND BLACK BEAN CHILI**

Serves 6

### **INGREDIENTS**

1 1/2 cup dried black beans  
4 cups sweet potato, diced into 3/4 inch cubes  
1 tablespoon olive oil  
1 1/2 cups chopped white or yellow onion  
2 cloves garlic, minced  
1 chipotle pepper en adobo, chopped finely  
2 teaspoons cumin powder  
1/2 teaspoon smoked paprika  
1 tablespoon ground chili powder  
1 14 or 15 ounce can of organic, diced tomatoes (I like the Muir Glen brand)  
1 can organic, low sodium black beans (or 1 1/2 cups cooked black beans)  
2 cups low sodium vegetable broth, Sea salt to taste

### **METHOD**

1. Heat the tablespoon of oil in a dutch oven or a large pot. Saute the onion for a few minutes, then add the sweet potato and garlic. Keep sauteing until the onions are soft, about 8-10 minutes.
2. Add the chili en adobo, the cumin, the chili powder, and the smoked paprika. Heat until the spices are very fragrant. Add the tomatoes, black beans, and vegetable broth.
3. When broth is bubbling, reduce to a simmer and cook for approximately 25-30 minutes, or until the sweet potatoes are tender.
4. Add more broth as needed, and season to taste with salt. Serve.

Leftover chili can be frozen and will keep for up to five days.

## **RAW CAULIFLOWER RICE WITH LEMON, MINT, AND PISTACHIOS**

Serves 2

### **INGREDIENTS**

5 cups raw cauliflower florets  
1 oz pistachios  
1/4 cup each basil and mint

2 tsp lemon zest  
1 1/2 tbsp lemon juice  
1 tbsp olive oil  
1/4 cup dried currants  
Sea salt and black pepper to taste

### **METHOD**

1. Transfer 3 cups of the cauliflower to a food processor. Process until the cauliflower is broken down into pieces that are about the size of rice. Transfer to a large mixing bowl.
2. Transfer remaining 2 cups of cauliflower to the food processor. Add the pistachios. Process, once again, until cauliflower is broken down into rice sized pieces. Pulse in the basil and mint till herbs are finely chopped.
3. Add the additional chopped cauliflower, pistachios, and herbs to the mixing bowl with the first batch of cauliflower. Add the lemon juice, oil, and currents. Season to taste with salt and pepper. Serve.

### **BROWN RICE AND LENTIL SALAD**

Serves 4

### **INGREDIENTS**

2 tablespoons olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon lemon juice  
1 tablespoon dijon mustard  
1/2 tsp smoked paprika  
Sea salt and black pepper to taste  
2 cups cooked brown rice  
1 15-oz can organic, no sodium added lentils, rinsed, or 1 1/2 cups cooked lentils  
1 carrot, diced or grated  
4 tbsp chopped fresh parsley

### **METHOD**

1. Whisk oil, vinegar, lemon juice, mustard, paprika, salt and pepper together in a large bowl.
2. Add the rice, lentils, carrot and parsley. Mix well and serve.

## **RAW "PEANUT" NOODLES**

Serves 2

### **INGREDIENTS**

#### **For the dressing:**

1 tablespoon grated ginger  
1/2 cup olive oil  
2 tsp sesame oil (toasted)  
2 tbsp mellow white miso  
3 dates, pitted, or 1/4 cup maple syrup  
1 tbsp nama shoyu  
1/4 cup water

#### **For the noodles:**

2 zucchinis  
1 red bell pepper, sliced into matchsticks  
1 carrot, grated  
1 small cucumber, peeled into thin strips  
1 cup thinly sliced, steamed snow peas  
1/4 cup chopped scallions or green onion

### **METHOD**

1. Blend dressing ingredients in a high speed blender until all ingredients are creamy and smooth.
2. Use a spiralizer or julienne peeler to cut the zucchini into long, thin "noodles." Combine the zucchini with the pepper, carrot, cucumber, and scallions.
3. Dress the noodles with enough dressing to coat them well. Serve.

## **EASY FRIED RICE AND VEGETABLES**

Serves 2

### **INGREDIENTS**

2 tsp toasted sesame oil  
1 tbsp grated ginger  
1 1/2 cups cooked brown rice

2-3 cups frozen or fresh vegetables of choice  
1 tbsp low sodium tamari  
1 tbsp rice vinegar  
Vegetable broth as needed

## **METHOD**

1. Heat the sesame oil in a large wok. Add the grated ginger and heat it for a minute or two.
2. Add the brown rice and vegetables. Saute till the vegetables are tender.
3. Add the tamari, rice vinegar, and a splash of vegetable broth if the mixture is dry. Serve.

## **ARUGULA SALAD WITH ROASTED BUTTERNUT SQUASH, GOJI BERRIES, AND CAULIFLOWER**

Serves 2

## **INGREDIENTS**

For the salad:

4 heaping cups arugula (or other green)  
1 lb butternut squash, peeled and chopped  
1 small head cauliflower, washed and chopped into small florets  
2 tbsp coconut or olive oil  
Sea salt and pepper to taste  
1/4 cup raw pumpkin seeds  
1/4 cup goji berries

For the dressing:

3 tbsp olive oil  
2 tbsp orange juice  
1 tbsp lemon juice  
1/2 tsp turmeric  
1/4 tsp ground ginger  
1 tbsp agave or maple syrup  
Sea salt to taste

## **METHOD**

1. Toss the squash in 1 tbsp oil and season with salt and pepper. Toss the cauliflower in the other tablespoon and season with salt and pepper. Roast both veggies at 375 degrees for 20-



30 minutes (the cauliflower will cook faster), till golden brown and fragrant. Remove from oven and let cool.

2. Place the arugula, goji berries, and pumpkin seeds in a large bowl. Add roasted vegetables. Whisk together the olive oil, lemon juice, turmeric, maple syrup or agave, ginger, and sea salt, and dress all the veggies.

3. Divide salad onto two plates, and serve.

### **ROASTED VEGETABLE PESTO PASTA SALAD**

Note: Instead of using brown rice or quinoa pasta in this dish, you can also mix the roasted vegetables and pesto into a whole grain, like brown rice or millet or quinoa, for a more wholesome variation.

Serves 4

### **INGREDIENTS**

3 cups zucchini, chopped into 3/4" pieces

3 cups eggplant, chopped into 3/4" pieces

1 large Jersey or heirloom tomato, chopped

2 tbsp olive oil or melted coconut oil

Sea salt and black pepper to taste

8 oz brown rice or quinoa pasta (penne and fusilli work well)

1/2 - 2/3 cup walnut pesto (see: dressings)

### **METHOD**

1. Preheat your oven to 400 F.

2. Lay the zucchini, eggplant and tomato out on two parchment or foil lined baking sheets and drizzle with the olive or coconut oil. Coat the vegetables with the oil and roast vegetables for thirty minutes, or until tender and browning.

3. While vegetables roast, bring a pot of salted water to boil. Add the pasta and cook till al dente (according to package instructions). Drain pasta and set aside in a large mixing bowl.

4. Add the roasted vegetables and to the pasta. Mix in the pesto, season to taste, and serve at once.

## **PORTOBELLO “STEAK” AND CAULIFLOWER “MASHED POTATOES”**

Serves 4

### **INGREDIENTS**

For the mushrooms:

1/4 cup olive oil

3 tbsp balsamic vinegar

3 tbsp low sodium tamari or nama shoyu

3 tbsp maple syrup

Sprinkle pepper

4 portobello mushroom caps, cleaned

Submerge 4 Portobello caps in the marinade. 1 hour will be enough for them to be ready, but overnight in the fridge is even better.

### **For the Cauliflower Mashed Potatoes:**

1 cups cashews, raw

4 cups cauliflower, chopped into small florets and pieces

2 tbsp mellow white miso

3 tbsp nutritional yeast

2 tbsp lemon juice

Sea salt and black pepper to taste

1/3 cup (or less) water

### **METHOD**

1. Place cashews into the bowl of your food processor, and process into a fine powder.
2. Add the miso, lemon juice, nutritional yeast, pepper and cauliflower. Pulse to combine. With the motor of the machine running, add water in a thin stream, until the mixture begins to take on a smooth, whipped texture. You may need to stop frequently to clean the sides of the bowl and help it along.
3. When the mix resembles mashed potatoes, stop, scoop, and serve alongside a Portobello cap.

## **QUINOA ENCHILADAS**

Adapted from a recipe in Food52

Serves 6

### **INGREDIENTS**

1 tbsp coconut oil  
2 cloves garlic, minced  
1 small yellow onion, chopped  
3/4 pounds baby bella mushrooms, chopped  
1/2 cup diced green chilis  
1/2 teaspoon ground cumin  
1/4 teaspoon sea salt (or to taste)  
1 can organic, low sodium black beans or 1 1/2 cup cooked black beans  
1 1/2 cup cooked quinoa  
10 6-inch corn tortillas  
1 1/4 cup organic, low sodium tomato or enchilada sauce

### **METHOD**

1. Preheat oven to 350 degrees.
2. In a large pot over medium heat, heat coconut oil. Sauté onion and garlic till onion is translucent (about 5-8 min). Add mushrooms and cook until liquid has been released and evaporated (another 5 min).
3. Add the chilis to the pot and give them a stir for 2 minutes. Add the cumin, sea salt, black beans and quinoa, and continue heating the mixture until it's completely warm.
4. Spread a thin layer (1/2 cup) of marinara or enchilada sauce in the bottom of a casserole dish. Place a third of a cup of quinoa mixture in the center of a corn tortilla and roll it up. Place the tortilla, seam down, in the casserole dish. Repeat with all remaining tortillas and then cover them with 3/4 cup of additional sauce. Bake for 25 minutes, and serve.

# Dessert

## **BANANA SOFT SERVE**

Makes 2 servings

### **INGREDIENTS**

2 large bananas, peeled and chopped into chunks, then frozen

1/2 teaspoon vanilla

### **METHOD**

Place bananas in a food processor and turn the motor on. Let the processor run until the bananas have gotten increasingly light, fluffy, and smooth. They'll resemble a creamy bowl of soft serve ice cream!

You may need to stop a few times to scrape the bowl down. Be patient, and let the processor do its job — at first it'll seem as though the soft serve isn't coming together, but it will. Serve with any toppings you like: cacao nibs, dark chocolate, peanut butter, chopped nuts or seeds — the works!

## **RAW VEGAN BROWNIE BITES**

Makes 24-30 balls

### **INGREDIENTS**

2 cups walnuts

2/3 cup cacao nibs

Generous pinch sea salt (to taste)

1/4 cup raw cacao (or regular cocoa) powder

1 1/2 cups pitted dates

### **METHOD**

1. Place the walnuts, cacao nibs, sea salt, and cacao powder in a food processor and process for about 30 seconds, or till everything is pretty well crumbled up.

2. Add the dates and process for another twenty seconds or so. The mixture should be sticking together. If it's not, keep processing till it sticks together easily when you squeeze a little in your hand. If you need to, adding a few more dates will help bind it together.

3. Shape the "dough" into balls that are about 3/4 - 1 inch thick by rolling it in your palms. Store in the fridge for 30 minutes, and then they'll be ready to serve.

Balls will keep, stored in the fridge, for two weeks.

## **RAW, VEGAN VANILLA MACAROONS**

Makes 15 macaroons

### **INGREDIENTS**

1/2 cup raw almonds  
1 heaping cup unsweetened, shredded coconut  
1/4 cup coconut oil (will be easiest to roll up the macaroons if the oil is solid when you put it in the processor)  
3 tablespoons maple syrup  
1 teaspoon vanilla extract  
Pinch sea salt

### **METHOD**

1. Add almonds to the food processor and process till they're finely ground.
2. Add the remaining ingredients and process again, till everything is well combined.
3. Working quickly (or else the coconut oil will melt) roll the coconut mixture into small (3/4" - 1") balls. Place on a parchment lined platter or baking sheet.
4. Transfer platter to the fridge, and refrigerate for a few hours, till the macaroons are solid. Serve.

Macaroons will keep in the fridge for up to two weeks.

## **CHOCOMOLE**

Serves 2

### **INGREDIENTS**

1 large, ripe Haas avocado, pitted  
1/2 tsp vanilla  
4 heaping tablespoons raw cacao powder  
3 tbs maple syrup or agave  
1/4 cup water (more as needed)

### **METHOD**

Place all ingredients in a food processor or Vitamix and blend till smooth. Serve.

## **BLUEBERRY GINGER ICE CREAM**

Serves 2

### **INGREDIENTS**

2 frozen bananas

1 heaping cup frozen blueberries

1/2 inch fresh ginger (or 1/2 tsp ginger powder if you're using a food processor)

1/4 cup cashews

2 tsp lemon juice

2-4 tbsp almond or hemp milk

### **METHOD**

Blend all ingredients together in a high speed blender. Start with 2 tbsp of almond milk and use the tamp to try to get the mixture going without adding too much liquid: you want an ice cream, not a smoothie! If you need the extra two tablespoons, use them, but be patient and keep blending with the tamp till a thick consistency is achieved.

## **References**

This meal plan guide is a part of leanrunnerbean, created by *Kate* who, is a nutritionist, personal trainer and self-confessed foodie! [Page No 3 to 6]

**<http://www.leanrunnerbean.com/30-day-diet-how-to-lose-weight-in-30-days-guaranteed/>**

**This 30 Day meal plan is a part of *22-Day Vegan Challenge*** which is a life-changing program, created by vegan author & speaker Colleen Patrick-Goudreau [Page No 8 to 55]

**<http://www.the30dayveganchallenge.com/fe/29373-30-day-vegan-challenge>**

### **Bootcamp Noosa 30-Day Meal Plan & Weight Loss Guide**

**<https://images.template.net/wp-content/uploads/2016/01/11040917/30-Day-Meal-Plan-for-Weigh-Loss-PDF-Template-Free-Download.pdf>**

**The images are taken from the sources given below**

**<http://bit.ly/2mtfVX4>**

**<http://bit.ly/2msVaeq>**

**<http://bit.ly/2INmyGG>**

**<http://bit.ly/2IS1M9z>**

**<http://bit.ly/2INq57Z>**

**<http://bit.ly/2INs7VH>**

**<http://bit.ly/2l7NsFk>**

**<http://bit.ly/2kUx8wF>**

**<http://bit.ly/2IDxa9a>**

**<http://bit.ly/2mtf604>**

**<http://bit.ly/2mfwo5d>**

**<http://bit.ly/2IS7Xud>**

**<http://bit.ly/2lBcekz>**

**<http://bit.ly/2l802V1>**

**<http://bit.ly/2lDw654>**