

A close-up photograph of a white plate filled with a vibrant plant-based meal. The dish includes chickpeas, cherry tomatoes, and fresh green herbs. A wooden spoon is visible in the foreground, and a white napkin is tucked under the plate. The background shows a white bowl with more food and a white cup.

Denise M Dukes 90 Day Plant~Based Meal Plan

Includes Recipes, Directions, Nutritional Values,
Meal Plans & Grocery Shopping List



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THE PLANT-BASED LIFESTYLE GUIDE

WHAT IS A PLANT-BASED LIFESTYLE?

The Plant-Based lifestyle is becoming increasingly popular these days, People who follow this LIFESTYLE do not eat any food from animal sources including red meat, chicken, eggs, dairy and honey.

People who choose to see Plant-Based as a lifestyle rather than just a way of eating also avoid animal products in the form of leather, fur or any other clothing item made out of animal products.

People who go Plant-Based mainly do so for health reasons and the environment. This EBook will focus mostly on a plant based LIFESTYLE and its health benefits.

TYPES OF PLANT-BASED LIFESTYLES

Fishatarian LIFESTYLE - Only Fish

Chickenatarian LIFESTYLE - Only Chicken

Lacto-Ovo-Plant-based - Eat Eggs and Dairy

Lacto-Plant-based - Only Dairy

Strictly Plant-Based - No Animal Products, No Honey, No Leather Products

THE TOP 10 BENEFITS OF A PLANT-BASED LIFESTYLE

1. **Better Mood:** Research is suggesting they are happier than meat eaters.
2. **Disease Fighting:** When done right the LIFESTYLE is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown plant-based eaters suffer less from diseases caused by modern western LIFESTYLE (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers). This must be attributed to a higher intake of fiber, phytonutrients and Antioxidants.
3. **Lean Figure:** Plant-based eaters typically weigh less as a result from a LIFESTYLE that has fewer calories in the form of grains, legumes, nuts, seeds, fruits and vegetables.
4. **Less Toxicity:** Plant sources are safer than animal foods. Particularly when consuming organic fruits and vegetables. Food borne illnesses, antibiotics, bacteria, parasites and chemical toxins are more common in commercial meat, poultry and seafood when compared to plant foods.
5. **Saving the Planet:** Plant based LIFESTYLE is better for the planet as it requires less energy and farm land to feed a plant-based.
6. **Sight:** Plant-based eaters tend to have better sight.
7. **Money Saving:** Plant foods tend to be less expensive except for a few delicacies.
8. **Better Athletic Performances:** A high carb/low fat and vitamin and mineral rich plant-based LIFESTYLE may be the optimal for sport performance.
9. **Supporting Animal Rights:** Animal welfare is improved.
10. **Longevity:** Plant-based eaters have been found to enjoy longer and healthier lives when compared to meat eaters

FOODS TO EAT

- VEGETABLES
- FRUITS
- GRAINS
- BEANS
- SEEDS
- NUTS
- HERBS & SPICES

TOP PLANT-BASED SWAPS

Milk —> Almond Milk

Cream —> Coconut Cream

Butter—> Olive Oil

Cheese —> Nutritional Yeast

Eggs —> Flax Egg

TOP PLANT-BASED PROTEIN

Tempeh
Chickpeas
Portobello mushrooms
Lentils
Quinoa
Black Beans
Peanut Butter
Kidney Beans
Almonds
Veggies Burgers
Pumpkin Seeds



A person is cooking in a kitchen. They are pouring a mixture of lentils, tomatoes, and other ingredients from a black frying pan into a white bowl. The person is wearing a grey long-sleeved shirt and a red apron. The kitchen counter is white, and there are various kitchen items like a glass and a small jar on it. A window is visible in the background, showing some greenery outside.

**THE
PLANT-BASED
LIFESTYLE
RECIPES**

GREEN PROTEIN SMOOTHIE



INGREDIENTS

1 Cup of Spinach
1/2 Avocado
1 Serving of Vanilla Protein
1/2 Cups of Coconut Milk
1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 10 g
Net Carbs: 5 g
Protein: 27 g
Total Calories: 412 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, add in the avocado, spinach, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Add extra water if you desire your smoothie more on the liquid side. Once it looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

RASPBERRY COCONUT SMOOTHIE



INGREDIENTS

1 Cup of Raspberries
1/2 Frozen Banana
1 Tbsp of Chia Seeds
1 Cup of Coconut Milk
1 Serving of Vanilla Protein Powder

NUTRITIONAL VALUE

(per serving)
Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, raspberries, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

CHOCOLATE BANANA SMOOTHIE



INGREDIENTS

1 Frozen Banana
2 Tbsp of Raw Cacao Powder
1 Cup of Almond Milk
1 Serving of Chocolate Protein Powder
1/2 Avocado

NUTRITIONAL VALUE

(per serving)
Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many nutrients as possible.

BLUEBERRY SMOOTHIE



INGREDIENTS

1 Cup of Blueberries
1 Banana
1/2 Cup of Coconut Milk
1 Serving of Vanilla Protein Powder
Handful of Ice

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 53 g
Protein: 20 g
Total Calories: 436 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the blueberries, banana, collagen powder and the ice. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

BLUEBERRY HEMP SEED PORRIDGE



INGREDIENTS

1 Cup of Almond Milk
1/2 Cup of Hemp Seeds
1/2 Cup of Blueberries
1 Tbsp of Ground Flax Seeds
1 Tbsp of Chia Seeds
1 tsp of Vanilla Extract

NUTRITIONAL VALUE

Fat: 46 g
Carbs: 25 g
Net Carbs: 10 g
Protein: 33 g
Total Calories: 651 Calories

DIRECTIONS

Combine all of the ingredients except for the blueberries in a small pot, stir together and bring to a boil. Once it's boiling bring down the heat to a low-medium. Allow the porridge to simmer for 3-5 minutes. Once the mixture has thickened up remove it from the heat. Transfer the hemp seed porridge into a bowl and add the blueberries on top.

CHICKPEA OMELETTE



INGREDIENTS

3 large heaping Tbsp chickpea flour
½ tsp (black) salt
Pinch of ground black pepper
8 Tbsp water
1 small onion
(a big bunch of fresh herbs (dill, spring onions
basil for example))
2 Tbsp oil

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 40 g
Protein: 12 g
Total Calories: 401 Calories

DIRECTIONS

Whisk chickpea flour with salt and pepper. Add water and whisk until you have a creamy omelette batter. Add thinly sliced or chopped onions and chopped herbs OR pan-fry the onions first in some oil until light golden brown and then add the onions to the omelette batter. Mix everything together. Heat up some oil in a pan. Scoop all the batter onto the pan and spread it out with a spoon so you have a nice round omelette. Cook for a few minutes (don't cover the pan with a lid!). Flip the omelette over (use a thin spatula) and cook for a couple more minutes. Remove the heat. Let it cool a little bit, cut it and serve it

APPLE CINNAMON CEREAL



INGREDIENTS

1 Apple
1/4 Cup of Coconut Chips
1/2 Cup of Almond Milk
2 Tbsp of Walnuts
2 Tbsp of Almonds
1/2 tsp of Ground Cinnamon

NUTRITIONAL VALUE

Fat: 28 g
Carbs: 19 g
Protein: 8 g
Total Calories: 350 Calories

DIRECTIONS

Start by washing an apple and then cut it into small pieces. Next combine the apple pieces and all the remaining ingredients into a small bowl. Feel free to add any other nuts and seeds that you enjoy to add texture to this grain free cereal.

MUSHROOMS SCRAMBLE



INGREDIENTS

4oz of Portobello mushrooms
1/2 Cup of Red Bell Pepper
1 Cup of Spinach
1/4 Cup of Red Onion
1 Tbsp of Coconut Aminos
1 tsp of Coconut Oil
1 tsp of Turmeric
1/2 tsp of Sea Salt
Pinch of Black Pepper

NUTRITIONAL VALUE

Fat: 14 g
Carbs: 12 g
Protein: 15 g
Total Calories: 173 Calories

DIRECTIONS

Place a pan on medium heat and add the onions and peppers with the coconut oil. Once the vegetables become translucent add the Portobello mushrooms to the pan and roughly break it down with a spatula. Next add the coconut aminos, turmeric, salt and pepper and cook for another 5 minutes. Only add the spinach in the last 2 minutes so that it doesn't wilt too much.

Golden granola



INGREDIENTS

(Makes 20 servings)

- 8 oz. pecans or hazelnuts or almonds
- 2½ oz. unsweetened shredded coconut
- 1 cup sunflower seeds
- 4 tbsp. pumpkin seeds
- 4 tbsp. sesame seeds
- ¾ cup flaxseed
- 1 tbsp. turmeric
- 1 tbsp. ground cinnamon
- 2 tsp. vanilla extract
- ½ cup almond flour
- 1 cup water
- 4 tbsp. coconut oil

For serving

10 cups full fat Greek yogurt or coconut cream

NUTRITIONAL VALUE

Fat: 37 g

Carbs: 8 g

Protein: 9 g

Total Calories: 404 Calories

DIRECTIONS

Preheat the oven to 300°F (150°C). Chop the nuts coarsely in a food processor or with a sharp knife. Mix all ingredients in a bowl. Spread out on a baking sheet lined with parchment paper. Roast in the oven for 20 minutes.

Be sure to set a timer. Nuts and seeds are heat sensitive and should not get burned. Remove from the oven and stir the mixture, then return to the oven for about 20 minutes more. Check again. When the granola feels almost dry, turn off the heat and let the granola cool in the residual heat of the cooling oven. Serve the granola with full-fat Greek yogurt with a tiny bit of vanilla powder and maybe some additional heavy cream. The granola is very nutritious and filling. A third to half a cup will go a long way.

Upma



INGREDIENTS

(2 servings)

- 7 oz. cauliflower
- 2 tbsp. ghee or butter or olive oil
- 1 tbsp. yellow mustard seeds
- 1 tbsp. cumin seeds
- 1¾ oz. red onions, chopped
- 5 curry leaves
- 1/6 oz. fresh ginger
- 1 green chili pepper
- 2/3 oz. salted peanuts
- Fresh cilantro, for garnish

NUTRITIONAL VALUE

- Fat: 21 g
- Carbs: 8 g
- Protein: 7 g
- Total Calories: 252 Calories

DIRECTIONS

Break apart the cauliflower into large florets. Transfer the cauliflower to a food processor and pulse until completely broken down into couscous-sized pieces. Heat ghee in a wok or frying pan and add the mustard seeds and cumin. Once they start to sizzle add chopped onion, curry leaves, ginger, green chili pepper and peanuts. Fry on low-medium heat until the onions get translucent. Salt to taste. Add the couscous-sized cauliflower, combine well and fry for a few minutes. Add some water so it almost covers the mixture. Cook for 10 minutes with the lid on. Keep checking and stirring every few minutes to ensure that nothing sticks to the bottom of the pan. Cook until the water evaporates. Finish with adding the fresh cilantro.

Coconut cream with berries



INGREDIENTS

(1 servings)

½ cup coconut cream
2 oz. fresh strawberries
1 pinch vanilla extract

NUTRITIONAL VALUE

Fat: 42 g
Carbs: 9 g
Protein: 5 g
Total Calories: 415 Calories

DIRECTIONS

Mix all ingredients using an immersion blender. You can also add a spoonful of coconut oil to increase the fat ratio.

Coconut pancakes



INGREDIENTS

(4 servings)

6 eggs
1 pinch salt
2 tbsp. melted coconut oil
 $\frac{3}{4}$ cup coconut milk
 $\frac{1}{2}$ cup coconut flour
1 tsp. baking powder
Butter or coconut oil, for frying

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 3 g
Protein: 12 g
Total Calories: 289 Calories

DIRECTIONS

Separate the yolks from the egg whites and whip the egg whites and pinch of salt with a hand mixer. Continue whipping until stiff peaks form and then set aside. In a separate bowl, whisk together yolks, oil and coconut milk. Add coconut flour and baking powder. Mix into a smooth batter. Gently fold the egg whites into the batter. Let batter rest for 5 minutes. Fry in butter or coconut oil for a couple of minutes or so on each side on low to medium heat. Flip carefully! Serve with melted butter and/or fresh berries.

Avocado Toast with Garbanzo Beans



INGREDIENTS

(1 servings)

1 large avocados
1/2 cup cherry tomatoes
1/4 cup garbanzo beans
1/2 lemon
1 Tbsp. olive oil
1 Tbsp. parsley
1 tsp. red pepper flakes
Salt and pepper to taste
2 slices whole grain bread

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 3 g
Protein: 12 g
Total Calories: 289 Calories

DIRECTIONS

Slice avocado in half, and remove the pit. Cut into cubes, and pour the cubes into a bowl. Add salt and pepper, and squeeze lemon juice into the bowl. Mix thoroughly. Begin to toast the bread. Once the bread is toasted, drizzle olive oil on the bread before adding other ingredients. Scoop the avocado mixture onto the bread. Garnish with cherry tomatoes, garbanzo beans, minced parsley, and red pepper flakes. Enjoy!

New York–Style Bagels with Tomato Lox



INGREDIENTS

(4 servings)

Water, for boiling
6 large roma tomatoes
3 Tbsp. tamari
2 tsp. Olive oil
1 tsp. Water
1 tsp. Kelp powder
1 tsp. liquid smoke
5 bagels, halved and toasted
1 batch Cashew Cream Cheese
Chives, capers, radishes, red onion, and black sesame seeds (optional)

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 3 g
Protein: 12 g
Total Calories: 289 Calories

DIRECTIONS

Bring water to a boil in a saucepan. Pierce the skin of each tomato with a knife and drop into the water for 30 seconds to 1 minute, or until the skins begin to peel off. Transfer the tomatoes to a large bowl of ice water to prevent further cooking. Combine the tamari, olive oil, water, kelp powder, and liquid smoke in a small bowl and whisk until smooth. Peel the skins off the tomatoes. Cut the tomatoes in half lengthwise, then carefully trim away the seeds and firm inside layer. Add the soft tomato pieces to the tamari marinade. Mix with your hands to ensure that the tomatoes are evenly coated. Cover and refrigerate for 30 minutes. Spread each bagel half with a generous layer of Cashew Cream Cheese. Add layers of tomato lox and toppings of your choice, such as chives, capers, radishes, red onion, and black sesame seeds. Tomato lox will keep in a covered container in the fridge for up to 4 days.

Chicken Pot Pie Empanadas



INGREDIENTS

(4 servings)

1/2 cup flour

1/2 cup oil

2 1/2 cups vegetable broth

1/4 cup nutritional yeast

1 garlic, minced

1/2 cup frozen or canned and drained corn

1/2 cup frozen or canned and drained peas

1/2 cup frozen or canned and drained diced carrots

1/2 lb. Plant-Based chicken, cut into tiny cubes

2 cans Plant-Based crescent roll dough

NUTRITIONAL VALUE

Fat: 24 g

Carbs: 3 g

Protein: 12 g

Total Calories: 289 Calories

DIRECTIONS

Preheat the oven to 350°F. Add the flour to a large pot and stir continuously over low heat until lightly toasted. Add the oil and stir continuously to make a roux. Slowly whisk in the broth and nutritional yeast. Add the garlic, vegetables, and Plant-Based chicken. Cook for 5 to 10 minutes, or until heated through. Separate the Plant-Based crescent roll dough pieces. Place a spoonful of the filling on one piece of dough and place another piece of dough on top. Press the edges together with a fork to seal. Bake for 20 minutes, or until golden brown.

Broccoli salad with fresh dill



INGREDIENTS

(4 servings)

1 lb. broccoli

1 cup mayonnaise or Plant-Based mayonnaise

$\frac{3}{4}$ cup fresh dill

Salt and ground black pepper to taste

NUTRITIONAL VALUE

Fat: 4 g

Carbs: 5 g

Protein: 42 g

Total Calories: 413 Calories

DIRECTIONS

Cut the broccoli into small florets and the stalks into even smaller pieces. Add floret pieces and stalks to boiling salted water and let boil for 4–5 minutes. The broccoli should be bright green and fork tender but still crisp. Drain the broccoli and add the other ingredients and stir. Add pepper and taste. Adjust with more salt, if needed.

Breakfast Burrito



INGREDIENTS

(1 servings)

- 1 hash brown patty
- 1 sausage patty
- 1/2 Tbsp. oil
- 1/2 cup chopped onion
- 1/4 Portobello mushrooms
- 1 Tbsp. nutritional yeast
- 1/2 tsp. garlic powder
- Salt, to taste
- Pepper, to taste
- 1 large tortilla

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 3 g
Protein: 12 g
Total Calories: 289 Calories

DIRECTIONS

Cook the hash brown and Plant-Based sausage according to the package directions and set aside. In a medium-sized skillet, warm the oil over medium-high heat. Add the onions and cook until tender, stirring continuously. Crumble in the Portobello mushrooms and add the nutritional yeast, garlic powder, salt, and pepper. Cook until the Portobello mushrooms browns slightly. Warm the tortilla, then fill with the Portobello mushrooms mixture, hash brown, and Plant-Based sausage. Sprinkle with the Plant-Based cheese, if using, and fold into a burrito.

Biscuit and Gravy Breakfast Sandwich



INGREDIENTS

(1 servings)

1 Plant-Based sausage patty
1/4 cup Plant-Based gravy, warmed
1 biscuit, cut in half (Try Immaculate Baking
Company Organic Flaky Biscuits)

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 3 g
Protein: 12 g
Total Calories: 289 Calories

DIRECTIONS

Prepare the sausage patties according to the package instructions. Spread the Plant-Based gravy on the biscuit halves.

Stack the Plant-Based sausage on 1 biscuit half then top with the remaining half. Enjoy.

Breakfast Scramble Tacos



INGREDIENTS

(4 servings)

1 Tbsp. oil

1/2 block Portobello mushrooms, pressed

1 cup chopped kale or spinach

6 small corn tortillas, warmed

Optional toppings: cilantro, Plant-Based sour cream,
Plant-Based cheese, cayenne pepper

NUTRITIONAL VALUE

Fat: 24 g

Carbs: 3 g

Protein: 12 g

Total Calories: 289 Calories

DIRECTIONS

Warm the oil in a pan over medium heat and crumble in the Portobello mushrooms. Cook, stirring regularly, for about 5 minutes. Heat for a couple of minutes, then add the chopped greens and cook until wilted. Divide evenly among the warmed tortillas and add desired toppings.

Oatmeal



INGREDIENTS

(1 servings)

1 cup canned, unsweetened coconut milk or
unsweetened almond milk
1 tbsp. flaxseed, whole
1 tbsp. chia seeds
1 tbsp. sunflower seeds
1 pinch salt

NUTRITIONAL VALUE

Fat: 61 g
Carbs: 8 g
Protein: 10 g
Total Calories: 615 Calories

DIRECTIONS

Mix all ingredients in a small sauce pan. Bring to a boil. Lower the heat and let simmer until desired thickness is reached. This shouldn't take more than a couple of minutes. Top with butter and coconut milk – or almond milk and cinnamon – or fresh, unsweetened berries. The possibilities are endless!

BANANA PANCAKES



INGREDIENTS

1 Cup of Gluten Free Oatmeal
1/4 Cup of Almond Milk
1 Banana
1 Tbsp of Coconut Oil
2 tsp of Baking Powder
1/2 tsp of Cinnamon

NUTRITIONAL VALUE

Fat: 13 g
Carbs: 82 g
Protein: 12 g
Total Calories: 475 Calories

DIRECTIONS

Combine all of the ingredients in a blender and blend until smooth. Allow the batter to sit on the counter for 5 minutes. While the batter is sitting place a pan over medium heat and melt the coconut oil. Once the batter is ready cook 3 mini pancakes at a time. Cook for about 2 minutes per side. Repeat until the batter is done. Next add your favourite pancake toppings! These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.

CHICKPEA WRAP



INGREDIENTS

(2 Servings)

- 4 Cups of Romaine Lettuce
- 1 Avocado
- 1/2 Cup of Salsa
- 1/2 Cup of Shredded Mexican Cheese
- 2 Tbsp of Sour Cream
- Seasonings** —>
- 1 Tbsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Cayenne Powder

NUTRITIONAL VALUE

- Fat: 36 g
- Carbs: 45 g
- Protein: 15 g
- Total Calories: 631 Calories

DIRECTIONS

Wash and drain the chickpeas. Put the chickpeas in a big bowl and mash them with a fork. Chop the celery and red onion into small pieces and add it to the chickpeas. Then go ahead and mix in the remaining of the ingredients. Divide the mixture up into two separate wraps

BALSAMIC ARUGULA SALAD



INGREDIENTS

(2 Servings)

4 Cups of Arugula
2 Tomatoes
1 Cup of Chopped Cucumber
1 Cup of Chickpeas
2 Tbsp of Balsamic Vinegar
1/4 Cup of Extra Virgin Olive Oil
Pinch of Sea Salt and Ground Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 29 g
Carbs: 28 g
Protein: 6 g
Total Calories: 391 Calories

DIRECTIONS

Pre-heat the oven to 200C/400F. Drain and wash the chickpeas and then pat them dry with a paper towel. Spread the chickpeas out on a baking sheet with parchment paper and drizzle the 2 Tbsp of olive oil on top. Bake the chickpeas for 30 minutes, moving them around every 10 minutes. While the chickpeas are baking prepare the salad ingredients.

Make the dressing by combining the balsamic vinegar, olive oil, sea salt and pepper. You can add a sweetener of choice here as well if desired. Once the chickpeas are done toss them into the prepared salad for a much healthier “crouton” alternative.

RAINBOW SALAD



INGREDIENTS

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

NUTRITIONAL VALUE

Fat: 34 g
Carbs: 16 g
Net Carbs: 10 g
Protein: 12 g
Total Calories: 392 Calories

DIRECTIONS

Prepare all of the vegetables as listed above. I highly recommend creating different textures with your vegetables to add variety. 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. Serve with the dressing drizzled on top.

FALAFEL SALAD



INGREDIENTS

(2 Servings)

- 1 Can of Chickpeas
- 1/4 Cup of Red Onion
- 1/2 Cup of Fresh Parsley
- 1 Cloves of Garlic
- 1/2 tsp of Cumin
- Pinch of Sea Salt & Pepper
- 2 Cup of Fresh Greens
- 1/2 Cup of Cherry Tomatoes
- 1/2 Cup of Cucumbers
- 2 Tbsp of Tahini

NUTRITIONAL VALUE

- Fat: 3 g
- Carbs: 29 g
- Protein: 9 g
- Total Calories: 171 Calories

DIRECTIONS

Pre-heat the oven to 400F. Combine the chickpeas, red onions, garlic, cumin, parsley and cilantro in a food processor. Process for a few seconds, leaving the mixture a little bit chunky. Form 8 small patties with the mixture and then refrigerate for an hour to let them set. Bake for 45 minutes, flipping them half way. While the falafel are baking prepare the salad and the dressing by combining the tahini and lemon juice.

CHICKPEA QUINOA AVOCADO SALAD



INGREDIENTS

(2 Servings)

- 1 Can of Chickpeas
- 1/2 Cup of Cooked Quinoa
- 1 Small Tomato
- 1/2 Cup of Diced Cucumber
- 1 Avocado
- 1 Tbsp of Olive Oil
- 1 Pinch of Sea Salt & Pepper

NUTRITIONAL VALUE

(per serving)

- Fat: 15 g
- Carbs: 41 g
- Protein: 11 g
- Total Calories: 339 Calories

DIRECTIONS

Measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water. Turn the heat on to high until it's boiling then bring down to low until all the water has been absorbed and the quinoa is fluffy. While the quinoa is cooking chop the cucumber, tomatoes and avocado into small cubes. Combine all of the vegetables in a large bowl. Add the quinoa to the vegetables once it's done. Mix in the olive oil, salt and pepper to finish.

CRUNCHY KALE SALAD



INGREDIENTS

2 Cups of Kale 1 Carrot
1/2 Avocado
1/2 Cup of Chickpeas
Dressing —>
1 Tbsp of Tahini
1 Tbsp of Lemon Juice

NUTRITIONAL VALUE

(per serving)

Fat: 34 g
Carbs: 72 g
Protein: 22 g
Total Calories: 634 Calories

DIRECTIONS

Pre-heat the oven to 350F/175C. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes. While the chickpeas are baking prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes. Set the vegetables aside and prepare the dressing. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency. Add all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top

QUINOA TABOULEH



INGREDIENTS

1/4 Cup of Quinoa
1/2 Cup of Fresh Parsley
2 Tomatoes
2 Tbsp of Pine Nuts
1 Tbsp of Tahini
1 Tbsp of Olive Oil
Juice of 1/2 Lemon

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 36 g
Protein: 10 g
Total Calories: 423 Calories

DIRECTIONS

Start by preparing the quinoa according to the directions on the packaging. While the quinoa is cooking start chopping the parsley and the tomatoes. Once the quinoa is done let it cool down for a little bit and then add all of the remaining ingredients. Mix well and serve cold.

CREAMY AVOCADO PASTA



INGREDIENTS

(2 Servings)

4 oz of Brown Rice Linguini 1 Avocado

1/2 Cup of Fresh Basil

2 Tbsp of Extra Virgin Olive Oil

2 Cloves of Garlic

1 Tbsp of Lemon Juice

Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 27 g

Carbs: 47 g

Protein: 7 g

Total Calories: 446 Calories

DIRECTIONS

Start by preparing the pasta according to the directions on the packaging. While the pasta is cooking start preparing the avocado cream sauce by combining all of the ingredients in a food processor. Process until the consistency is nice and smooth. Add the avocado cream sauce with the noodles once they are ready. Feel free to add to favourite plant-based protein source to this dish if you prefer a meal with higher protein.

PLANT-BASED POWER BOWL



INGREDIENTS

(2 Servings)

- 2 Cups Kale
- 1 Roasted Sweet Potato
- 1 Avocado
- 1 Red Bell Pepper
- 1 Can of Black Bean
- 1 tsp of Olive Oil
- Dressing —>
- 2 Tbsp of Tahini
- 2 Tbsp of Lemon Juice

NUTRITIONAL VALUE

(per serving)

- Fat: 33 g
- Carbs: 67 g
- Protein: 21 g
- Total Calories: 599 Calories

DIRECTIONS

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. 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. Chop the red pepper and avocado. Prepare the dressing by mixing the tahini and the fresh lemon juice together. 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.

PORTOBELLO FAJITA BOWL



INGREDIENTS

(2 Servings)

- 2 Portobello Mushroom
- 1 Red Bell Pepper
- 1/4 Cup of Onions
- 2 Cloves of Garlic
- 1/2 Cup of Brown Rice
- 1/2 Cup of Guacamole Fajita Seasoning —>
- 2 TBSP of Paprika
- 1 Tbsp of Garlic Powder
- 1 Tbsp of Onion Powder
- 1 tsp of Cayenne Powder

NUTRITIONAL VALUE

(per serving)

- Fat: 19 g
- Carbs: 46 g
- Protein: 8 g
- Total Calories: 390 Calories

DIRECTIONS

Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute. Next add the red pepper and portobello mushroom cut into long thin slices. Add the fajita seasoning and cook for another 5-7 minutes. Meanwhile prepare the guacamole. Once everything is ready combine the portobello mixture, brown rice and guacamole in a big bowl

BLACK BEAN BURGER



INGREDIENTS

(2 Servings)

- 1 Can of Black Beans
- 1/4 Cup of Gluten Free Oatmeal
- 1/4 Cup of Chopped Onion
- 2 Cloves of Garlic
- 1/4 Cup of Fresh Parsley
- 1 tsp of Chilli
- 1/2 tsp of Cayenne Powder
- 1/2 tsp of Sea Salt
- 1/2 tsp of Pepper

NUTRITIONAL VALUE

(2 Patties)

- Fat: 2 g
- Carbs: 46 g
- Protein: 16 g
- Total Calories: 262 Calories

DIRECTIONS

Drain and rinse the black beans and pat dry with paper towel. Place all of the ingredients in a food processor and the mixture becomes sticky. Form 4 patties and cook on the stove top on medium heat with coconut oil. Fry the patty for about 3-5 minutes each side and then you can add any of your favourite toppings to the burger patty. I highly recommend some avocado with this recipe.

SWEET POTATO & CHICKPEA CURRY



INGREDIENTS

(2 Servings)

1.5 Cup (1 Small) of Sweet Potato
1 Can of Chickpeas
1 Cup of Coconut Milk
1/4 Cup of Onion
1 Can of Chopped Tomato
1 Tbsp of Olive Oil
Tbsp of Ground Turmeric
1 Tbsp of Ground Cumin
1 Tbsp of Ground Ginger
1 tsp of Sea Salt

NUTRITIONAL VALUE

(per serving)

Fat: 26 g
Carbs: 56 g
Protein: 13 g
Total Calories: 518 Calories

DIRECTIONS

In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent. Next add in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid. Bring the curry to a boil and then turn down to a simmer for about 40 minutes or until the sweet potatoes are completely done.

Plant-Based kale and spinach soup



INGREDIENTS

(4 Servings)

- ½ cup coconut oil
- 8 oz. kale
- 8 oz. fresh spinach
- 2 avocados
- 3½ cups coconut milk or coconut cream
- 1 cup water
- Fresh mint or dried mint (optional)
- 1 tsp. salt
- ¼ tsp. ground black pepper
- 1 lime, the juice
- Fried kale
- 3 oz. kale
- 2 garlic cloves, chopped
- 2 tbsp. coconut oil
- ½ tsp. ground cardamom (green)
- Salt and pepper

NUTRITIONAL VALUE

(Per serving)

- Fat: 92 g
- Carbs: 14 g
- Protein: 11 g
- Total Calories: 914 Calories

DIRECTIONS

Melt the coconut oil in a hot thick-bottomed pot or pan. Sauté the spinach and kale briefly. The vegetable should just shrink and get a little color, but no more. Remove from the heat. Add water, coconut milk, avocado and spices. Blend with a hand blender until creamy. Add lime juice. Add more spices if you want. Fry kale and garlic on high heat until the garlic turns golden. Garnish the soup and serve.

Portobello steaks with avocado chimichurri



INGREDIENTS

(2 Servings)

Portobello steaks

- 4 Portobello mushrooms
- 2 tbsp. olive oil
- 2 tsp. sea salt
- 1 tsp. pepper

Avocado chimichurri

- 1 fresh jalapeño
- 2 garlic cloves
- 1 shallot
- 1 avocado
- 1 lemon or lime, juiced
- 2 tbsp. fresh parsley
- ½ tsp. sea salt
- ½ tsp. pepper
- 4 tbsp. olive oil

NUTRITIONAL VALUE

(Per serving)

- Fat: 56 g
- Carbs: 12 g
- Protein: 7 g
- Total Calories: 583 Calories

DIRECTIONS

Preheat the grill for 20-30 minutes on medium-low heat with the lid down. Clean the Portobello mushrooms and remove the stems. Brush with olive oil on both sides, season with salt and pepper. Place mushrooms on the grill, stem side down with the lid open. Grill for 5 minutes on each side. Brush them with some more olive oil when flipping, to keep them juicy. In the meantime, cut the jalapeño into pieces. Remove the seeds first if you don't want it to be too spicy. Chop garlic and shallot. Cut avocados in half. Remove the pit and scoop out the flesh. Cut into pieces. Add chopped veggies to a food processor. Squeeze in lemon juice, add olive oil and parsley. Season with salt and pepper. Blend until you get a nice chunky mix. Remove mushrooms from the grill and put on a plate with stem side down. Serve with chimichurri on top. Sprinkle with sea salt.

Crispy marinated Portobello mushrooms



INGREDIENTS

(2 Servings)

- 1½ tsp. sesame oil
- 1½ tsp. tamari sauce
- 2 tsp. ginger garlic paste
- ½ tsp. cayenne pepper
- 14 oz. firm Portobello mushrooms, cut into 1-inch (2 cm) cubes

NUTRITIONAL VALUE

(Per serving)

- Fat: 21 g
- Carbs: 2 g
- Protein: 35 g
- Total Calories: 323 Calories

DIRECTIONS

Place all of the marinade ingredients into a bowl and add the Portobello mushrooms cubes. Mix well until all of the Portobello mushrooms is evenly coated. Cover and place in the refrigerator overnight to allow the flavors to develop. Preheat the oven to 350°F (180°C), fan forced. Line a large oven tray with baking paper and spread the Portobello mushrooms out in a single layer. Bake for 35 minutes, turning the Portobello mushrooms halfway through.

Gazpacho Green



INGREDIENTS

(3 Servings)

- ½ cup pre-soaked cashew nuts, drained
- ½ cup diced celery stalks
- ½ cup watercress leaves
- ½ cup sliced cucumber, peeled and seeded
- 5 oz. Romaine lettuce (5 large, crisp leaves)
- ¼ cup extra virgin olive oil
- 1 garlic clove
- 1 tsp. fine salt
- 1 cup chicken broth or vegetable stock

NUTRITIONAL VALUE

(Per serving)

- Fat: 29 g
- Carbs: 9 g
- Protein: 5 g
- Total Calories: 311 Calories

DIRECTIONS

Combine all of the ingredients in a blender and blend until smooth and creamy. Enjoy right away.

Plant-Based Buddha bowl



INGREDIENTS

(2 Servings)

Crispy marinated Portobello mushrooms

1½ tsp. sesame oil

1½ tsp. tamari sauce

2 tsp. ginger garlic paste

½ tsp. cayenne pepper

14 oz. firm Portobello mushrooms, cut into 1-inch (2, 5 cm) cubes

Buddha bowl

1 tbsp. coconut oil

2½ oz. mushrooms, sliced

5 oz. cauliflower, cut in florets

½ tbsp. fresh parsley, finely chopped

4 oz. broccoli, cut into small florets

5 oz. baby bok Choy

NUTRITIONAL VALUE

(Per serving)

Fat: 31 g

Carbs: 9 g

Protein: 41 g

Total Calories: 466 Calories

DIRECTIONS

Crispy marinated Portobello mushrooms: Place all of the marinade ingredients into a bowl and add the Portobello mushrooms cubes. Mix well until all of the Portobello mushrooms is evenly coated. Cover and place in the refrigerator overnight to allow the flavors to develop. Preheat the oven to 350°F (180°C), fan forced. Line a large oven tray with baking paper and spread the Portobello mushrooms out in a single layer. Bake for 35 minutes, turning the Portobello mushrooms halfway through.

Buddha bowl: Heat half of the coconut oil in a frying pan over medium heat. Add mushrooms and cook until they are crisp on the outside and caramelized. Set mushrooms aside. Place the cauliflower florets into a food processor and blitz until they are rice-like. Add the rest of the coconut oil to the frying pan. Toss the cauliflower rice into the pan, along with the chopped parsley and cook until softened, approx. 5 minutes. Place broccoli florets in a microwave safe bowl with some water and microwave on high until tender, approx. 5 minutes. Cut the baby bok Choy bunches into halves. Place a splash of boiling water into a smaller frying pan and lay the bok Choy in, cut side down. Cook for 3-5 minutes until just cooked and tender. To assemble, spoon the cauliflower rice into one side of your bowl. Place the broccoli and the bok Choy on the other side. Top with sautéed

Strawberry-Almond-Kale Salad with Citrus



INGREDIENTS

(4 Servings)

- 1 bunch kale, stemmed
- 1 lb. Strawberries, sliced
- 1/4 cup sliced almonds
- Juice of 1 lemon
- 2 Tbsp. olive oil
- 1 Tbsp. Agave
- 1/8 tsp. Salt
- 1/8 tsp. Black pepper
- 3-4 Tbsp. orange juice (optional)

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Tear the kale into bite-sized pieces and massage with your hands until soft, about 30 seconds. (This makes the kale easier to eat.) Place in a bowl and add the strawberries and almonds. To make the dressing, combine the lemon juice, olive oil, agave, salt, and pepper and pour over the salad. For an extra kick, splash orange juice over the salad and enjoy!

Mushrooms-Spinach Lasagne



INGREDIENTS

(2 Servings)

- 1/2 lb. lasagne noodles
- 2 10-oz. packages frozen chopped spinach, thawed and drained
- 1 lb. soft Portobello mushrooms
- 1 lb. firm Portobello mushrooms
- 1 Tbsp. sugar
- 1/4 cup almond milk
- 1/2 tsp. garlic powder
- 2 Tbsp. lemon juice
- 3 tsp. minced fresh basil

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 6 g
- Protein: 3 g
- Total Calories: 183 Calories

DIRECTIONS

Cook the lasagne noodles according to the package directions. Drain and set aside. Preheat the oven to 350 degrees F. Squeeze the spinach as dry as possible and set aside. Place the Portobello mushrooms, sugar, almond milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach. Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the Portobello mushrooms filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining Portobello mushrooms filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Plant-Based Chicken Parmesan Linguine



INGREDIENTS

(2 Servings)

- 1/2 cup all-purpose flour
- Plant-Based egg replacer equivalent to 4 eggs
- 1 1/2 cups panko bread crumbs
- 1/2 tsp. Garlic powder
- 2 Plant-Based chicken cutlets
- Vegetable oil, for frying
- 2 cups marinara sauce
- 4 oz. dry linguine or other pasta, cooked al dente according to package directions
- Plant-Based mozzarella cheese shreds, to taste
- Plant-Based Parmesan cheese, for garnish
- Parsley, for garnish

NUTRITIONAL VALUE

(Per serving)

- Fat: 36 g
- Carbs: 5 g
- Protein: 5 g
- Total Calories: 533 Calories

DIRECTIONS

Fill one mixing bowl with the flour, another with the Plant-Based egg mixture, and a third with the bread crumbs and garlic powder. Coat each Plant-Based chicken cutlet in the flour and shake off any excess. Dip into the Plant-Based egg mixture and then into the bread crumb mixture and set aside. Heat 1/4 inch of oil in a deep skillet. Fry the breaded cutlets until golden brown, about 5 to 7 minutes, flipping halfway through. Transfer to a paper towel-lined plate to drain. Place the cutlets on a cookie sheet, top with a few spoonful of the marinara sauce, and sprinkle with Plant-Based mozzarella, to taste. Broil for about 5 minutes, or until the “cheese” is melted. Divide the cooked pasta between two plates and top each with half of the remaining marinara sauce, a cutlet, Plant-Based Parmesan, and chopped parsley, if using. Serve immediately.

Beans and Right Rice with Roasted Red Black



INGREDIENTS

(4 Servings)

- 2 Tbsp. olive oil
- 1/2 yellow onion, diced
- 2 pinches salt
- 1 pkg. Right Rice Spanish rice
- 1 1/3 cups vegetable stock or water
- 6 sweet mini peppers, sliced
- 1 15-oz. can black beans, drained and rinsed
- 1 lime, halved
- 1 Tbsp. chopped cilantro

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

In a medium-size frying pan, warm 1 tablespoonful of the olive oil over medium heat. Add the onion and 1 pinch of the salt and cook, stirring frequently, until the onion is soft and translucent, about 5 to 7 minutes. Stir in the Right Rice, coating the grains with the oil. Add the stock, bring to a simmer, and immediately turn off the heat. Cover and let sit for 12 minutes. Heat 2 teaspoonful of the olive oil in a small saucepan. Add the mini peppers and the remaining salt and cook for 2 minutes, or until the peppers are barely soft. Set aside in another dish.

In the same pan, warm the black beans over low heat. Juice half of the lime and cut the remaining half into wedges. Fluff the cooked rice with a fork then stir in the lime juice and the remaining olive oil. Divide the rice evenly between four bowls. Top each with the beans, mini peppers, and cilantro. Serve with the lime wedges.

Plant-Based Mushroom and Carrot Tinga Tacos



INGREDIENTS

(2 Servings)

- 2 tsp. McCormick Garlic Powder
 - 1 tsp. McCormick Oregano Leaves
 - 1 1/2 tsp. McCormick's Sea Salt
 - 1/2 tsp. McCormick Coarse Ground Black Pepper
 - 2 Tbsp. vegetable oil
 - 2 Tbsp. tomato paste
 - 1 tsp. McCormick Paprika
 - 3 cups thinly sliced onions
 - 1/2 cup grated carrots
 - 2 lbs. oyster mushrooms, cut into thin strips
 - 4 large Roma tomatoes, coarsely chopped
 - 1 tsp. McCormick Chipotle Chili Pepper
 - 8 corn tortillas or tostadas
- Optional: lime wedges, refried beans, shredded lettuce, Plant-Based sour cream, chopped green onions, shredded Plant-Based cheese, cilantro, and salsa

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

In a small bowl, mix the garlic powder, oregano, salt, and pepper. In a large skillet, warm the oil over medium heat. Add the tomato paste and paprika and cook for 2 minutes, stirring constantly. Add the onions and carrots and cook until softened. Stir in the spice mixture and mushrooms and cook for 10 more minutes, stirring frequently. In a blender, blend the tomatoes and chipotle chili pepper on high until smooth. Add to the pan, reduce the heat to medium-low, and cook until the liquid has been reduced by about three-quarters and the mixture has the consistency of pulled chicken. Divide evenly among the tortillas and top with your favorite Plant-Based accompaniments.

Classic Veggie Sandwich



INGREDIENTS

(1 Servings)

- 1 Tbsp. Plant-Based mayo
- 1 Tbsp. mustard
- 2 slices bread
- 1-2 slices Plant-Based cheese
- 1-3 slices tomato
- 1-3 slices pickle
- 1-2 lettuce leaves

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Spread the Plant-Based mayo and mustard onto the bread. Place the remaining ingredients on 1 slice of bread then top with the other slice. Enjoy!

White-Bean Fettuccine Alfredo



INGREDIENTS

(1 Servings)

- 2 Tbsp. Plant-Based butter
- 1 clove garlic, chopped
- 1/4 cup chopped broccoli florets
- 1/4 cup sliced mushrooms
- 1 15-oz. can white beans, drained and rinsed
- 1 tsp. lemon juice
- 1 Tbsp. nutritional yeast
- 1/2 cup almond milk
- 2 oz. dried fettuccine
- 1 tomato, chopped

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Melt the Plant-Based butter in a large pan. Add the garlic, broccoli, and sliced mushrooms. Cook over medium heat for 2 to 3 minutes. Remove the broccoli and mushrooms, then set aside. Pour the melted butter and garlic into a blender. Add the white beans and blend for 5 seconds. Add the lemon juice, nutritional yeast, and almond milk and blend until completely smooth. Transfer to the large pan and cook over medium heat until warm. Bring a large pot of water to a boil and cook the fettuccine according to the package directions. Drain the pasta, then return to the pot. Pour the white-bean Alfredo sauce over the pasta and add the broccoli, mushroom slices, and tomato. Enjoy!

Plant-Based Calamari



INGREDIENTS

(25 to 30 pieces)

- 3-4 king oyster mushrooms
- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1/8 tsp. ground cayenne pepper
- 1/8 tsp. smoked paprika
- 1/4 tsp. garlic powder
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 1 cup club soda
- Juice of 2 lemon wedges
- Chopped parsley, for garnish (optional)
- Plant-Based tartar sauce (optional)

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Remove the mushroom tops and cut the stems into 1/8- to 1/4-inch rounds. Punch a hole about 1/2 inch in diameter in the center of each piece. Keep the punched-out circles to be battered and fried with the rings. Add at least 2 inches of oil to a deep fryer or large flat-bottomed pot. Heat to 350°F. (Hot for food recommends attaching a thermometer.) In a medium-size bowl, whisk together the flour, cornstarch, cayenne pepper, smoked paprika, garlic powder, sea salt, and ground pepper until mixed well. Slowly whisk in the club soda until the mixture reaches the consistency of pancake batter. Add the mushroom pieces to the batter and toss until well coated. Tap the excess batter off and gently add a couple pieces at a time to the heated oil. Separate with a wooden spoon or chopstick while frying to keep from sticking together. When the mushrooms rise to the surface, after about 2 minutes, flip and fry the other sides for another 2 minutes, or until golden-brown. Remove with a slotted spoon and place on a large plate or baking sheet lined with paper towels. Repeat until all remaining mushroom pieces are fried. Squeeze over the lemon juice and sprinkle with the parsley, if using. Serve with a store-bought or homemade Plant-Based tartar sauce for dipping, if desired.

Easy Lentil Stuffed Cabbage



INGREDIENTS

(2- 4 Servings)

6 cups water

8 cabbage leaves

1 24-oz. jar tomato sauce

1 Tbsp. olive oil

1 onion, chopped

1 12-oz. can brown lentils, drained and rinsed

1 cup rice or other grain of choice, cooked

Salt and pepper, to taste

NUTRITIONAL VALUE

(Per serving)

Fat: 26 g

Carbs: 56 g

Protein: 13 g

Total Calories: 518 Calories

DIRECTIONS

In a large pot, bring the water to a boil. Add the cabbage leaves and cook for about 2 minutes each, or until soft.

Set aside. Discard the water, then pour in the tomato sauce and simmer over low heat. Heat the oil in a large saucepan and sauté the onion until it turns translucent. Add the lentils and cook for 1 minute. Add the cooked rice or other grain, salt, and pepper. Cook for 5 more minutes, then remove from the heat and set aside. Spread out the cabbage leaves and place a large spoonful of the lentil mixture in the center of each, close to the stem. Roll the cabbage leaf up over the filling, burrito-style. Place all the rolls seam side down in the pot with the tomato sauce and simmer for another 10 minutes. Enjoy!

Butternut Squash Enchiladas



INGREDIENTS

(5 Servings)

2 cups butternut squash, peeled and cubed
1/2 Tbsp. olive oil
Salt and pepper, to taste
1 15-oz. can black beans, drained and rinsed
5 corn tortillas
1 cup Plant-Based enchilada sauce
Pepitas (pumpkin seeds), avocado, and olives, for garnish (optional)

NUTRITIONAL VALUE

(Per serving)

Fat: 26 g
Carbs: 56 g
Protein: 13 g
Total Calories: 518 Calories

DIRECTIONS

Preheat the oven to 400°F and line a baking sheet with parchment paper. In a medium bowl, toss the butternut squash with the olive oil, salt, and pepper until evenly coated. Add to the baking sheet and bake for 15 minutes, or until fork tender. Transfer to a bowl and mix in the black beans. Decrease the oven temperature to 350°F.

Lay the tortillas on a work surface and add 2/3 cup of the mixture to the center of each. Roll them up and place side-by-side, with the creases facing down, in a rimmed baking dish. Pour the Plant-Based enchilada sauce over the wrapped tortillas and bake for 15 to 20 minutes, or until the sauce is bubbling. Top with pepitas, avocado, and olives. Enjoy!

Bake'n Mac 'n' Cheese



INGREDIENTS

(1 Servings)

1 pkg. Daiya Cheddar Style Cheesy Mac
4 strips Benevolent Bacon
1/4 cup bread crumbs

NUTRITIONAL VALUE

(Per serving)

Fat: 26 g
Carbs: 56 g
Protein: 13 g
Total Calories: 518 Calories

DIRECTIONS

Preheat the oven to 350°F. Prepare the Daiya macaroni and cheese according to package directions. Cook the Benevolent Bacon according to package directions, let cool, and cut into small pieces. Place the mac and cheese in a baking dish, and top with the breadcrumbs. Bake, uncovered, for 15 minutes. Top with the “bacon” strips and enjoy!

Pasta Puttanesca with Summer Squash



INGREDIENTS

(1 Servings)

- 1 cup pasta
- 1 yellow summer squash, cut into bite-size pieces
- 1 tsp. olive oil or water
- 1 1/2 cups marinara sauce
- 2 cloves garlic, minced
- 1 tsp. Italian seasoning blend
- 1 can salt-free cannellini beans, drained and rinsed
- 2 tsp. capers
- 1/3 cup plus 2 tsp. roughly chopped olives
- Optional: salt, pepper, and chili pepper flakes, to taste

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Cook the pasta according to the package directions. In a pan with a lid, sauté the squash in the olive oil for a few minutes, until it begins to soften. Add the marinara sauce, garlic, and Italian seasoning blend. Cover and cook for 1 minute then add the beans and cook until warmed through. Combine the pasta with the squash mixture and top with the capers and chopped olives and the salt, pepper, and chili pepper flakes, if using.

Mini Pizza



INGREDIENTS

(1 Servings)

- 1 store-bought mini Plant-Based pizza crust
- 1 cup marinara sauce
- 1/2 cup Plant-Based shredded cheese (we used Daiya)
- 1 pkg. Plant-Based pepperoni slices
- 1 15-oz. can sliced black olives

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Top the entire pizza crust with the marinara sauce and Plant-Based cheese. Cover half with the Plant-Based pepperoni. Using the olives, make a small circle at the center of the pizza. Place more olives in a straight line on opposite sides of the circle, each extending out to the edge of the pizza so that it resembles a Poké Ball. Bake the pizza according to the package instructions. Enjoy—then go catch 'em all!

Mushrooms Wrap



INGREDIENTS

(1 Servings)

- 2 Tbsp. Cajun seasoning (or more, to taste)
- 1 package extra-firm or super-firm Portobello mushrooms, drained and thickly sliced
- 1 Tbsp. olive or vegetable oil
- 2 Tbsp. lemon juice
- 2-3 whole wheat wraps
- 1 cup chopped lettuce
- 1 large tomato, sliced
- 2 Tbsp. capers
- 2-3 Tbsp. Follow Your Heart or other Plant-Based Caesar dressing

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Place the Cajun seasoning in a bowl and dip in the Portobello mushrooms slices, covering all sides. Heat the oil in a frying pan and brown the Portobello mushrooms. Add the lemon juice and flip the Portobello mushrooms to brown the other side. Layer the wraps with the Portobello mushrooms, lettuce, tomato, and capers and drizzle with the Caesar dressing. Wrap up and enjoy!

Black Eyed Peas & Veggie Medley



INGREDIENTS

(1 Servings)

- 1/2 pkg. of 14 oz. extra firm Portobello mushrooms
- 2 Tbsp. oil
- 1/4 onion, chopped
- 1 1/2 cups rice, cooked (a microwavable bag of rice works fine)
- 1 can black-eyed peas
- 2 cups collard greens, chopped (frozen works fine)
- 1 pkg. smoked Portobello mushrooms, cubed
- 1 tsp. salt
- Hot sauce, to taste
- Cooking spray, for Portobello mushrooms

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Drain the Portobello mushrooms. Alternatively, wrap in a kitchen towel and place between two plates with a heavy book on top for 30 minutes, replace the towel with a fresh one, and repeat. Preheat the oven to 400°F. Cut the Portobello mushrooms into 1-inch cubes and arrange in a single layer on a large parchment-lined baking sheet. Lightly spray with cooking oil. Bake for 20 minutes, flip, then continue baking until golden brown and crisp, about 20 more minutes. Add the oil to a pan over medium heat. Add the onion and stir for 1 minute. Add the rice and black-eyed peas. Sauté for 3 minutes, stirring often. Add the collard greens and salt and stir for a few minutes, until cooked through. Top with baked Portobello mushrooms. Serve with hot sauce and enjoy!

Portobello Gyros with Hemp Seed Tzatziki



INGREDIENTS

(2 Servings)

- 2 Tbsp. Plant-Based Worcestershire sauce
- 1 tsp. Cumin
- 1 tsp. Maple syrup
- 2 Portobello caps, sliced
- 1 cup hemp seeds
- 2 Tbsp. Tahini
- 2–3 cloves garlic, minced
- Juice of 2 lemons
- 4 Tbsp. Water
- 1 Tbsp. Chopped fresh mint
- 1 Tbsp. Chopped fresh parsley
- 1 Tbsp. Chopped fresh dill
- 2 pitas

Optional toppings: diced tomatoes and onions

NUTRITIONAL VALUE

(Per serving)

- Fat: 26 g
- Carbs: 56 g
- Protein: 13 g
- Total Calories: 518 Calories

DIRECTIONS

Whisk together the Plant-Based Worcestershire sauce, cumin, and maple syrup. Pour over the Portobello slices and stir until evenly coated. (Or put in an airtight container and shake.) Let sit for 15 minutes. In a blender or food processor, blend the hemp seeds, tahini, garlic, lemon juice, and water until smooth and creamy, adding additional water if needed. Transfer to a bowl and stir in the herbs and cucumber. Sauté the mushrooms for 4 to 5 minutes in water or oil, stirring often. Remove from the heat and let cool for 2 to 3 minutes. Warm the pitas in a skillet for roughly 10 seconds on each side. Divide the Portobello pieces between the two pitas and top each with half of the tahini sauce. Add diced tomatoes and onions, if desired. The gyros will keep in an airtight container in the fridge for 3 to 4 days.

Lemon Brussels sprouts



INGREDIENTS

(2 - 4 Servings)

2 Tbsp. olive oil

Juice of 1/2 lemon

2 sprigs fresh rosemary, finely chopped

Salt and pepper, to taste

2 cups Brussels sprouts, chopped into halves or quarters

NUTRITIONAL VALUE

(Per serving)

Fat: 26 g

Carbs: 56 g

Protein: 13 g

Total Calories: 518 Calories

DIRECTIONS

Preheat the oven to 400°F. Combine the olive oil, lemon juice, rosemary, salt, and pepper in a large bowl. Add the Brussels sprouts and toss until evenly coated. Place on a flat baking sheet and bake for 30 to 35 minutes, or until golden brown, tossing halfway through.

Coconut Lime Noodles with Chili Tamari



INGREDIENTS

(1 Servings)

For the Noodles

- 1 can (13.5oz/400ml) full fat coconut milk
- 2 packages (8oz/226g each) shirataki noodles
- 4 tbsp. sesame seeds
- Juice and zest of 1 lime
- 1/2 tsp. ground or fresh grated ginger
- 1/4 tsp. red pepper flakes
- Pinch of salt

For the Portobello mushrooms

- 1 block (13.5oz/397g) extra firm Portobello mushrooms
- 4 tbsp. low sodium tamari
- 1 tbsp. olive oil
- 1/4 tsp. cayenne pepper (or ground chili pepper of

NUTRITIONAL VALUE

(Per serving)

- Fat: 31 g
- Carbs: 9 g
- Protein: 15.7 g
- Total Calories: 374 Calories

DIRECTIONS

Preheat your oven to 350F. Drain Portobello mushrooms, and press out excess moisture. Cube into roughly 1"x1" blocks. Mix together tamari, olive oil and cayenne. In a shallow dish, arrange the Portobello mushrooms cubes in a single layer, and pour the mixture over the Portobello mushrooms. You'll want to flip the pieces a few times so that they are evenly covered. Place the Portobello mushrooms pieces on a baking sheet and bake for 20-25 minutes. While the Portobello mushrooms is baking, drain and rinse the noodles. Add to a pan on medium heat, along with the rest of the noodle ingredients and mix until well combined. Partially cover and cook for about 10 minutes, then reduce the heat and continue cooking for another 10 minutes. Once the Portobello mushrooms is done, turn off the heat under the noodles as well. Then let everything cool for a few minutes before plating. Garnish with lime zest, red pepper flakes, micro greens, more sesame seeds, or

Tempeh Satay with Peanut Sauce



INGREDIENTS

(1 Servings)

- 1/2 block (4oz/114g) tempeh
- 2 tbsp. peanut butter
- 1 tbsp. low-sodium tamari
- 1 tbsp. sugar-free maple syrup
- 1 tbsp. water
- Dash of sriracha

NUTRITIONAL VALUE

(Per serving)

- Fat: 28 g
- Carbs: 10 g
- Protein: 32 g
- Total Calories: 426 Calories

DIRECTIONS

Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone baking mat. Cut your skewers to the size you want and soak them in water. Cut the tempeh into 4 equal pieces and stick each piece on a skewer, lengthwise. Whisk together remaining ingredients until smooth and coat the tempeh in this sauce. Skewer the tempeh, arrange on the baking sheet and bake for 20 minutes, until slightly crispy (if you like them extra crispy, bake for an additional 5 minutes). Use the remaining sauce as a dip, and enjoy!

PLANT-BASED SUSHI BOWL



INGREDIENTS

(5 Servings)

- 1/2 cup (85g) cooked cauliflower rice
- 1 serving (26g) seaweed salad
- 1/4 cup (25g) cucumber slices/cubes
- 1/3 can (56g) Plant-Based Toona or protein of choice

Toppings

- 1/4 of an avocado, sliced (about 34g)
- 1 tsp. sesame seeds
- A sprinkling of micro greens

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 5 g
- Protein: 15 g
- Total Calories: 289 Calories

DIRECTIONS

Combine all ingredients into a bowl, top and enjoy!

PLANT-BASED BIBIMBAP



INGREDIENTS

(1 Servings)

1 cup (100g) cooked cauliflower rice
3.5oz (100g) baked or air-fried Portobello mushrooms
1/2 cup (75g) cooked broccoli
1/8 cup (20g) cooked shiitake mushrooms
1 tbsp. low-carb gochujang
1 tsp. sesame seeds
Chopped scallions for garnish

NUTRITIONAL VALUE

(Per serving)

Fat: 12 g
Carbs: 9 g
Protein: 18 g
Total Calories: 247 Calories

DIRECTIONS

If needed, reheat the vegetables and cauliflower rice on the stove top and bake or air-fry the Portobello mushrooms until crispy (20 minutes in the air fryer or 30 minutes in the oven at 350F/177C). Combine all veggies and Portobello mushrooms together in a bowl, stir in gochujang and garnish with sesame seeds and scallions. Alternatively, arrange veggies and Portobello mushrooms in a visually pleasing way, top with gochujang, sesame seeds and scallions, take pictures and then mix and eat.

MUSHROOM BURGERS



INGREDIENTS

(3 Servings)

- 8oz (~225g) sliced mushrooms
- 1/4 cup (60g) tahini
- 1 tbsp. ground chia seeds
- 1/4 - 1/2 tsp. salt (I used smoked sea salt)
- 1/8 - 1/4 tsp. cracked black pepper
- 1/4 tsp. ground dried rosemary
- 2-3 tbsp. unflavored pea protein

NUTRITIONAL VALUE

(Per serving)

- Fat: 12 g
- Carbs: 3 g
- Protein: 12 g
- Total Calories: 171 Calories

DIRECTIONS

Preheat your oven to 350°F (177°C) and line a rimmed baking sheet with parchment paper or a silicone baking mat. In a large skillet, cook mushrooms on medium-low heat until they are completely soft. Be sure to stir them frequently. Let cool for a bit, drain off excess liquid and roughly chop up mushrooms either by hand or in a food processor or blender. Stir the tahini, chia seeds, salt, pepper and rosemary in with the chopped mushrooms until everything is thoroughly combined. Let this mixture stand for about five minutes, so the chia can absorb excess moisture and the mixture thickens. Stir in the protein powder until it's completely absorbed, starting with just two tablespoons and adding the third a teaspoon at a time. You don't want the mixture to be dry, so stop adding the protein powder if it doesn't mix in thoroughly. Form into three equal patties, about 4in (10cm) across and 1/2in (~1cm) thick. Place the patties on the baking sheet (no need to worry too much about spacing) and bake for 20-25 minutes, until firm. You can flip them after 15 minutes, but it's not totally necessary. Remove the patties from the oven, let cool for a few minutes and enjoy!

PEANUT RED CURRY NOODLE BOWL



INGREDIENTS

(5 Servings)

- 1 package (8oz/225g) shirataki noodles
- 2 tbsp. unsweetened peanut butter
- 2-3 tsp. of Thai red curry paste (depending on taste preference, start with 2)
- 2 tsp. low-sodium tamari
- 1 tsp. sesame oil
- 1/4 tsp. grated ginger
- 1/4 cup (20g) sliced bell peppers
- 1/4 cup (45g) fresh edamame
- 1 tsp. fresh lime juice
- Optional garnishes
 - Pinch of red pepper flakes
 - Chopped peanuts
 - Additional lime juice

NUTRITIONAL VALUE

(Per serving)

- Fat: 23 g
- Carbs: 10 g
- Protein: 15 g
- Total Calories: 355 Calories

DIRECTIONS

Drain and rinse the noodles thoroughly. Place the noodles in a frying pan on medium-low heat and cook for a few minutes, until the noodles are mostly dry. Add the peanut butter, curry paste, tamari, sesame oil, grated ginger and bell peppers to the pan and stir until a sauce forms and everything is evenly coated. Cook for about 3-5 minutes more, until the peppers soften and everything is heated through. Remove from the heat, transfer to a bowl and top with edamame and desired garnish.

TOMATO & MUSHROOMS STIR FRY



INGREDIENTS

(1 Servings)

- 1 tbsp. olive oil (or sesame oil, for more flavor)
- 1 tbsp. low-sodium tamari
- 2 stalks scallions, sliced
- 1/2 cup (75g) sliced tomato
- 1/4 block (100g) firm Portobello mushrooms
- Pinch of pepper and black salt
- 1/2 cup (85g) cooked cauliflower rice

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 8 g
- Protein: 16 g
- Total Calories: 277 Calories

DIRECTIONS

Heat the oil and tamari in a small pan on medium-low heat and toss in scallions (reserving a few for garnish, if desired) and sliced tomatoes. Stir everything around and cover the pan, so the liquid doesn't all evaporate. Cook for around 5 minutes, until the tomatoes are soft. Crumble Portobello mushrooms into the pan and stir everything around, until the Portobello mushrooms is coated in the tamari/tomato juice/oil mixture. Cook for around 2 minutes, uncovered until the Portobello mushrooms is warmed through and the excess liquid has been absorbed or evaporated. Remove from the heat, season with pepper and black salt and extra scallions and serve over the cauliflower rice.

MUSHROOMS ALMOND BUTTER STIR FRY



INGREDIENTS

(2 Servings)

- 8 oz of Portobello mushrooms
- 2 Cups of Broccoli
- 1 Red Bell Pepper
- 4 Mushrooms
- 1/4 Cup of Red Onion
- 2 Tbsp of Coconut Oil
- Sauce—>
- 1/4 Cup of Coconut Aminos
- 2 Tbsp of Almond Butter

NUTRITIONAL VALUE

(per serving)

- Fat: 43 g
- Carbs: 49 g
- Protein: 25 g
- Total Calories: 563 Calories

DIRECTIONS

Chop all the vegetables in bite size pieces. In a large pan place the coconut oil and the Portobello mushrooms cubed on medium heat and cook for a few minutes. Once the Portobello mushrooms has begun to brown a little bit add all of the chopped vegetables and the sauce and cook for another 5-10 minutes (depending on how you like your vegetables). Turn the heat off, take the cover off and let the sauce thicken up for a few minutes before serving.

SEED CRACKERS & GUACAMOLE



INGREDIENTS

(Makes 4 Servings)

- 1/4 Cup of Chia Seeds
- 1/4 Cups of Sesame Seeds
- 1/4 Cups of Sunflower Seeds
- 1/2 Tbsp of Herb Mix Seasoning
- 1/2 tsp Salt
- 1 Cup of Water
- Guacamole —>**
- 1/2 Mashed Avocado
- Juice of half a lime
- Pinch of Sea Salt

NUTRITIONAL VALUE

(per serving)

- Fat: 24 g
- Carbs: 14 g
- Net Carbs: 3 g
- Protein: 8 g
- Total Calories: 280 Calories

DIRECTIONS

Pre-heat the oven to 175C. Mix all the seeds together with water and seasonings. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency.

CACAO COCONUT BALLS



INGREDIENTS

(10 Balls)

1 Cup of Almonds
1/2 Cup of Shredded Coconut
8 Medjool Dates
2 Tbsp of Raw Cacao Powder

NUTRITIONAL VALUE

(1 ball)

Fat: 9 g
Carbs: 18 g
Protein: 3 g
Total Calories: 162 Calories

DIRECTIONS

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

COCONUT CHIA PUDDING



INGREDIENTS

(4 Servings)

1 Can of Coconut Milk
1/4 Cup of Chia Seeds
1 Tbsp of Maple Syrup
1 tsp of Vanilla Extract
1 Cup of Berries

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 14 g
Protein: 5 g
Total Calories: 299 Calories

DIRECTIONS

Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

EASY TRAIL MIX



INGREDIENTS

(4 Servings)

1 Can of Coconut Milk
1/4 Cup of Chia Seeds
1 Tbsp of Maple Syrup
1 tsp of Vanilla Extract
1 Cup of Berries

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories

DIRECTIONS

Add all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 5 mini plastic bags.

Strawberry ‘Cheesecake’ Bites



INGREDIENTS

(15 bites)

- 1 lb. strawberries
- 8 oz. Plant-Based cream cheese
- 1 1/2 cups powdered sugar
- 1 tsp. vanilla extract
- 2 Tbsp. strawberry jam
- 1/4 cup crushed animal crackers

NUTRITIONAL VALUE

(Per serving)

- Fat: 25 g
- Carbs: 14 g
- Protein: 5 g
- Total Calories: 299 Calories

DIRECTIONS

Cut off the strawberries' stems, then carve a hollow spot in each strawberry for the "cheesecake." Using an electric mixer, beat the Plant-Based cream cheese, powdered sugar, and vanilla extract until nice and fluffy. Pour in a pastry bag,* then fill each strawberry with some of the mixture. Place the animal crackers in a sandwich bag and crush gently into crumbs. Sprinkle the crumbs on top of the strawberries and voilà!

Chocolate-Dipped Crispy Treats



INGREDIENTS

(4 Servings)

- 3 Tbsp. Plant-Based butter
- 10 oz. Plant-Based marshmallow package
- 4 cups puffed rice cereal
- 1/4 cup Plant-Based chocolate chips, optional
- 1/4 Tbsp. vegetable oil (for greasing pan)

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 9 g
- Protein: 10 g
- Total Calories: 256 Calories

DIRECTIONS

Melt the Plant-Based butter in a large pot over medium-low heat. Add the Plant-Based marshmallows and stir until melted. Remove from heat, then stir in the cereal. Pour the mixture into a greased 9-inch-by-13-inch baking dish. Microwave the chocolate chips at 30 second intervals until the chocolate has melted, stirring well every 30 seconds to avoid burning the chocolate. Pour the chocolate over the dish, spreading evenly. Place the dish (covered) in your fridge for 1-2 hours. Cut, then enjoy!

Chocolate Chip Chewy Bars



INGREDIENTS

(6 Servings)

- 1/2 cup packed brown sugar
- 1/3 cup peanut butter
- 1/4 cup agave nectar or maple syrup
- 1/4 cup Plant-Based butter, melted
- 1 cup quick-cooking
- 1/8 cup sunflower kernels
- 1/8 cup walnut pieces
- 1/4 cup dairy-free chocolate chips
- Pinch salt
- Pinch cinnamon (optional)
- 1 small handful raisins (optional)

NUTRITIONAL VALUE

(Per serving)

- Fat: 25 g
- Carbs: 14 g
- Protein: 5 g
- Total Calories: 299 Calories

DIRECTIONS

Preheat the oven to 350°F. In a mixing bowl, combine the brown sugar, peanut butter, agave, and Plant-Based butter. Stir in the oats, sunflower kernels, walnuts, chocolate chips, salt, cinnamon, and raisins. If the mixture is still warm from the melted butter, be sure to let it cool so that the chocolate chips do not melt. Place the mixture on 2 to 3 pieces of aluminum foil or place the aluminum foil over a cookie sheet to make it sturdier. (The foil will make it easier to remove in one piece after the mixture has cooled.) Press the mixture down flat (like in the image above) so that the bars will cook evenly. Bake for approximately 12 to 15 minutes. When the edges start to turn light brown and caramelize, remove from the oven and let cool completely before serving. Put a plate over the bars, flip the plate over, and peel off the foil. Enjoy!

Banana-Peanut Butter Rolls



INGREDIENTS

(4 Servings)

- 1 piece flatbread
- 1 banana
- 2 tbsp. peanut butter OR Portobello mushrooms
ricotta
- 3 tbsp. granola
- 2 tbsp. agave nectar

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 9 g
- Protein: 10 g
- Total Calories: 256 Calories

DIRECTIONS

Lay flat bread on cutting board. Spread peanut butter or Portobello mushrooms ricotta on it. Crumble thin layer of granola. Lay the banana in center of the flatbread. Drizzle agave nectar. Roll up the banana with the flatbread. Cut into 6 rolls.

Plant-Based Churros



INGREDIENTS

(4 Servings)

- 1 cup water
- 2 1/2 Tbsp. Sugar
- 1/2 tsp. Salt
- 2 Tbsp. Vegetable oil
- 2 cups all-purpose flour
- Vegetable oil, for frying
- 1/2 cup sugar
- 2 tsp. Ground cinnamon

NUTRITIONAL VALUE

(Per serving)

- Fat: 25 g
- Carbs: 14 g
- Protein: 5 g
- Total Calories: 299 Calories

DIRECTIONS

Boil the water in a medium-sized pan, then add the sugar and salt until dissolved. Add the oil and remove the pan from the stove. Add the flour and stir until well combined. Pour the mixture into a piping bag with large star tip. Heat the oil over medium-high heat in a pan or wok. Squeeze churro-length pieces of batter into the pan and fry until golden brown. Remove and allow to cool for a few minutes. Combine the sugar and ground cinnamon in a large plastic bag and shake until well combined. Place the churros one by one into the bag to coat evenly. Enjoy!

Pumpkin Cheesecake



INGREDIENTS

(4 Servings)

- Egg replacer equivalent to 3 eggs
- 1 pkg. gluten-free Plant-Based ginger cookies or graham crackers
- 1/2 cup pecan halves, plus more for decorating
- 1 stick Plant-Based butter
- 2 8-oz. pkg. Plant-Based cream cheese
- 2/3 cup packed brown sugar
- 1/2 cup Plant-Based sour cream
- 1 cup canned pumpkin
- 2 Tbsp. Sugar
- 1 tsp. cinnamon
- Pinch ground cloves (optional)
- Pinch ground ginger (optional)

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 9 g
- Protein: 10 g
- Total Calories: 256 Calories

DIRECTIONS

Preheat the oven to 325°F and prepare the egg replacer according to the package directions. Place the ginger cookies and pecans in food a processor and pulse until fine. Transfer to a 9-inch pie pan, preferably a springform pan. Melt the Plant-Based butter in a saucepan on low heat. Add to the cookie mix and press into the pan until evenly moist and flat. Bake for 10 minutes, then remove from the oven and allow to cool. Using an electric mixer, beat the Plant-Based cream cheese and brown sugar until soft. Stir in the Plant-Based sour cream and pumpkin at a low speed. Beat one-third of the egg replacer into the mixture, followed by another third of the egg replacer. Add the sugar, cinnamon, cloves, and ginger and mix until well combined. Add the remaining egg replacer and mix well. Pour on top of the crust. Bake for 45 minutes, then turn the oven off and leave the pie inside until the oven reaches room temperature. Refrigerate for at least 2 hours before decorating as desired, and enjoy!

S'mores Pudding



INGREDIENTS

(10 Servings)

- 6 Plant-Based graham cracker rows (2 squares each)
- 1 pkg. Silken or lite firm Portobello mushrooms, drained
- 3/4 cup unsweetened nondairy milk
- 1/4 cup Plant-Based mini-marshmallows
- 1/4 cup maple syrup
- 1/4 cup unsweetened cocoa
- 3/4 cup Plant-Based chocolate chips

NUTRITIONAL VALUE

(Per serving)

- Fat: 25 g
- Carbs: 14 g
- Protein: 5 g
- Total Calories: 299 Calories

DIRECTIONS

Crumble 4 graham cracker rows using your hands, a rolling pin, or a glass. Set aside. Add the Portobello mushrooms, nondairy milk, marshmallows, maple syrup, cocoa, and the remaining 2 graham cracker rows to a high speed blender, such as a Vitamin, or food processor. (Tip: If using a blender, cut up the Portobello mushrooms and break the graham crackers into smaller pieces.) Melt the chocolate chips for 1 minute in the microwave. Remove and stir until smooth. Add to the food processor. Blend or process until the mixture is well combined. Sprinkle a serving pan or individual dishes with the graham cracker crumble to create the bottom layer of the S'more. Spread the pudding mixture over the top. Garnish with the mini-marshmallows. Refrigerate for 30 minutes before serving. Enjoy!

Jell-O



INGREDIENTS

(4 Servings)

1 cup Grape juice (or other fruit juice)
1 cup Water
1/4 cup Sugar
1/2 tsp. Agar-Agar powder

NUTRITIONAL VALUE

(Per serving)

Fat: 20 g
Carbs: 9 g
Protein: 10 g
Total Calories: 256 Calories

DIRECTIONS

Stir ingredients in a small saucepan over medium high heat. Bring to a boil for 2 minutes. Pour into Jell-O mold or small cups. Set in the fridge for 2-3 hours. Cut and Serve.

Berry Tarts



INGREDIENTS

(6 Servings)

1 pkg. Vanilla Jell-O Cook & Serve Puddi
Pie Filling
2 cups nondairy milk
6 mini graham cracker pie crusts
1 cup fresh berries

NUTRITIONAL VALUE

(Per serving)

Fat: 25 g
Carbs: 14 g
Protein: 5 g
Total Calories: 299 Calories

DIRECTIONS

Combine the pudding mix and nondairy milk in a medium saucepan and bring to a boil, stirring constantly. Pour evenly into the graham cracker crusts. Top with the berries and chill in the refrigerator for at least 30 minutes to set.

Deep-Fried Sandwich Cookies



INGREDIENTS

(4 Servings)

- 1 can crescent rolls
- 1 pkg. sandwich cookies
- 1 cup vegetable oil

NUTRITIONAL VALUE

(Per serving)

- Fat: 20 g
- Carbs: 9 g
- Protein: 10 g
- Total Calories: 256 Calories

DIRECTIONS

Open the can of crescent rolls and separate the dough into triangles. Fold one triangle over each cookie. Heat the oil in a pan over medium heat (325°F). Using a metal strainer, dip the cookies into the oil one by one and fry for 5 minutes, then flip and fry until golden brown, about 5 more minutes. Remove from the oil and let cool on a paper towel. Enjoy!

PUMPKIN SEEDS BARS



INGREDIENTS

(8 servings)

- 2 cups raw pumpkin seeds
- 2 Tbsp. coconut oil, melted
- ½ cup ground oats
- 1 tsp. cinnamon
- ¼ cup maple syrup

NUTRITIONAL VALUE

- Fat: 13 g
- Net Carbs: 10 g
- Protein: 5 g
- Total Calories: 190 Calories

DIRECTIONS

In a bowl, mix together ground oats, seeds, cinnamon, maple syrup and coconut oil. Spoon out onto a baking sheet lined with parchment paper. Make one layer so that you will be able to cut into bars later. Bake for 15 minutes at 350°F. Let cool for 10 minutes. Once cooled, refrigerate for 1 hour. Take out and cut into bars.

MACADAMIA NUT MUG CAKE



INGREDIENTS

(4 servings)

- 2 tablespoons unflavored plant-based protein powder
- ½ teaspoon baking powder
- 1 tablespoon almond flour
- ½ teaspoon ground cinnamon
- 1½ tablespoons chopped unsalted macadamia nuts
- 3 to 6 drops liquid stevia, to taste
- ½ teaspoon unsweetened vanilla extract
- 3 tablespoons unsweetened vanilla almond milk
- 2 tablespoons cocoa butter, melted

NUTRITIONAL VALUE

- Fat: 37 g
- Net Carbs: 4 g
- Protein: 23 g
- Total Calories: 430 Calories

DIRECTIONS

Coat a microwave-safe mug with cooking spray. Add the protein powder, baking powder, almond flour, cinnamon, and ½ tablespoon of the macadamia nuts to the mug. Stir to combine. Add the stevia and vanilla, then slowly stir in the milk until a thick batter forms. Microwave for 60 seconds, until a toothpick inserted into the center comes out mostly clean. If there is any wet batter on the toothpick, microwave in 15-second increments until it tests done. Serve topped with the melted cocoa butter and the remaining 1 tablespoon macadamia nuts.

GINGERBREAD MUFFINS



INGREDIENTS

(4 servings)

- 3/4 cup (180ml) nondairy milk of choice
- 1/4 cup (48g) granulated sweetener of choice
- 2 tbsp. melted coconut oil or MCT oil
- 1/2 cup (56g) ground flax seeds
- 1 tsp. vanilla extract
- 1/2 cup (56g) coconut flour
- 1 1/2 teaspoon fresh grated ginger (or dried)
- 1 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1/4 tsp. ground allspice

NUTRITIONAL VALUE

- Fat: 13 g
- Net Carbs: 2 g
- Protein: 4 g
- Total Calories: 167 Calories

DIRECTIONS

Preheat the oven to 375F (190C) and line 5 wells of a standard-size muffin pan with paper liners. In a small mixing bowl, whisk together the nondairy milk, oil, sweetener, flax seeds and vanilla and set aside for about 5 minutes, so that the flax seeds start to gel up. In a separate small bowl, use a dry fork to whisk together the remaining ingredients. Quickly stir the dry ingredients into the wet until no clumps remain and the mixture has thickened. Carefully scoop the batter into the lined wells of the muffin pan, filling them completely and bake for 30-35 minutes, until a knife comes out clean and the tops are firm to the touch. Remove from the oven and let cool in the pan for at least 15 minutes, so the muffins have time to set up. Once cool, the muffins should easily pop out of the pan. If you're using a silicone muffin pan without liners, be sure to run a knife along the inside of each well once the muffins have cooled, to allow for easy removal.

CIDER DOUGHNUTS



INGREDIENTS

(6 servings)

Wet Ingredients

1/2 cup (112g) coconut manna

1/2 cup, plus 2 tbsp. (150ml) non-dairy milk of choice (or water)

3 tbsp. granulated sweetener

1 tbsp. apple cider vinegar

1 tsp. vanilla extract

Dry Ingredients

3 tbsp. coconut flour

1 tbsp. phylum husk (or 1 tsp. phylum husk powder)

1/4 tsp. baking powder

1/4 tsp. ground cinnamon

Pinch nutmeg

Pinch salt

NUTRITIONAL VALUE

Fat: 13 g

Net Carbs: 2 g

Protein: 2 g

Total Calories: 156 Calories

DIRECTIONS

Preheat your oven to 350°F (177°C) and grease a standard doughnut pan. Combine wet ingredients and whisk together over a double boiler until melted and uniformly mixed. This may take around 5 minutes, especially if it's as cold in your apartment as it is in mine. While the wet ingredients are being heated, whisk the dry ingredients together with a clean fork in a small mixing bowl. Once the wet ingredients are melted together, remove the bowl from the double boiler and stir in the dry ingredients completely. Let this mixture sit for around five minutes, so the phylum has time to gel up. Evenly distribute the batter into the six cavities of the doughnut pan, smoothing out the top. Bake for 25-30 minutes, until the edges are golden and a toothpick comes out clean when inserted in the thickest part. Remove from the oven and let cool completely before depanning!

PEANUT BUTTER CHOCOLATE PUMPKINS



INGREDIENTS

(10 Servings)

1/4 cup (28g) coconut milk powder, divid
1/4 cup (64g) unsweetened peanut butte
1 tbsp. chia seeds
Liquid stevia, to taste (optional)
1/4 cup (56g) cocoa butter
2 tbsp. MCT oil
1 tsp. vanilla extract

NUTRITIONAL VALUE

(Per serving)

Fat: 14 g
Carbs: 2 g
Protein: 2 g
Total Calories: 144 Calories

DIRECTIONS

In a small mixing bowl, stir together 2 tbsp of the coconut milk powder with the peanut butter and chia seeds. Mix in stevia, if using. The "dough" should be firm enough to roll into little balls. If it isn't, chill it in the fridge until it is! Roll the dough into 10 equally sized balls, and then flatten them so they form discs. Mine were a bit more than 1/2 tbsp each, and measured around an inch in diameter (2.5cm) and were about 1cm tall. Chill these for 15-20 minutes, until they are totally firm. Using your preferred method (I tend to go with a double boiler setup), melt together the oils. When they're completely melted, stir in 2 tbsp of the coconut milk powder and the vanilla extract. Stir until combined. In your silicon mold of choice (I went with the pumpkins here), pour in around 1 tsp of the cocoa butter mixture into each of 10 cavities. You want just enough to cover the bottom evenly. Freeze the partially-filled mold until the small amount of cocoa butter mixture is totally chilled. This should be around the same time that the peanut butter discs harden. Remove everything from the freezer and place one peanut butter disc into each cavity, on top of the cocoa butter layer. Stir the remaining cocoa butter mixture so it recombines and distribute it evenly over the peanut butter discs. In the mold I used, this completely covered the peanut butter on all sides and the top. If it doesn't for you, it's not a huge deal, just prioritize covering the sides! Chill for at least 3 more hours, until everything has hardened completely.

EGG - FREE “EGGNOG”



INGREDIENTS

(4 Servings)

3 cups (720ml) unsweetened non-dairy milk or water

1 cup (120g) raw, unsalted pecans

1/4 cup (28g) vanilla protein powder

2 tbsp. granulated sweetener (I used the "golden" variety)

1 tsp. vanilla extract

1 tsp. ground nutmeg

Pinch cinnamon or allspice

Tiny pinch salt

NUTRITIONAL VALUE

(Per serving)

Fat: 26 g

Carbs: 3 g

Protein: 8 g

Total Calories: 269 Calories

DIRECTIONS

Using a high speed blender, blend all ingredients together until completely smooth. This was about 90 seconds for me, starting on a low level and working up to high for the last 30 seconds. If you want the eggnog to be super smooth, you can strain it using a nut-milk bag. You can also skip this step completely, though! Serve chilled, or warm up on the stove to a toasty treat.

Peanut Butter Cookie Dough



INGREDIENTS

(1 servings)

1 Tbsp. peanut butter

1 Tbsp. maple syrup or agave

1/4 tsp. vanilla extract

1 pinch salt

2 Tbsp. all-purpose flour

Optional toppings: chopped peanuts and
chocolate chips

NUTRITIONAL VALUE

Fat: 13 g

Net Carbs: 2 g

Protein: 2 g

Total Calories: 156 Calories

DIRECTIONS

In a small bowl, mix together the peanut butter, maple syrup, vanilla, and salt. Add the flour and stir until combined. Top with chopped peanuts and chocolate chips, if desired, and enjoy!

Chocolate-Dunked Coconut Delights



INGREDIENTS (6 servings)

1 cup shredded dried coconut
1 cup whole-wheat pastry flour or white spelt flour
1 tsp. baking powder
1/4 cup maple syrup
1 tsp. alcohol-free vanilla extract
1/4 cup + 1 tsp. coconut oil, at room temperature
1/4 cup mashed banana (optional)
1 tsp. coconut extract (optional)
1/4 cup Plant-Based dark chocolate

NUTRITIONAL VALUE

Fat: 13 g
Net Carbs: 2 g
Protein: 2 g
Total Calories: 156 Calories

DIRECTIONS

Preheat the oven to 375°F. Grease a baking sheet with coconut oil and set aside. In a large bowl, combine the dried coconut, flour, and baking powder and mix well. In a separate bowl, whisk together the syrup, vanilla, and 1/4 cup of the coconut oil as well as the banana and coconut extract, if using. Add the wet ingredients to the dry and gently stir to combine. Using a small ice-cream scooper or large spoon, make bite-size balls of batter and place on the prepared baking sheet. Bake for 12 minutes, or until golden brown. Remove from the oven and allow to cool. Rest a heatproof bowl on top of a medium-size pot of water (or use a double-boiler, if you have one). Bring the water to a boil, then reduce the heat to a gentle simmer. Add the chocolate chips and the remaining coconut oil to the bowl and stir until the chocolate melts and you get a thick, glossy sauce. After the cookies have cooled, dip in the sauce and arrange on a plate. Allow the sauce to cool for a few minutes and harden, then serve. Do your best not to eat all the cookies at once!

Minty Fresh S'mores



INGREDIENTS

(2 servings)

12 Thin Mints

12 Plant-Based Marshmallows

NUTRITIONAL VALUE

Fat: 13 g

Net Carbs: 2 g

Protein: 2 g

Total Calories: 156 Calories

DIRECTIONS

Carefully roast the marshmallow halves over a gas stove or camp fire or using a kitchen torch. Squish each between two Thin Mint cookies, and enjoy!

SALTED MACADAMIA NUTS



INGREDIENTS

1/4 Cup of Macadamia Nuts

NUTRITIONAL VALUE

Fat: 22 g

Carbs: 2 g

Net Carbs: 1 g

Protein: 3 g

Total Calories: 224 Calories



MEAL PLAN

Week 1

Breakfast	Green Protein Smoothie	Blueberry hemp seed porridge	Green Protein Smoothie	Blueberry hemp seed porridge	Green Protein Smoothie	Blueberry hemp seed porridge	Banana Pancakes
Lunch	Chickpea Wrap	Plant-Based Power Bowl (left overs)	Balsamic Arugula Salad (left overs)	Portobello Fajita Bowl (left overs)	Beans and Right Rice with Roasted Red Black	Rainbow Salad	Sweet Potato Chickpea Curry (left overs)
Dinner	Plant-Based Power Bowl	Balsamic Arugula Salad	Portobello Fajita Bowl	Portobello mushrooms Pad Thai	Eat Out Using the Plant-Based Guide Guidelines	Sweet Potato Chickpea Curry	CHICKPEA QUINOA AVOCADO SALAD
Snack	Strawberry 'Cheesecake' Bites	Cacao Coconut Balls	Strawberry 'Cheesecake' Bites	Cacao Coconut Balls	Strawberry 'Cheesecake' Bites	Cacao Coconut Balls	Strawberry 'Cheesecake' Bites

Week 2

Breakfast	Raspberry Coconut Smoothie	Chickpea Omelette	Raspberry Coconut Smoothie	Chickpea Omelette	Raspberry Coconut Smoothie	Chickpea Omelette	Banana Pancakes
Lunch	CHICKPEA QUINOA AVOCADO SALAD (left overs)	Creamy Avocado Pasta (left overs)	Falafel Salad (left overs)	mushrooms Almond Butter Stir Fry (left overs))	Black Bean Burgers (left overs)	Crunchy Kale Salad	Coconut Lime Noodles with Chili Tamari Portobello mushrooms
Dinner	Creamy Avocado Pasta	Falafel Salad	mushrooms Almond Butter Stir Fry	Black Bean Burgers	Eat Out Using the Plant-Based Guide Guidelines	Coconut Lime Noodles with Chili Tamari Portobello mushrooms	Quinoa Tabouleh
Snack	Seed Crackers & Guacamole	Plant-Based Churros	Seed Crackers & Guacamole	Plant-Based Churros	Seed Crackers & Guacamole	Plant-Based Churros	Seed Crackers & Guacamole

Week 3

Breakfast	Chocolate Banana Smoothie	Portobello mushrooms Scramble	Chocolate Banana Smoothie	Portobello mushrooms Scramble	Chocolate Banana Smoothie	Portobello mushrooms Scramble	Banana Pancakes
Lunch	Chickpea Wrap	Plant-Based Power Bowl (left overs)	Balsamic Arugula Salad (left overs)	Portobello Fajita Bowl (left overs)	Beans and Right Rice with Roasted Red Black (left overs)	Rainbow Salad	Sweet Potato Chickpea Curry (left overs)
Dinner	Plant-Based Power Bowl	Balsamic Arugula Salad	Portobello Fajita Bowl	Beans and Right Rice with Roasted Red Black	Eat Out Using the Plant-Based Guide Guidelines	Sweet Potato Chickpea Curry	CHICKPEA QUINOA AVOCADO SALAD
Snack	Coconut Chia Pudding	Banana-Peanut Butter Rolls	Coconut Chia Pudding	Banana-Peanut Butter Rolls	Coconut Chia Pudding	Banana-Peanut Butter Rolls	Coconut Chia Pudding

Week 4

Breakfast	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Banana Pancakes
Lunch	CHICKPEA QUINOA AVOCADO SALAD (left overs)	Creamy Avocado Pasta (left overs)	Falafel Salad (left overs)	mushrooms Almond Butter Stir Fry (left overs)	Black Bean Burgers (left overs)	Crunchy Kale Salad	Coconut Lime Noodles with Chili Tamari Portobello mushrooms (left overs)
Dinner	Creamy Avocado Pasta	Falafel Salad	mushrooms Almond Butter Stir Fry	Black Bean Burgers	Eat Out Using the Plant-Based Guide Guidelines	Coconut Lime Noodles with Chili Tamari Portobello mushrooms	Quinoa Tabouleh
Snack	Salted Macadamia Nuts	Easy Trail Mix	Salted Macadamia Nuts	Easy Trail Mix	Salted Macadamia Nuts	Easy Trail Mix	Salted Macadamia Nuts

Week 5

Breakfast	Golden granola	Upma	Golden granola	Upma	Golden granola	Upma	Coconut pancakes
Lunch	CHICKPEA QUINOA AVOCADO SALAD	QUINOA TABOULEH (left overs)	Plant-Based kale and spinach soup (left overs)	Portobello steaks with avocado chimichurri (left overs)	Crispy marinated Portobello mushrooms (left overs)	Green gazpacho	Plant-Based Buddha bowl (left overs)
Dinner	QUINOA TABOULEH	Plant-Based kale and spinach soup	Portobello steaks with avocado chimichurri	Crispy marinated Portobello mushrooms	Eat Out Using the Plant-Based Guide Guidelines	Plant-Based Buddha bowl	Green gazpacho
Snack	Chocolate-Dipped Crispy Treats	Pumpkin Cheesecake	Chocolate-Dipped Crispy Treats	Pumpkin Cheesecake	Chocolate-Dipped Crispy Treats	Pumpkin Cheesecake	Chocolate-Dipped Crispy Treats

Week 6

Breakfast	Coconut cream with berries	Avocado Toast with Garbanzo Beans	Coconut cream with berries	Avocado Toast with Garbanzo Beans	Coconut cream with berries	Avocado Toast with Garbanzo Beans	Coconut pancakes
Lunch	Strawberry-Almond-Kale Salad with Citrus (left overs)	mushrooms-Spinach Lasagne (left overs)	Plant-Based Chicken Parmesan Linguine (left overs)	Beans and Right Rice with Roasted Red Black (left overs)	Plant-Based Mushroom and Carrot Tinga Tacos (left overs)	Classic Veggie Sandwich	White-Bean Fettuccine Alfredo (left overs)
Dinner	mushrooms-Spinach Lasagne	Plant-Based Chicken Parmesan Linguine	Beans and Right Rice with Roasted Red Black	Plant-Based Mushroom and Carrot Tinga Tacos	Eat Out Using the Plant-Based Guide Guidelines	White-Bean Fettuccine Alfredo	Classic Veggie Sandwich
Snack	S'mores Pudding	Berry Tarts	S'mores Pudding	Berry Tarts	S'mores Pudding	Berry Tarts	S'mores Pudding

Week 7

Breakfast	New York–Style Bagels with Tomato Lox	Chicken Pot Pie Empanadas	New York–Style Bagels with Tomato Lox	Chicken Pot Pie Empanadas	New York–Style Bagels with Tomato Lox	Chicken Pot Pie Empanadas	Coconut pancakes
Lunch	CHICKPEA QUINOA AVOCADO SALAD	QUINOA TABOULEH (left overs)	Plant-Based kale and spinach soup (left overs)	Portobello steaks with avocado chimichurri (left overs)	Crispy marinated Portobello mushrooms (left overs)	Green gazpacho	Plant-Based Buddha bowl (left overs)
Dinner	QUINOA TABOULEH	Plant-Based kale and spinach soup	Portobello steaks with avocado chimichurri	Crispy marinated Portobello mushrooms	Eat Out Using the Plant-Based Guide Guidelines	Plant-Based Buddha bowl	Green gazpacho
Snack	Chocolate Chip Chewy Bars	Jell-O	Chocolate Chip Chewy Bars	Jell-O	Chocolate Chip Chewy Bars	Jell-O	Chocolate Chip Chewy Bars

Week 8

Breakfast	Broccoli salad with fresh dill	Breakfast Burrito	Broccoli salad with fresh dill	Breakfast Burrito	Broccoli salad with fresh dill	Breakfast Burrito	Coconut pancakes
Lunch	Strawberry-Almond-Kale Salad with Citrus (left overs)	mushrooms-Spinach Lasagne (left overs)	Plant-Based Chicken Parmesan Linguine (left overs)	Beans and Right Rice with Roasted Red Black (left overs)	Plant-Based Mushroom and Carrot Tinga Tacos (left overs)	Classic Veggie Sandwich	White-Bean Fettuccine Alfredo (left overs)
Dinner	mushrooms-Spinach Lasagne	Plant-Based Chicken Parmesan Linguine	Beans and Right Rice with Roasted Red Black	Plant-Based Mushroom and Carrot Tinga Tacos	Eat Out Using the Plant-Based Guide Guidelines	White-Bean Fettuccine Alfredo	Classic Veggie Sandwich
Snack	PUMPKIN SEEDS BARS	GINGERBREAD MUFFINS	PUMPKIN SEEDS BARS	GINGERBREAD MUFFINS	PUMPKIN SEEDS BARS	GINGERBREAD MUFFINS	PUMPKIN SEEDS BARS

Week 9

Breakfast	Biscuit and Gravy Breakfast Sandwich	Oatmeal	Biscuit and Gravy Breakfast Sandwich	Oatmeal	Biscuit and Gravy Breakfast Sandwich	Oatmeal	Coconut pancakes
Lunch	Plant-Based Calamari	Easy Lentil Stuffed Cabbage (left overs)	Butternut Squash Enchiladas (left overs)	Bake'n Mac 'n' Cheese (left overs)	Pasta Puttanesca with Summer Squash (left overs)	Mini Pizza	mushrooms Wrap (left overs)
Dinner	Easy Lentil Stuffed Cabbage	Butternut Squash Enchiladas	Bake'n Mac 'n' Cheese	Pasta Puttanesca with Summer Squash	Eat Out Using the Plant-Based Guide Guidelines	mushrooms Wrap	Mini Pizza
Snack	Deep-Fried Sandwich Cookies	MACADAMI A NUT MUG CAKE	Deep-Fried Sandwich Cookies	MACADAMI A NUT MUG CAKE	Deep-Fried Sandwich Cookies	MACADAMI A NUT MUG CAKE	Deep-Fried Sandwich Cookies

Week 10

Breakfast	Coconut pancakes	chicken Pot Pie Empanadas	Coconut pancakes	chicken Pot Pie Empanadas	Coconut pancakes	chicken Pot Pie Empanadas	Coconut pancakes
Lunch	Black Eyed Peas & Veggie Medley (left overs)	Portobello Gyros with Hemp Seed Tzatziki (left overs)	Lemon Brussels sprouts (left overs)	Coconut Lime Noodles with Chili Tamari Portobello mushrooms (left overs)	Tempeh Satay with Peanut Sauce (left overs)	PLANT-BASED SUSHI BOWL	PLANT-BASED BIBIMBAP (left overs)
Dinner	Portobello Gyros with Hemp Seed Tzatziki	Lemon Brussels sprouts	Coconut Lime Noodles with Chili Tamari Portobello mushrooms	Tempeh Satay with Peanut Sauce	Eat Out Using the Plant-Based Guide Guidelines	PLANT-BASED BIBIMBAP	TOMATO & MUSHROOM S STIR FRY
Snack	CIDER DOUGHNUTS	PEANUT BUTTER CHOCOLATE PUMPKINS	CIDER DOUGHNUTS	PEANUT BUTTER CHOCOLATE PUMPKINS	CIDER DOUGHNUTS	PEANUT BUTTER CHOCOLATE PUMPKINS	CIDER DOUGHNUTS

Week 11

Breakfast	Broccoli salad with fresh dill	Breakfast Burrito	Broccoli salad with fresh dill	Breakfast Burrito	Broccoli salad with fresh dill	Breakfast Burrito	Coconut pancakes
Lunch	MUSHROOM BURGERS	Easy Lentil Stuffed Cabbage (left overs)	Butternut Squash Enchiladas (left overs)	Bake'n Mac 'n' Cheese (left overs)	Pasta Puttanesca with Summer Squash (left overs)	Mini Pizza	Portobello mushrooms Wrap (left overs)
Dinner	Easy Lentil Stuffed Cabbage	Butternut Squash Enchiladas	TOMATO & MUSHROOM S STIR FRY	Pasta Puttanesca with Summer Squash	Eat Out Using the Plant-Based Guide Guidelines	Portobello mushrooms Wrap	PEANUT RED CURRY NOODLE BOWL
Snack	EGG - FREE "EGGNOG"	Peanut Butter Cookie Dough	EGG - FREE "EGGNOG"	Peanut Butter Cookie Dough	EGG - FREE "EGGNOG"	Peanut Butter Cookie Dough	EGG - FREE "EGGNOG"

Week 12

Breakfast	Coconut cream with berries	Breakfast Scramble TACOS	Coconut cream with berries	Breakfast Scramble TACOS	Coconut cream with berries	Breakfast Scramble TACOS	Coconut pancakes
Lunch	PEANUT RED CURRY NOODLE BOWL	Portobello Gyros with Hemp Seed Tzatziki (left overs)	Lemon Brussels sprouts (left overs)	Coconut Lime Noodles with Chili Tamari Portobello mushrooms (left overs)	Tempeh Satay with Peanut Sauce (left overs))	PLANT-BASED SUSHI BOWL	PLANT-BASED BIBIMBAP (left overs)
Dinner	TOMATO & MUSHROOM S STIR FRY	Lemon Brussels sprouts	Coconut Lime Noodles with Chili Tamari Portobello mushrooms	Tempeh Satay with Peanut Sauce	Eat Out Using the Plant-Based Guide Guidelines	PLANT-BASED BIBIMBAP	MUSHROOM BURGERS
Snack	Chocolate-Dunked Coconut Delights	Minty Fresh S'mores	Chocolate-Dunked Coconut Delights	Minty Fresh S'mores	Chocolate-Dunked Coconut Delights	Minty Fresh S'mores	Chocolate-Dunked Coconut Delights



GROCERY LISTS

GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Tahini, Almond Flour, Chia Seeds, Oats, Quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and before heading to the grocery store check if you already have them in your pantry.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.
6. Many of these recipes call for fresh herbs like parsley and basil. To save money I recommend getting these two herbs as a small plant. They are very easy to maintain and don't cost much.
7. Use any excess vegetables to snack on during the week when you are hungry.
8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.

GROCERY LIST - WEEK 1

Fruits & Vegetables

3 Bananas
1/2 Cup of Berries 1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
4 Cups of Spinach
2 Cups Kale
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions 1 Red Onion
1 Onion
4 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
2 1/2 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
2 Cans + 2 Cups of Chickpeas

Nuts & Seeds

1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

Baking Powder
1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 Can of Chopped Tomato
1/2 Cup of Salsa
6 1/4 Cups of Almond Milk
1 Cup of Coconut Milk
1/4 Cup of Coconut Aminos 1/4 Cup + 2 Tbsp of
Tahini
2 Tbsp of Plant-Based Mayo
2 Tbsp of Almond Butter

Herbs & Spices

Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin Ground
Ginger Chilli Powder Ground Cinnamon

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 2

Fruits & Vegetables

3 Bananas
3 Cups of Raspberries
2 Avocados
1 Lemon
1 Lime
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley
1/2 Cup of Fresh Basil
1 Small Head of Broccoli
2 Zucchini
1 Red Bell Pepper
7 Carrots
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
2 3/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas
1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 Cup + 2 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1/2 Cup of Almond Flour
3 Tbsp of Raw Cacao Powder
3 Tbsp of Maple Syrup

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
3 1/4 Cups of Almond Milk
1/4 Cup of Coconut Aminos
1/4 Cup + 1 Tbsp of Almond Butter
1/4 Cup of Tahini

Herbs & Spices

Italian Seasoning
Herb Mix Seasoning

Extra

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 3

Fruits & Vegetables

4 Bananas
1 Cup of Berries
1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
2 Cups Kale
2 Cups of Spinach
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 1/2 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Small Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
1 Onion
3 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
1 Cups of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
1 Can + 2 Cups of Chickpeas

Nuts & Seeds

1 Cup of Walnuts
1/4 Cup of Chia Seeds

Baking Supplies

1 Cup of Apple Chips
1/4 Cup + 2 Tbsp of Raw Cacao Powder
1 Tbsp of Maple Syrup
1 tsp of Vanilla Extract
8 Medjool Dates

Condiments

1 Can of Chopped Tomato
1/2 Cup of Salsa
3 1/4 Cups of Almond Milk
1 Can + 1 Cup of Coconut Milk
1/4 Cup + 1 Tbsp of Coconut Aminos
2 Tbsp of Plant-Based Mayo
2 Tbsp of Tahini
2 Tbsp of Almond Butter

Extras

12 oz of Portobello mushrooms
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 4

Fruits & Vegetables

4 Bananas
3 Apples
3 Cups of Blueberries 2 Avocados
1 Lemon
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley 1/2 Cup of Fresh Basil
1 Small Head of Broccoli 2 Zucchini
1 Red Bell Pepper
1 Carrot
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
1 1/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas 1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 + 2 Tbsp of Almonds
1/4 Cup + 2 Tbsp of Walnuts
1/4 Cup of Pumpkin Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1 1/4 Cup of Coconut Chips
1/2 Cup of Almond Flour

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
1/2 Cup of Almond Milk
1/4 Cup of Coconut Aminos 1/4 Cup of Tahini
2 Tbsp of Almond Butter

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 5

Fruits & Vegetables

3 Bananas
3 Cups of Raspberries
2 Avocados
1 Lemon
1 Lime
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley
1/2 Cup of Fresh Basil
1 Small Head of Broccoli
2 Zucchini
1 Red Bell Pepper
7 Carrots
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
2 3/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas
1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 Cup + 2 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1/2 Cup of Almond Flour
3 Tbsp of Raw Cacao Powder
3 Tbsp of Maple Syrup

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
3 1/4 Cups of Almond Milk
1/4 Cup of Coconut Aminos
1/4 Cup + 1 Tbsp of Almond Butter
1/4 Cup of Tahini

Herbs & Spices

Italian Seasoning
Herb Mix Seasoning

Extra

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 6

Fruits & Vegetables

3 Bananas
1/2 Cup of Berries 1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
4 Cups of Spinach
2 Cups Kale
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions 1 Red Onion
1 Onion
4 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
2 1/2 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
2 Cans + 2 Cups of Chickpeas

Nuts & Seeds

1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

Baking Powder
1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 Can of Chopped Tomato
1/2 Cup of Salsa
6 1/4 Cups of Almond Milk
1 Cup of Coconut Milk
1/4 Cup of Coconut Aminos 1/4 Cup + 2 Tbsp of
Tahini
2 Tbsp of Plant-Based Mayo
2 Tbsp of Almond Butter

Herbs & Spices

Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin Ground
Ginger Chilli Powder Ground Cinnamon

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 7

Fruits & Vegetables

4 Bananas
1 Cup of Berries
1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
2 Cups Kale
2 Cups of Spinach
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 1/2 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Small Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
1 Onion
3 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
1 Cups of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
1 Can + 2 Cups of Chickpeas

Nuts & Seeds

1 Cup of Walnuts
1/4 Cup of Chia Seeds

Baking Supplies

1 Cup of Apple Chips
1/4 Cup + 2 Tbsp of Raw Cacao Powder
1 Tbsp of Maple Syrup
1 tsp of Vanilla Extract
8 Medjool Dates

Condiments

1 Can of Chopped Tomato
1/2 Cup of Salsa
3 1/4 Cups of Almond Milk
1 Can + 1 Cup of Coconut Milk
1/4 Cup + 1 Tbsp of Coconut Aminos
2 Tbsp of Plant-Based Mayo
2 Tbsp of Tahini
2 Tbsp of Almond Butter

Extras

12 oz of Portobello mushrooms
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 8

Fruits & Vegetables

3 Bananas
1/2 Cup of Berries 1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
4 Cups of Spinach
2 Cups Kale
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions 1 Red Onion
1 Onion
4 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
2 1/2 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
2 Cans + 2 Cups of Chickpeas

Nuts & Seeds

1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

Baking Powder
1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 Can of Chopped Tomato
1/2 Cup of Salsa
6 1/4 Cups of Almond Milk
1 Cup of Coconut Milk
1/4 Cup of Coconut Aminos 1/4 Cup + 2 Tbsp of
Tahini
2 Tbsp of Plant-Based Mayo
2 Tbsp of Almond Butter

Herbs & Spices

Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin Ground
Ginger Chilli Powder Ground Cinnamon

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 9

Fruits & Vegetables

4 Bananas
3 Apples
3 Cups of Blueberries 2 Avocados
1 Lemon
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley 1/2 Cup of Fresh Basil
1 Small Head of Broccoli 2 Zucchini
1 Red Bell Pepper
1 Carrot
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
1 1/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas 1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 + 2 Tbsp of Almonds
1/4 Cup + 2 Tbsp of Walnuts
1/4 Cup of Pumpkin Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1 1/4 Cup of Coconut Chips
1/2 Cup of Almond Flour

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
1/2 Cup of Almond Milk
1/4 Cup of Coconut Aminos 1/4 Cup of Tahini
2 Tbsp of Almond Butter

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 10

Fruits & Vegetables

3 Bananas
3 Cups of Raspberries
2 Avocados
1 Lemon
1 Lime
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley
1/2 Cup of Fresh Basil
1 Small Head of Broccoli
2 Zucchini
1 Red Bell Pepper
7 Carrots
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
2 3/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas
1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 Cup + 2 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1/2 Cup of Almond Flour
3 Tbsp of Raw Cacao Powder
3 Tbsp of Maple Syrup

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
3 1/4 Cups of Almond Milk
1/4 Cup of Coconut Aminos
1/4 Cup + 1 Tbsp of Almond Butter
1/4 Cup of Tahini

Herbs & Spices

Italian Seasoning
Herb Mix Seasoning

Extra

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder
3 Servings of Chocolate Protein Powder

GROCERY LIST - WEEK 11

Fruits & Vegetables

4 Bananas
3 Apples
3 Cups of Blueberries 2 Avocados
1 Lemon
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley 1/2 Cup of Fresh Basil
1 Small Head of Broccoli 2 Zucchini
1 Red Bell Pepper
1 Carrot
2 Tomatoes
1/2 Cup of Cherry Tomatoes
1 Small Cucumber
4 Mushrooms
1 Red Onion
1 Onion
7 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Linguini
1/2 Cup of Quinoa
1 1/4 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Chickpeas 1 Can of Black Beans
1 Cup of Cooked Lentils

Nuts & Seeds

1/2 + 2 Tbsp of Almonds
1/4 Cup + 2 Tbsp of Walnuts
1/4 Cup of Pumpkin Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1 1/4 Cup of Coconut Chips
1/2 Cup of Almond Flour

Condiments

400 ml of Marinara Sauce
3 Cups of Coconut Milk
1/2 Cup of Almond Milk
1/4 Cup of Coconut Aminos 1/4 Cup of Tahini
2 Tbsp of Almond Butter

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 12

Fruits & Vegetables

4 Bananas
1 Cup of Berries
1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
2 Cups Kale
2 Cups of Spinach
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 1/2 Red Bell Peppers
1/2 Zucchini
1 Carrot
1 Small Head of Red Cabbage
2 Tomatoes
1 Small Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
1 Onion
3 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
1 Cups of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
1 Can + 2 Cups of Chickpeas

Nuts & Seeds

1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

Baking Powder
1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 Can of Chopped Tomato
1/2 Cup of Salsa
6 1/4 Cups of Almond Milk
1 Cup of Coconut Milk
1/4 Cup of Coconut Aminos 1/4 Cup + 2 Tbsp of Tahini
2 Tbsp of Plant-Based Mayo
2 Tbsp of Almond Butter

Herbs & Spices

Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin Ground
Ginger Chilli Powder Ground Cinnamon

Extras

8 oz of Portobello mushrooms
3 Servings of Vanilla Protein Powder