

# FOOD AS MEDICINE JUMPSTART



AMERICAN COLLEGE OF  
**Lifestyle Medicine**

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# Welcome

to the Food as Medicine Jumpstart! As you begin your journey into whole food, plant-based eating, this guide will help you plan delicious and nutritious meals, build confidence in the kitchen, and discover foods you truly enjoy. Let's get started!

## GETTING STARTED

### WHAT IS A WHOLE FOOD, PLANT-BASED DIET?

A whole food, plant-based diet is an eating pattern that emphasizes a variety of nutrient-dense, minimally processed vegetables, fruits, whole grains, beans and legumes, and nuts and seeds.



Focus on whole fruits and vegetables and eat a rainbow of color.

**Vegetables:** Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

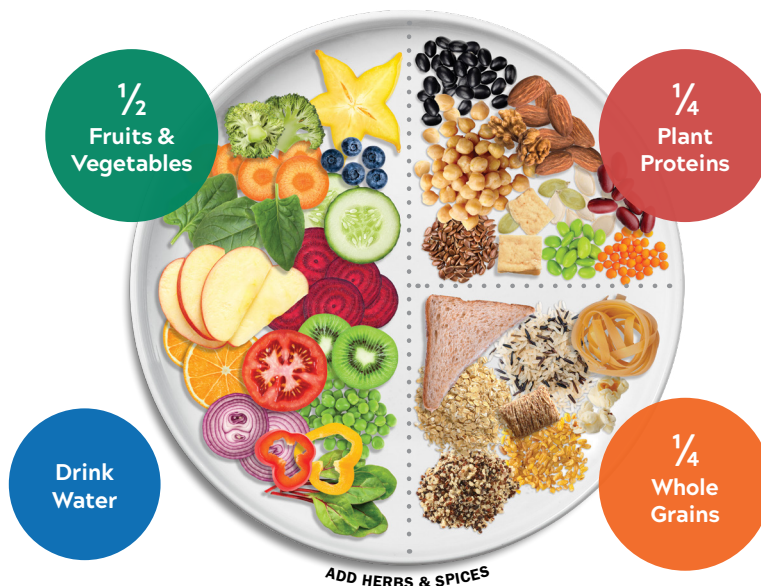
**Fruits:** Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.



Drink water for hydration.

Add herbs and spices for flavor and antioxidant power.

Basil, cilantro, rosemary, parsley, thyme, dill, cumin, chili powder, pepper, turmeric, ginger, cinnamon, fennel, paprika, and many more.



Eat a variety of plant protein.

**Legumes:** Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

**Nuts and seeds:** Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.



Choose whole grains.

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few.

# DIETARY SPECTRUM

The American College of Lifestyle Medicine is a professional medical society dedicated to the treatment, reversal and prevention of chronic, non-communicable diseases through the use of a variety of lifestyle interventions. One of the most powerful lifestyle interventions is the application of a whole food plantbased (WFPB) eating pattern that is based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. While many members of the ACLM recognize WFPB eating as the “north star” of chronic disease treatment, they also recognize that each person is on their own health journey and encourage any progression across the dietary spectrum depicted below. This guide was created to help patients move toward the “north star.”

## WHAT AMERICA EATS



\*Food items are not to scale

Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

## WHOLE FOOD PLANT-BASED LIFESTYLE



\*Food items are not to scale

ADD HERBS & SPICES

- Increased risk for T2Diabetes, Obesity, Heart Disease, Some Cancers
- Increased risk for comorbid conditions related to obesity
- Increased risk for mortality
- Increased mental health issues

- Decreased risk for chronic diseases:
  - T2Diabetes, obesity, heart disease, certain cancers
- Chronic disease treatment and potential reversal



### TIPS FOR IMPROVED DIETARY LIFESTYLE

- Any movement toward WFPB lifestyle is positive
- More movement toward the WFPB lifestyle increases impact
- Tailored and sustainable approaches are recommended

1. What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

# PLANT-BASED NUTRITION BASICS



Embarking on a new way of eating brings up many questions, including concerns about getting enough important nutrients. Rest assured: individuals following a well planned, whole-foods, plant-based dietary pattern can meet all of their recommended nutrient needs (with the exception of vitamin B12, which we will discuss below). The following are some of the most common nutrients to know when following a whole-foods, plant-based dietary pattern.

## WILL I GET ENOUGH PROTEIN?

Based on our culture's obsession with protein, you would think that everyone is suffering from a protein deficiency, but that is not the case. Most people, including those on a plant-based diet, exceed the

recommended amount of protein. Protein needs can easily be met with plant-based foods like whole grains, beans, lentils, tofu, tempeh, nuts, and seeds. Plant-based protein comes packaged with other important nutrients like fiber, water, antioxidants, vitamins, and minerals, while animal-based protein comes packaged with health-harming nutrients like saturated fat, sodium and cholesterol.

It is a myth that plant-based protein is "incomplete" protein. Plant-based foods contain all of the essential amino acids, the building blocks of protein; by eating a variety of foods you will get all the amino acids you need.

## DON'T I NEED CALCIUM FROM DAIRY?

Calcium is an important nutrient, but dairy products do not have a monopoly on calcium. In fact, they cannot be considered the ideal calcium source due to the association between dairy consumption and negative health effects, including breast, prostate and endometrial cancer. Whole, plant-based foods can provide all the calcium needed for strong bones and teeth, the regulation of muscle contractions, and ensuring that our blood clots normally. Calcium-rich plant-based foods include: green vegetables such as kale, broccoli, cabbage, bok choy, cooked okra, sesame seeds, beans, peas, lentils, and soy foods. Including fortified plant-based milks or calcium-set tofu can also help you reach your daily needs.

## WHY CAN'T I GET B12 FROM PLANT-BASED FOODS?

Vitamin B12 (cobalamin) is an essential vitamin needed by the body to help keep the body's nerve and blood cells healthy and helps make DNA. B12 is the only nutrient that cannot be found in plant-based foods. B12 is not made by plants or animals, it is made by microorganisms in the soil. Because of modern sanitization practices, we cannot rely on dirt on our produce to obtain enough B12. Some plant-based foods are fortified with B12 including certain plant-based milks, cereals, and nutritional yeast. However, these are not dependable ways of meeting B12 requirements. The most reliable method of meeting B12 needs is by taking a B12 supplement.



## DO I NEED TO EAT FISH TO GET ENOUGH OMEGA-3S?

Omega-3s are a type of essential fatty acids, meaning we must get them from foods. They are important for the health of our cells, brain, heart, blood vessels, lungs, immune system, and hormone-producing glands. Many plant-based foods contain omega-3s and they are considered safer and more sustainable sources than fish because of the toxins and contaminants that can be found in certain types of fish. Plant-based sources include chia seeds, flaxseeds, hemp seeds, and walnuts. To meet omega-3 needs, women can eat at least 1 tablespoon of chia or ground flaxseed daily, and men at least 2 tablespoons. If you are unable to get enough omega-3s from foods, you may consider taking an algae-based supplement.

## WHAT ABOUT IODINE?

Iodine is an essential mineral that is important for thyroid health and for development of the fetus during pregnancy and infancy. Iodine is found naturally in some foods and is also added to certain table salt (iodized salt). People who follow a plant-based diet and avoid iodized salt should be mindful to include plant-based sources of iodine, which include sea vegetables (kelp, nori, wakame), prunes, lima beans. Consider supplementation if you are unable to consistently meet your needs through food.

## WHAT ABOUT IRON?

Iron is an essential mineral that is crucial for our blood cells, hormone production, and growth and development. The type of iron found in plant-based foods (non-heme iron) may be a safer iron source than the type found in animal products (heme iron) because our body can more easily regulate non-heme iron. Non-heme iron is best absorbed when eaten with vitamin C-rich foods like carrots, red and orange bell peppers, and citrus. To ensure that you get enough iron, enjoy these iron-rich foods: broccoli, lentils, peas and beans (kidney, black, garbanzo, lima, pinto), spinach, bok choy, and tomato sauce, stir-fried tofu and broccoli.



# YOUR ROADMAP TO SUCCESS

A JOURNEY OF A THOUSAND MILES  
BEGINS WITH A SINGLE STEP.

- LAO TZU



Trying something new can feel both exciting and scary. The key is to begin your journey with a map, or plan, to help guide you each step of the way. The guidelines below will help you begin your journey at a level that is right for you and take sustainable steps toward your success.

## TAKE YOUR JOURNEY TO A HEALTHY LIFESTYLE STEP-BY-STEP.

### STEP 1: ENJOY

Keep plant-based meals you already enjoy in your meal rotation.

### STEP 2: ADAPT

Give your favorite recipes a plant-based makeover.

### STEP 3: EXPLORE

Begin incorporating new plant-based foods into each week.

#### PLAN AHEAD.

- Use meal planning apps or a simple calendar to plan meals in advance.
- Look at the upcoming week's schedule and determine how many meals you will need to plan for. Plan quick meals or leftovers for the most hectic days of the week.
- Set aside time to batch cook ingredients so meals can be thrown together quickly on busy weeknights. See the [Batch Cooking](#) section for more ideas.

#### MAKE THE 'HEALTHY CHOICE' THE EASY CHOICE.

- Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you reach for when wanting a snack.
- Stock your pantry with staple ingredients that can be assembled into a quick meal.

## **GAME PLAN FOR EATING AWAY FROM HOME AND TRAVELING.**

- Check menus ahead of time. Pair side dishes together to create a hearty meal.
- Ask if the kitchen is willing to make a dish with lots of vegetables, beans and whole grains.
- When traveling, pack your own meals and snacks, or stop at grocery stores instead of fast food.

## **INCLUDE THE ENTIRE FAMILY.**

- Allow children to pick a new fruit or vegetable to try each week.
- Start a tomato plant on the porch and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.

## **SET GOALS EACH WEEK ON YOUR JOURNEY TO IMPROVED NUTRITION.**

- Identify SMART (specific, measurable, attainable, realistic, and timebound) steps you can take each week. Instead of “eat more vegetables,” set a SMART goal to “make half your dinner plate vegetables five nights this week.”
- Celebrate success each and every step of the way!

## **HOW MUCH CHANGE ARE YOU READY FOR?**

Building healthy eating habits is not all or nothing. You will be most successful if you start your journey at a level that is right for you. Whether you’d like to begin with just one recipe or you’re ready to transform every meal, you can start your journey in a way that is right for you!



### **LEVEL 1: DIP YOUR TOE IN.**

Select one new recipe to try. Continue to build on your success by choosing one new recipe each week.



### **LEVEL 2: WADE INTO THE SHALLOW END.**

Choose a meal category (breakfast, lunch, or dinner) that you think will be easiest for you to transform and 2-3 recipes from that category to try. When you feel confident with your chosen meal category, add another category.



### **LEVEL 3: DIVE ALL THE WAY IN.**

To transform every meal, try the sample menu plan at the end of this guide.

A whole food, plant-based diet is an eating pattern that emphasizes a variety of nutrient-dense, minimally processed vegetables, fruits, whole grains, beans and legumes, and nuts and seeds.



# LET'S GET COOKING!

## KITCHEN ESSENTIALS

Cooking delicious plant-based food doesn't need to be complicated - you can be successful with just a few simple tools!

Once you have the basics, there are many additional kitchen gadgets that can make cooking easier and more enjoyable. As you try new recipes and cooking techniques, you can slowly build your collection of kitchen equipment.



### HANDHELD TOOLS

#### Basics:

- Can opener
- Cutting board (small and large)
- Knife set (chef's, paring, and serrated)
- Measuring cups
- Measuring spoons
- Metal spatula
- Mixing bowls
- Wooden spoon

#### Upgrades:

- Box grater
- Citrus juicer
- Colander
- Cooling racks
- Fine mesh strainer
- Ladle
- Microplane zester
- Salad spinner
- Silicon spatula
- Steamer basket
- Tofu press
- Tongs
- Vegetable peeler
- Wire whisk

### COOKWARE + BAKEWARE

*\*Select cookware made of cast iron, ceramic or stainless steel to avoid harmful contaminants.*

#### Basics:

- Small frying pan
- Large frying pan
- Saucepan
- Stock pot
- Baking sheets

#### Upgrades:

- 8×8-inch baking pan
- 9×13-inch baking pan
- Muffin tin

### APPLIANCES

- 7- to 10-cup food processor
- High-speed blender
- Toaster oven
- Pressure cooker/Instant pot
- Slow cooker

### STORAGE & EXTRAS

- Glass jars
- Glass storage containers
- Parchment paper
- Reusable food wrap
- Reusable storage bags

# STOCKING YOUR PLANT-BASED KITCHEN



## PRODUCE

Apples  
Bananas  
Beets  
Bell peppers  
Berries  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Fresh herbs (chives, cilantro, dill, parsley, rosemary, sage, thyme)  
Garlic  
Grapefruit  
Grapes  
Hot peppers  
Kiwis  
Pears  
Lemons  
Limes  
Leafy greens (chard, collard greens, kale, spinach, arugula)  
Melons (cantaloupe, honeydew, watermelon)  
Microgreens  
Mushrooms  
Mangoes  
Onion (green, red, white, yellow)  
Oranges  
Peaches  
Pineapple  
Salad greens (mixed greens, romaine, red leaf or green leaf lettuce)  
Sweet potatoes  
White potatoes (russet, new, yukon gold)  
Tomatoes  
Zucchini



## FROZEN

Edamame  
Fruits (berries, cherries, mango, pineapple)  
Prepared grains  
Vegetables (broccoli, corn, mixed vegetables, peas, peppers, riced cauliflower)

## REFRIGERATED

Hummus and bean dips  
Miso paste  
Plant-based milks (almond, cashew, oat, rice, soy)  
Tempeh  
Tofu

## BREADS & CRACKERS

Sprouted grain bread  
Whole grain bread  
Whole grain pita  
Whole grain tortillas (corn, brown rice, sprouted grain, whole wheat)  
Brown rice crackers  
Whole wheat crackers

## PANTRY STAPLES

Canned and dried beans and lentils  
Black  
Black-eyed peas  
Brown lentils  
Cannellini  
Garbanzo  
Green lentils  
Kidney  
Navy beans  
Pinto  
Red lentils

## STOCKING YOUR PLANT-BASED KITCHEN (CONT.)



### PANTRY STAPLES (CONT.)

#### Whole grains

- Amaranth
- Barley
- Brown rice
- Bulgur wheat
- Cornmeal
- Farro
- Millet
- Oats (groats, rolled, steel-cut)
- Popcorn
- Quinoa
- Wheat berries
- Wild rice

#### Pastas

- Bean pastas
- Brown rice noodles
- Soba noodles
- Whole wheat spaghetti
- Whole grain pastas

#### Sauces & Condiments

- Barbecue sauce
- Canned diced tomatoes
- Chili paste
- Curry paste
- Hot sauce
- Ketchup
- Low-sodium vegetable broth
- Low-sodium soy sauce/tamari
- Mustard
- Salsa
- Sriracha
- Vinegars (apple cider, balsamic, brown rice, red wine, white wine)

#### Herbs, Spices, & Seasonings

- Allspice
- Basil
- Bay leaves
- Cayenne pepper
- Chili powder

- Cinnamon
- Crushed red pepper flakes
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger
- Marjoram
- Nutmeg
- Nutritional yeast
- Oregano
- Parsley
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

#### Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flax seeds
- Hemp seeds
- Peanuts
- Pecans
- Pistachios
- Pumpkin seeds (pepitas)
- Sesame seeds
- Walnuts
- Nut butters (peanut, almond, cashew)
- Seed butters (sunflower, tahini)

#### Other

- Canned jackfruit
- Dates
- Flours (almond, brown rice, chickpea, oat, spelt, whole wheat)
- Unsweetened dried fruits



## INGREDIENT 411

As you try new recipes, you will encounter new ingredients that may be unfamiliar to you. Here's everything you need to know about a few ingredients that might pop up in plant-based recipes. Give them a try!



### Nutritional Yeast

Nicknamed “nooch,” this light, flaky powder is commonly used to add a cheesy flavor to dishes. It is “deactivated” yeast, so it is different from the yeast used in baking. It’s very nutrient-dense, often fortified with various B vitamins and contains a moderate amount of protein. (Note: not all nutritional yeast brands are fortified).



### Flaxseeds

These tiny seeds pack a powerful nutritional punch. They are rich in healthy omega-3 fatty acids, fiber, antioxidants, and other vitamins and minerals. You can find them in whole seed form or ground. If you buy them whole, you must grind them before eating in order to absorb their nutritional benefits. It’s easy to grind them in a coffee grinder or with a mortar and pestle. Once ground, flaxseed can spoil quickly, so store both whole and ground flaxseed in the freezer to keep it fresh.

Add to smoothies, baked goods, or oatmeal, or use it as an egg-replacer in recipes where eggs serve as a binding agent (ex: veggie burgers, baked goods). To make a “flax egg”, simply combine 1 tablespoon ground flaxseed with 3 tablespoons water for every one egg. Let the mixture sit for five minutes to thicken before adding to a recipe.



### Chia seeds

Chia seeds are the edible seed of a plant in the same family as mint, found in Central America. They have similar nutritional benefits and culinary uses as flaxseeds. They possess a natural thickening quality when combined in a liquid medium, so you can use the same ratio for a “chia egg” as you would a “flax egg.” Chia is also used to make chia pudding or to thicken jams. Unlike flaxseeds, chia seeds can be eaten whole and does not need to be ground, so enjoy them sprinkled on any dish for a pleasant crunch!

**Tahini** is a paste made from toasted and ground sesame seeds.

**Tamari** is a Japanese soy sauce made by fermenting soybeans and usually gluten-free. Compared with most soy sauces, it’s darker, less salty, and has a strong umami flavor.



### Miso paste

Miso is a fermented soybean paste most commonly seen in Japanese cooking. It comes in a variety of types and strengths, including white miso, red miso, and even soy-free chickpea miso. It has the consistency of nut butter and is a great way to boost ‘umami’ flavors, the savory flavor we traditionally associate with meat, in plant-based dishes. To prevent clumping, thin miso in a small amount of liquid before adding to the entire dish.



### Jackfruit

Jackfruit is a very large tropical fruit with a spiny outer-skin and a yellow-orange or green interior, depending on how ripe it is, that looks similar to the inside of a pineapple. It has become ever popular in plant-based cooking because of its ability to mimic the texture of shredded meat. Similar to tofu, green jackfruit takes on the flavor of whatever it is cooked in. You can find canned green jackfruit in most grocery stores. Try it sauteed with barbecue sauce or in tacos.



### Tofu

Tofu is made of soybeans. It is essentially soymilk that has been pressed into blocks. Tofu comes in many different firmnesses. Soft or silken tofus are best used to thicken sauces, for creamy desserts, and in smoothies. Firm tofus (medium, firm, extra firm, high protein) are best used for marinating, stir frying, baking, and grilling. Before cooking with firm tofus, unwrap them, drain any excess water, and press them between layers of paper towels or kitchen towels to remove as much water as possible.



### Tempeh

Tempeh is made from fermented soybeans and has an appealing crumbled texture similar to ground meat. Because of its firm, dry texture, it can be easily sliced, cubed, and crumbled for a wide array of culinary uses including ground beef, bacon slices, and kabobs.

## KITCHEN SHORTCUTS

Batch cooking, or making large portions of ingredients or entire meals at once to eat throughout the week, is one of the best kept secrets of a smart cook. Batch cooking saves time for both meal prep and clean up, it saves money by allowing you to buy in bulk and reduce food waste, and it eliminates the stress of making dinner from scratch every night of the week.



### **BATCH COOKING TIPS:**

- Designate a specific day of the week to do your batch cooking all at once.
- Invest in kitchen equipment that will make batch cooking easier.
  - Large stock pot, large baking dish, glass storage containers, pressure cooker, slow cooker
- Choose meal components to cook in bulk and then assemble bowls, tacos, sandwiches and more throughout the week from the prepared ingredients.
  - Batch cook 1-2 starchy vegetables and grains. Make 2-3 servings of rice and or 2-3 servings of roasted potatoes.
  - Batch cook 1-2 plant-based proteins. Roast chickpeas, make bean burger patties, bake tofu.
  - Batch cook 2-3 vegetables. Roast mixed vegetables, steam broccoli and cauliflower, prepare a cabbage slaw.
  - Prepare 1-2 flavor elements such as salsa, lemon-tahini dressing, or peanut sauce.
- Choose a whole recipe to prepare in multiple servings.
  - Divide soups, casseroles, or baked dishes like enchiladas and lasagna into individual servings and freeze in air-tight storage containers.
  - Store prepared oatmeal bowls or salads layered in jars (with the dressing on the side) in the refrigerator for grab-and-go meals throughout the week.



### **BATCH COOKING IDEAS:**

- Grains and starchy vegetables: brown rice, quinoa, farro, whole grain or bean pasta, baked or roasted potatoes, corn, butternut squash
- Vegetables (roasted, steamed, stir-fried)
- Salad (keep wet ingredients and dressing separate)
- Hummus and bean dips
- Raw, sliced vegetables for snacks
- Roasted chickpeas
- Lentils and beans
- Overnight oats
- Bean and veggie chili
- Pasta or rice casserole
- Bean burgers
- Falafel patties
- Vegetable soup
- Black bean enchiladas
- Pasta sauce
- Bean burritos (wrapped and frozen individually)

## COOKING S.O.S. FREE

Depending on where you fall on the spectrum of whole food, plant-based eating, you may consider decreasing the amount of salt, oil, and added sugar (S.O.S.) you use in cooking. By utilizing the following tips, you won't have to sacrifice the flavors and textures that salt, oil, and added sugars lend to meals.



### REDUCING SALT

Since most of the sodium in our diet comes from packaged and restaurant foods, the best way to reduce sodium is to eat more whole, minimally processed foods. If you find yourself frequently reaching for the salt shaker at home, try adding salt-free flavor to meals by experimenting with fresh and dried herbs and spices, citrus juice and zest, and pungent vinegars. Nutritional yeast and kelp (seaweed) granules both make tasty salt replacements because of their salty and savory flavors.

### OIL-FREE COOKING

For certain health conditions like cardiovascular disease, your healthcare provider may recommend limiting oil intake. You can easily “water sauté” vegetables by adding a splash of water or vegetable broth to a hot sauté pan just as you would oil. This technique is more like steaming than true sautéing. Alternatively, you can heat a stainless steel pan so that it forms a non-stick surface. Periodically splash a little water on the pan while it's heating up until the water forms little beads that roll across the pan's surface - this is how you'll know it has reached the right temperature and you can begin cooking with it.

Oil also adds creaminess to sauce and dressings. In place of oil, try blending sauce and dressing ingredients with cashews, tahini, avocado, or silken tofu.

### WHOLE FOOD SWEETENERS

Natural sugars found in whole foods like fruits are packaged with nourishing fiber, water, and antioxidants. Dates make a particularly delicious and versatile whole food sweetener. Soak pitted dates in water to soften them, then blend into smoothies and sweet sauces and dressings. Fold chopped dates into baked goods, or blend dates into a paste to use as a sweetener. Applesauce and mashed bananas also make great sugar substitutes in baked goods. For satisfying whole foods dessert ideas, see the recipe section of this guide.

# RECIPES



## BREAKFASTS

### SCRAMBLED TOFU BREAKFAST TACOS

Scrambled tofu loaded with savory spices and fresh vegetables makes for a delicious and hearty breakfast option! Enjoy fresh or make ahead and reheat for an on the go breakfast. **Serves 2**



#### INGREDIENTS

##### Scramble

- ½ package (14-16 oz) organic tofu, extra-firm
- 2 tbsp of water
- ½ onion, chopped
- 1 garlic clove, minced
- ½ medium zucchini, finely diced
- ½ teaspoon chili powder
- ½ tsp cumin
- ¼ tsp turmeric
- Black pepper to taste
- 1 tbsp reduced-sodium soy sauce

##### For serving

- ½ avocado, sliced
- Salsa
- Squeeze of lime
- Corn or whole-grain tortillas

#### INSTRUCTIONS

1. Press tofu: Pat tofu dry with paper towels and then roll in a clean, absorbent towel. Place something heavy on top, such as a cast-iron skillet, and let sit for 10 to 15 minutes. Chop produce and measure out spices while you wait.
2. Add 2 tablespoons of water to a large skillet over high heat. When the water is simmering, add onion and garlic, stirring often, until onion is soft, about 5 minutes. Add a small amount of additional water if needed to prevent sticking.
3. Meanwhile, unwrap the tofu and place it on a cutting board. Use a fork to crumble the tofu into bite-sized pieces.
4. Add chili powder, cumin, turmeric, and black pepper and let toast for 30 seconds. Add zucchini and tofu, reduce heat and cook, stirring often, until zucchini is tender, about 5 minutes. Add a small amount of additional water if necessary to prevent sticking.
5. Stir in soy sauce.
6. Serve in corn or whole grain tortillas and topped with salsa, lime juice and sliced avocado.

## STRAWBERRY BANANA OATMEAL

The ultimate healthy and easy breakfast! Creamy, naturally sweet, and fiber-rich, this oatmeal will keep you feeling full all morning long. **Serves 1**



### INGREDIENTS

- ½ cup dry rolled oats
- 1 small banana, sliced (save a few for topping)
- 1 cup of water
- ½ tsp cinnamon
- Pinch of salt
- 4 strawberries, sliced
- 2 tbsp chopped walnuts
- Optional: 1 tsp maple syrup or 1 chopped date to sweeten

### INSTRUCTIONS

1. In a small saucepan combine oats, half the banana, water, cinnamon, and pinch of salt. Bring to a low boil and then reduce heat to a simmer, stirring often for about 5 minutes.
2. Serve in a bowl topped with additional banana slices, sliced strawberries, and chopped walnuts. Add a splash of unsweetened plant milk if desired.

### NOTES

- Make this recipe your own! Feel free to top oatmeal with any fruit, chopped nuts, seeds, or nut butter.
- Want to get some veggies in at breakfast? With step one, add up to ½ cup frozen riced cauliflower or shredded zucchini.



# FLUFFY WHOLE GRAIN PANCAKES WITH BLUEBERRY COMPOTE

The fluffiest pancakes you will ever make! These pancakes are naturally sweetened, made right in the blender, freezer friendly, and delicious served with blueberry-lemon compote or your favorite fresh fruit. **Serves 2**



## INGREDIENTS

### Pancakes

- 1 large very ripe banana (brown and spotty)
- 1 cup rolled oats
- ½ tsp cinnamon, optional
- 1 cup unsweetened non-dairy milk
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tbsp apple cider vinegar
- Pinch of salt

### For serving, optional

- Blueberry compote
- Sliced bananas, sliced strawberries or raspberries

## INSTRUCTIONS

1. Combine all the ingredients in a high powered blender and process until smooth.
2. Allow the batter to rest for 5 to 10 minutes.
3. Heat a non-stick skillet over medium heat.
4. Once hot, scoop about ¼ cup of batter per pancake onto the pan. Cook for 3 to 4 minutes or until the edges start to brown. Flip and cook for another 3 to 4 minutes.
5. Repeat until all the batter is gone.
6. Serve topped with blueberry-lemon compote or fresh fruit.

## NOTES

- Double the batch and freeze leftovers for a festive pancake breakfast any day of the week.

## Blueberry Compote

This healthy blueberry compote is naturally sweet and bursting with fresh blueberry flavor! All you need is 3 ingredients and 15 minutes to make this antioxidant-packed treat.

## INGREDIENTS

- 3 cups frozen blueberries
- 2 tbsp lemon juice
- ½ tsp vanilla extract

## INSTRUCTIONS

1. Place the blueberries, lemon juice, and vanilla extract in a small saucepan and over medium-high heat.
2. Bring to a boil, then reduce heat to medium-low and use a wooden spoon to mash the fruit.
3. Continue cooking for 10 to 15 minutes, stirring intermittently.
4. Remove from heat and set aside to cool. The compote will thicken as it cools.
5. Reheat to serve with pancakes, oatmeal, waffles, and more.

## NOTES

- Citrus option: Orange juice or lime juice will also work. Feel free to experiment with other frozen berries! Raspberries, strawberries, and cherries work great as well.

## OVERNIGHT OATS

Flavorful and filling, these overnight oats are easy to prepare and perfect for busy mornings. Small but mighty, chia seeds are fiber-filled and packed with healthy omega-3 fats, giving these oats some serious staying power.

Serves 2



### INSTRUCTIONS

1. In an airtight container, combine the mashed banana, oats, chia seeds, cinnamon and plant milk. Stir well, then cover and place in the fridge overnight.
2. In the morning, divide oats evenly into two bowls. Top each both with half a sliced banana and any additional toppings, such as sliced strawberries or chopped walnuts.

### INGREDIENTS

#### Oats

- 1 banana, mashed
- 1 cup rolled oats
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- 1  $\frac{3}{4}$  cup unsweetened plant milk
- 1 banana, sliced

#### Optional toppings

- Sliced strawberries
- Chopped walnuts
- Chopped peanuts
- Maple syrup

## SWEET POTATO TOAST

Sweet potato toast is a nutritious, warming, and gluten-free breakfast option. In this recipe, you will par-bake sweet potato slices so in the morning all you need to do is toast them and top them with your favorite ingredients.

Serves 2



### INGREDIENTS

- 1 large sweet potato, round in shape

### Optional toppings

- Peanut butter and banana slices
- Sliced avocado, salt, pepper, and fresh lemon juice
- Almond butter, blueberries and cinnamon
- Hummus and sliced cucumber
- Guacamole and sliced tomatoes

### INSTRUCTIONS

1. Preheat the oven to 350° F and line a baking sheet with parchment paper to help prevent sticking.
2. Slice the sweet potato lengthwise into even slices, about ¼ to ½ inch-thick. Alternatively, use a mandolin for the most uniform slices. Arrange sweet potato slices on the baking sheet.
3. Bake until tender but not fully cooked, approximately 15-25 minutes depending on size.
4. Allow to completely cool and store in an air-tight container.
5. When ready to eat, heat in a toaster or toaster oven on high heat for one cycle or until cooked through.
6. Top sweet potato toast with desired toppings and enjoy!

# GREEN SMOOTHIE GUIDE

## 1 LEAFY GREENS

Choose 1-2 cups,  
fresh or frozen



*Spinach, kale, Swiss chard, arugula, parsley, cilantro (free to add other veggies like cauliflower, zucchini, carrots, beets or pumpkin)*

## 2 FRUIT

Choose 1-2 cups,  
fresh or frozen



*Blueberry, strawberry, raspberry, pear, pineapple, banana, apple, mango, cherries, peaches, etc.*

## 3 PROTEIN

Choose 1 serving



*Hemp seeds (2-3 Tbsp), plant-based protein powder (½-1 scoop) organic silken tofu (½ cup), white beans or chickpeas (½ cup), unsweetened soy or pea milk (1 cup, counts as liquid too)*

## 4 FAT & FIBER

Choose 1-2  
tablespoons



*Flax meal, chia seeds, walnuts, avocado, nut butter*

## 5 BOOSTERS

Optional, Choose  
¼ - 1 teaspoon



*Spirulina, cinnamon, turmeric (+ black pepper), nutmeg, vanilla extract, Medjool date, ginger, cayenne, cacao powder, cacao nibs, mint*

## 6 LIQUID

Choose 1-2 cups



*Filtered water, unsweetened plant milk (soy, pea, almond, cashew, oat, rice), unsweetened coconut water, green tea, ice for thickness*

## CREAMY BLUEBERRY SMOOTHIE

Serves 1

### INGREDIENTS

- 1 large handful baby spinach
- ½ cup frozen riced cauliflower (sub frozen chopped zucchini if desired)
- 1 frozen banana (previously peeled, sliced, and frozen)
- ½ cup frozen wild blueberries
- 2 tbsp hemp seeds
- 1 cup unsweetened plant milk

### INSTRUCTIONS

1. Add all ingredients to a high-power blender and blend on high until creamy and smooth. Add additional plant milk or water for a thinner consistency.



## TROPICAL KALE SMOOTHIE

Serves 1

### INSTRUCTIONS

1. Add all ingredients to a high-power blender and blend on high until creamy and smooth. Add additional plant milk or water for a thinner consistency.



### INGREDIENTS

- 1 cup stemmed and chopped kale
- 1 cup frozen tropical fruit blend (mango, pineapple, strawberry)
- ½ cup white beans
- 1 tbsp chia seeds
- 1 cup unsweetened plant milk

## CHOCOLATE ZUCCHINI SMOOTHIE

Serves 1

### INGREDIENTS

- 1 cup frozen chopped zucchini
- 1 frozen banana
- 2 tbsp hemp seeds
- 1 tbsp cacao powder (or unsweetened cocoa powder)
- 1 Medjool date
- 1 cup unsweetened vanilla soy milk

### INSTRUCTIONS

1. Add all ingredients to a high-power blender and blend on high until creamy and smooth. Add additional plant milk or water for a thinner consistency.





## LUNCHES AND DINNERS

### CHICKPEA OF THE SEA

This flavorful chickpea salad only takes 5 minutes to make and there is no cooking involved, making it the perfect recipe for healthy lunches! **Serves 4**



#### INGREDIENTS

- 1 (15 ounces) can low-sodium chickpeas, drained and rinsed
- 1 tbsp Dijon mustard
- ¼ cup hummus or plain plant-based yogurt
- ¼ tsp old bay seasoning
- 1 large carrot, diced
- 1 celery stalk, diced
- ¼ cup red onion, diced
- ¼ cup diced celery
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste

#### For serving, per person

- 2 romaine lettuce leaves or 2 slices whole-grain bread, lightly toasted
- Sliced red onion, tomato, avocado and/or lettuce

#### INSTRUCTIONS

1. In a medium bowl, mash drained and rinsed chickpeas with a fork. Add the remaining ingredients and stir to combine.
2. Prepare desired toppings, such as sliced red onion, tomato or avocado.
3. If serving as a sandwich, toast bread and serve between slices with toppings.
4. If serving with romaine lettuce leaves, top leaves with chickpea mixture and toppings.
5. To round out the meal, pair with baby carrots or a piece of fruit.

## LOADED VEGGIE SANDWICH

The best loaded sandwich made with tomatoes, cucumbers, carrots and sprouts, layered between creamy hummus for a simple and delicious meal. Serve with fresh fruit or additional sliced vegetables for even more plant-power. **Serves 1**



### INGREDIENTS

- 2 slices whole grain bread
- ¼ cup hummus
- 2 slices heirloom tomato
- ½ cup spinach
- ¼ cup grated carrot
- 4 slices cucumber
- ¼ cup alfalfa sprouts, optional

### For serving, optional

- Baby carrots, celery sticks, sliced bell pepper
- Apple, peach, melon, grapes

### INSTRUCTIONS

1. Prepare all of the veggie fixings. Toast slices of bread or leave untoasted.
2. Spread a hearty layer of hummus onto each slice of bread.
3. Top one slice with a layer of tomatoes, spinach, carrots, cucumbers and alfalfa sprouts, if using. Place the second slice of bread hummus-side down on top of the veggie fixings.
4. Slice in half and serve with a side of fruit or sliced vegetables, if desired.

# HOW TO MAKE A FILLING SALAD

## 1 LEAFY GREENS

Start with a hefty base of leafy greens, 2 to 3 cups



Baby spinach, chopped kale, Swiss chard, arugula, shredded cabbage, lettuce, spring mix, shaved Brussels sprouts, etc.

## 2 VEGETABLES

Add texture and color with a variety of vegetables, raw, steamed or roasted, unlimited



Artichoke hearts, asparagus, bell peppers, broccoli, carrots, cauliflower, cucumber, microgreens, mushrooms, onion, snap peas, summer squash, tomatoes, etc.

## 3 SMART CARBS

Add filling fiber with whole grains, starchy vegetables, and/or fruit, 1/2 cup



Quinoa, brown or wild rice, farro, barley, potatoes, yams, winter squash, corn, peas, mango, apples, berries, citrus segments, pomegranate seeds

## 4 PROTEIN

Add hearty plant protein with beans and legumes, 1/2 cup



Chickpeas, black beans, kidney beans, white beans, green peas, lentils, edamame, organic tofu, organic tempeh

## 5 TOPPINGS

Add crunch & flavor with nuts, seeds, fresh herbs, and/or fermented foods, 1-2 tbsp



Almonds, walnuts, pistachios, pecans, pumpkin seeds, hemp seeds, nutritional yeast, sundried tomatoes, olives, basil, chives, cilantro, parsley, sauerkraut, kimchi, etc.

## 6 DRESSING

Add flavor with a squeeze of citrus, a dollop of dip, or a drizzle of dressing



A squeeze of lemon, lime or orange juice, guacamole, balsamic vinegar, white wine vinegar, salsa, hummus, oil-free dressing





## SIMPLE & SATISFYING DRESSINGS

Never eat a boring salad again! These simple and satisfying dressings will add bright, bold and delicious flavors with whole food ingredients. Not only for salads, feel free to drizzle these dressings on grain bowls and roasted veggies or use them as dips.

### Lemon Tahini Dressing

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt

### Balsamic Dressing

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1 ½ tsp dried basil or oregano
- 1 tsp maple syrup, optional
- ¼ cup water + more to taste

### 3-Ingredient Hummus Dressing

- ¼ cup hummus
- 1 lemon, juiced
- ½ tsp garlic powder
- Water, to thin

### Fresh Raspberry Dressing

- ½ cup raspberries, mashed or pureed
- ½ tsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste

### Peanut Sauce

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne, optional
- Water, to thin

### Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high speed blender
- ½ cup water
- ½ tbsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ¼ tsp salt, optional

Blend all ingredients in a high-powered blender or food processor until nice and creamy.



## CHICKPEA NOODLE SOUP

Move over chicken noodle soup! This chickpea noodle soup is warming and nourishing, perfect for chilly or under-the-weather days. **Serves 4**



### INGREDIENTS

- 2 tbsp water
- 1 onion, diced
- 1 garlic clove, minced
- 4 carrots, diced
- 6 celery stalks, diced
- 8 cups of water
- 4 ounces whole-wheat pasta
- 2 heaping tbsp white miso paste
- ¼ cup nutritional yeast
- 1 (15 ounces) can chickpeas
- 2 handfuls baby spinach
- Black pepper

### INSTRUCTIONS

1. Heat soup pot over medium and add water. Add onion, garlic, carrots, and celery, stirring intermittently until veggies soften, about 5 minutes.
2. Add 8 cups of water and bring to a boil. Once boiling, add pasta.
3. When pasta is almost cooked, stir in miso paste, nutritional yeast, and chickpeas.
4. When pasta is tender, turn off the heat and fold in spinach leaves until wilted.
5. Season with pepper and serve with crusty whole-grain bread if desired.

### NOTES

- To make this soup gluten-free, substitute quinoa or brown rice pasta for the whole wheat pasta.



## SWEET POTATO & BLACK BEAN QUESADILLAS

Perfectly seasoned, simple to prepare, and absolutely delicious. These quesadillas are protein-packed, fiber-rich, and the perfect addition to your weeknight rotation. **Serves 2**



### INGREDIENTS

- 1 medium sweet potato, cubed
- ¼ cup of salsa
- 1 tsp chili powder
- 1 tsp cumin
- ½ juice of one lime
- 2 tbsp nutritional yeast, optional
- 1 cup cooked black beans, drained and rinsed
- Salt and pepper to taste
- 4 whole-wheat tortillas

For serving, optional

- Guacamole
- Salsa
- Non-dairy plain yogurt
- Sliced bell peppers

### INSTRUCTIONS

1. Place the cubed sweet potatoes in a saucepan with enough water to cover. Bring to a boil, then reduce heat, cover and simmer until fork-tender.
2. Transfer cooked sweet potatoes to a mixing bowl and add salsa, chili powder, lime juice, and nutritional yeast. With a fork, smash and mix until well-combined. Fold in black beans. Add salt and pepper to taste.
3. Heat a grill or grill pan over medium heat. Spread a heaping ½ cup of the sweet potato mixture onto a tortilla. Top with a second tortilla and gently press it down. Repeat with remaining tortillas.
4. Place quesadillas on the heated grill and cook for about 3 minutes on each side, until they are golden brown and grill marks form.
5. Slice into triangles and serve with guacamole, salsa, and/or non-dairy plain yogurt for dipping. To round out the meal, pair with sliced bell peppers.

### NOTES

- If you don't have a grill, you can make these quesadillas on a stovetop.
- Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato.



## EASY VEGGIE STIR FRY

Nutrient-rich stir fry made with colorful vegetables and protein-packed tempeh. This dish comes together quickly for a weeknight meal and is perfect for meal prep. Feel free to switch up the vegetables based on the season.

Serves 2



### INGREDIENTS

#### Tempeh

- 1 package (8 oz) tempeh, cubed
- 2 tbsp reduced-sodium soy sauce (tamari for gluten-free)
- 1 tsp garlic powder

#### Stir-fry

- 2 tsp water or low-sodium vegetable broth
- 1 cup chopped carrots
- 1 cup chopped broccoli
- ½ cup white onion, sliced
- ½ cup sliced white or crimini mushrooms
- 1 bell pepper, sliced
- Salt and pepper to taste

#### For serving

- 2 tbsp hoisin sauce, for serving (or another store-bought sauce of choice)
- 1 cup cooked brown rice or quinoa

### INSTRUCTIONS

1. In a small bowl, combine the tempeh, soy sauce, and garlic powder. Mix and set aside.
2. Heat a large skillet or wok over medium-high heat. Add the water or broth, carrot, broccoli, onion, and a pinch of salt. Cook for 4 to 5 minutes, stirring every 30 seconds until the onions are softened.
3. Add the bell pepper and mushrooms and cook for 4-5 minutes until everything is cooked al dente.
4. While the veggies are cooking, place the cubed tempeh on a baking tray and broil in the oven for 5-10 minutes until browned and crispy, stirring once halfway through.
5. Serve the stir-fried veggies in a bowl with cooked brown rice or quinoa, ½ of the tempeh, and 1 tbsp of hoisin sauce.



## HOW TO MAKE A NOURISH BOWL



### LEAFY GREENS

2-3 handfuls, raw or lightly cooked

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



### OTHER VEGGIES

1 cup, raw, steamed or roasted

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



### PROTEIN

½ - 1 cup

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



### FIBER-RICH CARBS

½ - 1 cup

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



### HEALTH FATS

limit 1-2 to toppings

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



### TOPPERS

flavor elements

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

Nourish bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein, carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. Try different herbs, spices and sauces to add variety throughout the week.

#### Burrito Bowl

Romaine + grilled peppers + roasted sweet potato + black beans + salsa, cilantro, & lime juice

#### Mediterranean Bowl

Arugula + chopped tomato, cucumber, & red onion + garbanzo beans + quinoa + avacado + lemon juice

#### Asian Peanut Bowl

Massaged kale (with lime juice) + sliced cucumber & shredded carrots + edamame + brown rice + chopped peanuts + lime juice

#### Tofu Nicoise

Bibb lettuce + steamed green beans & sliced tomato + baked tofu + steamed new potatoes + sliced olives + Dijon dressing

#### Tahini Bowl

Spring mix + roasted broccoli & cauliflower + farro + lentils + mint & lemon tahini dressing



## KYOTO-STYLE MISO HOT POT

Hot pot is a traditional Eastern Asian cooking method that involves simmering a flavorful soup stock & cooking a variety of raw food ingredients by placing them into the 'hot pot!' The broth is the highlight here, as it acquires so much flavor from the simmering of all the hearty vegetables & umami filled goodness of the miso. **Serves 2**



### INGREDIENTS

- ½ head napa or green cabbage (or other leafy green vegetables), cut into strips
- 3 to 5 shiitake mushrooms, stems removed and cut into strips
- ½ medium carrot, cut into matchsticks (about ½ cup)
- 1 russet potato, cut into strips (about 1 cup)
- 6 oz firm tofu, cubed
- 2 cups low sodium vegetable broth
- 2 tbsp miso paste
- 2 tsp toasted sesame seeds
- Rice vinegar, to taste

### INSTRUCTIONS

1. In a 2.5 quart sauté pan (with a lid), place the vegetables.
2. Pour the broth over the vegetables, cover with the lid, and heat over medium-high for a few minutes.
3. When the broth is gently bubbling, turn the heat to medium-low. Simmer until the vegetables are tender, about 12-15 minutes.
4. Season the hot pot with sesame seeds, rice vinegar and miso paste to taste.

### NOTES

- If shiitake mushrooms are not available, use cremini or portobello mushrooms.



## THREE-INGREDIENT BEAN BURGERS

A fork, a bowl, and three ingredients- the easiest bean burgers you'll ever make! Hint: make a big batch of these burgers and freeze them. When you're ready to eat them, simply reheat them in the oven or pop them in the toaster until warm throughout. **Makes 8 burgers**



### INGREDIENTS

- 2 15-oz. cans black beans, drained and rinsed
- ½ cup quick oats
- ½ cup barbecue sauce
- Optional: salt and pepper to taste, additional herbs and spices (fresh rosemary, parsley, chili powder, cumin, etc.)

### INSTRUCTIONS

1. In a large bowl, combine all ingredients and mash with a fork until a chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt/pepper/seasonings to your liking. If you have time, refrigerate the dough for 30 minutes.
2. Preheat oven to 400F. Divide and shape dough into 8 patties. Arrange on a parchment paper-lined baking sheet. Bake for 8 minutes, flip, and bake for another 5-6 minutes until a golden brown crust forms.
3. Serve with sliced tomato, pickles, onion, and your other favorite burger toppings. Refrigerate leftovers for up to one week or freeze in an airtight container for up to 3 months.

### NOTES

- Swap the black beans for different beans. Try kidney, pinto, or cannellini beans.
- If you don't have quick oats, simply pulse rolled oats in a blender or food processor.
- Swap the barbecue sauce for other sauces for an entirely different cuisine. Try peanut sauce, a combination of ketchup and mustard, or a tahini-lemon sauce.

## SNACKS

### HOMEMADE ENERGY BITES

Delicious and easy cinnamon energy bites that taste just like an oatmeal cookie! These no-bake bites make the perfect on-the-go snack or afternoon treat. You can even break them up over a green smoothie at breakfast.

Makes 12 bites



#### INGREDIENTS

- 6 large Medjool dates, pitted (about ½ cup packed pitted dates)
- 1 cup rolled oats (uncooked)
- 1 ½ tsp cinnamon
- ¼ cup creamy peanut butter
- ⅓ tsp salt

#### INSTRUCTIONS

1. If dates are dry, place pitted dates in a small bowl and cover with hot water for 10 minutes to soften. Drain dates well just before using. If they are juicy and soft, skip this step.
2. Add the oats, cinnamon, dates, and salt to a blender or food processor. Pulse until evenly combined, but still chunky.
3. Transfer mixture to a bowl and add peanut butter. Stir until well mixed.
4. Use a small cookie scoop or use your hands to roll the dough into balls.
5. Store in an air-tight glass container in the fridge.



## COWBOY CAVIAR

This fresh and vibrant Cowboy Caviar combines wholesome black beans, crisp vegetables, zesty spices, and zippy cilantro for the ultimate make-ahead dish. The flavors meld over time and are even better the next day. Enjoy as a tasteful snack or salad topper, or double the recipe for your next gathering. **Serves 2**



### INGREDIENTS

- 1 cup canned black beans, drained and rinsed
- 1/4 cup corn kernels (canned, thawed from frozen, or fresh)
- 1/2 tbsp chopped cilantro
- 1/4 tsp minced garlic
- 2 tbsp chopped red onion
- 2 tbsp chopped red bell pepper
- 1/4 cup salsa
- 3/4 tsp chili powder
- 1/2 tsp cumin
- 3/4 tsp lime juice
- Salt to taste

### INSTRUCTIONS

1. In a medium bowl, combine the drained and rinsed black beans, corn, cilantro, garlic, red onion, bell pepper, salsa, chili powder, cumin, and lime juice. Season to taste with salt.
2. For the best flavor, let the mixture marinate for 20 or more minutes.
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves, or with whole-grain crackers.

## TROPICAL FRUIT SALAD

A big bowl of fruit is delicious on its own, but lime, mint and toasted coconut add a whole new dimension! Enjoy as a snack or alongside breakfast for a hefty dose of vitamin C. **Serves 2 to 3**



### INGREDIENTS

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

### INSTRUCTIONS

1. If you would like to toast the shredded coconut, preheat the oven to 325 degrees F. Spread coconut flakes on a baking sheet in a thin layer and bake for 5 to 10 minutes. Check on them at 5 minutes, and each minute thereafter as they toast very quickly.
2. Combine pineapple, mango, strawberry and mint together in a bowl. Top with toasted coconut.

## MORE SNACK IDEAS

Including snacks between meals can help support your energy levels and reduce overeating at meals. Choose fiber-rich whole plant foods that satisfy hunger and balance blood sugar.



### Savory Snacks

- 1 sliced bell pepper + ¼ cup guacamole
- 1 cup baby carrots & celery sticks + ¼ cup hummus
- 1 cup shelled edamame + sprinkle of dulse flakes
- ½ cup roasted chickpeas or edamame
- 2 rice cakes + ¼ cup hummus + chopped tomatoes & cucumbers
- 2-3 cups air-popped popcorn + sprinkle of nutritional yeast



### Sweet Snacks

- Fresh fruit (apple, banana, berries, grapes, melon, pineapple, kiwi, mango, etc.)
- 1 medium baked sweet potato + sprinkle of cinnamon + 1 tbsp hemp seeds
- 1 medium apple + 1 tbsp natural peanut butter
- 1 cup kale blended with 1 frozen banana + 1 tbsp chia seeds + 1 cup unsweetened non-dairy milk
- 1 frozen banana blended with 1 tbsp almond butter + 1 cup unsweetened non-dairy milk
- ½ cup berries + small handful of walnuts + 1 square dark chocolate
- ¼ cup dried cranberries & unsalted mixed nuts
- 2 medjool dates stuffed with ½ tsp nut butter each



## DESSERTS

### CINNAMON APPLES WITH CASHEW WHIP

Delicious and warming, these cinnamon sauteed apples taste just like a cozy slice of apple pie! They are naturally sweetened and rich in fiber and antioxidants, which will leave you feeling nourished and satisfied.

Serves 4



#### INGREDIENTS

##### Cashew Whip

- 1 ½ cups raw cashews
- ¾ cup of water
- 4 to 6 Medjool dates
- ½ tsp vanilla extract

##### Cinnamon Apples

- 2 to 3 tbsp of water
- 3 medium granny smith apples
- 1 tsp cinnamon
- ¼ cup pecans, chopped, optional

#### INSTRUCTIONS

##### Cashew Whip

1. Place the cashews in a bowl, cover with water and soak for at least 4 hours (soak longer if you do not have a high powered blender). About 10 minutes before preparing the cashew whip, add the dates to the cashew soaking bowl. (adding more water if needed to submerge cashews and dates)
2. In a high-speed blender or food processor, blend the cashews, water, dates, and vanilla extract until smooth, about 1-2 minutes, scraping down the sides as needed. If the mixture appears too thin, add additional cashews. If the mixture appears too thick, add additional water. Set aside.

##### Cinnamon Apples

3. Core apples, and then chop into small pieces, about ¼-inch thick.
4. Place a medium skillet over low-medium heat and add water. Add apples and cinnamon, stirring and cooking until apples are softened about 6-10 minutes. If all of the water evaporates, add a little more water as the apples cook. Add cooked apples to serving bowls then top with a scoop of cashew whip and a sprinkle of chopped pecans if desired.

#### NOTES

- Leftover cashew whip can be served with fresh fruit or as a topping on oatmeal and toast.



## CHOCOLATE CHIA SEED PUDDING

This chocolate pudding is a powerhouse of protein, fiber, and healthy omega-3 fats. It's delicious enough for dessert and healthy enough for breakfast or an afternoon snack. **Serves 2 to 3**



### INGREDIENTS

- 1 cups unsweetened plant milk
- ¼ cup + 2 tablespoons chia seeds
- 3-4 Medjool dates, pitted
- 2 tbsp cacao powder
- ½ tsp pure vanilla extract
- Pinch of salt
- 1 cup sliced strawberries (or other berries)
- Slivered almonds, optional

### INSTRUCTIONS

1. Add plant milk, chia seeds, Medjool dates, cacao powder, vanilla extract, and salt into a high powered blender or food processor. Start at a low setting and progress to high. Blend until the chia seeds and Medjool dates are almost undetectable and the mixture is smooth. It will be thick so you may need to scrape down the sides of the blender with a spatula along the way.
2. Portion into small bowls and top with sliced strawberries. Garnish with slivered almonds, if desired.

### NOTES

- Almond or cashew milk will make a light, creamy chia pudding. Soy milk will bump up the protein content and create a richer and thicker pudding.



## STUFFED DATES

The easiest dessert that's fancy enough for company. You will fill juicy, caramel-like dates with nut butter and toppings for the perfect bite. Get creative with the fillings to make these sweet treats your own! **Serves 1**



### INGREDIENTS

- 2-3 Medjool dates, pits removed
- Flakey sea salt, optional

Filling combinations (quantities per date)

- 1 tsp natural peanut butter + dairy-free dark chocolate shavings
- 1 tsp natural almond butter + cacao nibs
- 1 tsp tahini + shredded coconut
- 1 tsp sunflower seed butter + pomegranate seeds
- 1 walnut half

### INSTRUCTIONS

1. Gently split each date in half without breaking them fully apart. Remove the pit and discard it.
2. Fill each date with desired toppings. For example, one teaspoon of peanut butter and dairy-free dark chocolate shavings. Gently fold the date back together, without closing it all the way.
3. Top each with a pinch of flaky sea salt.

### NOTES

- Get creative with the fillings! Any nut or seed butter, pecans, shredded coconut, cinnamon, hemp seeds, and more make unique and tasteful combinations.



## STRAWBERRY OAT CRUMBLE

Nothing says summer like warm and jammy strawberries with an irresistible oat topping! Enjoy this strawberry oat crumble as is or with a dollop of plant-based yogurt for the perfect summer treat. **Serves 9**



### INGREDIENTS

#### Crumble

- 1 cup rolled oats
- $\frac{1}{3}$  third cup oat flour
- 1 tsp cinnamon
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  cup tahini or almond butter, unsalted
- 2 tbsp maple syrup

#### Strawberries

- 2 pounds strawberries, hulled and quartered
- 1 tbsp lemon juice
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 2 tbsp oat flour

### INSTRUCTIONS

1. Preheat the oven to 375 F. Lightly grease a 9 x 9 inch baking dish with nonstick cooking spray.
2. In a medium bowl, combine the strawberries, lemon juice, maple syrup, vanilla extract and flour. Transfer the mixture to the prepared baking dish and spread evenly.
3. In another bowl, stir together the oats, oat flour, cinnamon and salt. Then add the tahini and maple syrup, and mix together with a fork until clumpy.
4. Evenly sprinkle the topping over the fruit.
5. Bake for 30 to 35 minutes, until the filling begins to bubble and the top is golden brown. Cool for 10-15 minutes before serving.

### NOTES

- Leftovers will keep in the fridge for up to a week. Enjoy it chilled or heat it back up.



## CHOCOLATE DESSERT HUMMUS

Chocolate dessert hummus is a surprisingly delicious dessert or snack that is perfect for dunking fresh fruit or eating by the spoonful. **Makes ¾ cup**



### INGREDIENTS

- 1 can chickpeas, drained and rinsed
- ¼ cup cacao or cocoa powder
- ¼ cup pure maple syrup
- ¼ to ½ cup unsweetened vanilla almond milk
- Pinch of salt

### For serving

- 1 cup strawberries, halved
- 1 apple, cored and sliced

### INSTRUCTIONS

1. Add the chickpeas, cocoa powder, maple syrup, ¼ cup almond milk and pinch of salt to a food processor high-speed blender. Pure until the mixture is smooth, occasionally scraping down the sides as needed. Add additional almond milk, 1 tablespoon at a time until it reaches your desired consistency. Taste and adjust as needed.
2. Transfer to a bowl and serve with strawberries and apple slices.

### NOTES

- Make sure to wash the chickpeas well to remove the briny taste.
- Feel free to substitute great northern beans for chickpeas.



## SAMPLE MENU PLAN

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>BREAKFAST</b>	Scrambled Tofu Breakfast Tacos	Leftovers: Breakfast Tacos	Strawberry Banana Oatmeal	Green Smoothie	Overnight Oats	Sweet Potato Toast	Fluffy Whole Grain Pancakes w/ Blueberry Compote
<b>LUNCH</b>	Chickpea of the Sea	Leftovers: Chickpea of the Sea	Filling Salad	Filling Salad	Loaded Veggie Sandwich	Loaded Veggie Sandwich	Filling Salad
<b>DINNER</b>	Three-ingredient Bean Burgers	Leftovers: Three-ingredient Bean Burgers	Chickpea Noodle Soup	Leftovers: Chickpea Noodle Soup	Black Bean & Sweet Potato Quesadillas	Leftovers: Black Bean & Sweet Potato Quesadillas	Easy Veggie Stir Fry
<b>SNACK</b>	Tropical Fruit Salad	Leftovers: Tropical Fruit Salad	Air-popped Popcorn	2 Medjool dates stuffed with walnut halves	Roasted edamame	Apple with 1 tbsp peanut butter	Hummus and baby carrots

# YOUR MENU PLAN

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAK-FAST							
LUNCH							
DINNER							
SNACK							

# NOTES

## SAMPLE MENU PLAN TIPS



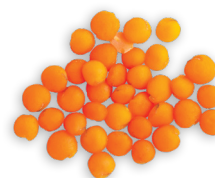
Use Sunday or Monday as a batch cooking day. Items you can prepare ahead:

- Chop vegetables for lunch salad and sandwiches.
- Batch cook any grains or beans for salads.
- Make a salad dressing to use throughout the week.
- Prepare the Chickpea Noodle Soup.
- Combine smoothie ingredients in a freezer bag so that you can just dump the ingredients into the blender in the morning.
- Prepare overnight oats.



To simplify the meal plan:

- Choose just one breakfast recipe, one lunch recipe, and one snack to eat every day throughout the week. Batch cook the recipes you choose on Sunday.



If you batch cook on Sunday, Monday is a day off from cooking. Enjoy!



After you finish your first week, either repeat the meal plan again or swap in a few new recipes to try.



Try a four week experiment: follow this plan for four weeks, swapping in new recipes as you wish, and take note of any changes in your mood, energy, or health.