



EASY VEGAN MEAL PLAN

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M

BREAKFAST oatmeal
LUNCH butternut pasta
DINNER kale kimchi salad
SNACKS fresh fruit + nuts

T

BREAKFAST green smoothie
LUNCH butternut pasta
DINNER sweet potato falafel + salad
SNACKS fresh fruit + vegan yogurt

W

BREAKFAST avocado toast
LUNCH veggie + grain bowl
DINNER kale kimchi salad
SNACKS fresh fruit + hummus w/ raw carrots

TH

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BREAKFAST avocado toast
LUNCH teriyaki tempeh stir-fry
DINNER try a vegan restaurant
SNACKS fresh fruit + popcorn

SU

BREAKFAST green smoothie
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SNACKS fresh fruit + hummus w/ raw carrots

EASY BREAKFAST RECIPES

OATMEAL

Use old fashioned oats, or steel cut oats which are higher in fiber, and better for sugar levels. Steel cut must be soaked overnight, or cooked for up to an hour.

Follow box/container instructions to cook your oats. I do 1/2 cup oats to 1 cup water per person.

nutrient and fiber rich toppings to try (one, two, or all)

- non-dairy milk
- toasted pecans or walnuts or slivered almonds
- chia seeds, hemp seeds, or ground flax seed
- maple syrup, coconut sugar, apple honey, brown sugar
- banana, mango, apple, pear, berries, persimmon
- pureed pumpkin or sweet potato

GREEN SMOOTHIE

There are so many ways to make green smoothies. The simple formula is liquid + fruit + greens. If you are new to green smoothies spinach is a wonderful green to start with.

Kale comes next, and for this recipe you can use either.

Feel free to sub fruit if you don't like something I suggest.

Serves 1-2

1½ cup unsweetened non-dairy milk
1 banana, fresh or frozen
1 cup frozen blueberries or berry mix
4 cups spinach
pinch of cinnamon

Place all ingredients into a blender, and blend until smooth.

Drink immediately or store in an airtight container to drink later.

AVOCADO TOAST

This can be enjoyed with a number of varieties of bread, both glutenous and gluten-free. My preference is Ezekiel and Manna (in the frozen section). If you don't eat avocado try almond butter, tahini, or pumpkin seed butter.

serves 1

*2 slices of whole grain toast, toasted
1/2 avocado, mashed
sprinkling of sea salt*

optional toppings: beans, raw spinach, romaine, arugula, kimchi, sauerkraut.

Spread mashed avocado over toast, and add toppings if you'd like.

LUNCH & DINNER RECIPES

BUTTERNUT PASTA

Use any variety of pasta; long, short, wheat or gluten free.

Serves 4 • Prep time 15 min • Cook time 40 min (much is the squash roasting)

INGREDIENTS

4 cups butternut squash, cubed 1/2-inch thick (about 1 medium-large squash)
2 tbsp grapeseed oil
sea salt & pepper
3 servings pasta (according to box or your desires--for me it's usually 1½ cups dry pasta)
1/2 cup sundried tomatoes, chopped (if dried, soak in warm water for 30 min prior to use)
1/2 cup pitted kalamata olives, halved
2 tsp Italian seasoning or Herbs de Provence
4 cups arugula, spinach, baby kale, or other green
1 tsp red chili flakes
2 tbsp olive oil (optional)

INSTRUCTIONS

Preheat oven to 375°.

Toss butternut squash with 2 tbsp grapeseed oil, then spread evenly on a baking sheet lined with parchment paper.

Sprinkle a little sea salt and pepper over the squash (about 1/4 tsp each)

Roast for 30 minutes, until tender.

While the squash is roasting cook your pasta in a large pot according to the box instructions.

Once the pasta is cooked, strain, and place back into the pot you cooked it in.

Add the sundried tomatoes, olives, herbs, fresh greens, and chili flakes.

When the squash is cooked, add it to the pasta mix, and toss.

Drizzle the olive oil over, and toss once more.

Season to taste with salt and pepper.

Serve or allow to cool before packaging for later.

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KALE KIMCHI SALAD

This hearty kale salad is delicious, and super nutrient dense. It's my favorite salad to make at home. **TIME SAVING TIP:** Use pre-washed baby kale instead of normal kale. However, I much prefer the normal kale. If all of the ingredients are pre-cooked and in your refrigerator, when you want to eat it you'll simply have to massage the kale, and toss in the rest.

Serves 3 • Prep time 10-15 min (washing kale) • Cook time 35 min (roasting potato & massaging kale)

INGREDIENTS

6 cups curly kale, chopped
½ avocado
2 tbsp freshly squeezed lemon juice
¼ tsp sea salt
½ cup vegan kimchi (make sure it is vegan)
1-2 cups black beans or lentils
1-2 medium sweet potatoes, cubed
4 tbsp toasted pumpkin seeds or sunflower seeds
dash of fennel seeds

INSTRUCTIONS

Place the chopped kale into a large mixing bowl.

Add the avocado, lemon juice, and sea salt.

Using your hands, massage the avocado into the kale until the green are tender (about 2 minutes).

Add the kimchi, beans, sweet potato, and seeds.

Season to taste with more sea salt, and enjoy!

SWEET POTATO FALAFEL + ARUGULA SALAD

TOOLS: food processor (though not required) and baking dish

•serves 2 •Prep time 10-30 min (depending on cooked or canned potatoes) •Cook time 35 min

INGREDIENTS

1 medium sweet potato, baked or steamed in the skin
14 oz can chickpeas, rinsed
¼ tsp cayenne pepper
½ cup fresh parsley, minced
1 clove garlic, minced
1 tbsp ground cumin
2 tsp ground coriander
1 tsp sea salt
½ tsp pepper
---sauce
¼ cup tahini
2 tbsp freshly squeezed lemon
½ cup water
---assemble
1 clamshell of arugula or mixed salad greens
2 pita pockets

INSTRUCTIONS CONTINUED ON NEXT PAGE

...FALAFEL INSTRUCTIONS

Preheat oven to 350° and line baking sheet with parchment paper.

Place all of the falafel ingredients into a food processor, and pulse until the ingredients are combined. If you don't have a food processor, use a fork to mash the ingredient together in a mixing bowl. Be careful not to over blend or puree. The ingredients should hold together, but maintain their texture. Use a cookie scoop (about 2 tbsp) to scoop falafel balls and place directly onto the baking sheet.

Bake for 35 minutes. Allow to cool for at least 10 minutes before serving.

---sauce

Place ingredients in a bowl and stir to combine. Or place ingredients into a jar with a lid, and shake until creamy.

---assemble

Place arugula in a large bowl (only as much as you will consume right now).

Pour 2 tbsp tahini sauce over the greens.

Massage gently to coat the arugula.

Fill the pita pocket with arugula salad, falafel, and drizzle on more tahini sauce.

VEGGIE + GRAIN BOWL

This bowl contains fermented vegetables, which are both delicious, and a good source of probiotics. If you don't like it, use your favorite spice blend or sauce instead. Some of my favorites are harissa, curry sauce, and salsa.

Serves 2 • Prep time 40 min (cook only once & simultaneously) • Cook/assemble time 5 min. Assemble before eating, or packing.

INGREDIENTS

2 large sweet potatoes, cubed and roasted (toss with 2 tbsp coconut oil & roast for 30 min at 400°)

1 head cauliflower or broccoli, chopped and roasted (same as potatoes) or steamed

2 cups kidney beans, or any bean will work (canned or freshly cooked)

1 cup brown rice, cooked

---toppings per serving

1/2 avocado or 1/4 cup tahini sauce (recipe from falafel)

1/4 cup kimchi, sauerkraut, or other unpasteurized fermented veggies (warning: stinky!)

1 tsp fennel

sea salt, sprinkle to taste

INSTRUCTIONS

Put all of your ingredients into a big bowl, and top with sauces and seasoning.

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TERIYAKI TEMPEH STIR-FRY

When buying teriyaki sauce, make sure it is vegan. If you don't like tempeh (a hearty fermented soy product), try this recipe with extra firm tofu, Beyond Meat, or Gardein "chicken".

Serves 2 • Prep time 15 min • Cook time 30 min

INGREDIENTS

1 cup brown rice, cooked (1/2 cup + 1 cup water, cooked 30 min)

1 tbsp grapeseed or canola oil

1 onion, thinly sliced

2 cups carrots, diced 1/4-inch pieces

1 package of tempeh, cubed 1/2-inch pieces

6 cups bok choy, chopped

1/2 cup teriyaki sauce

sea salt or soy sauce

1/2 cup fresh cilantro, chopped

INSTRUCTIONS

Cook brown rice according to above instructions.

Warm 1 tbsp oil in a wok or large skillet.

Add sliced onion, and cook on medium-low until translucent.

Stir in the carrots and tempeh, and cook for 15 minutes.

Stir in the bok choy, and cook until tender, about 5 minutes.

Add the teriyaki sauce, and stir well.

Cook for another 5-10 minutes, then season with sea salt or soy sauce to taste.

Serve over brown rice with teriyaki tempeh.