

ALKALINE TRILOGY  
COOKBOOK

**160** Easy

**ALKALINE RECIPES**



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39. Avocado Chocolate Chip Cookies
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## Green Power Smoothie Bowl

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2-servings



5 minutes

### INGREDIENTS

- 1 cup spinach
- ½ cup kale
- 1 frozen banana
- ½ cup frozen mango chunks
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- ¼ cup mixed berries
- 2 tablespoons unsweetened shredded coconut

### NOTES

- Add a scoop of protein powder for an extra boost.
- Use other leafy greens like romaine lettuce or collard greens.
- Substitute other fruits like pineapple or peaches.
- Top with other nuts or seeds like almonds, walnuts, or pumpkin seeds.

Best For: **Breakfast**

### DIRECTIONS

1. Combine spinach, kale, frozen banana, frozen mango, and almond milk in a blender.
2. Blend until smooth and creamy.
3. Pour into a bowl and top with chia seeds, mixed berries, and shredded coconut.

### DESCRIPTION

- A vibrant blend of spinach, kale, banana, mango, and almond milk, topped with chia seeds, berries, and coconut flakes



## Savory Chickpea Flour Pancakes

---



2-4 servings



15 minutes

### INGREDIENTS

- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- 1 cup water
- 1 tablespoon olive oil
- 1 avocado, sliced
- ½ cup salsa
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### NOTES

- Add chopped vegetables like onions, bell peppers, or spinach to the batter.
- Use different herbs and spices like cumin, chili powder, or smoked paprika.
- Serve with a side of dairy-free sour cream or cashew cream.

**Best For:** Breakfast

### DIRECTIONS

1. Whisk together chickpea flour, baking powder, salt, pepper, oregano, and garlic powder in a bowl.
2. Gradually add water while whisking until a smooth batter forms.
3. Heat olive oil in a non-stick skillet over medium heat.
4. Pour ¼ cup of batter for each pancake onto the skillet.
5. Cook for 3-4 minutes per side, or until golden brown and cooked through.
6. Serve with sliced avocado and salsa.

### DESCRIPTION

Fluffy pancakes made with chickpea flour, herbs, and spices, served with avocado and salsa.





## Alkaline Breakfast Quinoa

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2-4 servings



20 minutes

### INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups unsweetened almond milk
- 1 teaspoon cinnamon
- $\frac{1}{4}$  cup mixed fresh fruit (berries, sliced apples, etc.)
- 2 tablespoons chopped nuts (almonds, walnuts, etc.)
- 2 tablespoons seeds (chia seeds, pumpkin seeds, etc.)

### NOTES

- Add a drizzle of maple syrup for extra sweetness (use in moderation).
- Use different types of fruit, nuts, and seeds.
- Add a scoop of protein powder to the cooked quinoa.

### Best For: Breakfast

### DIRECTIONS

1. Combine quinoa, almond milk, and cinnamon in a saucepan.
2. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until quinoa is cooked and liquid is absorbed.
3. Serve topped with fresh fruit, chopped nuts, and seeds.

### DESCRIPTION

Quinoa cooked in almond milk with cinnamon, topped with fresh fruit, nuts and seeds.



## Tofu Scramble Breakfast Burrito

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4 servings



15 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 block (14 ounces) extra-firm tofu, pressed and crumbled
- ½ teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 whole-wheat tortillas (in moderation)
- 1 cup cooked black beans
- 1 avocado, sliced
- 1 cup salsa

### NOTES

- Add chopped vegetables like bell peppers, onions, or spinach to the tofu scramble.
- Use different types of beans, such as pinto or kidney beans.
- Add a sprinkle of dairy-free cheese shreds.

## Best For: Breakfast

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add crumbled tofu and cook for 5-7 minutes, or until lightly browned.
3. Stir in turmeric, garlic powder, onion powder, salt, and pepper.
4. Warm tortillas according to package directions.
5. Fill each tortilla with tofu scramble, black beans, avocado slices, and salsa.
6. Fold and serve.

### DESCRIPTION

Whole-wheat tortillas (in moderation) filled with tofu scramble, black beans, avocado, and salsa.



## Berry Chia Overnight Oats

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2 servings



(soak overnight)

### INGREDIENTS

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- $\frac{1}{4}$  cup chia seeds
- 1 cup mixed berries
- 1 tablespoon maple syrup (optional, in moderation)

### NOTES

- Use different types of fruit, such as sliced bananas or peaches.
- Add a sprinkle of cinnamon or nutmeg.
- Top with chopped nuts or seeds for added texture and nutrients.

**Best For:** Breakfast

### DIRECTIONS

1. Combine rolled oats, almond milk, chia seeds, and maple syrup (if using) in a jar or container.
2. Stir well and refrigerate overnight, or for at least 4 hours.
3. Top with mixed berries before serving.

### DESCRIPTION

Rolled oats soaked overnight in almond milk with chia seeds, berries, and a touch of maple syrup.



## Avocado and Sprout Toast

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2 servings



5 minutes

### INGREDIENTS

- 4 slices whole-grain bread (in moderation)
- 1 ripe avocado, mashed
- ½ cup sprouts (alfalfa, radish, or broccoli sprouts)
- Sea salt, to taste
- Red pepper flakes, to taste

### NOTES

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- Add a slice of tomato or cucumber.
- Drizzle with a little olive oil and lemon juice.
- Use different types of sprouts for variety.

### Best For: Breakfast

### DIRECTIONS

1. Toast bread to your desired level of crispness.
2. Spread mashed avocado evenly on toast.
3. Top with sprouts.
4. Sprinkle with sea salt and red pepper flakes.

### DESCRIPTION

Whole-grain toast topped with mashed avocado, sprouts, and a sprinkle of sea salt and red pepper flakes.



## Spinach and Mushroom Omelette (Egg-Free)



2-4 servings



20 minutes

### INGREDIENTS

- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 cup water
- 1 tablespoon olive oil
- 1 cup sliced mushrooms
- 2 cups fresh spinach, roughly chopped
- ¼ cup chopped onion

### NOTES

- Add other vegetables like diced bell peppers or zucchini to the filling.
- Season the batter with herbs and spices like garlic powder, onion powder, or paprika.
- Serve with a side of salsa or dairy-free sour cream.

**Best For:** Breakfast

### DIRECTIONS

1. Whisk together chickpea flour, baking powder, and salt.
2. Gradually add water while whisking until a smooth batter forms.
3. Heat ½ tablespoon olive oil in a non-stick skillet over medium heat.
4. Pour half the batter into the skillet and cook for 3-4 minutes per side, or until golden brown. Repeat with remaining batter.
5. While omelettes are cooking, heat remaining ½ tablespoon olive oil in a separate skillet. Sauté onions until softened, then add mushrooms and cook until tender. Add spinach and cook until wilted.
6. Fill each omelette with the spinach and mushroom mixture. Fold and serve.

### DESCRIPTION

Made with a chickpea flour base, filled with sautéed spinach and mushrooms



## Sweet Potato Hash with Tofu

---



4 servings



25 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large sweet potato, peeled and diced
- 1 block (14 ounces) extra-firm tofu, pressed and diced
- ½ cup chopped onion
- ½ cup chopped bell pepper (any color)
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add other vegetables like zucchini, mushrooms, or kale.
- Use different herbs and spices like chili powder, cumin, or dried oregano.
- Serve with a side of avocado or a dollop of dairy-free sour cream.

## Best For: **Breakfast**

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add diced sweet potato and cook for 10–15 minutes, or until slightly softened, stirring occasionally.
3. Add diced tofu, onion, and bell pepper to the skillet. Cook for another 5–7 minutes, or until tofu is lightly browned and vegetables are tender.
4. Stir in smoked paprika, garlic powder, salt, and pepper.
5. Serve hot.

### DESCRIPTION

Diced sweet potatoes, tofu, onions, and bell peppers sautéed with herbs and spices.



## Blueberry Lemon Muffins (Grain-Free)



12 servings



25 minutes

### INGREDIENTS

- 2 cups almond flour
- ½ cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 2 large eggs (or flax eggs for egg-free version - see Tips)
- ¼ cup maple syrup (in moderation)
- ¼ cup unsweetened almond milk
- 2 tablespoons lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen blueberries

### NOTES

- For an egg-free version: Make 2 flax eggs by combining 2 tablespoons of ground flaxseed meal with 6 tablespoons of water. Let it sit for 5 minutes to thicken.
- Add a streusel topping made from almond flour, chopped nuts, and a touch of maple syrup.
- Use other berries like raspberries or blackberries instead of blueberries.

## Best For: Breakfast

### DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners.
2. In a large bowl, whisk together almond flour, coconut flour, baking soda, and salt.
3. In a separate bowl, whisk together eggs (or flax eggs), maple syrup, almond milk, lemon zest, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until just combined.
5. Gently fold in the blueberries.
6. Fill each muffin liner about ¾ full.
7. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
8. Let cool slightly before serving

### DESCRIPTION

Made with almond flour, coconut flour, blueberries, lemon zest, and a touch of maple syrup.



## Coconut Yogurt Parfait

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2 servings



0 minutes

### INGREDIENTS

- 2 cups coconut yogurt (unsweetened)
- 1 cup mixed fresh berries
- ½ cup granola (made with oats, nuts, and seeds)
- 2 tablespoons maple syrup (optional, and in moderation)

### NOTES

- Use different types of fruit, such as sliced bananas, peaches, or mangoes.
- Add a sprinkle of chia seeds or hemp seeds for added nutrients.
- Make your own granola or use your favorite store-bought variety (check for alkalinity).

**Best For:** Breakfast

### DIRECTIONS

1. In two glasses or bowls, layer half of the coconut yogurt, followed by half of the berries and half of the granola.
2. Repeat with another layer of each.
3. Drizzle with maple syrup, if desired.

### DESCRIPTION

Layers of coconut yogurt, fresh berries, granola (made with oats, nuts, and seeds), and a drizzle of maple syrup.





## Green Smoothie with Ginger and Lime

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1-2 servings



0 minutes

### INGREDIENTS

- 2 cups spinach
- 1 cucumber, roughly chopped
- 2 celery stalks, roughly chopped
- 1-inch piece of ginger, peeled and roughly chopped
- ½ lime, juiced
- 1 cup water or coconut water

### NOTES

- Add a frozen banana for extra creaminess and sweetness.
- Use other leafy greens like kale or romaine lettuce.
- Add a pinch of sea salt to enhance the flavors.

**Best For:** Breakfast

### DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Add more water if needed to reach desired consistency.

### DESCRIPTION

A refreshing blend of spinach, cucumber, celery, ginger, lime juice, and water or coconut water.



## Almond Flour Waffles

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4-6 servings



15 minutes

### INGREDIENTS

- 2 cups almond flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon sea salt
- 2 large eggs (or flax eggs for egg-free version)
- 1 cup unsweetened almond milk
- 2 tablespoons maple syrup (in moderation)
- 1 teaspoon vanilla extract
- Fresh fruit, for serving
- Coconut yogurt, for serving

### NOTES

- Add a sprinkle of cinnamon or nutmeg to the batter.
- Top with chopped nuts or seeds for added texture.
- Use other types of fruit, such as berries or sliced bananas

## Best For: Breakfast

### DIRECTIONS

1. Preheat waffle iron.
2. In a large bowl, whisk together almond flour, baking powder, and salt.
3. In a separate bowl, whisk together eggs (or flax eggs), almond milk, maple syrup, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until just combined.
5. Lightly grease the waffle iron with coconut oil or cooking spray.
6. Pour about  $\frac{1}{2}$  cup of batter onto the hot waffle iron and cook according to manufacturer's instructions, or until golden brown and crispy.
7. Serve with fresh fruit and a dollop of coconut yogurt.

### DESCRIPTION

Crispy waffles made with almond flour, served with fresh fruit and a dollop of coconut yogurt.



## Breakfast Salad with Lemon Vinaigrette

---



2-4 servings



0 minutes

### INGREDIENTS

- 5 ounces mixed greens
- 1 avocado, sliced
- 2 grapefruits, segmented
- 1 cucumber, sliced

#### For the vinaigrette:

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add other vegetables like sliced bell peppers or red onion.
- Top with toasted nuts or seeds for added crunch.
- Use a different citrus fruit like orange or blood orange instead of grapefruit.

## Best For: Breakfast

### DIRECTIONS

1. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper.
2. Combine mixed greens, avocado, grapefruit segments, and cucumber in a large bowl.
3. Drizzle with vinaigrette and toss gently.
4. Serve immediately.

### DESCRIPTION

Mixed greens, avocado, grapefruit segments, cucumber, and a light lemon vinaigrette.



## Warm Quinoa Porridge with Apple and Cinnamon

---



2-4 servings



20 minutes

### INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups unsweetened almond milk
- 1 apple, diced
- 1 teaspoon cinnamon
- ¼ cup chopped walnuts

### NOTES

- Add a drizzle of maple syrup for extra sweetness (in moderation).
- Use other types of fruit, such as pears or berries.
- Add a sprinkle of nutmeg or cardamom.

**Best For:** Breakfast

### DIRECTIONS

1. Combine quinoa, almond milk, diced apple, and cinnamon in a saucepan.
2. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until quinoa is cooked and liquid is absorbed.
3. Serve topped with chopped walnuts.

### DESCRIPTION

Quinoa cooked with diced apple, cinnamon, and almond milk, topped with chopped walnuts.



## Smoked Salmon and Avocado Toast (Salmon in moderation)

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2 servings



5 minutes

### INGREDIENTS

- 4 slices whole-grain bread (in moderation)
- 4 ounces smoked salmon
- 1 avocado, sliced
- ¼ red onion, thinly sliced
- 1 tablespoon capers, drained

### NOTES

- Add a squeeze of lemon juice.
- Sprinkle with fresh dill or chives.
- Use a different type of fish, such as cooked cod or mackerel (in moderation).

## Best For: Breakfast

### DIRECTIONS

1. Toast bread to your desired level of crispness.
2. Top toast with avocado slices, smoked salmon, red onion slices, and capers.

### DESCRIPTION

Smoked Salmon and Avocado Toast (Salmon in moderation): Whole-grain toast topped with smoked salmon, avocado, red onion, and capers.



## Mango Lassi Smoothie

---



1-2 servings



0 minutes

### INGREDIENTS

- 1 cup frozen mango chunks
- ½ cup coconut yogurt
- ¼ teaspoon cardamom
- ½ cup water or coconut water

### NOTES

- Add a handful of spinach for a nutrient boost.
- Use a different type of yogurt, such as almond or cashew yogurt.
- Add a squeeze of lime juice for extra brightness.

**Best For:** Breakfast

### DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Add more water if needed to reach desired consistency.

### DESCRIPTION

A creamy blend of mango, coconut yogurt, a pinch of cardamom, and water or coconut water.



## Scrambled Tofu with Turmeric and Spinach

---



2-4 servings



10 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 block (14 ounces) extra-firm tofu, pressed and crumbled
- ½ teaspoon turmeric
- ½ cup chopped onion
- 2 cups fresh spinach
- Salt and pepper, to taste

### NOTES

- Add other vegetables like bell peppers, mushrooms, or zucchini.
- Serve with a side of whole-grain toast or roasted sweet potatoes.
- Add a sprinkle of nutritional yeast for a cheesy flavor.

**Best For:** Breakfast

### DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add crumbled tofu and cook for 5-7 minutes, or until lightly browned.
3. Stir in turmeric and onion. Cook for another 3-5 minutes.
4. Add spinach and cook until wilted.
5. Season with salt and pepper.

### DESCRIPTION

Crumbled tofu sautéed with turmeric, spinach, and onions.



## Baked Sweet Potato with Cinnamon and Nutmeg

---



1 servings



45 minutes

### INGREDIENTS

- 1 large sweet potato
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

### NOTES

- Drizzle with a little maple syrup for extra sweetness (in moderation).
- Top with a dollop of coconut yogurt or a sprinkle of chopped nuts.
- Add a pinch of sea salt to enhance the sweetness.

Best For: **Breakfast**

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Wash and pierce sweet potato with a fork several times.
3. Bake for 45-60 minutes, or until tender.
4. Split open the sweet potato and sprinkle with cinnamon and nutmeg.

### DESCRIPTION

A simple and satisfying breakfast of baked sweet potato sprinkled with cinnamon and nutmeg.





## Fruit Salad with Lime Dressing

---



4-6 servings



0 minutes

### INGREDIENTS

- 4 cups mixed seasonal fruit (e.g., melon, berries, kiwi, grapes)
- 1 lime, juiced

### NOTES

- Add a sprinkle of chopped fresh mint or basil.
- Use a variety of colorful fruits for visual appeal.
- Add a drizzle of honey or maple syrup for extra sweetness (in moderation).

**Best For:** Breakfast

### DIRECTIONS

1. Combine mixed fruit in a large bowl.
2. Squeeze lime juice over the fruit and toss gently.
3. Serve immediately or chill for later.

### DESCRIPTION

A refreshing mix of seasonal fruits like melon, berries, and kiwi, dressed with a squeeze of lime juice.



## Chia Seed Pudding with Mango and Coconut

---



2 servings



soak for at  
least 2 hours

### INGREDIENTS

- ¼ cup chia seeds
- 1 cup unsweetened coconut milk
- 1 ripe mango, diced
- 2 tablespoons shredded coconut

### NOTES

- Add a drizzle of maple syrup for extra sweetness (in moderation).
- Use other types of fruit, such as berries or pineapple.
- Add a sprinkle of chopped nuts for added texture.

## Best For: Breakfast

### DIRECTIONS

1. Combine chia seeds and coconut milk in a jar or container.
2. Stir well and refrigerate for at least 2 hours, or overnight, until the chia seeds have absorbed the liquid and formed a pudding-like consistency.
3. Top with diced mango and shredded coconut before serving.

### DESCRIPTION

Chia seeds soaked in coconut milk, topped with diced mango and shredded coconut



## Almond Butter and Banana Sandwich



1 servings



0 minutes

### INGREDIENTS

- 2 slices whole-grain bread (in moderation)
- 2 tablespoons almond butter
- 1 banana, sliced

### NOTES

- Add a sprinkle of cinnamon or a drizzle of honey (in moderation).
- Use a different type of nut butter, such as cashew or peanut butter.
- Toast the bread for a warmer sandwich.

Best For: Breakfast

### DIRECTIONS

1. Spread almond butter on both slices of bread.
2. Top one slice with banana slices and cover with the other slice

### DESCRIPTION

Whole-grain bread (in moderation) with almond butter and sliced banana.



## Soft Tofu with Everything Bagel Seasoning

---



1-2 servings



0 minutes

### INGREDIENTS

- 7 ounces soft or silken tofu, drained
- 1-2 tablespoons Everything Bagel Seasoning
- ½ avocado, sliced

### NOTES

- Add a squeeze of lemon juice for brightness.
- Serve with a side of whole-grain toast or crackers (in moderation).
- Add some chopped chives or green onions.

**Best For:** Breakfast

### DIRECTIONS

1. Crumble or slice the tofu.
2. Sprinkle generously with Everything Bagel Seasoning.
3. Serve with sliced avocado.

### DESCRIPTION

Soft or silken tofu seasoned with everything bagel seasoning, served with sliced avocado.



## Alkaline Granola with Almond Milk

---



6-8 servings



25 minutes

### INGREDIENTS

- 3 cups rolled oats
- 1 cup mixed nuts (almonds, walnuts, pecans)
- ½ cup mixed seeds (pumpkin, sunflower, chia)
- ¼ cup dried fruit (cranberries, raisins - in moderation)
- ¼ cup maple syrup (in moderation)
- ¼ cup coconut oil, melted
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- Almond milk, for serving

### NOTES

- Add shredded coconut to the granola mixture.
- Use different types of nuts, seeds, and dried fruit.
- Add a pinch of nutmeg or cardamom for extra flavor.

## Best For: Breakfast

### DIRECTIONS

1. Preheat oven to 325°F (160°C).
2. Combine oats, nuts, seeds, dried fruit, maple syrup, melted coconut oil, cinnamon, and salt in a large bowl.
3. Spread mixture evenly on a baking sheet.
4. Bake for 20-25 minutes, or until golden brown, stirring halfway through.
5. Let cool completely before storing in an airtight container.
6. Serve with almond milk.

### DESCRIPTION

Homemade granola with oats, nuts, seeds, and dried fruit (in moderation), served with almond milk.



## Vegetable Frittata (Egg-Free)

---



4-6 servings



30 minutes

### INGREDIENTS

- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 cup water
- 1 tablespoon olive oil
- 1 cup chopped mixed vegetables (e.g., bell peppers, onions, zucchini, spinach)
- ¼ cup chopped fresh herbs (e.g., parsley, chives)

### NOTES

- Add different combinations of vegetables based on your preference.
- Season the batter with spices like garlic powder, onion powder, or smoked paprika.
- Top with a dollop of dairy-free sour cream or cashew cream before serving.

## Best For: **Breakfast**

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Whisk together chickpea flour, baking powder, and salt in a bowl.
3. Gradually add water while whisking until a smooth batter forms.
4. Heat olive oil in an oven-safe skillet over medium heat.
5. Sauté vegetables until tender-crisp.
6. Pour batter over vegetables in the skillet.
7. Sprinkle with fresh herbs.
8. Transfer skillet to the oven and bake for 25-30 minutes, or until frittata is set and lightly golden

### DESCRIPTION

Made with a chickpea flour base and filled with a variety of chopped vegetables



## Avocado and Tomato Toast

---



2 servings



5 minutes

### INGREDIENTS

- 4 slices whole-grain bread (in moderation)
- 1 ripe avocado, mashed
- 1 tomato, sliced
- Sea salt, to taste
- Black pepper, to taste

### NOTES

- Add a sprinkle of red pepper flakes for a touch of heat.
- Drizzle with a little olive oil and lemon juice.
- Add a few fresh basil leaves for extra flavor.

**Best For:** Breakfast

### DIRECTIONS

1. Toast bread to your desired level of crispness.
2. Spread mashed avocado evenly on toast.
3. Top with tomato slices.
4. Season with salt and pepper.

### DESCRIPTION

Whole-grain toast topped with mashed avocado and sliced tomatoes, seasoned with salt and pepper.



## Pineapple Coconut Smoothie

---



1-2 servings



0 minutes

### INGREDIENTS

- 1 cup frozen pineapple chunks
- ½ cup unsweetened coconut milk
- ½ frozen banana
- ½ lime, juiced

### NOTES

- Add a handful of spinach or kale for a nutrient boost.
- Use fresh pineapple instead of frozen, and add a few ice cubes.
- Add a pinch of ground ginger for a unique flavor twist.

**Best For:** Breakfast

### DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Add more coconut milk if needed to reach desired consistency.

### DESCRIPTION

A tropical blend of pineapple, coconut milk, banana, and a squeeze of lime.





## Peanut Butter Overnight Oats

---



2 servings



soak overnight

### INGREDIENTS

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- $\frac{1}{4}$  cup peanut butter
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup (optional, in moderation)

### NOTES

- Top with sliced bananas or other fresh fruit before serving.
- Add a sprinkle of cinnamon or nutmeg.
- Use a different type of nut butter, such as almond or cashew butter.

## Best For: Breakfast

### DIRECTIONS

1. Combine rolled oats, almond milk, peanut butter, chia seeds, and maple syrup (if using) in a jar or container.
2. Stir well and refrigerate overnight, or for at least 4 hours.
3. Serve chilled.

### DESCRIPTION

Rollled oats soaked overnight in almond milk with peanut butter, chia seeds, and a touch of maple syrup.



## Cottage Cheese with Berries (in moderation)

---



1-2 servings



0 minutes

### INGREDIENTS

- ½ cup organic cottage cheese (in moderation)
- ½ cup mixed berries
- ¼ teaspoon cinnamon

### NOTES

- Add a drizzle of honey or maple syrup for extra sweetness (in moderation).
- Top with a few chopped nuts or seeds for added texture.
- Use different types of fruit, such as sliced peaches or pears.

**Best For:** Breakfast

### DIRECTIONS

1. Place cottage cheese in a bowl.
2. Top with berries.
3. Sprinkle with cinnamon.

### DESCRIPTION

Organic cottage cheese topped with fresh berries and a sprinkle of cinnamon.



## Hard-Boiled Eggs with Avocado (Eggs in moderation)

---



1-2 servings



10 minutes

### INGREDIENTS

- 2 hard-boiled eggs, sliced
- ½ avocado, sliced or mashed
- Paprika, to taste
- Sea salt and black pepper, to taste

### NOTES

- Add a squeeze of lemon or lime juice for brightness.
- Serve with a side of whole-grain toast (in moderation) for a more complete meal.
- Sprinkle with everything bagel seasoning for added flavor.

**Best For:** Breakfast

### DIRECTIONS

1. Arrange sliced hard-boiled eggs and avocado on a plate.
2. Sprinkle with paprika, salt, and pepper to taste.

### DESCRIPTION

Sliced hard-boiled eggs served with avocado and a sprinkle of paprika



## Alkaline Breakfast Bowl

---



2-4 servings



25 minutes

### INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 4 cups leafy greens (spinach, kale, etc.)
- 1 avocado, sliced
- 1 can (15 ounces) chickpeas, rinsed and drained
- For the dressing:
  - 2 tablespoons tahini
  - 2 tablespoons lemon juice
  - 1 tablespoon water
  - 1 clove garlic, minced
  - Salt, to taste

### NOTES

- Add other roasted vegetables like broccoli or bell peppers.
- Use different types of beans, such as black beans or white beans.
- Sprinkle with toasted nuts or seeds for added crunch.

## Best For: Breakfast

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato cubes with olive oil, salt, and pepper. Roast for 20-25 minutes, or until tender.
3. While sweet potato is roasting, whisk together tahini, lemon juice, water, and garlic for the dressing. Season with salt to taste.
4. Divide leafy greens among bowls. Top with roasted sweet potatoes, avocado slices, and chickpeas.
5. Drizzle with lemon-tahini dressing and serve.

### DESCRIPTION

A base of leafy greens topped with roasted sweet potatoes, avocado, chickpeas, and a lemon-tahini dressing.



## Tofu and Vegetable Breakfast Skillet



2-3 servings



20 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 block (14 ounces) extra-firm tofu, pressed and crumbled
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small onion, diced
- 8 ounces mushrooms, sliced
- 5 ounces (about 5 cups) fresh spinach
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon cumin
- Salt and pepper, to taste

### NOTES

- Add other vegetables like zucchini or yellow squash.
- Use different spices like chili powder or turmeric.
- Serve with a side of whole-grain toast or a dollop of dairy-free sour cream.

**Best For:** Breakfast

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add crumbled tofu and cook for 5-7 minutes until lightly browned.
3. Add bell peppers, onion, and mushrooms. Cook for another 5-7 minutes until vegetables are tender.
4. Stir in spinach, garlic powder, paprika, cumin, salt, and pepper. Cook until spinach is wilted.
5. Serve immediately.

### DESCRIPTION

A hearty skillet meal with crumbled tofu, diced bell peppers, onions, spinach, and mushrooms, seasoned with your favorite herbs and spices.



## Alkaline Green Omelette (Egg-Free)



2-3 servings



20 minutes

### INGREDIENTS

- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 cup water
- 2 tablespoons olive oil
- 4 cups mixed leafy greens (spinach, kale, chard), chopped
- ¼ cup chopped onion
- 2 cloves garlic, minced

### NOTES

- Add other vegetables like mushrooms or bell peppers to the filling.
- Season the batter with herbs and spices like turmeric or smoked paprika.
- Serve with a side of salsa or avocado.

**Best For:** Breakfast

### DIRECTIONS

1. Whisk together chickpea flour, baking powder, and salt.
2. Gradually add water while whisking until a smooth batter forms.
3. Heat 1 tablespoon olive oil in a non-stick skillet over medium heat.
4. Pour half the batter into the skillet and cook for 3-4 minutes per side, or until golden brown. Repeat with remaining batter.
5. While omelettes are cooking, heat remaining 1 tablespoon olive oil in another skillet. Sauté onion until softened, then add garlic and cook for 1 minute. Add leafy greens and cook until wilted.
6. Fill each omelette with the greens mixture. Fold and serve.

### DESCRIPTION

A flavorful plant-based omelette made with chickpea flour, filled with a mix of leafy greens like spinach, kale, and chard.



## Buckwheat Groats Porridge

---



2-4 servings



25 minutes

### INGREDIENTS

- 1 cup buckwheat groats, rinsed
- 2 cups unsweetened almond milk
- ½ teaspoon cinnamon
- 1 cup fresh berries
- 2 tablespoons maple syrup (optional, in moderation)

### NOTES

- Add chopped nuts or seeds for added texture and nutrients.
- Use other types of fruit, such as sliced bananas or peaches.
- Add a pinch of nutmeg or cardamom for extra flavor.

**Best For:** Breakfast

### DIRECTIONS

1. Combine buckwheat groats, almond milk, and cinnamon in a saucepan.
2. Bring to a boil, then reduce heat and simmer for 20–25 minutes, or until buckwheat is cooked and liquid is absorbed.
3. Serve topped with fresh berries and a drizzle of maple syrup, if desired.

### DESCRIPTION

Cooked buckwheat groats simmered in almond milk with a touch of cinnamon, topped with fresh berries and a drizzle of maple syrup (in moderation).



## Avocado and Egg Toast (Eggs in moderation)



2 servings



5-10 minutes

### INGREDIENTS

- 4 slices whole-grain bread (in moderation)
- 1 ripe avocado, sliced
- 2-4 eggs
- Salt and pepper, to taste
- Red pepper flakes, to taste (optional)

### NOTES

- Add a slice of tomato or a handful of sprouts.
- Drizzle with a little olive oil and lemon juice.
- Use different seasonings like everything bagel seasoning or paprika

**Best For:** Breakfast

### DIRECTIONS

1. Toast bread to your desired level of crispness.
2. While toast is cooking, fry or poach eggs to your preference.
3. Top toast with avocado slices and cooked eggs.
4. Season with salt, pepper, and red pepper flakes, if desired.

### DESCRIPTION

Whole-grain toast topped with sliced avocado, a fried or poached egg, and a sprinkle of red pepper flakes.





## Alkaline Breakfast Salad with Smoked Salmon (Salmon in moderation)

---



2-4 servings



0 minutes

### INGREDIENTS

- 5 ounces mixed greens
- 4 ounces smoked salmon, sliced
- 1 cucumber, sliced
- $\frac{1}{4}$  red onion, thinly sliced

#### *For the dressing:*

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, chopped
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper

### NOTES

- Add other vegetables like bell peppers or cherry tomatoes.
- Use cooked salmon or other fish (in moderation) instead of smoked salmon.
- Add capers or chopped chives for extra flavor.

## Best For: Breakfast

### DIRECTIONS

1. In a small bowl, whisk together olive oil, lemon juice, dill, salt, and pepper.
2. Combine mixed greens, smoked salmon, cucumber, and red onion in a large bowl.
3. Drizzle with lemon-dill dressing and toss gently.
4. Serve immediately.

### DESCRIPTION

A refreshing salad with mixed greens, smoked salmon, cucumber, red onion, and a light lemon-dill dressing.



## Sweet Potato and Kale Hash

---



4 servings



25 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large sweet potato, peeled and diced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 4 cups chopped kale
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add other vegetables like bell peppers or mushrooms.
- Use different spices like cumin or chili powder.
- Top with a fried or poached egg (in moderation) for added protein.

**Best For:** Breakfast

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add diced sweet potato and cook for 10–15 minutes, or until slightly softened, stirring occasionally.
3. Add onion and garlic to the skillet. Cook for another 5 minutes, or until onion is softened.
4. Add chopped kale, smoked paprika, salt, and pepper. Cook for 5–7 minutes, or until kale is wilted and tender.
5. Serve hot.

### DESCRIPTION

Diced sweet potatoes and chopped kale sautéed with onions and garlic, seasoned with smoked paprika and a pinch of sea salt.



## Coconut Chia Seed Pudding with Mango and Lime

---



2 servings



(soak for 2 hours)

### INGREDIENTS

- ¼ cup chia seeds
- 1 cup unsweetened coconut milk
- 1 ripe mango, diced
- 1 lime, zested
- 2 tablespoons shredded coconut

### NOTES

- Add a drizzle of maple syrup for extra sweetness (in moderation).
- Use other types of fruit, such as berries or pineapple.
- Add a sprinkle of chopped nuts for added texture.

**Best For:** Breakfast

### DIRECTIONS

1. Combine chia seeds and coconut milk in a jar or container.
2. Stir well and refrigerate for at least 2 hours, or overnight, until the chia seeds have absorbed the liquid and formed a pudding-like consistency.
3. Top with diced mango, lime zest, and shredded coconut before serving.

### DESCRIPTION

Chia seeds soaked in coconut milk and topped with diced mango, lime zest, and a sprinkle of shredded coconut.



## Alkaline Smoothie with Beetroot and Berries

---



1-2 servings



0 minutes

### INGREDIENTS

- ½ cup cooked beetroot, roughly chopped
- 1 cup mixed berries (fresh or frozen)
- 1 frozen banana
- 1 cup unsweetened almond milk
- ½ lemon, juiced

### NOTES

- Add a handful of spinach for a nutrient boost.
- Use raw beetroot, but be sure to peel and chop it finely.
- Add a scoop of protein powder for a more filling smoothie.

### Best For: *Breakfast*

### DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Add more almond milk if needed to reach desired consistency.

### DESCRIPTION

A vibrant smoothie blending beetroot, mixed berries, banana, almond milk, and a squeeze of lemon juice.



## Quinoa and Vegetable Breakfast Bowl

---



2-4 servings



25 minutes

### INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 cup broccoli florets
- 1 cup chopped carrots
- 1 bell pepper, chopped
- 1 tablespoon olive oil
- Salt and pepper, to taste

#### *For the tahini dressing:*

- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon water
- 1 small garlic clove, minced

### NOTES

- Add other roasted vegetables like zucchini or Brussels sprouts.
- Use different types of beans, such as chickpeas or black beans.
- Sprinkle with toasted nuts or seeds for added crunch.

## Best For: Breakfast

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss broccoli, carrots, and bell pepper with olive oil, salt, and pepper. Roast for 20-25 minutes, or until tender.
3. While vegetables are roasting, cook quinoa according to package directions using vegetable broth instead of water.
4. Whisk together tahini, lemon juice, water, and garlic for the dressing.
5. Divide cooked quinoa among bowls. Top with roasted vegetables.
6. Drizzle with tahini dressing and serve.

### DESCRIPTION

Cooked quinoa topped with roasted vegetables like broccoli, carrots, and bell peppers, drizzled with a tahini dressing.



## Almond Flour Pancakes with Berry Compote

---



4-6 servings



15-20 minutes

### INGREDIENTS

- 2 cups almond flour
- 2 teaspoons baking powder
- ¼ teaspoon sea salt
- 2 eggs (or flax eggs for egg-free)
- 1 cup unsweetened almond milk
- 1 tablespoon maple syrup (in moderation)
- 1 teaspoon vanilla extract
- For the berry compote:
  - 2 cups mixed berries
  - 1 tablespoon lemon juice

### NOTES

- Add a sprinkle of cinnamon to the pancake batter.
- Top with a dollop of coconut yogurt or a sprinkle of chopped nuts.
- Use different types of fruit for the compote, such as peaches or apples.
- For egg-free version: Make 2 flax eggs by combining 2 tablespoons of ground flaxseed meal with 6 tablespoons of water. Let it sit for 5 minutes to thicken.

## Best For: Breakfast

### DIRECTIONS

1. In a small saucepan, combine berries and lemon juice. Cook over medium heat for 5-7 minutes, or until berries have softened and released their juices.
2. In a large bowl, whisk together almond flour, baking powder, and salt.
3. In a separate bowl, whisk together eggs (or flax eggs), almond milk, maple syrup, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until just combined.
5. Heat a lightly oiled griddle or non-stick skillet over medium heat.
6. Pour ¼ cup of batter for each pancake onto the hot surface.
7. Cook for 2-3 minutes per side, or until golden brown and cooked through.
8. Serve pancakes with the berry compote.

### DESCRIPTION

Fluffy pancakes made with almond flour, served with a homemade berry compote (cooked berries with a touch of lemon juice).



## Mediterranean Lentil Salad

---



4-6 servings



20 minutes

### INGREDIENTS

- 1 cup brown or green lentils, rinsed
- 3 cups water or vegetable broth
- 1 cucumber, diced
- 1 pint cherry tomatoes, halved
- ½ red onion, thinly sliced
- ½ cup Kalamata olives, pitted and halved
- ½ cup chopped fresh parsley
- For the Lemon-Tahini Dressing:
  - ¼ cup tahini
  - ¼ cup lemon juice
  - 2 tablespoons water
  - 1 clove garlic, minced
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper

### NOTES

- Use pre-cooked lentils (canned or vacuum-packed) to save time.
- Add other vegetables like bell peppers or zucchini.
- Crumble some dairy-free feta cheese on top for a salty kick.

**Best For:** Lunch

### DIRECTIONS

1. If cooking lentils from scratch: Combine lentils and water or broth in a saucepan. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until lentils are tender but not mushy. Drain any excess liquid.
2. While lentils are cooking, whisk together tahini, lemon juice, water, garlic, salt, and pepper in a small bowl.
3. In a large bowl, combine cooked lentils, cucumber, tomatoes, red onion, olives, and parsley.
4. Pour dressing over the salad and toss gently to combine.
5. Serve immediately or chill for later.

### DESCRIPTION

A hearty salad with lentils, cucumber, tomatoes, red onion, Kalamata olives, parsley, and a lemon-tahini dressing.



## Quinoa Salad with Roasted Sweet Potatoes and Kale



4-6 servings



25 minutes

### INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 bunch kale, stems removed and leaves massaged
- 1 cup cooked quinoa
- ½ cup toasted pecans
- ½ cup dried cranberries (in moderation)

#### *For the Maple-Balsamic Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar (in moderation)
- 1 tablespoon maple syrup (in moderation)
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste

### NOTES

- Substitute other roasted vegetables like Brussels sprouts or broccoli.
- Use walnuts or almonds instead of pecans.
- Add a sprinkle of dairy-free feta cheese for a tangy flavor.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato cubes with olive oil, salt, and pepper. Roast for 20–25 minutes, or until tender and slightly caramelized.
3. While sweet potatoes are roasting, whisk together the vinaigrette ingredients in a small bowl.
4. In a large bowl, combine the massaged kale, cooked quinoa, toasted pecans, and dried cranberries.
5. Add the roasted sweet potatoes to the salad.
6. Drizzle with the maple-balsamic vinaigrette and toss gently to combine.
7. Serve immediately or chill for later

### DESCRIPTION

A nutritious salad with roasted sweet potatoes, massaged kale, toasted pecans, dried cranberries, and a maple-balsamic vinaigrette.





## Avocado and Chickpea Salad

---



2-4 servings



0 minutes

### INGREDIENTS

- 1 ripe avocado, pitted and peeled
- 1 can (15 ounces) chickpeas, rinsed and drained
- $\frac{1}{4}$  cup chopped red onion
- $\frac{1}{4}$  cup chopped fresh cilantro
- 2 tablespoons lime juice
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper
- 4 cups mixed greens

### NOTES

- Add diced tomatoes or bell peppers for extra flavor and texture.
- Use this mixture as a filling for sandwiches or wraps.
- Add a pinch of cumin or chili powder for a spicier kick.

**Best For:** Lunch

### DIRECTIONS

1. In a medium bowl, mash together the avocado and chickpeas using a fork or potato masher.
2. Stir in the red onion, cilantro, lime juice, salt, and pepper.
3. Serve immediately over a bed of mixed greens or chill for later.

### DESCRIPTION

Mashed together avocado and chickpeas with chopped red onion, cilantro, lime juice, and a pinch of sea salt. Serve over a bed of mixed greens.



## Rainbow Veggie Salad

---



4-6 servings



0 minutes

### INGREDIENTS

- 1 cup shredded carrots
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- ½ cup shredded red cabbage
- 1 cup snap peas, trimmed
- 1 cup shelled edamame

#### *For the Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons rice vinegar (or other light-colored vinegar)
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Combine carrots, bell peppers, red cabbage, snap peas, and edamame in a large bowl. In a small bowl, whisk together olive oil, rice vinegar, lemon juice, Dijon mustard, salt, and pepper. Pour vinaigrette over the vegetables and toss well to coat. Serve immediately or chill for later.

**Best For:** Lunch

### DIRECTIONS

1. Combine carrots, bell peppers, red cabbage, snap peas, and edamame in a large bowl.
2. In a small bowl, whisk together olive oil, rice vinegar, lemon juice, Dijon mustard, salt, and pepper.
3. Pour vinaigrette over the vegetables and toss well to coat.
4. Serve immediately or chill for later.

### DESCRIPTION

Toss together a mix of colorful vegetables like shredded carrots, bell peppers, red cabbage, snap peas, and edamame. Top with a light vinaigrette dressing.



## White Bean and Kale Salad



4 servings



0 minutes

### INGREDIENTS

- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 bunch kale, stems removed and leaves massaged
- ½ cup sun-dried tomatoes (packed in oil, drained and chopped)

#### *For the Lemon-Herb Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 clove garlic, minced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add other vegetables like chopped red onion or bell peppers.
- Use different types of beans, such as Great Northern beans or chickpeas.
- Add a sprinkle of toasted pine nuts or walnuts for added crunch.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together the vinaigrette ingredients in a small bowl.
2. In a large bowl, combine the cannellini beans, massaged kale, and sun-dried tomatoes.
3. Pour the vinaigrette over the salad and toss gently to combine.
4. Serve immediately or chill for later.

### DESCRIPTION

Cannellini beans tossed with massaged kale, sun-dried tomatoes, and a lemon-herb vinaigrette.



## Edamame and Veggie Salad

---



4 servings



0 minutes

### INGREDIENTS

- 1 cup shelled edamame (cooked and cooled)
- 1 red bell pepper, diced
- 1 carrot, diced
- ¼ red onion, thinly sliced

#### *For the Sesame-Ginger Dressing:*

- 2 tablespoons olive oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce or tamari (in moderation)
- 1 tablespoon sesame oil
- 1 tablespoon grated fresh ginger
- 1 clove garlic, minced

### NOTES

- Add other vegetables like chopped cucumber or snap peas.
- Use different types of vinegar, such as apple cider vinegar or white wine vinegar.
- Add a sprinkle of toasted sesame seeds for added flavor and texture.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together the dressing ingredients in a small bowl.
2. In a medium bowl, combine the edamame, bell pepper, carrot, and red onion.
3. Pour the dressing over the salad and toss gently to combine.
4. Serve immediately or chill for later.

### DESCRIPTION

Edamame tossed with chopped bell peppers, carrots, red onion, and a light sesame-ginger dressing.



## Shrimp and Avocado Salad (Shrimp in moderation)

---



4 servings



5 minutes

### INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined
- 2 avocados, diced
- $\frac{1}{4}$  red onion, thinly sliced
- $\frac{1}{2}$  cup chopped fresh cilantro
- 4 cups mixed greens

#### *For the Lime Dressing:*

- $\frac{1}{4}$  cup lime juice
- 2 tablespoons olive oil
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper

### NOTES

- Add other vegetables like chopped tomatoes or bell peppers.
- Use a different type of seafood, such as cooked scallops or crab meat (in moderation).
- Add a pinch of chili flakes for a spicier kick.

**Best For:** Lunch

### DIRECTIONS

1. If using raw shrimp, cook them in boiling water for 3–5 minutes, or until pink and opaque.
2. Whisk together the lime juice, olive oil, salt, and pepper in a small bowl.
3. In a medium bowl, combine the cooked shrimp, diced avocado, red onion, and cilantro.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve over mixed greens.

### DESCRIPTION

Cooked shrimp, avocado, red onion, and cilantro, tossed with a lime dressing, served over mixed greens.



## Broccoli Salad with Lemon-Tahini Dressing

---



4-6 servings



5 minutes

### INGREDIENTS

- 1 large head of broccoli, cut into florets
- $\frac{1}{4}$  red onion, thinly sliced
- $\frac{1}{2}$  cup sunflower seeds
- $\frac{1}{2}$  cup dried cranberries (in moderation)

#### *For the Lemon-Tahini Dressing:*

- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- $\frac{1}{2}$  teaspoon sea salt

### NOTES

- Add other vegetables like shredded carrots or chopped bell peppers.
- Use other nuts or seeds, such as sliced almonds or pumpkin seeds.
- Add a sprinkle of nutritional yeast for a cheesy flavor.

**Best For:** Lunch

### DIRECTIONS

1. Blanch broccoli florets in boiling water for 2-3 minutes, then immediately transfer to an ice bath to stop the cooking process. Drain well.
2. Whisk together tahini, lemon juice, water, garlic, and salt in a small bowl.
3. In a large bowl, combine blanched broccoli, red onion, sunflower seeds, and dried cranberries.
4. Pour dressing over the salad and toss gently to combine.
5. Serve immediately or chill for later.

### DESCRIPTION

Blanched broccoli florets, red onion, sunflower seeds, and dried cranberries tossed in a creamy lemon-tahini dressing.



## Shaved Brussels Sprout Salad with Apple and Walnuts

---



4-6 servings



0 minutes

### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and thinly shaved
- 1 apple (like Honeycrisp or Fuji), thinly sliced
- ½ cup chopped walnuts

#### *For the Apple Cider Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup (in moderation)
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste

### NOTES

- Add dried cranberries or other dried fruit (in moderation) for a touch of sweetness.
- Use pecans or almonds instead of walnuts.
- Add a sprinkle of dairy-free feta cheese for a tangy flavor.

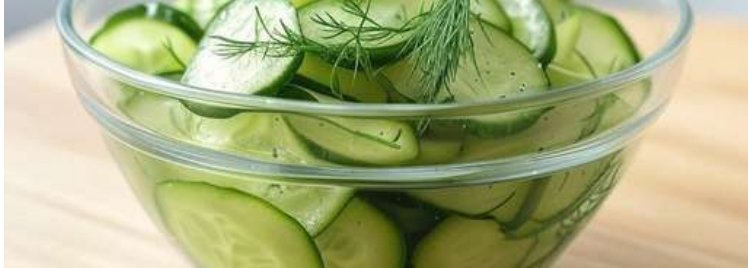
**Best For:** Lunch

### DIRECTIONS

1. Whisk together vinaigrette ingredients in a small bowl.
2. In a large bowl, combine shaved Brussels sprouts, sliced apple, and chopped walnuts.
3. Pour vinaigrette over the salad and toss gently to combine.
4. Serve immediately or chill for later.

### DESCRIPTION

Thinly shaved Brussels sprouts, sliced apple, chopped walnuts, and a light apple cider vinaigrette.



## Cucumber and Dill Salad with Lemon Dressing

---



4 servings



0 minutes

### INGREDIENTS

- 2 cucumbers, thinly sliced
- $\frac{1}{4}$  cup chopped fresh dill

#### *For the Lemon Dressing:*

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper

### NOTES

- Add thinly sliced red onion for a sharper flavor.
- Use a different type of vinegar, such as white wine vinegar or rice vinegar.
- Add a pinch of garlic powder to the dressing.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together dressing ingredients in a small bowl.
2. In a medium bowl, combine sliced cucumbers and chopped dill.
3. Pour dressing over the salad and toss gently to combine.
4. Serve immediately or chill for later.

### DESCRIPTION

A simple and refreshing salad with sliced cucumbers, fresh dill, and a light lemon dressing.





## Black Bean Soup

---



6-8 servings



45 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- 4 cups vegetable broth
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14.5 ounces) diced tomatoes, undrained
- Salt and pepper, to taste

### NOTES

- Add other vegetables, such as corn or zucchini.
- Use different types of beans, such as kidney beans or pinto beans.
- Top with a dollop of dairy-free sour cream or avocado.

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Stir in garlic, chili powder, cumin, and smoked paprika. Cook for 1 minute more.
4. Add vegetable broth, black beans, and diced tomatoes. Bring to a simmer.
5. Cover and cook for 30 minutes, or until flavors have melded and soup has thickened slightly.
6. Season with salt and pepper to taste.
7. Serve hot.

### DESCRIPTION

A flavorful and filling soup with black beans, vegetables, and spices.



## Lentil Soup

---



6-8 servings



40 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 
- ½ teaspoon dried thyme
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup brown or green lentils, rinsed
- 4 cups vegetable broth
- 1 bay leaf
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 cup chopped fresh spinach (optional)

### NOTES

- Add other vegetables, such as diced potatoes or zucchini.
- Use different herbs, such as rosemary or parsley.
- Add a squeeze of lemon juice for brightness.
- For a creamier soup, blend a portion of the soup with an immersion blender before adding the spinach.

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Stir in garlic, oregano, thyme, salt, and pepper. Cook for 1 minute more.
4. Add lentils, vegetable broth, and bay leaf. Bring to a boil, then reduce heat and simmer for 25-30 minutes, or until lentils are tender.
5. Stir in diced tomatoes and spinach (if using). Cook until spinach is wilted and tomatoes are heated through.
6. Remove bay leaf before serving.

### DESCRIPTION

A hearty and flavorful soup packed with protein and fiber.



## Creamy Tomato Soup (Dairy-Free)

---



4-6 servings



40 minutes

### INGREDIENTS

- 2 pounds Roma tomatoes, halved
- 1 onion, quartered
- 4 cloves garlic, peeled
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 cups vegetable broth
- ½ cup full-fat coconut milk
- ¼ cup chopped fresh basil

### NOTES

- Add a pinch of red pepper flakes for a touch of heat.
- Use other herbs, such as oregano or thyme.
- Garnish with a swirl of coconut cream or a sprinkle of dairy-free Parmesan cheese.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss tomatoes, onion, and garlic with olive oil, salt, and pepper on a baking sheet.
3. Roast for 30-40 minutes, or until vegetables are tender and slightly caramelized.
4. Transfer roasted vegetables to a blender. Add vegetable broth and blend until smooth.
5. Pour soup into a pot and stir in coconut milk and basil. Heat through over low heat.
6. Season with additional salt and pepper to taste.

### DESCRIPTION

Blend roasted tomatoes with vegetable broth, coconut milk, and herbs for a rich and satisfying soup.



## Spicy Carrot and Ginger Soup

---



4-6 servings



30 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, peeled and grated
- 1 pound carrots, peeled and chopped
- 4 cups vegetable broth
- ½ cup coconut milk
- ½ teaspoon chili flakes (or more, to taste)
- Salt and pepper, to taste

### NOTES

- Add a squeeze of lime juice for brightness.
- Use other root vegetables, such as sweet potatoes or parsnips.
- Garnish with chopped fresh cilantro or a swirl of coconut cream.

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion and cook until softened, about 5 minutes.
3. Stir in garlic and ginger and cook for another minute until fragrant.
4. Add carrots and vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until carrots are tender.
5. Blend soup with an immersion blender or in a regular blender until smooth.
6. Stir in coconut milk and chili flakes. Season with salt and pepper to taste.
7. Heat through gently and serve.

### DESCRIPTION

A flavorful soup with a kick from ginger and chili flakes, made with carrots, vegetable broth, and coconut milk.



## Golden Beet Soup

---



4-6 servings



45 minutes

### INGREDIENTS

- 1 pound golden beets, peeled and cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- ½ cup coconut milk
- 1 tablespoon lemon juice

### NOTES

- Add a pinch of ground ginger or cumin for extra flavor.
- Use red beets instead of golden beets for a different color and flavor.
- Garnish with chopped fresh herbs, such as dill or parsley.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss beet cubes with olive oil, salt, and pepper. Roast for 30–40 minutes, or until tender.
3. While beets are roasting, heat olive oil in a large pot over medium heat. Add onion and cook until softened.
4. Stir in garlic and cook for another minute until fragrant.
5. Add roasted beets and vegetable broth to the pot. Bring to a simmer and cook for 10 minutes.
6. Blend soup with an immersion blender or in a regular blender until smooth.
7. Stir in coconut milk and lemon juice. Season with salt and pepper to taste.
8. Heat through gently and serve.

### DESCRIPTION

A vibrant soup made with roasted golden beets, vegetable broth, and a touch of coconut milk.



## Asparagus and Pea Soup

---



4 servings



20 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound asparagus, trimmed and chopped
- 1 cup fresh or frozen peas
- 4 cups vegetable broth
- Salt and pepper, to taste
- Lemon wedges, for serving (optional)

### NOTES

- Add other green vegetables like spinach or zucchini.
- Use fresh herbs like mint or parsley for added flavor.
- Add a swirl of coconut cream for richness

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add onion and cook until softened, about 5 minutes.
3. Stir in garlic and cook for another minute until fragrant.
4. Add asparagus and vegetable broth. Bring to a boil, then reduce heat and simmer for 10-15 minutes, or until asparagus is tender.
5. Add peas and cook for another 2-3 minutes.
6. Blend soup with an immersion blender or in a regular blender until smooth.
7. Season with salt and pepper to taste.
8. Serve with a squeeze of lemon juice, if desired.

### DESCRIPTION

A light and fresh soup featuring asparagus, peas, and vegetable broth.



## Celery and Apple Soup

---



4 servings



25 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 4 celery stalks, chopped
- 2 apples (like Granny Smith or Fuji), peeled, cored, and chopped
- 4 cups vegetable broth
- Salt and pepper, to taste
- Fresh chives, chopped (for garnish)

### NOTES

- Add a pinch of ground nutmeg or cinnamon for a warm flavor.
- Use different types of apples for variations in sweetness and tartness.
- Add a swirl of coconut cream for richness.

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add onion and cook until softened, about 5 minutes.
3. Add celery and cook for another 5 minutes, until slightly softened.
4. Add chopped apple and vegetable broth. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until vegetables are tender.
5. Blend soup with an immersion blender or in a regular blender until smooth.
6. Season with salt and pepper to taste.
7. Garnish with fresh chives before serving

### DESCRIPTION

A unique and flavorful soup featuring celery, apple, and vegetable broth.



## Roasted Vegetable and Hummus Wrap



4 servings



25 minutes

### INGREDIENTS

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced
- 1 small eggplant, cubed
- 1 red onion, sliced
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves
- 1 cup hummus
- 1 cup sprouts (alfalfa, radish, or broccoli sprouts)

### NOTES

- Add other roasted vegetables like sweet potatoes or Brussels sprouts.
- Use different types of hummus, such as roasted red pepper or cilantro-lime hummus.
- Add a sprinkle of feta cheese (in moderation) for a salty kick.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss bell peppers, zucchini, eggplant, and red onion with olive oil, salt, and pepper.
3. Spread vegetables in a single layer on a baking sheet.
4. Roast for 20–25 minutes, or until tender and slightly caramelized.
5. Warm tortillas according to package directions, if using.
6. Spread hummus on each tortilla or lettuce/collard green leaf.
7. Fill with roasted vegetables and sprouts.
8. Wrap tightly and serve.

### DESCRIPTION

Whole-wheat tortillas (in moderation) or lettuce/collard green wraps filled with roasted vegetables (like bell peppers, zucchini, and eggplant), hummus, and sprouts.





## Curried Chickpea Salad Wrap

---



4 servings



0 minutes

### INGREDIENTS

- 2 cans (15 ounces each) chickpeas, rinsed and drained
- ½ cup vegan mayonnaise
- ¼ cup chopped celery
- ¼ cup chopped red onion
- 2 tablespoons curry powder
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves

### NOTES

- Add chopped apple or grapes for a touch of sweetness.
- Use different spices, such as turmeric or garam masala.
- Add a sprinkle of chopped fresh cilantro or parsley.

**Best For:** Lunch

### DIRECTIONS

1. Mash chickpeas with a fork or potato masher in a medium bowl.
2. Stir in vegan mayonnaise, celery, red onion, curry powder, and lemon juice.
3. Season with salt and pepper to taste.
4. Fill tortillas or lettuce/collard green leaves with the curried chickpea salad.
5. Wrap tightly and serve.

### DESCRIPTION

Whole-wheat tortillas (in moderation) or lettuce/collard green wraps filled with curried chickpea salad.



## Hummus and Veggie Collard Green Wraps



4 servings



0 minutes

### INGREDIENTS

- 8 large collard green leaves, stems removed
- 1 cup hummus
- 1 cup shredded carrots
- 1 bell pepper (any color), thinly sliced
- 1 cucumber, thinly sliced
- 1 cup sprouts (alfalfa, radish, or broccoli sprouts)

### NOTES

- Use different types of hummus, such as roasted red pepper or cilantro-lime hummus.
- Add other vegetables like sliced avocado or zucchini.
- Add a sprinkle of toasted sesame seeds for added flavor and texture.

**Best For:** Lunch

### DIRECTIONS

1. Blanch collard green leaves in boiling water for 30 seconds, then immediately transfer to an ice bath to stop the cooking process. Pat dry.
2. Lay a collard green leaf flat and spread with about 2 tablespoons of hummus.
3. Top with shredded carrots, bell pepper slices, cucumber slices, and sprouts.
4. Wrap tightly like a burrito, tucking in the sides as you roll.
5. Repeat with remaining collard green leaves and fillings.
6. Serve immediately.

### DESCRIPTION

Collard green leaves filled with hummus, shredded carrots, bell peppers, cucumber, and sprouts.



## Almond Butter and Banana Roll-Ups

---



2 servings



0 minutes

### INGREDIENTS

- 2 whole-wheat tortillas (in moderation)
- $\frac{1}{4}$  cup almond butter
- 1 banana, sliced
- $\frac{1}{2}$  teaspoon cinnamon

### NOTES

- Add a drizzle of honey or maple syrup for extra sweetness (in moderation).
- Use a different type of nut butter, such as cashew or peanut butter.
- Add a sprinkle of chia seeds for added nutrients.

**Best For:** Lunch

### DIRECTIONS

1. Spread almond butter evenly on each tortilla.
2. Top with banana slices and sprinkle with cinnamon.
3. Roll up tightly and slice into smaller pieces, if desired

### DESCRIPTION

Whole-wheat tortillas (in moderation) spread with almond butter, sliced banana, and a sprinkle of cinnamon.



## Spicy Black Bean and Corn Salsa Wraps



4 servings



0 minutes

### INGREDIENTS

- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup corn salsa (store-bought or homemade)
- 1 avocado, diced
- 4 whole-wheat tortillas (in moderation)

#### *For the Spicy Cashew Sauce:*

- ½ cup raw cashews (soaked in hot water for at least 30 minutes)
- ¼ cup water
- 1 tablespoon lime juice
- 1–2 teaspoons hot sauce (adjust to your spice preference)
- ½ teaspoon chili powder
- ¼ teaspoon sea salt

### NOTES

- Add chopped red onion or cilantro to the filling.
- Use a different type of salsa, such as mango salsa or pineapple salsa.
- Add a sprinkle of dairy-free cheese shreds.

**Best For:** Lunch

### DIRECTIONS

1. Drain and rinse the soaked cashews. Blend with water, lime juice, hot sauce, chili powder, and salt until smooth and creamy.
2. Warm tortillas according to package directions.
3. Fill each tortilla with black beans, corn salsa, diced avocado, and a drizzle of the spicy cashew sauce.
4. Wrap tightly and serve

### DESCRIPTION

Whole-wheat tortillas (in moderation) filled with black beans, corn salsa, avocado, and a spicy cashew-based sauce.



## Deconstructed Sushi Bowl

---



4 servings



15 minutes

### INGREDIENTS

- 2 cups cooked brown rice
- 2 avocados, diced
- 1 cup shelled edamame (cooked)
- 1 cup shredded carrots
- 1 cucumber, diced
- 4 sheets nori, cut into strips

#### *For the Sesame-Ginger Dressing:*

- $\frac{1}{4}$  cup soy sauce or tamari (in moderation)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon grated fresh ginger
- 1 clove garlic, minced

### NOTES

- Add cooked shrimp, salmon (in moderation) or tofu for extra protein.
- Use other vegetables like bell peppers or shredded red cabbage.
- Sprinkle with toasted sesame seeds for added flavor and texture.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together dressing ingredients in a small bowl.
2. Divide cooked brown rice among four bowls.
3. Top with diced avocado, edamame, shredded carrots, diced cucumber, and nori strips.
4. Drizzle with sesame-ginger dressing and serve.

### DESCRIPTION

Brown rice topped with avocado, edamame, shredded carrots, cucumber, nori strips, and a sesame-ginger dressing.



## Grilled Peach and Avocado Salad (Peaches in moderation)

---



4 servings



5 minutes

### INGREDIENTS

- 2 ripe but firm peaches, halved and pitted
- 1 tablespoon olive oil
- 4 cups mixed greens
- 1 avocado, diced
- ¼ red onion, thinly sliced

#### *For the Balsamic Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar (in moderation)
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add a sprinkle of chopped pecans or walnuts for added crunch.
- Use other types of greens, such as spinach or arugula.
- Add a sprinkle of dairy-free feta cheese for a tangy flavor.

**Best For:** Lunch

### DIRECTIONS

1. Brush peach halves with olive oil.
2. Grill peaches cut-side down for 2-3 minutes, or until grill marks appear.  
Can also use a grill pan.
3. Slice grilled peaches into wedges.
4. Whisk together vinaigrette ingredients in a small bowl.
5. Combine mixed greens, avocado, red onion, and grilled peach slices in a large bowl.
6. Drizzle with balsamic vinaigrette and toss gently.
7. Serve immediately.

### DESCRIPTION

Grilled peach slices, avocado, red onion, and mixed greens with a balsamic vinaigrette (in moderation).



## Chickpea Flour Pizza



4-6 servings



25 minutes

### INGREDIENTS

- 2 cups chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 ½ cups water
- 2 tablespoons olive oil

#### *For the Toppings:*

- 1 cup tomato sauce
- 1 cup chopped vegetables (e.g., bell peppers, onions, mushrooms, spinach)
- Your choice of other alkaline-friendly toppings (e.g., olives, artichoke hearts, dairy-free cheese shreds)

### NOTES

- Add herbs and spices to the crust batter, such as garlic powder, onion powder, or Italian seasoning.
- Use different types of vegetables for the toppings, such as zucchini, eggplant, or tomatoes.
- Add a sprinkle of nutritional yeast for a cheesy flavor.

## Best For: Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Whisk together chickpea flour, baking powder, and salt in a large bowl.
3. Gradually add water while whisking until a smooth batter forms.
4. Stir in olive oil.
5. Pour batter onto a parchment-lined baking sheet or pizza stone and spread into a 12-inch circle.
6. Bake for 15–20 minutes, or until crust is firm and lightly golden.
7. Remove crust from oven and top with tomato sauce, vegetables, and other desired toppings.
8. Return to oven and bake for another 10–15 minutes, or until toppings are heated through and cheese (if using) is melted and bubbly.
9. Let cool slightly before slicing and serving.

### DESCRIPTION

A pizza crust made with chickpea flour, topped with tomato sauce, vegetables, and your choice of alkaline-friendly toppings.



## Zucchini Noodles with Pesto

---



2-4 servings



5 minutes

### INGREDIENTS

- 4 medium zucchini, spiralized into noodles
- 1 cup cherry tomatoes, halved

#### *For the Pesto:*

- 2 cups fresh basil leaves
- ½ cup pine nuts (or walnuts)
- 2 cloves garlic
- ½ cup olive oil
- ¼ cup nutritional yeast
- Salt and pepper, to taste

### NOTES

- Add other vegetables like bell peppers or sun-dried tomatoes.
- Use different nuts or seeds in the pesto, such as almonds or sunflower seeds.
- Add a squeeze of lemon juice to the pesto for brightness

**Best For:** Lunch

### DIRECTIONS

1. Make the pesto: Combine basil, pine nuts, garlic, olive oil, and nutritional yeast in a food processor. Process until smooth, seasoning with salt and pepper to taste.
2. If desired, lightly sauté zucchini noodles in a pan with a little olive oil for 2-3 minutes until slightly softened.
3. Toss zucchini noodles with pesto and cherry tomatoes.
4. Serve immediately or chill for later.

### DESCRIPTION

Zucchini noodles tossed with homemade pesto and cherry tomatoes.





## Lentil Patties with Sweet Potato Fries



4-6 servings



35 minutes

### INGREDIENTS

#### *For the Lentil Patties:*

- 1 cup cooked brown or green lentils
- ½ cup cooked quinoa
- ½ cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

#### *For the Sweet Potato Fries:*

- 2 large sweet potatoes, peeled and cut into fries
- 1 tablespoon olive oil
- Salt and pepper, to taste

### NOTES

- Add chopped fresh herbs like parsley or cilantro to the lentil mixture.
- Use different spices like chili powder or coriander.
- Serve patties on whole-grain buns (in moderation) or lettuce cups for a complete meal.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato fries with olive oil, salt, and pepper. Spread on a baking sheet and bake for 25-30 minutes, or until tender and slightly crispy.
3. While fries are baking, prepare lentil patties. In a large bowl, combine cooked lentils, quinoa, onion, carrots, celery, garlic, smoked paprika, cumin, salt, and pepper. Mix well.
4. Form mixture into patties (about ½ cup each).
5. Heat olive oil in a large skillet over medium heat. Cook patties for 5-7 minutes per side, or until golden brown and heated through. Alternatively, bake patties on a separate baking sheet alongside fries for the last 20 minutes of the fries' cooking time.
6. Serve lentil patties with sweet potato fries.

### DESCRIPTION

Savory lentil patties served with baked sweet potato fries.



## Roasted Vegetable and Quinoa Bowl

---



4 servings



25 minutes

### INGREDIENTS

- 1 head broccoli, cut into florets
- 1 head cauliflower, cut into florets
- 1 cup Brussels sprouts, halved
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 2 cups cooked quinoa

### NOTES

- Add other vegetables like carrots, bell peppers, or sweet potatoes.
- Drizzle with a tahini dressing or a lemon-herb vinaigrette.
- Sprinkle with toasted nuts or seeds for added crunch.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss broccoli, cauliflower, and Brussels sprouts with olive oil, salt, and pepper.
3. Spread vegetables in a single layer on a baking sheet.
4. Roast for 20–25 minutes, or until tender and slightly caramelized.
5. Serve roasted vegetables over a bed of cooked quinoa.

### DESCRIPTION

Roasted vegetables (such as broccoli, cauliflower, and Brussels sprouts) served over a bed of quinoa.



## Alkaline Omelet (Egg-free)

---



2-4 servings



20 minutes

### INGREDIENTS

- 1 cup chickpea flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 cup water
- 1 tablespoon olive oil
- 1 cup sliced mushrooms
- 2 cups fresh spinach, roughly chopped
- ¼ cup chopped onion

### NOTES

- Add other vegetables like diced bell peppers or zucchini to the filling.
- Season the batter with herbs and spices like garlic powder, onion powder, or paprika.
- Serve with a side of salsa or dairy-free sour cream.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together chickpea flour, baking powder, and salt.
2. Gradually add water while whisking until a smooth batter forms.
3. Heat ½ tablespoon olive oil in a non-stick skillet over medium heat.
4. Pour half the batter into the skillet and cook for 3-4 minutes per side, or until golden brown. Repeat with remaining batter.
5. While omelettes are cooking, heat remaining ½ tablespoon olive oil in a separate skillet. Sauté onions until softened, then add mushrooms and cook until tender. Add spinach and cook until wilted.
6. Fill each omelette with the spinach and mushroom mixture. Fold and serve.

### DESCRIPTION

A chickpea flour-based omelet filled with spinach, mushrooms, and onions.



## Stuffed Sweet Potatoes with Tahini Drizzle



4 servings



60 minutes

### INGREDIENTS

- 4 medium sweet potatoes
- 1 can (15 ounces) chickpeas, rinsed and drained
- ½ cup chopped red onion
- ½ cup chopped bell pepper (any color)
- ¼ cup chopped fresh parsley
- 1 tablespoon olive oil
- ½ teaspoon cumin
- Salt and pepper, to taste

#### *For the Tahini Sauce:*

- ¼ cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 small garlic clove, minced

### NOTES

- Add other vegetables like chopped zucchini or spinach to the filling.
- Use different herbs and spices, such as coriander or smoked paprika.
- Top with chopped toasted nuts for added crunch

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Wash and pierce sweet potatoes with a fork several times.
3. Bake for 45–60 minutes, or until tender.
4. While sweet potatoes are baking, prepare the filling. Heat olive oil in a skillet over medium heat. Add red onion and bell pepper and cook until softened, about 5 minutes.
5. Stir in chickpeas, parsley, cumin, salt, and pepper. Cook for another 2–3 minutes.
6. Whisk together tahini, lemon juice, water, and garlic for the sauce.
7. Cut a slit lengthwise in each baked sweet potato and fluff the flesh with a fork.
8. Fill sweet potatoes with the chickpea mixture.
9. Drizzle with tahini sauce and serve.

### DESCRIPTION

Baked sweet potatoes stuffed with a mixture of chickpeas, chopped vegetables, and herbs, drizzled with tahini sauce



## Millet and Veggie Bowl

---



4 servings



25 minutes

### INGREDIENTS

- 1 cup millet, rinsed
- 2 cups vegetable broth
- 1 cup chopped broccoli florets
- 1 cup chopped carrots
- 1 cup chopped bell pepper (any color)
- 1 tablespoon olive oil

#### *For the Lemon-Herb Dressing:*

- $\frac{1}{4}$  cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1 clove garlic, minced
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper

### NOTES

- Use different vegetables based on your preference or what's in season.
- Add cooked chickpeas or lentils for extra protein.
- Toast nuts or seeds and sprinkle on top for added crunch.

**Best For:** Lunch

### DIRECTIONS

1. Bring vegetable broth to a boil in a saucepan. Add millet, reduce heat, cover, and simmer for 20–25 minutes, or until liquid is absorbed and millet is cooked.
2. While millet is cooking, steam or roast vegetables until tender-crisp.
3. Whisk together dressing ingredients in a small bowl.
4. Combine cooked millet and vegetables in a large bowl.
5. Drizzle with lemon-herb dressing and toss gently.
6. Serve warm or cold.

### DESCRIPTION

Cooked millet tossed with steamed or roasted vegetables and a lemon-herb dressing.



## Arugula and Pear Salad with Walnuts and Lemon Vinaigrette

---



4 servings



0 minutes

### INGREDIENTS

- 5 ounces arugula
- 2 ripe but firm pears, thinly sliced
- ½ cup walnuts, chopped

#### *For the Lemon Vinaigrette:*

- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add crumbled dairy-free feta cheese for a salty tang.
- Use pecans or almonds instead of walnuts.
- Add a sprinkle of dried cranberries for a touch of sweetness (in moderation).

**Best For:** Lunch

### DIRECTIONS

1. Whisk together vinaigrette ingredients in a small bowl.
2. Combine arugula, sliced pears, and walnuts in a large bowl.
3. Drizzle with lemon vinaigrette and toss gently to combine.
4. Serve immediately.

### DESCRIPTION

Peppery arugula, sliced pear, chopped walnuts, and a zesty lemon vinaigrette.



## Chickpea and Herb Salad with Lemon Dressing



4 servings



0 minutes

### INGREDIENTS

- 2 cans (15 ounces each) chickpeas, rinsed and drained
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh dill
- ½ cucumber, diced
- ¼ red onion, finely chopped

#### *For the Lemon Dressing:*

- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add chopped bell peppers or tomatoes for extra flavor and texture.
- Use this salad as a filling for sandwiches or wraps.
- Add a sprinkle of sumac for a tangy, lemony flavor.

Best For: Lunch

### DIRECTIONS

1. Whisk together dressing ingredients in a small bowl.
2. Combine chickpeas, parsley, mint, dill, cucumber, and red onion in a large bowl.
3. Pour lemon dressing over the salad and toss gently to combine.
4. Serve immediately or chill for later.

### DESCRIPTION

Chickpeas tossed with a mix of fresh herbs like parsley, mint, and dill, along with chopped cucumber, red onion, and a bright lemon dressing.



## Roasted Butternut Squash Soup

---



4-6 servings



45 minutes

### INGREDIENTS

- 1 medium butternut squash (about 2 pounds), peeled, seeded, and cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- ½ teaspoon ground nutmeg
- ½ cup coconut milk (optional)

### NOTES

- Add a pinch of cayenne pepper for a touch of heat.
- Use other winter squash, such as acorn or kabocha squash.
- Garnish with toasted pumpkin seeds or a swirl of coconut cream.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss butternut squash cubes with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 30-40 minutes, or until tender and slightly caramelized.
4. While squash is roasting, heat olive oil in a large pot over medium heat. Add onion and cook until softened, about 5 minutes.
5. Stir in garlic and cook for another minute until fragrant.
6. Add roasted butternut squash and vegetable broth to the pot. Bring to a simmer and cook for 10 minutes.
7. Blend soup with an immersion blender or in a regular blender until smooth.
8. Stir in nutmeg and coconut milk (if using). Season with salt and pepper to taste.
9. Heat through gently and serve.

### DESCRIPTION

A creamy and flavorful soup made with roasted butternut squash, vegetable broth, and a hint of nutmeg.





## Curried Red Lentil Soup

---



6-8 servings



30 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- 1 can (13.5 ounces) coconut milk
- Salt and pepper, to taste
- Chopped fresh cilantro, for garnish

### NOTES

- Add other vegetables, such as diced potatoes or bell peppers.
- Use different types of curry powder, such as Madras or Thai red curry paste.
- Add a squeeze of lime juice for brightness.

**Best For:** Lunch

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion and carrots and cook until softened, about 5-7 minutes.
3. Stir in garlic, curry powder, cumin, and turmeric. Cook for 1 minute more.
4. Add red lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until lentils are tender.
5. Stir in coconut milk. Season with salt and pepper to taste.
6. Garnish with chopped fresh cilantro before serving.

### DESCRIPTION

A fragrant and flavorful soup with red lentils, coconut milk, curry powder, and vegetables like carrots and onions.



## Grilled Halloumi and Veggie Wraps (Halloumi in moderation)



4 servings



25 minutes

### INGREDIENTS

- 8 ounces halloumi cheese, sliced (in moderation)
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 red onion, sliced
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves

### *For the Yogurt-Herb Sauce:*

- ½ cup plain yogurt (dairy or non-dairy)
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper, to taste

### NOTES

- Add other vegetables, such as eggplant or mushrooms, to the roast.
- Use different herbs in the yogurt sauce, such as dill or chives
- Add a sprinkle of sumac or za'atar for a Middle Eastern flavor twist.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss bell pepper, zucchini, and red onion with olive oil, salt, and pepper. Roast for 20–25 minutes, or until tender.
3. While vegetables are roasting, prepare the yogurt-herb sauce by combining yogurt, mint, parsley, lemon juice, and garlic in a small bowl. Season with salt and pepper.
4. Grill halloumi slices for 2–3 minutes per side, or until golden brown and slightly crispy.
5. Warm tortillas according to package directions, if using.
6. Fill tortillas or lettuce/collard green leaves with roasted vegetables, grilled halloumi, and a drizzle of yogurt-herb sauce.
7. Serve immediately.

### DESCRIPTION

Grilled halloumi cheese, roasted vegetables, and a yogurt-herb sauce in whole-wheat tortillas (in moderation) or lettuce/collard green wraps.



## Baked Falafel Salad Bowl



4 servings



25 minutes

### INGREDIENTS

#### *For the Falafel:*

- 2 cans (15 ounces each) chickpeas, rinsed and drained
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup chickpea flour (or all-purpose flour)
- 4 cups mixed greens
- 1 cup chopped tomatoes
- 1 cup chopped cucumbers
- ½ red onion, thinly sliced

#### *For the Tahini Dressing:*

- ¼ cup tahini
- ¼ cup lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- Salt, to taste

### NOTES

- Add a pinch of cayenne pepper to the falafel mixture for a spicier kick.
- Serve falafel in whole-wheat pita bread (in moderation) or with a side of hummus.
- Add other vegetables to the salad, such as bell peppers or shredded carrots.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Combine chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, salt, and pepper in a food processor. Pulse until coarsely ground.
3. Add chickpea flour and pulse again until mixture comes together.
4. Form mixture into small balls (about 1 inch in diameter).
5. Place falafel balls on a baking sheet lined with parchment paper.
6. Bake for 20–25 minutes, or until golden brown and cooked through, flipping halfway through.
7. While falafel are baking, whisk together tahini, lemon juice, water, and garlic for the dressing. Season with salt to taste.
8. Divide mixed greens among bowls. Top with baked falafel balls, chopped tomatoes, cucumbers, and red onion.
9. Drizzle with tahini dressing and serve.

### DESCRIPTION

Baked falafel balls served over a bed of mixed greens with chopped tomatoes, cucumbers, red onion, and a tahini dressing.



## Tuna Salad Stuffed Avocados (Tuna in moderation)

---



2 servings



0 minutes

### INGREDIENTS

- 2 ripe avocados, halved and pitted
- 1 can (5 ounces) albacore tuna (in moderation), drained
- $\frac{1}{4}$  cup chopped celery
- $\frac{1}{4}$  cup chopped red onion

#### *For the Lemon-Dill Dressing:*

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh dill
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper

### NOTES

- Add chopped apple or grapes for a touch of sweetness.
- Use a different type of fish, such as salmon (in moderation).
- Add a sprinkle of paprika or red pepper flakes for a little heat.

**Best For:** Lunch

### DIRECTIONS

1. Whisk together dressing ingredients in a small bowl.
2. In a medium bowl, combine tuna, celery, and red onion.
3. Pour dressing over the tuna mixture and toss gently to combine.
4. Fill avocado halves with the tuna salad.
5. Serve immediately.

### DESCRIPTION

Avocado halves filled with a mixture of albacore tuna, chopped celery, red onion, and a lemon-dill dressing.



## Quinoa and Black Bean Burrito Bowl

---



4 servings



15 minutes

### INGREDIENTS

- 2 cups cooked quinoa
- 2 cans (15 ounces each) black beans, rinsed and drained
- 2 cups salsa
- 2 avocados, diced
- Dairy-free sour cream or cashew cream, for serving (optional)

### NOTES

- Add roasted sweet potatoes or other roasted vegetables.
- Use different types of salsa, such as mango salsa or corn salsa.
- Add a sprinkle of chopped fresh cilantro or a squeeze of lime juice

**Best For:** Lunch

### DIRECTIONS

1. Divide cooked quinoa among four bowls.
2. Top with black beans, salsa, and diced avocado.
3. Add a dollop of dairy-free sour cream or cashew cream, if desired.
4. Serve immediately.

### DESCRIPTION

Cooked quinoa topped with black beans, salsa, avocado, and a dollop of dairy-free sour cream or cashew cream.



## Roasted Cauliflower and Chickpea Bowl



4 servings



25 minutes

### INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 can (15 ounces) chickpeas, rinsed and drained
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- Salt and pepper, to taste
- 4 cups mixed greens or cooked quinoa

### NOTES

- Add other vegetables like broccoli florets or bell peppers to the roast.
- Drizzle with a tahini dressing or a lemon-herb vinaigrette.
- Sprinkle with toasted nuts or seeds for added crunch.

**Best For:** Lunch

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower florets and chickpeas with olive oil, smoked paprika, cumin, garlic powder, salt, and pepper.
3. Spread on a baking sheet in a single layer.
4. Roast for 20–25 minutes, or until cauliflower is tender and slightly caramelized.
5. Serve over a bed of mixed greens or cooked quinoa.

### DESCRIPTION

Roasted cauliflower florets and chickpeas tossed with olive oil, herbs, and spices, served over a bed of mixed greens or quinoa.



## Warm Mushroom and Spinach Salad



4 servings



10 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 pound mushrooms, sliced
- 2 cloves garlic, minced
- 5 ounces baby spinach

*For the Warm Balsamic Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar (in moderation)
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste

### NOTES

- Add a sprinkle of toasted pine nuts or walnuts for added crunch.
- Use different types of mushrooms, such as cremini, shiitake, or oyster mushrooms.
- Add a pinch of red pepper flakes for a touch of heat.

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Add mushrooms and cook until tender and browned, about 5-7 minutes.
3. Add garlic and cook for another minute until fragrant.
4. While mushrooms are cooking, whisk together vinaigrette ingredients in a small bowl.
5. Place spinach in a large bowl. Top with the warm mushrooms.
6. Drizzle with warm balsamic vinaigrette and toss gently.
7. Serve immediately.

### DESCRIPTION

Sautéed mushrooms served over a bed of baby spinach with a warm balsamic vinaigrette (in moderation).



## Roasted Cauliflower Salad with Lemon and Herbs



4-6 servings



25 minutes

### INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 tablespoons olive oil
- Salt and pepper, to taste
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- 2 tablespoons lemon juice

### NOTES

- Add other roasted vegetables, such as broccoli or bell peppers.
- Sprinkle with toasted slivered almonds or pine nuts for added crunch.
- Add a pinch of red pepper flakes for a touch of heat.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower florets with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes, or until tender and slightly caramelized.
4. In a large bowl, combine roasted cauliflower, parsley, mint, and lemon juice.
5. Toss gently to combine.
6. Serve warm or at room temperature.

### DESCRIPTION

Roasted cauliflower florets tossed with chopped parsley, mint, lemon juice, and olive oil.





## Kale and Apple Salad with Maple-Dijon Dressing



4-6 servings



0 minutes

### INGREDIENTS

- 1 bunch kale, stems removed and leaves massaged
- 1 apple (like Honeycrisp or Fuji), thinly sliced
- ½ cup chopped walnuts

#### *For the Maple-Dijon Dressing:*

- ¼ cup olive oil
- 2 tablespoons maple syrup (in moderation)
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar
- Salt and pepper, to taste

### NOTES

- Add dried cranberries or other dried fruit (in moderation) for a touch of sweetness.
- Use pecans or almonds instead of walnuts.
- Add a sprinkle of dairy-free feta cheese for a tangy flavor.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together dressing ingredients in a small bowl.
2. In a large bowl, combine massaged kale, sliced apple, and chopped walnuts.
3. Pour dressing over the salad and toss gently to combine.
4. Serve immediately.

### DESCRIPTION

Massaged kale, thinly sliced apple, chopped walnuts, and a maple-Dijon dressing.



## Fennel and Orange Salad

---



4-6 servings



0 minutes

### INGREDIENTS

- 1 large fennel bulb, thinly sliced (reserve fronds for garnish, if desired)
- 2 oranges, peeled and segmented

#### *For the Citrus Vinaigrette:*

- ¼ cup olive oil
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Add a sprinkle of toasted slivered almonds or pistachios for added crunch.
- Use a mix of different citrus fruits, such as grapefruit or blood oranges.
- Add a pinch of red pepper flakes for a touch of heat.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together vinaigrette ingredients in a small bowl.
2. In a large bowl, combine sliced fennel and orange segments.
3. Pour vinaigrette over the salad and toss gently to combine.
4. Garnish with reserved fennel fronds, if desired.
5. Serve immediately or chill for later.

### DESCRIPTION

Thinly sliced fennel bulb, orange segments, and a light citrus vinaigrette.



## Carrot Ginger Soup

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4-6 servings



30 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, peeled and grated
- 1 pound carrots, peeled and chopped
- 4 cups vegetable broth
- ½ cup coconut milk
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)

### NOTES

- Add a pinch of chili flakes for a spicier kick.
- Substitute sweet potato or butternut squash for some of the carrots.
- Garnish with a swirl of coconut cream or toasted pumpkin seeds.

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion and cook until softened, about 5 minutes.
3. Stir in garlic and ginger and cook for another minute until fragrant.
4. Add carrots and vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until carrots are tender.
5. Blend soup with an immersion blender or in a regular blender until smooth.
6. Stir in coconut milk. Season with salt and pepper to taste.
7. Heat through gently. Garnish with cilantro before serving.

### DESCRIPTION

A creamy and flavorful soup made with carrots, ginger, and coconut milk.



## Mushroom Barley Soup

---



6-8 servings



45 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 pound mushrooms, sliced
- 2 cloves garlic, minced
- ½ cup pearl barley
- 8 cups vegetable broth
- 1 bay leaf
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

### NOTES

- Use different types of mushrooms, such as cremini, shiitake, or oyster mushrooms.
- Add other vegetables, such as diced potatoes or zucchini.
- Add a splash of soy sauce or tamari for a richer flavor (in moderation).

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Add mushrooms and cook until they release their liquid and start to brown, about 5-7 minutes.
4. Stir in garlic and cook for another minute until fragrant.
5. Add barley, vegetable broth, bay leaf, and thyme. Bring to a boil, then reduce heat and simmer for 35-40 minutes, or until barley is cooked through.
6. Season with salt and pepper to taste.
7. Remove bay leaf before serving. Garnish with fresh parsley.

### DESCRIPTION

A hearty and comforting soup with mushrooms, barley, and vegetables.



## Roasted Red Pepper and Tomato Soup



4-6 servings



40 minutes

### INGREDIENTS

- 2 red bell peppers, halved and seeded
- 2 pounds Roma tomatoes, halved
- 1 onion, quartered
- 4 cloves garlic, peeled
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 cups vegetable broth
- ¼ cup chopped fresh basil

### NOTES

- Add a pinch of smoked paprika for a smokier flavor.
- Use other herbs, such as oregano or thyme.
- Garnish with a swirl of coconut cream or a sprinkle of dairy-free Parmesan cheese.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss red peppers, tomatoes, onion, and garlic with olive oil, salt, and pepper on a baking sheet.
3. Roast for 30-40 minutes, or until vegetables are tender and slightly caramelized.
4. Transfer roasted vegetables to a blender. Add vegetable broth and blend until smooth.
5. Pour soup into a pot and stir in basil. Heat through over low heat.
6. Season with additional salt and pepper to taste.

### DESCRIPTION

Roasted red peppers and tomatoes blended with vegetable broth and herbs for a smoky and rich flavor.



## Spicy Black Bean Soup



6-8 servings



45 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- 4 cups vegetable broth
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14.5 ounces) diced tomatoes, undrained
- Salt and pepper, to taste

### NOTES

- Add other vegetables, such as corn or zucchini.
- Use different types of beans, such as kidney beans or pinto beans.
- Top with a dollop of dairy-free sour cream or avocado.

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Stir in garlic, chili powder, cumin, and smoked paprika. Cook for 1 minute more.
4. Add vegetable broth, black beans, and diced tomatoes. Bring to a simmer.
5. Cover and cook for 30 minutes, or until flavors have melded and soup has thickened slightly.
6. Season with salt and pepper to taste.
7. Serve hot.

### DESCRIPTION

A flavorful black bean soup with a kick from chili powder and cumin.



## Grilled Portobello Mushroom Wraps



4 servings



10 minutes

### INGREDIENTS

- 4 large portobello mushroom caps, stems removed

#### *For the Marinade:*

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar (in moderation)
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves

#### *Toppings:*

- Dairy-free sour cream or cashew cream
- Sliced avocado
- Sprouts
- Shredded lettuce

### NOTES

- Add a sprinkle of red pepper flakes to the marinade for a touch of heat.
- Use different types of vinegar in the marinade, such as red wine vinegar or apple cider vinegar.
- Add other grilled vegetables, such as bell peppers or onions, to the wraps.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together marinade ingredients in a shallow dish.
2. Add portobello mushroom caps and marinate for at least 15 minutes, turning occasionally.
3. Grill mushrooms over medium heat for 4-5 minutes per side, or until tender and slightly charred.
4. Slice grilled mushrooms.
5. Warm tortillas according to package directions, if using.
6. Fill tortillas or lettuce/collard green leaves with sliced mushrooms and desired toppings.
7. Serve immediately.

### DESCRIPTION

Marinated and grilled portobello mushrooms sliced and served in whole-wheat tortillas (in moderation) or lettuce/collard green wraps with your favorite toppings.



## Spiced Chickpea and Veggie Wraps



4 servings



25 minutes

### INGREDIENTS

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- Salt and pepper, to taste
- 1 cup shredded carrots
- 1 bell pepper (any color), chopped
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves

#### *For the Tahini-Yogurt Sauce:*

- ¼ cup tahini
- ¼ cup plain yogurt (dairy or non-dairy)
- 2 tablespoons lemon juice
- 1 tablespoon water
- Salt and pepper, to taste

### NOTES

- Add other roasted vegetables, such as zucchini or sweet potatoes.
- Use different spices, such as coriander or turmeric.
- Add a sprinkle of chopped fresh cilantro or parsley.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, cumin, smoked paprika, garlic powder, salt, and pepper.
3. Spread chickpeas in a single layer on a baking sheet.
4. Roast for 20–25 minutes, or until crispy.
5. While chickpeas are roasting, whisk together tahini, yogurt, lemon juice, and water for the sauce. Season with salt and pepper.
6. Warm tortillas according to package directions, if using.
7. Fill tortillas or lettuce/collard green leaves with roasted chickpeas, shredded carrots, chopped bell pepper, and a drizzle of tahini-yogurt sauce.
8. Serve immediately.

### DESCRIPTION

Roasted spiced chickpeas, shredded carrots, chopped bell peppers, and a tahini-yogurt sauce in whole-wheat tortillas (in moderation) or lettuce/collard green wraps.





## Roasted Salmon with Lemon and Dill (Salmon in moderation)



4 servings



15 minutes

### INGREDIENTS

- 4 salmon fillets (about 6 ounces each)
- 1 lemon, thinly sliced
- ¼ cup chopped fresh dill
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1 pound asparagus, trimmed

### NOTES

- Add other vegetables: Roast broccoli, bell peppers, or zucchini alongside the salmon.
- Use different herbs: Try thyme, rosemary, parsley, or oregano.
- Add garlic: Place sliced or whole garlic cloves around the salmon.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place salmon fillets on a baking sheet lined with parchment paper.
3. Top each fillet with lemon slices and fresh dill.
4. Drizzle with olive oil and season with salt and pepper.
5. Bake for 12–15 minutes, or until salmon is cooked through.
6. While salmon is baking, steam asparagus until tender-crisp, about 5–7 minutes.
7. Serve salmon with steamed asparagus.

### DESCRIPTION

Roasted salmon fillets seasoned with lemon slices, fresh dill, and served with a side of steamed asparagus.



## Spaghetti Squash with Marinara Sauce and Meatless Balls



4-6 servings



24 minutes

### INGREDIENTS

- 1 large spaghetti squash
- For the Marinara Sauce:
  - 2 tablespoons olive oil
  - 1 onion, chopped
  - 2 cloves garlic, minced
  - 2 cans (28 ounces each) crushed tomatoes
  - 1 teaspoon dried oregano
  - ½ teaspoon dried basil
  - Salt and pepper, to taste
- For the Meatless Balls:
  - 1 cup cooked lentils or 1 pound cremini mushrooms, finely chopped
  - ½ cup breadcrumbs (whole-wheat or gluten-free, in moderation)
  - ¼ cup chopped onion
  - 2 cloves garlic, minced
  - 1 tablespoon chopped fresh parsley
  - 1 teaspoon dried oregano
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper

### NOTES

- Add a pinch of red pepper flakes to the marinara sauce for a touch of heat.
- Use different types of mushrooms for the meatless balls, such as shiitake or portobello.
- Add a sprinkle of dairy-free Parmesan cheese before serving.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Cut spaghetti squash in half lengthwise and scoop out seeds.
3. Place spaghetti squash halves cut-side down on a baking sheet.
4. Bake for 35-45 minutes, or until tender.
5. While squash is baking, prepare marinara sauce. Heat olive oil in a large pot over medium heat. Add onion and cook until softened. Stir in garlic and cook for 1 minute more. Add crushed tomatoes, oregano, basil, salt, and pepper. Bring to a simmer and cook for 15-20 minutes, or until slightly thickened.
6. Prepare meatless balls. If using lentils, combine cooked lentils, breadcrumbs, onion, garlic, parsley, oregano, salt, and pepper in a bowl. If using mushrooms, sauté finely chopped mushrooms with onion and garlic until softened, then combine with breadcrumbs, parsley, oregano, salt, and pepper.
7. Form mixture into 1-inch balls.
8. Add meatless balls to the marinara sauce and simmer for 10-15 minutes, or until heated through.
9. Use a fork to scrape the flesh of the cooked spaghetti squash into strands.
10. Serve spaghetti squash topped with marinara sauce and meatless balls.

### DESCRIPTION

Spaghetti squash strands served with a homemade marinara sauce and lentil or mushroom-based "meatballs."



## Eggplant and Zucchini Lasagna (Eggplant in moderation)



6-8 servings



40 minutes

### INGREDIENTS

- 2 large eggplants, thinly sliced lengthwise (in moderation)
- 2 zucchini, thinly sliced lengthwise
- Salt, to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cans (28 ounces each) crushed tomatoes
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- Salt and pepper, to taste

#### *For the Dairy-Free Ricotta:*

- 1 block (14 ounces) extra-firm tofu, pressed
- ¼ cup nutritional yeast
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- ½ teaspoon sea salt

### NOTES

- Add a layer of sautéed spinach or mushrooms for extra flavor and nutrients.
- Sprinkle the top with dairy-free mozzarella shreds before baking.
- Use a different type of squash, such as yellow squash, instead of zucchini.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Lightly salt eggplant and zucchini slices and let them sit for 15-20 minutes to draw out excess moisture. Pat dry with paper towels.
3. While eggplant and zucchini are draining, prepare the tomato sauce. Heat olive oil in a large pot over medium heat. Add onion and cook until softened. Stir in garlic and cook for 1 minute more. Add crushed tomatoes, oregano, basil, salt, and pepper. Bring to a simmer and cook for 15-20 minutes, or until slightly thickened.
4. Prepare the dairy-free ricotta. Crumble tofu into a bowl. Add nutritional yeast, lemon juice, garlic, and salt. Mix well.
5. In a 9x13 inch baking dish, spread a thin layer of tomato sauce. Top with a layer of eggplant slices, followed by a layer of zucchini slices, and then a layer of dairy-free ricotta. Repeat layers, ending with a layer of tomato sauce.
6. Cover the baking dish with foil and bake for 30 minutes. Remove foil and bake for another 10 minutes, or until heated through and bubbly.
7. Let cool slightly before slicing and serving.

### DESCRIPTION

A lighter, grain-free lasagna using thinly sliced eggplant and zucchini instead of noodles, layered with tomato sauce and dairy-free ricotta.



## Butternut Squash Risotto (Dairy-Free)



4-6 servings



45 minutes

### INGREDIENTS

- 1 medium butternut squash, peeled, seeded, and cubed
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 ½ cups Arborio rice (in moderation)
- 6 cups vegetable broth, warmed
- ½ cup nutritional yeast
- ¼ cup chopped fresh sage

### NOTES

- Add a splash of white wine (in moderation) to the rice before adding the broth for extra flavor.
- Use other types of squash, such as acorn or kabocha squash.
- Garnish with toasted pumpkin seeds or chopped walnuts.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss butternut squash cubes with olive oil, salt, and pepper. Roast for 20-25 minutes, or until tender.
3. Once cooked, blend half of the butternut squash with 1 cup of vegetable broth until smooth. Set aside.
4. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes.
5. Stir in garlic and cook for another minute until fragrant.
6. Add Arborio rice and cook for 2-3 minutes, stirring constantly, until rice is lightly toasted.
7. Add 1 cup of warm vegetable broth to the rice and stir until it is absorbed. Continue adding broth, 1 cup at a time, stirring continuously until each addition is absorbed before adding the next.
8. When the rice is cooked through but still slightly firm to the bite (al dente), stir in the butternut squash puree, remaining roasted butternut squash, nutritional yeast, and sage.
9. Season with salt and pepper to taste.
10. Serve immediately.

### DESCRIPTION

A creamy risotto made with butternut squash puree, Arborio rice (in moderation), vegetable broth, and nutritional yeast for a cheesy flavor.



## Stuffed Acorn Squash with Quinoa and Cranberries



4 servings



60 minutes

### INGREDIENTS

- 2 acorn squash, halved lengthwise and seeded
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- ½ cup dried cranberries (in moderation)
- ½ cup chopped pecans
- ¼ cup chopped fresh parsley
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried sage
- Salt and pepper, to taste

### NOTES

- Add other vegetables to the filling, such as chopped bell peppers or mushrooms.
- Use different types of nuts, such as walnuts or almonds.
- Add a drizzle of maple syrup to the filling for a touch of sweetness (in moderation).

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place acorn squash halves cut-side down on a baking sheet.
3. Bake for 30-40 minutes, or until squash is tender.
4. While squash is baking, cook quinoa according to package directions using vegetable broth instead of water.
5. Heat olive oil in a skillet over medium heat. Add onion and cook until softened, about 5 minutes.
6. Stir in garlic and cook for another minute until fragrant.
7. In a large bowl, combine cooked quinoa, dried cranberries, pecans, parsley, sautéed onion and garlic, and sage. Season with salt and pepper to taste.
8. Turn squash halves cut-side up. Fill each squash half with the quinoa mixture.
9. Return to oven and bake for another 15-20 minutes, or until filling is heated through and squash is fully tender.

### DESCRIPTION

Acorn squash halves filled with a savory mixture of quinoa, dried cranberries, chopped pecans, and herbs.



## Grilled Portobello Mushrooms with Balsamic Glaze (Balsamic Glaze in moderation)



4 servings



10 minutes

### INGREDIENTS

- 4 large portobello mushroom caps, stems removed
- For the Marinade:
  - ¼ cup olive oil
  - 2 tablespoons balsamic vinegar (in moderation)
  - 2 cloves garlic, minced
  - 1 teaspoon dried thyme
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper
- For Serving:
  - Cooked quinoa or a large mixed green salad
  - Balsamic glaze, for drizzling (in moderation)

### NOTES

- Add a sprinkle of red pepper flakes to the marinade for a touch of heat.
- Use different types of vinegar in the marinade, such as red wine vinegar or apple cider vinegar.
- Top grilled mushrooms with dairy-free cheese or a dollop of dairy-free sour cream.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together marinade ingredients in a shallow dish.
2. Add portobello mushroom caps and marinate for at least 15 minutes, turning occasionally.
3. Heat a grill or grill pan to medium-high heat.
4. Grill mushrooms for 4-5 minutes per side, or until tender and slightly charred.
5. Serve with cooked quinoa or a large salad. Drizzle with balsamic glaze, if desired.

### DESCRIPTION

Large portobello mushroom caps marinated in a balsamic-herb mixture and grilled, served with a side of quinoa or a large salad.



## Pan-Seared Tofu with Bok Choy and Brown Rice

---



4 servings



20 minutes

### INGREDIENTS

- 1 block (14 ounces) extra-firm tofu, pressed and cubed
- 2 tablespoons soy sauce or tamari (in moderation)
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1 pound bok choy, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, peeled and grated
- 2 cups cooked brown rice

### NOTES

- Add other vegetables to the stir-fry, such as bell peppers, broccoli, or carrots.
- Use different types of greens, such as spinach or kale, instead of bok choy.
- Drizzle with a peanut sauce or a sweet chili sauce for added flavor.

**Best For:** Dinner

### DIRECTIONS

1. Press tofu to remove excess water. Cut into cubes.
2. Marinate tofu in soy sauce or tamari and sesame oil for at least 15 minutes.
3. Heat olive oil in a large skillet or wok over medium-high heat.
4. Add tofu and cook until golden brown and crispy on all sides, about 8-10 minutes. Remove tofu from skillet and set aside.
5. Add bok choy, garlic, and ginger to the skillet. Stir-fry for 3-5 minutes, or until bok choy is tender-crisp.
6. Serve tofu and bok choy over cooked brown rice.

### DESCRIPTION

Crispy pan-seared tofu served with stir-fried bok choy and brown rice.



## Cauliflower Fried Rice



4 servings



15 minutes

### INGREDIENTS

- 1 large head cauliflower, riced (about 4 cups)
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 cup frozen peas
- 2 tablespoons soy sauce or tamari (in moderation)
- 1 tablespoon sesame oil
- Salt and pepper, to taste

### NOTES

- Add other vegetables, such as bell peppers, mushrooms, or broccoli.
- Add a scrambled egg or cooked tofu for extra protein (in moderation).
- Garnish with chopped green onions or toasted sesame seeds.

**Best For:** Dinner

### DIRECTIONS

1. Rice the cauliflower by pulsing florets in a food processor until they resemble rice grains.
2. Heat olive oil in a large skillet or wok over medium-high heat.
3. Add onion and carrots and cook until softened, about 5 minutes.
4. Stir in garlic and cook for another minute until fragrant.
5. Add riced cauliflower and frozen peas. Cook for 5-7 minutes, or until cauliflower is tender and heated through.
6. Stir in soy sauce or tamari and sesame oil. Season with salt and pepper to taste.
7. Serve immediately.

### DESCRIPTION

Riced cauliflower stir-fried with a mix of vegetables like peas, carrots, onions, and garlic, seasoned with soy sauce or tamari.





## Lentil and Vegetable Curry with Coconut Rice



6-8 servings



40 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 inch piece ginger, peeled and grated
- 1 tablespoon curry powder
- 1 teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon coriander
- ¼ teaspoon cayenne pepper (optional)
- 1 cup brown or green lentils, rinsed
- 4 cups vegetable broth
- 1 can (13.5 oz) coconut milk
- 1 cup chopped vegetables (e.g., potatoes, sweet potatoes, cauliflower)
- Salt and pepper, to taste
- For the Coconut Rice:
  - 1 cup basmati rice
  - 1 can (13.5 oz) coconut milk
  - 1 cup water
  - ½ teaspoon salt

### NOTES

- Use different combinations of vegetables, such as zucchini, eggplant, or spinach.
- Adjust the spice level by adding more or less cayenne pepper.
- Add a squeeze of lime juice for brightness.

**Best For:** Dinner

### DIRECTIONS

1. Rinse and cook rice in coconut milk and water with salt, according to package directions.
2. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion, carrots, celery, and bell pepper and cook until softened, about 5-7 minutes.
3. Stir in garlic, ginger, curry powder, cumin, turmeric, and cayenne pepper (if using). Cook for 1 minute more, stirring constantly.
4. Add lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes.
5. Add coconut milk and chopped vegetables. Continue to simmer for 15-20 minutes, or until lentils and vegetables are tender.
6. Season with salt and pepper to taste.
7. Serve the curry over coconut rice.
8. Garnish with fresh cilantro or parsley, if desired.

### DESCRIPTION

A fragrant and flavorful curry made with lentils, a variety of vegetables, coconut milk, and aromatic spices, served over coconut rice.



## Baked Chicken with Herbs de Provence (Chicken in moderation)

---



4-6 servings



45 minutes

### INGREDIENTS

- 4-6 chicken pieces (bone-in or boneless, skinless or skin-on), in moderation
- 1 tablespoon olive oil
- 2 tablespoons Herbs de Provence
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 pound root vegetables (such as carrots, parsnips, and sweet potatoes), peeled and cubed

### NOTES

- Add a few sprigs of fresh rosemary or thyme to the baking dish for extra flavor.
- Use different combinations of root vegetables, such as turnips or beets.
- Add a squeeze of lemon juice over the chicken and vegetables before serving.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place chicken pieces in a baking dish.
3. Drizzle with olive oil and season generously with Herbs de Provence, salt, and pepper.
4. Toss root vegetables with olive oil, salt, and pepper in a separate bowl.
5. Arrange vegetables around chicken in the baking dish.
6. Bake for 35-45 minutes, or until chicken is cooked through and vegetables are tender.

### DESCRIPTION

Chicken pieces baked with a blend of Herbs de Provence, served with roasted root vegetables.



## Shrimp and Broccoli Stir-Fry (Shrimp in moderation)



4 servings



10 minutes

### INGREDIENTS

- 1 pound shrimp, peeled and deveined (in moderation)
- 1 tablespoon olive oil
- 1 head broccoli, cut into florets
- 2 cloves garlic, minced
- 1-inch piece of ginger, peeled and grated

#### *For the Sauce:*

- $\frac{1}{4}$  cup soy sauce or tamari (in moderation)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon honey or maple syrup (optional, in moderation)
- Cooked brown rice or zucchini noodles, for serving

### NOTES

- Add other vegetables to the stir-fry, such as bell peppers, carrots, or snap peas.
- Use different types of seafood, such as scallops or cod (in moderation).
- Garnish with chopped green onions or toasted sesame seeds.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together sauce ingredients in a small bowl.
2. Heat olive oil in a large skillet or wok over medium-high heat.
3. Add shrimp and cook for 2-3 minutes per side, or until pink and opaque. Remove shrimp from skillet and set aside.
4. Add broccoli florets to the skillet and stir-fry for 3-4 minutes, or until tender-crisp.
5. Add garlic and ginger to the skillet and cook for 1 minute more.
6. Return shrimp to the skillet. Pour sauce over the shrimp and broccoli and toss to combine.
7. Serve immediately over cooked brown rice or zucchini noodles.

### DESCRIPTION

A quick and easy stir-fry with shrimp, broccoli florets, and a light ginger-garlic sauce, served over zucchini noodles or brown rice.



## Turkey and Black Bean Chili (Turkey in moderation)

---



6-8 servings



545 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey (in moderation)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon oregano
- ¼ teaspoon cayenne pepper (optional)
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (28 ounces) crushed tomatoes
- 1 cup vegetable broth
- Salt and pepper, to taste

### NOTES

- Add other vegetables, such as corn or zucchini.
- Use different types of beans, such as kidney beans or pinto beans.
- Top with a dollop of dairy-free sour cream or avocado.

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion and bell peppers and cook until softened, about 5-7 minutes.
3. Add garlic and cook for 1 minute more.
4. Add ground turkey and cook, breaking it up with a spoon, until browned.
5. Stir in chili powder, cumin, smoked paprika, oregano, and cayenne pepper (if using).
6. Add black beans, crushed tomatoes, and vegetable broth. Bring to a simmer.
7. Cover and cook for 30 minutes, or until flavors have melded and chili has thickened.
8. Season with salt and pepper to taste.
9. Serve hot.

### DESCRIPTION

A hearty chili made with ground turkey, black beans, diced tomatoes, onions, peppers, and a blend of chili spices.



## Vegetable and Chickpea Tagine



6-8 servings



45 minutes

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon turmeric
- ½ teaspoon ginger
- ¼ teaspoon cinnamon
- Pinch of saffron threads (optional)
- 4 cups vegetable broth
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 cup chopped vegetables (e.g., butternut squash, zucchini, bell peppers)
- ½ cup dried apricots, chopped (in moderation)
- Salt and pepper, to taste
- Chopped fresh cilantro or parsley, for garnish

### NOTES

- Add a pinch of red pepper flakes for a touch of heat.
- Use different combinations of vegetables based on your preference.
- Serve with couscous or quinoa for a complete meal.

**Best For:** Dinner

### DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Stir in garlic, cumin, coriander, turmeric, ginger, cinnamon, and saffron (if using). Cook for 1 minute more.
4. Add vegetable broth, chickpeas, and chopped vegetables. Bring to a simmer.
5. Cover and cook for 30-40 minutes, or until vegetables are tender.
6. Stir in dried apricots. Season with salt and pepper to taste.
7. Garnish with fresh cilantro or parsley before serving.

### DESCRIPTION

A slow-cooked Moroccan stew with a variety of vegetables, chickpeas, and aromatic spices like cumin, coriander, and turmeric.



## Grilled Swordfish with Asparagus (Swordfish in moderation)



4 servings



15 minutes

### INGREDIENTS

- 4 swordfish steaks (about 6 ounces each, in moderation)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- 1 pound asparagus, trimmed

### NOTES

- Marinate swordfish steaks for 30 minutes in the refrigerator for extra flavor.
- Use different herbs, such as thyme or rosemary.
- Serve with a side of quinoa or a mixed green salad.

**Best For:** Dinner

### DIRECTIONS

1. Preheat grill to medium-high heat.
2. Brush swordfish steaks with 1 tablespoon olive oil and season with lemon juice, oregano, salt, and pepper.
3. Toss asparagus with remaining olive oil, salt, and pepper.
4. Grill swordfish steaks for 4-5 minutes per side, or until cooked through.
5. Grill or roast asparagus for 5-7 minutes, or until tender-crisp.
6. Serve swordfish steaks with asparagus.

### DESCRIPTION

Grilled swordfish steaks served with grilled or roasted asparagus spears.



## Roasted Root Vegetable Medley



4-6 servings



40 minutes

### INGREDIENTS

- 1 pound carrots, peeled and chopped
- 1 pound parsnips, peeled and chopped
- 1 large sweet potato, peeled and cubed
- 1 pound beets, peeled and cubed
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- Salt and pepper, to taste

### NOTES

- Add other root vegetables, such as turnips or rutabagas.
- Use fresh herbs instead of dried.
- Add a drizzle of maple syrup for a touch of sweetness (in moderation).

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Combine carrots, parsnips, sweet potato, and beets in a large bowl.
3. Drizzle with olive oil and toss to coat.
4. Season with thyme, rosemary, salt, and pepper.
5. Spread vegetables in a single layer on a baking sheet.
6. Roast for 35-40 minutes, or until vegetables are tender and slightly caramelized, flipping halfway through.
7. Serve hot.

### DESCRIPTION

A colorful mix of roasted root vegetables like carrots, parsnips, sweet potatoes, and beets, seasoned with herbs and spices.



## Polenta with Mushrooms and Spinach (Polenta in moderation)



4 servings



30 minutes

### INGREDIENTS

- 1 cup polenta (coarse cornmeal, in moderation)
- 4 cups vegetable broth
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 pound mushrooms, sliced
- 2 cloves garlic, minced
- 5 ounces fresh spinach
- ¼ cup nutritional yeast (optional)

### NOTES

- Add a splash of white wine (in moderation) to the mushrooms while they are cooking for extra flavor.
- Use different types of mushrooms, such as cremini, shiitake, or oyster mushrooms.
- Top with a sprinkle of dairy-free Parmesan cheese or chopped fresh herbs.

## Best For: Dinner

### DIRECTIONS

1. Bring vegetable broth to a boil in a medium saucepan.
2. Gradually whisk in polenta. Reduce heat to low and simmer for 20-25 minutes, or until polenta is cooked through and creamy, stirring frequently.
3. While polenta is cooking, heat olive oil in a separate skillet over medium heat. Add mushrooms and cook until tender and browned, about 5-7 minutes.
4. Stir in garlic and cook for another minute until fragrant.
5. Add spinach to the skillet and cook until wilted.
6. Stir nutritional yeast (if using) into the cooked polenta. Season with salt and pepper to taste.
7. Serve polenta topped with the mushroom and spinach mixture.

### DESCRIPTION

Creamy polenta topped with sautéed mushrooms, spinach, and garlic.





## Salmon en Papillote (Salmon in moderation)



4 servings



20 minutes

### INGREDIENTS

- 4 salmon fillets (about 6 ounces each) (in moderation)
- 1 lemon, thinly sliced
- 4 sprigs fresh thyme
- 4 sprigs fresh dill
- 1 cup cherry tomatoes, halved
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons olive oil
- Salt and pepper, to taste

### NOTES

- Use different types of fish, such as cod or halibut (in moderation).
- Add other vegetables, such as asparagus or bell peppers, to the packets.
- Add a splash of white wine (in moderation) to each packet for extra flavor.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Cut four large pieces of parchment paper (about 15 inches long).
3. Place a salmon fillet in the center of each piece of parchment paper.
4. Top each fillet with lemon slices, a sprig of thyme, and a sprig of dill.
5. Divide cherry tomatoes, zucchini, and yellow squash among the parchment packets, placing them around the salmon.
6. Drizzle each packet with ½ tablespoon of olive oil. Season with salt and pepper.
7. Fold parchment paper over to create sealed packets.
8. Place packets on a baking sheet. Bake for 15–20 minutes, or until salmon is cooked through and vegetables are tender.
9. Carefully open packets and serve immediately.

### DESCRIPTION

Salmon fillets baked in parchment paper with lemon slices, herbs, and vegetables.



## Shepherd's Pie with Sweet Potato Topping



6-8 servings



45 minutes

### INGREDIENTS

#### *For the Filling:*

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 pound ground turkey (in moderation) or 2 cups cooked brown or green lentils
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup vegetable broth
- 1 cup frozen peas

#### *For the Sweet Potato Topping:*

- 2 large sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- Salt and pepper, to taste

### NOTES

- Add other vegetables to the filling, such as mushrooms or corn.
- Use different herbs, such as sage or parsley.
- Top with a sprinkle of dairy-free cheese shreds before baking.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Prepare the filling. Heat olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. If using ground turkey, add it to the skillet and cook, breaking it up with a spoon, until browned. Drain off any excess fat. If using lentils, add them now.
4. Stir in garlic, thyme, rosemary, salt, and pepper. Cook for 1 minute more.
5. Add vegetable broth and bring to a simmer. Cook for 10 minutes, or until sauce has thickened slightly.
6. Stir in frozen peas.
7. While filling is simmering, prepare the sweet potato topping. Boil sweet potatoes until tender, about 15-20 minutes. Drain and mash with olive oil, salt, and pepper.
8. Spread mashed sweet potatoes evenly over the filling in the skillet or Dutch oven.
9. Bake for 20-25 minutes, or until topping is lightly browned and filling is heated through.
10. Let cool slightly before serving.

### DESCRIPTION

A healthier version of shepherd's pie with a ground turkey or lentil filling topped with mashed sweet potatoes instead of white potatoes.



## Ratatouille

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6-8 servings



45 minutes

### INGREDIENTS

- 1 large eggplant, cubed (in moderation)
- 2 zucchini, cubed
- 2 bell peppers (any color), cubed
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 cans (28 ounces each) crushed tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- Fresh basil leaves, for garnish

### NOTES

- Add a pinch of red pepper flakes for a touch of heat.
- Use fresh herbs instead of dried, if available.
- Serve over cooked quinoa or brown rice for a complete meal.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss eggplant, zucchini, and bell peppers with olive oil, salt, and pepper on a large baking sheet.
3. Roast for 20-25 minutes, or until vegetables are tender and slightly caramelized.
4. While vegetables are roasting, heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes.
5. Stir in garlic and cook for another minute until fragrant.
6. Add crushed tomatoes, oregano, basil, salt, and pepper to the pot. Bring to a simmer and cook for 15 minutes, stirring occasionally.
7. Add roasted vegetables to the pot and stir to combine.
8. Simmer for another 10-15 minutes to allow flavors to meld.
9. Garnish with fresh basil leaves before serving.

### DESCRIPTION

A classic French vegetable stew made with eggplant, zucchini, bell peppers, tomatoes, onions, and garlic.



## Stuffed Zucchini Boats



4 servings



35 minutes

### INGREDIENTS

- 4 medium zucchini, halved lengthwise and seeded
- 1 cup cooked quinoa
- ½ cup chopped bell pepper (any color)
- ½ cup chopped red onion
- ½ cup chopped tomatoes
- ¼ cup chopped fresh parsley
- 1 tablespoon olive oil
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- Salt and pepper, to taste

### NOTES

- Add other vegetables to the filling, such as chopped mushrooms or spinach.
- Use different herbs and spices, such as oregano or smoked paprika.
- Top with a sprinkle of dairy-free cheese shreds before baking.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Scoop out the flesh of the zucchini halves, leaving a ¼-inch shell. Chop the scooped-out zucchini flesh and set aside.
3. In a large bowl, combine cooked quinoa, chopped bell pepper, red onion, tomatoes, parsley, and the reserved chopped zucchini flesh.
4. Drizzle with olive oil and season with cumin, garlic powder, salt, and pepper. Mix well.
5. Fill zucchini halves with the quinoa mixture.
6. Place stuffed zucchini boats in a baking dish.
7. Bake for 30–35 minutes, or until zucchini is tender and filling is heated through.
8. Serve hot.

### DESCRIPTION

Zucchini halves filled with a mixture of quinoa, chopped vegetables, herbs, and spices, then baked until tender.



## Sheet Pan Fajitas

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4-6 servings



25 minutes

### INGREDIENTS

- 1 pound protein of choice (chicken breast, tofu, or shrimp), sliced (in moderation)
- 2 bell peppers (different colors), sliced
- 1 red onion, sliced
- 2 tablespoons olive oil

#### *For the Fajita Seasoning:*

- 1 tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon cayenne pepper (optional)
- Salt and pepper, to taste
- Whole-wheat tortillas (in moderation) or lettuce cups, for serving
- Salsa, for serving
- Guacamole, for serving

### NOTES

- Add other vegetables, such as sliced zucchini or mushrooms.
- Marinate protein in the fajita seasoning for 30 minutes before roasting for extra flavor.
- Serve with a side of dairy-free sour cream or cashew cream.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a small bowl, combine chili powder, cumin, smoked paprika, garlic powder, onion powder, oregano, cayenne pepper (if using), salt, and pepper.
3. Toss sliced protein, bell peppers, and red onion with olive oil and fajita seasoning.
4. Spread mixture in a single layer on a large baking sheet.
5. Roast for 20–25 minutes, or until protein is cooked through and vegetables are tender.
6. Serve immediately with whole-wheat tortillas or lettuce cups, salsa, and guacamole.

### DESCRIPTION

Sliced bell peppers, onions, and your choice of protein (chicken, tofu, or shrimp) seasoned with fajita spices and roasted on a sheet pan. Serve with whole-wheat tortillas (in moderation) or lettuce cups, salsa, and guacamole.



## Lemon Herb Roasted Chicken and Vegetables (Chicken in moderation)



6-8 servings



1 hour 15 minutes

### INGREDIENTS

- 1 whole chicken (about 4 pounds) (in moderation)
- 1 lemon, halved
- 4 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1 pound potatoes, quartered
- 1 pound carrots, peeled and chopped
- 1 onion, quartered

### NOTES

- Add other root vegetables, such as parsnips or sweet potatoes.
- Use different herbs, such as oregano or sage.
- Place a few lemon slices under the chicken skin for extra flavor.

## Best For: Dinner

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Rinse chicken and pat dry. Place one lemon half inside the chicken cavity along with 2 sprigs each of rosemary and thyme.
3. Place chicken in a roasting pan.
4. Drizzle chicken with olive oil and season generously with salt and pepper. Rub the remaining herbs over the skin.
5. Toss potatoes, carrots, and onion with olive oil, salt, and pepper in a separate bowl.
6. Arrange vegetables around the chicken in the roasting pan.
7. Roast for 1 hour and 15 minutes, or until chicken is cooked through (internal temperature reaches 165°F or 74°C) and vegetables are tender.
8. Let chicken rest for 10 minutes before carving.
9. Squeeze the juice of the remaining lemon half over the chicken and vegetables before serving.

### DESCRIPTION

A whole roasted chicken seasoned with lemon and herbs, surrounded by roasted vegetables like potatoes, carrots, and onions.



## Baked Cod with Cherry Tomatoes and Basil (Cod in moderation)

---



4 servings



20 minutes

### INGREDIENTS

- 4 cod fillets (about 6 ounces each) (in moderation)
- 1 pint cherry tomatoes
- ¼ cup fresh basil leaves, chopped
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Cooked quinoa or a large mixed green salad, for serving

### NOTES

- Add a few cloves of sliced garlic to the baking dish for extra flavor.
- Use different types of fish, such as halibut or snapper (in moderation).
- Add a splash of white wine (in moderation) to the baking dish before cooking.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place cod fillets in a baking dish.
3. Surround cod with cherry tomatoes.
4. Drizzle olive oil over the cod and tomatoes.
5. Season with salt and pepper.
6. Bake for 15–20 minutes, or until cod is cooked through and flakes easily with a fork.
7. Sprinkle with fresh basil before serving.
8. Serve with cooked quinoa or a large mixed green salad.

### DESCRIPTION

Cod fillets baked with cherry tomatoes, fresh basil, and a drizzle of olive oil, served with a side of quinoa or a salad.



## Lentil and Mushroom Shepherd's Pie



6-8 servings



45 minutes

### INGREDIENTS

#### *For the Filling:*

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 pound mushrooms, sliced
- 2 cloves garlic, minced
- 1 cup brown or green lentils, rinsed
- 4 cups vegetable broth
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- Salt and pepper, to taste

#### *For the Topping:*

- 2 large sweet potatoes, peeled and cubed
- or 1 large head cauliflower, cut into florets
- 2 tablespoons olive oil or unsweetened almond milk
- Salt and pepper, to taste

### NOTES

- Add other vegetables to the filling, such as peas, corn, or zucchini.
- Use different herbs, such as sage or parsley.
- Add a sprinkle of dairy-free cheese shreds on top before baking.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Prepare the filling. Heat olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.
3. Add mushrooms and cook until they release their liquid and start to brown, about 5-7 minutes.
4. Stir in garlic, thyme, rosemary, salt and pepper. Cook for 1 minute more.
5. Add lentils and vegetable broth. Bring to a simmer, then reduce heat and cook for 25-30 minutes, or until lentils are tender.
6. While filling is simmering, prepare the topping. Boil sweet potatoes or steam cauliflower until tender. Drain and mash with olive oil or almond milk, salt and pepper.
7. Spread mashed sweet potatoes or cauliflower mash evenly over the lentil filling.
8. Bake for 20-25 minutes, or until topping is lightly browned and filling is heated through.
9. Let cool slightly before serving.

### DESCRIPTION

A hearty and flavorful vegetarian shepherd's pie with a filling of lentils, mushrooms, and vegetables, topped with a layer of mashed sweet potatoes or cauliflower mash.





## Grilled Tofu and Veggie Skewers with Peanut Sauce



4-6 servings



10-15 minutes

### INGREDIENTS

- 1 block (14 ounces) extra-firm tofu, pressed and cubed
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 zucchini, cut into ½-inch thick rounds

#### *For the Marinade:*

- ¼ cup soy sauce or tamari (in moderation)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup (in moderation)
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger

#### *For the Peanut Sauce:*

- ½ cup peanut butter
- ¼ cup water
- 2 tablespoons soy sauce or tamari (in moderation)
- 1 tablespoon lime juice
- 1 tablespoon maple syrup (in moderation)
- ½ teaspoon red pepper flakes (optional)

### NOTES

- Use different vegetables, such as cherry tomatoes, mushrooms, or yellow squash.
- Add pineapple chunks to the skewers for a sweet and savory flavor (in moderation).
- Serve skewers over a bed of rice or quinoa for a complete meal.

**Best For:** Dinner

### DIRECTIONS

1. Whisk together marinade ingredients in a large bowl.
2. Add tofu cubes to the marinade and toss to coat. Marinate for at least 30 minutes, or up to 2 hours in the refrigerator.
3. While tofu is marinating, prepare the peanut sauce. Whisk together peanut butter, water, soy sauce or tamari, lime juice, and maple syrup in a small bowl. Add red pepper flakes, if using. Adjust consistency with more water if needed.
4. Thread tofu and vegetables onto skewers.
5. Preheat grill to medium-high heat.
6. Grill skewers for 8–10 minutes, turning occasionally, until tofu is golden brown and vegetables are tender and slightly charred.
7. Serve skewers with peanut sauce for dipping or drizzling.

### DESCRIPTION

Marinated and grilled tofu cubes and vegetable chunks served with a side of peanut sauce for dipping or drizzling.



## Shrimp and Avocado Lettuce Wraps (Shrimp in moderation)



4 servings



5 minutes

### INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined (in moderation)
- 2 avocados, diced
- ¼ red onion, thinly sliced
- ½ cup chopped fresh cilantro

#### *For the Lime Dressing:*

- ¼ cup lime juice
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- Large lettuce leaves (e.g., butter lettuce or romaine), for serving

### NOTES

- Add chopped tomatoes or bell peppers for extra flavor and texture.
- Use a different type of seafood, such as cooked scallops or crab meat (in moderation).
- Add a pinch of chili flakes for a spicier kick.

**Best For:** Dinner

### DIRECTIONS

1. If using raw shrimp, cook them in boiling water for 3–5 minutes, or until pink and opaque.
2. Whisk together lime juice, olive oil, salt, and pepper in a small bowl.
3. In a medium bowl, combine cooked shrimp, diced avocado, red onion, and cilantro.
4. Pour dressing over the shrimp mixture and toss gently to combine.
5. Spoon mixture into lettuce cups and serve immediately.

### DESCRIPTION

Cooked shrimp, avocado, red onion, and cilantro tossed with a lime dressing and served in lettuce cups.



## Buffalo Cauliflower Wraps



4 servings



25 minutes

### INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 tablespoons olive oil
- Salt and pepper, to taste
- ½ cup buffalo sauce (choose a brand with minimal additives, ideally made with avocado oil)
- 4 whole-wheat tortillas (in moderation) or large lettuce/collard green leaves

#### *For the Dairy-Free Ranch Dressing:*

- ½ cup raw cashews (soaked in hot water for at least 30 minutes)
- ¼ cup water
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 clove garlic, minced
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- ½ teaspoon sea salt

### NOTES

- Add other roasted vegetables, such as broccoli or bell peppers.
- Use different types of hot sauce to adjust the spice level.
- Add shredded carrots, celery, or red onion for extra crunch and flavor.

**Best For:** Dinner

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower florets with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 20–25 minutes, or until tender and slightly browned.
4. While cauliflower is roasting, prepare the ranch dressing. Drain and rinse soaked cashews. Blend cashews, water, lemon juice, apple cider vinegar, garlic, dill, chives, and salt until smooth and creamy.
5. Toss roasted cauliflower with buffalo sauce.
6. Warm tortillas according to package directions if using.
7. Fill tortillas or lettuce/collard green leaves with buffalo cauliflower and drizzle with dairy-free ranch dressing.
8. Serve immediately.

### DESCRIPTION

Roasted cauliflower florets tossed in buffalo sauce, served in whole-wheat tortillas (in moderation) or lettuce/collard green wraps with a dairy-free ranch dressing.



## Alkaline Zucchini Noodle Salad with Miso Ginger Dressing



4 servings



0 minutes

### INGREDIENTS

- 4 medium zucchinis, spiralized into noodles
- 1 large carrot, julienned
- 1 red bell pepper, thinly sliced
- 1 cup snap peas, trimmed and halved
- 1/4 cup green onions, chopped
- 2 tablespoons sesame seeds, toasted

#### *Dressing:*

- 2 tablespoons white miso paste
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup or agave
- 1 tablespoon grated fresh ginger
- 1 clove garlic, minced
- 2 tablespoons sesame oil
- Juice of 1 lime

### NOTES

- Add some grilled tofu or tempeh for protein if desired.
- For an extra kick, include sliced red chili or a dash of chili flakes in the dressing.

**Best For:** Dinner

### DIRECTIONS

1. **Spiralize Zucchini:** Use a spiralizer to turn zucchinis into noodles. If you don't have one, you can use a vegetable peeler to make wide ribbons.
2. **Prep Vegetables:** Combine zucchini noodles with carrot, bell pepper, snap peas, and green onions in a large bowl.
3. **Mix Dressing:** In a small bowl, whisk together miso, vinegar, maple syrup, ginger, garlic, sesame oil, and lime juice until smooth.
4. **Toss Salad:** Pour the dressing over the salad and toss well to combine. Let it sit for about 10 minutes to allow flavors to meld.
5. **Serve:** Garnish with toasted sesame seeds before serving.

### DESCRIPTION

Spiralized zucchini noodles mixed with fresh vegetables like carrots, bell peppers, and snap peas, all tossed in a savory, sweet miso-ginger dressing. Garnished with toasted sesame seeds for added crunch and flavor.



## Alkaline Quinoa Stuffed Bell Peppers with Avocado Cream



4 servings



45 minutes

### INGREDIENTS

- 4 large bell peppers, any color, tops removed and seeds scooped out
- 1 cup quinoa, rinsed
- 2 cups vegetable broth or water
- 1 can (15 oz) black beans, rinsed and drained
- 1 cup corn kernels (fresh, canned, or frozen)
- 1 small zucchini, diced
- 1 small red onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper, to taste
- 1 avocado
- Juice of 1 lime
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons olive oil

### NOTES

- For an extra alkaline boost, include spinach or kale in the filling.
- Use different colored bell peppers for a more vibrant dish.
- If you prefer a creamier texture, you can blend the avocado with a little water or non-dairy milk instead of mashing it.

## Best For: Dinner

### DIRECTIONS

1. **Preheat Oven:** Preheat your oven to 375°F (190°C).
2. **Cook Quinoa:** In a medium pot, bring the quinoa and vegetable broth to a boil. Reduce heat to low, cover, and simmer until the quinoa is cooked and the liquid is absorbed, about 15 minutes.
3. **Sauté Vegetables:** While the quinoa cooks, heat olive oil in a skillet over medium heat. Add onion and garlic, sautéing until translucent. Add zucchini, corn, cumin, paprika, salt, and pepper, cooking until the vegetables are just tender.
4. **Mix Filling:** Once the quinoa is done, fluff it with a fork and mix it in the skillet with the vegetables. Stir in black beans. Adjust seasoning if necessary.
5. **Stuff Peppers:** Fill each bell pepper with the quinoa mixture, packing it in gently.
6. **Bake:** Place the stuffed peppers in a baking dish. Bake for about 30-40 minutes, or until the peppers are tender but still hold their shape.
7. **Make Avocado Cream:** While the peppers are baking, mash the avocado with lime juice and a bit of salt in a small bowl. Stir in cilantro for freshness.
8. **Serve:** Once the peppers are cooked, let them cool slightly. Drizzle or dollop the avocado cream over each pepper before serving.

### DESCRIPTION

Quinoa, black beans, and veggies fill colorful bell peppers, baked to perfection. Topped with a creamy, zesty avocado and cilantro lime dressing.



## Alkaline Quinoa and Kale Salad with Citrus Dressing



4 servings



15 minutes

### INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 4 cups kale, stems removed and leaves chopped
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/2 cup pomegranate seeds
- 1 avocado, diced
- 1/4 cup pumpkin seeds, toasted

#### Dressing:

- Juice of 1 orange
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 tablespoon maple syrup or agave
- 1 clove garlic, minced
- Salt and pepper, to taste

### NOTES

- Add a few cloves of sliced garlic to the baking dish for extra flavor.
- Use different types of fish, such as halibut or snapper (in moderation).
- Add a splash of white wine (in moderation) to the baking dish before cooking.

**Best For:** Dinner

### DIRECTIONS

1. **Cook Quinoa:** In a medium saucepan, bring quinoa and water (or broth) to a boil. Reduce to a simmer, cover, and cook for about 15 minutes or until the quinoa has absorbed the liquid and is fluffy. Let it cool slightly.
2. **Massage Kale:** Place the chopped kale in a large bowl. Drizzle with a bit of lemon juice and a pinch of salt, then massage with your hands until the kale starts to soften.
3. **Make Dressing:** In a small bowl, whisk together orange juice, lemon juice, olive oil, maple syrup, garlic, salt, and pepper.
4. **Combine:** Add the cooled quinoa to the kale. Toss in cherry tomatoes, cucumber, and pomegranate seeds. Pour the dressing over the salad and mix well.
5. **Finish:** Gently fold in the avocado and sprinkle with toasted pumpkin seeds just before serving to maintain texture.

### DESCRIPTION

Quinoa and massaged kale combined with cherry tomatoes, cucumber, and pomegranate, dressed in a vibrant citrus blend. Topped with diced avocado and crunchy toasted pumpkin seeds.



## Avocado and Sprout Crackers

---



1-2 servings



0 minutes

### INGREDIENTS

- 4 whole-grain crackers (in moderation)
- ½ ripe avocado, mashed
- ¼ cup sprouts (alfalfa, radish, or broccoli sprouts)
- Sea salt, to taste

### NOTES

- Add a squeeze of lemon or lime juice for brightness.
- Use different types of crackers, such as rice cakes or seed crackers.
- Add a sprinkle of red pepper flakes for a touch of heat.

**Best For:** Snacks

### DIRECTIONS

1. Top crackers with mashed avocado.
2. Sprinkle with sprouts and sea salt.
3. Serve immediately

### DESCRIPTION

Whole-grain crackers topped with mashed avocado, sprouts, and a sprinkle of sea salt.



## Trail Mix Energy Bites



12-16

servings



0 minutes

### INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup almonds
- ½ cup walnuts
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup unsweetened shredded coconut
- 2 tablespoons chia seeds
- ¼ cup dried cranberries (in moderation)
- 1 teaspoon vanilla extract
- Pinch of sea salt

### NOTES

- Use different types of nuts and seeds.
- Add a tablespoon of cocoa powder for a chocolate flavor.
- Roll the energy balls in shredded coconut or chopped nuts for added texture.

Best For: Snacks

### DIRECTIONS

1. Combine all ingredients in a food processor.
2. Process until finely chopped and mixture starts to stick together.
3. Roll mixture into 1-inch balls.
4. Store in an airtight container in the refrigerator.

### DESCRIPTION

No-bake energy balls made with dates, nuts, seeds, and dried fruit.





## Cucumber and Hummus Bites

---



2-4 servings



0 minutes

### INGREDIENTS

- 1 cucumber, sliced into rounds
- 1 cup hummus
- Paprika, for sprinkling

### NOTES

- Use different types of hummus, such as roasted red pepper or cilantro-lime hummus.
- Add a sprinkle of chopped fresh herbs, such as dill or parsley.
- Top with a few red pepper flakes for a spicier kick.

**Best For:** Snacks

### DIRECTIONS

1. Top cucumber slices with a dollop of hummus.
2. Sprinkle with paprika.
3. Serve immediately.

### DESCRIPTION

Cucumber slices topped with hummus and a sprinkle of paprika.



## Frozen Banana "Nice Cream" with Berries



2-4 servings



0 minutes

### INGREDIENTS

- 4 ripe bananas, sliced and frozen
- 1 cup mixed berries
- Optional: almond milk or coconut milk, if needed for blending

### NOTES

- Add a scoop of protein powder for an extra boost.
- Add a tablespoon of cocoa powder for a chocolate flavor.
- Top with chopped nuts or seeds for added texture.

Best For: Snacks

### DIRECTIONS

1. Add frozen banana slices to a food processor or high-powered blender.
2. Blend until smooth and creamy, like soft-serve ice cream. You may need to add a splash of almond milk or coconut milk to help it blend.
3. Top with fresh berries and serve immediately.

### DESCRIPTION

Frozen bananas blended into a creamy ice cream, topped with fresh berries.



## Almond Butter and Apple Slices

---



1-2 servings



0 minutes

### INGREDIENTS

- 1 apple, sliced
- 2 tablespoons almond butter

### NOTES

- Use different types of apples, such as Fuji or Honeycrisp.
- Sprinkle cinnamon on the apple slices.
- Use a different type of nut butter, such as cashew or sunflower seed butter.

**Best For:** Snacks

### DIRECTIONS

1. Serve apple slices with a side of almond butter for dipping.

### DESCRIPTION

A simple and satisfying snack with almond butter and sliced apples.



## Veggies and Guacamole



4-6 servings



0 minutes

### INGREDIENTS

- 2 ripe avocados, mashed
- $\frac{1}{4}$  cup chopped red onion
- $\frac{1}{4}$  cup chopped cilantro
- 2 tablespoons lime juice
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper
- Assorted raw vegetables (carrots, celery, bell peppers, cucumber), cut into sticks or slices

### NOTES

- Add diced tomatoes or jalapenos to the guacamole.
- Use different types of vegetables, such as broccoli florets or snap peas.
- Serve with whole-grain crackers or baked plantain chips (in moderation).

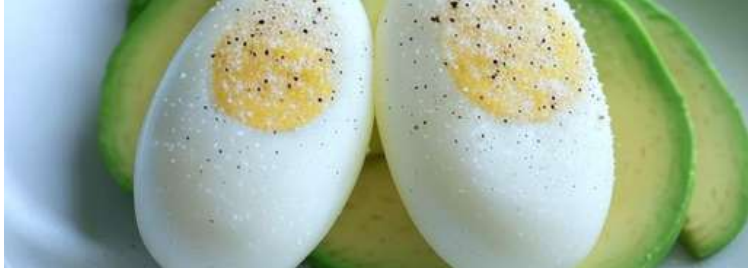
**Best For:** Snacks

### DIRECTIONS

1. Combine mashed avocado, red onion, cilantro, lime juice, salt, and pepper in a bowl. Mix well.
2. Serve guacamole with a variety of raw vegetable sticks or slices.

### DESCRIPTION

A variety of raw vegetables (carrots, celery, bell peppers) served with homemade guacamole.



## Hard-boiled Eggs (in moderation)

---



1 servings



10 minutes

### INGREDIENTS

- 1-2 eggs (in moderation)

### NOTES

- Sprinkle with sea salt, black pepper, or paprika.
- Serve with a side of sliced avocado.
- Add to salads or sandwiches.

## Best For: Snacks

### DIRECTIONS

1. Place eggs in a saucepan and cover with cold water.
2. Bring water to a boil, then immediately remove from heat, cover, and let sit for 10 minutes.
3. Transfer eggs to an ice bath to cool.
4. Peel and serve.

### DESCRIPTION

A great source of protein.



## A Handful of Almonds



1 servings



0 minutes

### INGREDIENTS

- $\frac{1}{4}$  cup raw almonds

### NOTES

- Use other types of nuts, such as walnuts or cashews.
- Choose dry-roasted or raw almonds over oil-roasted.
- Combine with a small piece of fruit for a balanced snack.

Best For: Snacks

### DIRECTIONS

1. Grab a handful of almonds and enjoy.

### DESCRIPTION

A simple and portable snack packed with healthy fats and protein.



## Rice Cakes with Avocado

---



1-2 servings



0 minutes

### INGREDIENTS

- 2 brown rice cakes
- $\frac{1}{2}$  ripe avocado, mashed
- Sea salt, to taste

### NOTES

- Add a squeeze of lemon or lime juice for brightness.
- Top with a few red pepper flakes for a spicier kick.
- Add a slice of tomato or cucumber.

**Best For:** Snacks

### DIRECTIONS

1. Top rice cakes with mashed avocado.
2. Sprinkle with sea salt.
3. Serve immediately.

### DESCRIPTION

Brown rice cakes topped with mashed avocado and a sprinkle of sea salt.



## Edamame



2-4 servings



5 minutes

### INGREDIENTS

- 1 pound frozen edamame pods
- Sea salt, to taste

### NOTES

- Toss with a little sesame oil and chili flakes for an Asian-inspired flavor.
- Roast edamame in the oven for a crispier texture.
- Add a squeeze of lemon juice for brightness.

**Best For:** Snacks

### DIRECTIONS

1. Steam or boil edamame pods according to package directions.
2. Sprinkle with sea salt while still warm.
3. Serve immediately.

### DESCRIPTION

Steamed or roasted edamame pods sprinkled with sea salt





## Fruit Salad



4-6 servings



0 minutes

### INGREDIENTS

- 4 cups mixed seasonal fruit (e.g., berries, melon, grapes, kiwi, oranges)

### NOTES

- Add a squeeze of lemon or lime juice to prevent browning and enhance flavor.
- Top with a dollop of coconut yogurt or a sprinkle of chopped nuts.
- Add fresh mint or basil for an aromatic twist.

**Best For:** Snacks

### DIRECTIONS

1. Combine your favorite seasonal fruits in a large bowl.
2. Serve immediately or chill for later.

### DESCRIPTION

A refreshing mix of seasonal fruits.



## Chia Seed Pudding



2-4 servings



soak for 2 hours

### INGREDIENTS

- ½ cup chia seeds
- 2 cups unsweetened almond milk or coconut milk
- 2 tablespoons maple syrup (optional, in moderation)
- 1 teaspoon vanilla extract
- Toppings of choice: fresh fruit, nuts, seeds, shredded coconut

### NOTES

- Add cocoa powder for a chocolate version.
- Use different types of fruit for variety.
- Add a sprinkle of cinnamon or nutmeg.

## Best For: Snacks

### DIRECTIONS

1. Combine chia seeds, almond milk (or coconut milk), maple syrup (if using), and vanilla extract in a jar or container.
2. Stir well and refrigerate for at least 2 hours, or overnight, until the chia seeds have absorbed the liquid and formed a pudding-like consistency.
3. Top with your favorite toppings before serving.

### DESCRIPTION

Chia seeds soaked in almond milk or coconut milk, topped with fruit or nuts.



## Roasted Chickpeas



4-6 servings



25 minutes

### INGREDIENTS

- 2 cans (15 ounces each) chickpeas, rinsed and drained
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

### NOTES

- Use different spice blends, such as curry powder or chili powder.
- Add a pinch of cayenne pepper for a spicier kick.
- Store leftovers in an airtight container at room temperature.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas dry with a paper towel.
3. Toss chickpeas with olive oil, smoked paprika, garlic powder, cumin, salt, and pepper.
4. Spread on a baking sheet in a single layer.
5. Roast for 20–25 minutes, or until crispy, shaking the pan halfway through.
6. Let cool slightly before serving.

### DESCRIPTION

Chickpeas roasted with olive oil and your favorite spices until crispy.



## Dates with Almond Butter

---



2-4 servings



0 minutes

### INGREDIENTS

- 12 Medjool dates, pitted
- $\frac{1}{4}$  cup almond butter

### NOTES

- Sprinkle a pinch of sea salt on top of the almond butter.
- Use a different type of nut butter, such as cashew or peanut butter.
- Add a sprinkle of shredded coconut for added flavor and texture.

Best For: Snacks

### DIRECTIONS

1. Fill each date with about 1 teaspoon of almond butter.
2. Serve immediately or chill for later.

### DESCRIPTION

Medjool dates filled with almond butter.



## Smoothie Popsicles



6-8 servings



0 minutes

### INGREDIENTS

- 2 cups mixed fruit (berries, banana, mango, etc.)
- 1 cup yogurt (dairy or non-dairy)
- $\frac{1}{4}$  cup almond milk or coconut water (optional, for blending)
- 2 tablespoons maple syrup (optional, in moderation)

### NOTES

- Add a handful of spinach or kale for a nutrient boost.
- Use different combinations of fruit for variety.
- Add a squeeze of lemon or lime juice for brightness

## Best For: Snacks

### DIRECTIONS

1. Combine fruit, yogurt, and maple syrup (if using) in a blender.
2. Blend until smooth. Add almond milk or coconut water if needed to reach desired consistency.
3. Pour mixture into popsicle molds.
4. Freeze for at least 4 hours, or until solid.

### DESCRIPTION

Homemade popsicles made with blended fruit, yogurt (dairy or non-dairy), and a touch of maple syrup.



## Dark Chocolate Covered Almonds (in moderation)

---



10-12 servings



5 minutes + setting time

### INGREDIENTS

- 1 cup raw almonds
- 4 ounces dark chocolate (70% cacao or higher), chopped
- Optional: sea salt for sprinkling

### NOTES

- Use different types of nuts like walnuts or cashews.
- Add shredded coconut or a sprinkle of chili powder to the melted chocolate for a unique twist.

## Best For: Snacks

### DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Melt dark chocolate in a double boiler or microwave in 30 second increments.
3. Dip each almond into the melted chocolate, ensuring it's fully coated.
4. Place the chocolate-covered almonds on the prepared baking sheet.
5. Sprinkle with sea salt, if desired.
6. Refrigerate for at least 15-20 minutes to allow the chocolate to set.

### DESCRIPTION

Almonds dipped in dark chocolate (70% cacao or higher).



## Popcorn



4-6 servings



5 minutes

### INGREDIENTS

- ½ cup popcorn kernels
- 1 tablespoon olive oil or coconut oil (optional)
- 2 tablespoons nutritional yeast
- Salt, to taste

### NOTES

- Add other seasonings like garlic powder, onion powder, or smoked paprika.
- Drizzle with a little melted coconut oil for a richer flavor.
- Use different types of popcorn, such as mushroom or butterfly.

**Best For:** Snacks

### DIRECTIONS

1. Pop popcorn kernels using an air popper or on the stovetop with a little oil.
2. Transfer popped popcorn to a large bowl.
3. Sprinkle with nutritional yeast and salt to taste.
4. Toss well to coat.

### DESCRIPTION

Air-popped popcorn sprinkled with nutritional yeast for a cheesy flavor.



## Seaweed Snacks

---



1-2 servings



0 minutes

### INGREDIENTS

- 1 package seaweed snacks

### NOTES

- Look for seaweed snacks that are lightly seasoned with sea salt.
- Use seaweed snacks as a topping for salads or bowls.

**Best For:** Snacks

### DIRECTIONS

1. Enjoy straight from the package.

### DESCRIPTION

Crispy seaweed snacks that are low in calories and rich in minerals.





## Bell Pepper Nachos



2-4 servings



0 minutes

### INGREDIENTS

- 2 bell peppers (any color), sliced into "chips"
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup salsa
- 1 cup guacamole

### NOTES

- Add chopped red onion or jalapeno for extra flavor.
- Use different types of salsa, such as mango salsa or pineapple salsa.
- Sprinkle with dairy-free cheese shreds.

**Best For:** Snacks

### DIRECTIONS

1. Arrange bell pepper slices on a plate.
2. Top with black beans, salsa, and a dollop of guacamole.
3. Serve immediately.

### DESCRIPTION

Bell pepper slices topped with black beans, salsa, and a dollop of guacamole.



## Celery Sticks with Peanut Butter



1-2 servings



0 minutes

### INGREDIENTS

- 4 celery stalks, cut into sticks
- $\frac{1}{4}$  cup all-natural peanut butter

### NOTES

- Use a different type of nut butter, such as almond or cashew butter.
- Add a sprinkle of raisins or dried cranberries for a touch of sweetness (in moderation).
- Top with a few sunflower seeds or pumpkin seeds for added crunch

Best For: Snacks

### DIRECTIONS

1. Fill celery sticks with peanut butter.
2. Serve immediately

### DESCRIPTION

Celery sticks filled with all-natural peanut butter.



## Apple "Cookies"



1-2 servings



0 minutes

### INGREDIENTS

- 1 apple, cored and sliced into rounds
- 2 tablespoons almond butter
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon dark chocolate chips (70% cacao or higher, in moderation)

### NOTES

- Use a different type of nut butter, such as cashew or sunflower seed butter.
- Add a sprinkle of cinnamon or nutmeg.
- Use other toppings, such as chopped nuts or seeds.

## Best For: Snacks

### DIRECTIONS

1. Spread almond butter on apple slices.
2. Sprinkle with shredded coconut and dark chocolate chips.
3. Serve immediately.

### DESCRIPTION

Apple slices topped with almond butter, shredded coconut, and a few dark chocolate chips (in moderation).



## Banana Oat Energy Bars



8-10 servings



25 minutes

### INGREDIENTS

- 2 ripe bananas, mashed
- 1 ½ cups rolled oats
- ½ cup chopped nuts (almonds, walnuts, etc.)
- ¼ cup seeds (chia seeds, pumpkin seeds, etc.)
- ¼ cup unsweetened shredded coconut
- 2 tablespoons maple syrup (in moderation)
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- Pinch of sea salt

### NOTES

- Add dried fruit, such as cranberries or raisins (in moderation).
- Use different types of nuts and seeds.
- Add a scoop of protein powder to the mixture for an extra boost.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a large bowl, combine mashed bananas, rolled oats, nuts, seeds, shredded coconut, maple syrup, vanilla extract, cinnamon, and salt.
3. Mix well until all ingredients are combined.
4. Press mixture into a lined 8x8 inch baking dish.
5. Bake for 20-25 minutes, or until golden brown and firm to the touch.
6. Let cool completely before cutting into bars.

### DESCRIPTION

Homemade energy bars made with mashed banana, rolled oats, nuts, and seeds.



## Sweet Potato Fries



2-4 servings



25 minutes

### INGREDIENTS

- 2 large sweet potatoes, peeled and cut into fries
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ½ teaspoon smoked paprika

### NOTES

- Add other spices, such as garlic powder or chili powder.
- Serve with a side of dairy-free sour cream or cashew cream.
- Use different types of potatoes, such as purple sweet potatoes or Japanese sweet potatoes

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Toss sweet potato fries with olive oil, sea salt, and smoked paprika.
3. Spread fries in a single layer on a baking sheet.
4. Bake for 20-25 minutes, or until tender and slightly crispy, flipping halfway through.
5. Serve immediately.

### DESCRIPTION

Baked sweet potato fries seasoned with sea salt and paprika.



## Roasted Pumpkin Seeds



4-6 servings



15 minutes

### INGREDIENTS

- 1 cup raw pumpkin seeds
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon smoked paprika

### NOTES

- Use different spices, such as chili powder or cumin.
- Add a pinch of cayenne pepper for a spicier kick.
- Store leftovers in an airtight container at room temperature.

**Best For:** Snacks

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Toss pumpkin seeds with olive oil, sea salt, garlic powder, and smoked paprika.
3. Spread seeds in a single layer on a baking sheet.
4. Roast for 12-15 minutes, or until golden brown and fragrant, stirring halfway through.
5. Let cool completely before serving.

### DESCRIPTION

Pumpkin seeds roasted with olive oil and your favorite spices.



## Frozen Grapes

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1-2 servings



2 hours

### INGREDIENTS

- 2 pounds green or red grapes, washed and removed from stems

### NOTES

- Use different types of grapes, such as cotton candy grapes or black grapes.
- Serve frozen grapes as a healthy alternative to candy or ice cream.

## Best For: Snacks

### DIRECTIONS

1. Spread grapes in a single layer on a baking sheet lined with parchment paper.
2. Freeze for at least 2 hours, or until solid.
3. Store frozen grapes in an airtight container in the freezer

### DESCRIPTION

A simple and refreshing frozen treat.



## Almond Flour Crackers with Avocado



4-6 servings



0-15 minutes

### INGREDIENTS

- 1 cup almond flour crackers (store-bought or homemade)
- 1 ripe avocado, mashed
- Sea salt, to taste
- Optional: red pepper flakes, everything bagel seasoning

### NOTES

- Add a squeeze of lime or lemon to the avocado.
- Top with chopped tomatoes, red onion, or sprouts

**Best For:** Snacks

### DIRECTIONS

1. If making homemade crackers: prepare according to the recipe, and bake until golden and crispy, typically 10-15 minutes at 350°F (175°C). Let cool.
2. Top each cracker with mashed avocado.
3. Season with sea salt, and optionally, red pepper flakes or everything bagel seasoning

### DESCRIPTION

Homemade or store-bought almond flour crackers topped with mashed avocado.





## Coconut Yogurt with Berries

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1-2 servings



0 minutes

### INGREDIENTS

- 1 cup unsweetened coconut yogurt
- 1 cup mixed berries (fresh or frozen)

### NOTES

- Add a drizzle of maple syrup for extra sweetness (in moderation).
- Sprinkle with chopped nuts or seeds for added texture.
- Use other types of fruit, such as sliced bananas or peaches.

**Best For:** Snacks

### DIRECTIONS

1. Spoon coconut yogurt into a bowl.
2. Top with mixed berries.
3. Serve immediately.

### DESCRIPTION

Unsweetened coconut yogurt topped with fresh or frozen berries.



## Pear Slices with Walnut Butter

---



1-2 servings



0 minutes

### INGREDIENTS

- 1 pear, sliced
- 2 tablespoons walnut butter

### NOTES

- Use different types of pears, such as Bosc or Anjou pears.
- Sprinkle cinnamon on the pear slices.
- Use a different type of nut butter, such as almond or cashew butter.

**Best For:** Snacks

### DIRECTIONS

1. Serve pear slices with a side of walnut butter for dipping.

### DESCRIPTION

Sliced pears served with walnut butter.



## Chocolate Avocado Mousse (in moderation)



2-4 servings



0 minutes

### INGREDIENTS

- 2 ripe avocados, pitted and peeled
- $\frac{1}{4}$  cup unsweetened cocoa powder
- $\frac{1}{4}$  cup maple syrup (in moderation)
- $\frac{1}{4}$  cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Pinch of sea salt

### NOTES

- Add a pinch of cayenne pepper for a spicy kick.
- Top with fresh berries or a sprinkle of chopped nuts.
- Use a different type of sweetener, such as dates or honey (in moderation).

## Best For: Snacks

### DIRECTIONS

1. Combine all ingredients in a food processor or blender.
2. Process until smooth and creamy, scraping down the sides as needed.
3. Serve immediately or chill for later.

### DESCRIPTION

A decadent but healthy mousse made with avocado, cocoa powder, and a touch of maple syrup.



## Baked Apple Chips



4-6 servings



2-3 hours

### INGREDIENTS

- 2-3 apples, thinly sliced
- Optional: cinnamon, for sprinkling

### NOTES

- Use a mandoline slicer for extra-thin and even slices.
- Experiment with different apple varieties, such as Fuji, Honeycrisp, or Granny Smith.
- Store leftover apple chips in an airtight container at room temperature

**Best For:** Snacks

### DIRECTIONS

1. Preheat oven to 200°F (93°C).
2. Arrange apple slices in a single layer on baking sheets lined with parchment paper.
3. Sprinkle with cinnamon, if desired.
4. Bake for 2-3 hours, or until apples are dehydrated and crispy, flipping halfway through.
5. Let cool completely before storing in an airtight container.

### DESCRIPTION

Thinly sliced apples baked until crispy.



## Spiced Roasted Almonds

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4-6 servings



15 minutes

### INGREDIENTS

- 2 cups raw almonds
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon coriander
- ½ teaspoon smoked paprika
- ½ teaspoon sea salt

### NOTES

- Add a pinch of cayenne pepper for a spicier kick.
- Use other nuts like cashews or walnuts.
- Store leftovers in an airtight container at room temperature.

**Best For:** Snacks

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Toss almonds with olive oil and spices.
3. Spread on a baking sheet in a single layer.
4. Roast for 12-15 minutes, or until fragrant and lightly browned, stirring halfway through.
5. Let cool completely before serving.

### DESCRIPTION

Raw almonds roasted with a blend of spices like cumin, coriander, and smoked paprika.



## Kale Chips



4-6 servings



15 minutes

### INGREDIENTS

- 1 bunch kale, stems removed and leaves torn into bite-sized pieces
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- 2 tablespoons nutritional yeast

### NOTES

- Add other seasonings like garlic powder or onion powder.
- Use different types of greens, such as spinach or collard greens.
- Store leftovers in an airtight container at room temperature, though they are best eaten fresh.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 300°F (150°C).
2. Wash and thoroughly dry kale leaves.
3. Toss kale leaves with olive oil, sea salt, and nutritional yeast.
4. Spread in a single layer on baking sheets.
5. Bake for 12-15 minutes, or until crispy, rotating the pans halfway through.
6. Let cool completely before serving.

### DESCRIPTION

Crispy baked kale leaves seasoned with sea salt and nutritional yeast for a cheesy flavor.



## Guacamole with Plantain Chips



4-6 servings



20 minutes

### INGREDIENTS

#### *For the Guacamole:*

- 3 ripe avocados, mashed
- ¼ cup chopped red onion
- ¼ cup chopped cilantro
- 2 tablespoons lime juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

#### *For the Plantain Chips:*

- 2 green plantains, thinly sliced
- 1 tablespoon olive oil
- Salt, to taste

### NOTES

- Add diced tomatoes or jalapenos to the guacamole for extra flavor.
- Season plantain chips with other spices like cumin or chili powder.
- Use ripe plantains for a sweeter chip.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Make the guacamole: Combine mashed avocado, red onion, cilantro, lime juice, salt, and pepper in a bowl. Mix well.
3. Make the plantain chips: Toss thinly sliced plantains with olive oil and salt.
4. Spread plantain slices in a single layer on a baking sheet.
5. Bake for 15-20 minutes, or until golden brown and crispy, flipping halfway through.
6. Serve guacamole with plantain chips.

### DESCRIPTION

Homemade guacamole served with baked plantain chips for a healthier alternative to tortilla chips.



## Coconut Date Energy Balls



12-16 servings



0 minutes

### INGREDIENTS

- 1 cup pitted Medjool dates
- ½ cup unsweetened shredded coconut
- ¼ cup almond butter
- 1 teaspoon vanilla extract
- Pinch of sea salt

### NOTES

- Add a tablespoon of cocoa powder for a chocolate flavor.
- Roll the energy balls in extra shredded coconut or chopped nuts for added texture.
- Add a scoop of protein powder for an extra boost.

**Best For:** Snacks

### DIRECTIONS

1. Combine all ingredients in a food processor.
2. Process until finely chopped and mixture starts to stick together.
3. Roll mixture into 1-inch balls.
4. Store in an airtight container in the refrigerator.

### DESCRIPTION

No-bake energy balls made with shredded coconut, dates, almond butter, and a touch of vanilla extract.





## Chocolate Chia Seed Pudding

---



2-4 servings



soak for 2 hours

### INGREDIENTS

- $\frac{1}{2}$  cup chia seeds
- 2 cups unsweetened almond milk
- $\frac{1}{4}$  cup unsweetened cocoa powder
- 2 tablespoons maple syrup (in moderation)
- 1 teaspoon vanilla extract

### NOTES

- Top with fresh berries or a sprinkle of chopped nuts before serving.
- Add a pinch of sea salt to enhance the chocolate flavor.
- Use a different type of non-dairy milk, such as coconut milk or cashew milk.

**Best For:** Snacks

### DIRECTIONS

1. Combine chia seeds, almond milk, cocoa powder, maple syrup, and vanilla extract in a jar or container.
2. Stir well and refrigerate for at least 2 hours, or overnight, until the chia seeds have absorbed the liquid and formed a pudding-like consistency.
3. Serve chilled.

### DESCRIPTION

Chia seeds soaked in almond milk with cocoa powder and a touch of maple syrup for a healthy chocolate pudding.



## Peanut Butter Banana "Nice Cream"

---



2-4 servings



0 minutes

### INGREDIENTS

- 4 ripe bananas, sliced and frozen
- $\frac{1}{4}$  cup all-natural peanut butter
- Optional: splash of almond milk, if needed for blending

### NOTES

- Add a tablespoon of cocoa powder for a chocolate-peanut butter flavor.
- Top with chopped nuts, shredded coconut, or a drizzle of melted dark chocolate (in moderation).
- Use a different type of nut butter, such as almond or cashew butter.

**Best For:** Snacks

### DIRECTIONS

1. Add frozen banana slices and peanut butter to a food processor or high-powered blender.
2. Blend until smooth and creamy, like soft-serve ice cream. You may need to add a splash of almond milk to help it blend.
3. Serve immediately or freeze for a firmer texture.

### DESCRIPTION

Frozen bananas blended with peanut butter until it reaches a creamy, ice cream-like consistency.



## Almond Joy Bites



12-16 servings



0 minutes

### INGREDIENTS

- 1 cup raw almonds
- 1 cup unsweetened shredded coconut
- 1 cup pitted Medjool dates
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Pinch of sea salt

### NOTES

- Roll the bites in extra shredded coconut for a more pronounced coconut flavor.
- Add a tablespoon of melted coconut oil for a smoother texture.
- Dip the bites in melted dark chocolate (in moderation) for an extra layer of flavor.

## Best For: Snacks

### DIRECTIONS

1. Combine almonds, shredded coconut, dates, cocoa powder, vanilla extract, and salt in a food processor.
2. Process until finely chopped and mixture starts to stick together.
3. Roll mixture into 1-inch balls.
4. Store in an airtight container in the refrigerator.

### DESCRIPTION

No-bake treats made with almonds, shredded coconut, dates, and a touch of cocoa powder, resembling the flavors of an Almond Joy candy bar.



## Strawberry Coconut Yogurt Bark



4-6 servings



freeze for 3 hours

### INGREDIENTS

- 2 cups unsweetened coconut yogurt
- 1 cup sliced fresh strawberries
- $\frac{1}{4}$  cup shredded coconut
- Optional: 2 tablespoons maple syrup (in moderation)

### NOTES

- Use other types of fruit, such as blueberries or raspberries.
- Add a sprinkle of chopped nuts for added crunch.
- Drizzle with melted dark chocolate (in moderation) before freezing.

## Best For: Snacks

### DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Mix the coconut yogurt with maple syrup if you like it sweeter.
3. Spread coconut yogurt evenly on the prepared baking sheet.
4. Top with sliced strawberries and shredded coconut.
5. Freeze for at least 3 hours, or until solid.
6. Break into pieces and serve.

### DESCRIPTION

Coconut yogurt mixed with fresh strawberries and frozen into a bark for a refreshing and healthy treat.



## Avocado Chocolate Chip Cookies (in moderation)



18-24 cookies



10-15 minutes

### INGREDIENTS

- 1 ripe avocado, mashed
- ½ cup maple syrup (in moderation)
- 1 teaspoon vanilla extract
- 1 ½ cups almond flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ½ cup dark chocolate chips (70% cacao or higher, in moderation)

### NOTES

- Add chopped nuts, such as walnuts or pecans, to the batter.
- Use different types of chocolate chips, such as white chocolate or butterscotch chips (in moderation).
- Add a sprinkle of sea salt on top of the cookies before baking.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine mashed avocado, maple syrup, and vanilla extract.
3. In a separate bowl, whisk together almond flour, baking soda, and salt.
4. Add the dry ingredients to the wet ingredients and mix until just combined.
5. Stir in chocolate chips.
6. Drop by rounded tablespoons onto the prepared baking sheet.
7. Bake for 12-15 minutes, or until edges are golden brown.
8. Let cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

### DESCRIPTION

A healthier twist on chocolate chip cookies, using mashed avocado as a base and sweetened with maple syrup.



## Baked Pears with Cinnamon and Walnuts



4 servings



30 minutes

### INGREDIENTS

- 4 ripe but firm pears, halved lengthwise and cored
- 1 teaspoon cinnamon
- ¼ cup chopped walnuts
- 2 tablespoons maple syrup (optional, in moderation)

### NOTES

- Add a pinch of nutmeg or cardamom for extra flavor.
- Serve with a dollop of coconut yogurt or a scoop of dairy-free ice cream.
- Use different types of nuts, such as pecans or almonds.

## Best For: Snacks

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place pear halves cut-side up in a baking dish.
3. Sprinkle with cinnamon and drizzle with maple syrup, if using.
4. Top with chopped walnuts.
5. Bake for 25–30 minutes, or until pears are tender and walnuts are toasted.
6. Serve warm.

### DESCRIPTION

Pears baked with cinnamon and topped with chopped walnuts for a warm and comforting dessert.