



PLANT-BASED RECIPE COOKBOOK



80 DONE-FOR-YOU VEGAN RECIPES

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Over 80 High Protein Plant-based recipes
that are healthy, delicious, quick and
affordable



- Burn off Body Fat
- Build New Lean Muscle
- Be Healthier
- Have More Energy
- Be Fitter
- Build An Athletic Body
- Get 6-Pack Abs
- Perform Better

Disclaimer

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

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About the Author

Writing this book has been a very exciting experience to take on, and it is the result of spending years experimenting with healthy food choices over the years.

I've been a vegan for over 2 years now and it took me awhile to get used to eating a whole, food plant based diet and the tasty recipes that you will find in this book. But now brands like Tofurkey, Gardein, Beyond Meat, Tofutti, and so many more came out with meat substitutes that can make cooking a lot more fun, tasty, and quick!

In this book you will find the total estimated macro nutrient for each recipe. What is macro nutrients? Macronutrients are nutrients required in large amounts for example, protein, carbohydrates, and fats.

Macronutrients is essential in our diet because each macro plays vital parts in the human diet especially for muscle building and weight loss.

Switching to a whole food, Plant-based Vegan Diet was the best choice I made and I hope recipes found in his book will help you perform better, recover faster, feel great!



This Starter Guide is just a “small part” of the actual **Plant-Based Cookbook**, so that you know THE FACTS and THE TRUTH of what you will get if you decide to make a purchase.

After reading this guide, if you feel that the information within **The Plant-Based Cookbook** is suitable for you and helpful to achieve your goals.

[Click here](#) to get the complete package.

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INTRODUCTION

The meat and dairy industries have marketed their products to convince most of the country that there's no way to get the protein, calcium, and nutrition you need without the animal products they sell. Don't fall for their marketing tactics.

A Plant-based diet is rapidly becoming the fastest growing trends in fitness. So when people say you need to eat to have meat, dairy and other animal products to build muscle, gain strength or compete in a bodybuilding contest, they are so wrong!

It's only when we make up our own minds to do our own research about the real truth, only then can we be free from the norm and that's what I did as well as thousands of other vegan athletes around the world and so can you.

When I first turned vegan I was concerned about reaching my protein intake goals. After a ton of research I realised these two things are now way contradictory: with the right knowledge and vegan diet can provide all your nutritional requirements.

Plant products, such as soy beans and quinoa, are complete proteins, which means that they contain all nine essential amino acids that humans need. In this book contains a collection 80 mouth-watering high protein plantbased recipes that you can eat every day. And it doesn't matter if you are a novice in the kitchen or a pro, these recipes can be prepared and cooked in just minutes.

I'm sure it will open your eyes to the world of plant-based nutrition and get those gains the cruelty-free way!

No more concerns about protein deficiencies, these recipes will provide you with exactly the right amount of protein you need to reach your fitness goals.

I am sure it will open your eyes to the world of plant-based nutrition and make you realize that you can easily build the body you always wanted. After trying out the recipes in this book, it will change your perception on protein intake, as all the specific requirements are laid out for you so that you can effectively achieve the body you always dreamt about.

Enjoy!



MAKING THE SWITCH TO A PLANT-BASED DIET

Really, It's not as hard as you think it's going to be. Just like anything new, it takes time to adapt and to become become a habit. and eventually a lifestyle.

One of my biggest concerns when I made the transition was where the hell was I going to get my protein from? Discovering this did not happen over night. Just like any change to a diet, it takes time to find out what works and what doesn't. Thankfully the simple plant-based foods and recipes found in this book will make the entire process so much easier for you.

But let's face it, making the switch to a 'non-vegetarian' diet, can be overwhelming. A lot of people make the assumption that vegan diets are restrictive.

That's not the case. Nowadays there are plenty of alternatives to pretty much everything you'd enjoy as an omnivore (there's even plant based bacon!), so there is no excuse to continue harming innocent animals just to put food on our plates.

Some will say, "we are only human", "we crave", and we give in. I get that, I've been there, too. So I've written below some tips on how to get past this.

Don't Expect Perfection

Like I said earlier, it's a change in lifestyle. It doesn't happen overnight and takes time to get used to it.

Also keep in mind that apart from your mindset, your body will have to adapt to it, too. When you do switch to a plant-based vegan diet, there will be times when you yield to a craving. And that's alright. Focus on the times that you didn't. A few steps forward for everytime you take a step back, and in time you'll find yourself on the way to a 100% whole, food plant-based diet, and the fitness goals you're chasing.



HEALTH BENEFITS OF ELIMINATING ANIMAL PRODUCTS FROM YOUR DIET

If you're like me and you've watched quite a few food and animal agriculture documentaries, then you will know about some of the health benefits of switching to a meat-free diet, but for some reason you don't feel ready.

Well, here are some facts that will give you the extra push to make the transition.

Increased Lose Weight

By slightly reducing your intake of animal-based products, especially modest reduction of red processed meat, can lower the risk of obesity. Yes, there are vegan foods sources that are high in fat too. However, there are many different reasons why thousands of people are making the switch to a whole food, plant based diet in an attempt to get rid of unwanted body fat. A rich fiber diet is a lot more filling because your less likely to eat more calories than your body needs. Also, fibours foods are low in saturated fat. A recent study from the University of Copenhagen shows people who ate patties made from fava beans, consumed fewer calories that those who ate patties made from pork.

Increased Energy Levels

Those who follows a plant-based diet is likely to have higher energy levels than one who doesn't. Feeling lethargic? This probably has a fair amount to do with your diet. Eliminating meat means finding replacements that offer more nutrients. By eating grains, beans, lentils, nuts and a wide variety of fruits and leafy greens are all proven to increase enegy levels .

Live Longer

If you're starting to feel your morality, then now is the time to make that change so that you can then it's time to make a change that will help you live longer (and healthier). There are plenty fo studies that prove that people eat a whole, food plant based diet live 4-7 years longer than others. Particularly those who limit their intake of tabacco and alcohol.



Fuller, Harder Muscles

Let's talk about glycogen. For those of you who don't already know, glycogen is a form of glucose that the body warehouses for future use. It is stored mainly in the liver and the muscles. When energy is needed, glycogen is quickly mobilized to deliver the fuel that the body needs. A well balanced plant based diet has multiple sources of complex and simple carbohydrates, from which the body prepares glucose. The extra glycogen in the sarcoplasm of the muscle fibers gives the muscles a fuller, rounder look.

Improved Skin

A vegan diet allows for improved function of insulin and glucagon production, which control your sugar metabolism, a suspected cause of acne. (Insulin imbalance affects your skin's sebaceous glands, which can lead to clogged pores, causing acne). The antioxidants present in all the fruits and vegetables you'll be eating will help prevent the formation of acne as well. People who switched to a plant based diet also reported less bloating and a brighter complexion.

Reduce Inflammation

When you eat meat and highly processed foods it causes a spike in inflammation in your body. As a response to animal fat, our arterous are paralysed and their ability to open is cut in half, and our lungs also become inflamed. Long term effective of continuing to eat highly processed meat can cause heart disease, diabetes and other life treating illnesses. A plant-based diet is packed with phytochemicals (plant-based compounds) that include antioxidants, flavonoids and carotenoids, that help reduce inflammation and protect the tissues from oxidation, which can damage them.

Better Digestion

Have you ever been told to avoid eating meat late at night? High-protein foods require extra time and energy from the body to properly digest and break down. A plant-based diet however, is not as calorically rich (and that's not a bad thing) and is rich in fibre and healthy fats. A fiber-rich diet helps reduce the symptoms of constipation and diarrhea. A plant-based diet will also cut out most processed foods. And you're much less likely to affect your digestion with meals that have been prepped at home.

Carbohydrates



We have different types of carbohydrates simple carbs and complex carbs. Simple carbs are high starchy foods for example bananas, white potatoes, white bread, sugar, or sweets.

Are these foods bad it depends on the purpose. If an athlete or a fitness enthusiast wanted some energy to workout. This would be a good time to consume this type of carbohydrate. They are the quickest source of energy that is broken down in the body. The body will use the sugar as fuel for the performance that the individual is trying to do.

Complex carbs are slow burning carbs. They too are made up of sugar but, the sugar molecules are in a long complex chain. Complex carbs also provide more nutrients vs simple carbs. Also if you're an athlete or fitness enthusiast this is a great source of energy that will store into the liver when not being used before it turns into fat. When losing weight this is a great source of food you want to use! There are so many benefits that can be used consuming complex carbs.

Here is a list of my top recommendations of carbohydrates:

- 1 Slice of Eureka! Grainiac Organic Bread - 4g protein / 13g carbs / 1.5g fat
- 2 oz Organic Brown Rice Pasta - 4g protein / 43g carbs / 1.5g fat
- 1 Cup of oats - 10g protein / 54g carbs / 2.5g fat
- 1 Cup of organic brown rice - 5g protein / 43g carbs / 1.5g fat

Others Include:

Organic Spinach, Kale, Bell Peppers, Onions, Broccoli, any vegetable is highly recommended!

Fats



Fats are an important part of a healthy diet. It plays a vital role in our body for example it helps with better brain function, makes bones become stronger, And it helps build a stronger immune system. We can get all of our essential fatty acids through the right food selections.

Here is a list of my top recommendations of fats:

- Flax Seed Oil 1 Tbsp - 16g fat
- Flax Seeds - 3g protein / 8g carbs / 3g fat
- Hemp Seeds - 3g protein / 0g carbs / 5g fat
- Chia Seeds - 3g protein / 5g carbs / 3g fat
- 1 Coconut Oil - 14g fat
- 1 Avacado - 24g fat
- 1 Tbsp of Olive Oil - 14g fat
- 1 Almonds - 0.7g fat

Notes

Make sure get everything Organic or Non GMO's as possible.

3 COMMON VEGAN PROTEIN MYTHS

A lot of people are under the false notion that veganism is something that has just come into existence. What is true, however, is the fact that a lot of modern day research and studies has led to a sudden increase in the number of people deciding to follow it. And with that, there has also been a rise in the number of myths around the lifestyle.

MYTH #1: - YOU CAN'T GET ENOUGH PROTEIN FROM A PLANT-BASED DIET

“You’re a vegan? Where do you get your protein from?”. Get ready to be asked that a lot! The single biggest myth there is about veganism; a lot of people are under the assumption that plant-based foods aren’t rich in protein. 20 to 40 percentage of the calories in beans, broccoli, and spinach come from protein, rivaling the percentages of calories from protein in most types of meat.

MYTH #2 - IF YOU EAT DAIRY, YOU WON'T GET ENOUGH CALCIUM

It might surprise you that, dairy is not the only source of calcium there is. Yes, you don’t need to eat or drink dairy products to get the recommended amount of calcium.

Good sources of calcium for vegans include: fortified soya milk and juice, soybeans, soynuts, broccoli, collards, kale, mustard greens, and calcium-set tofu and okra.

MYTH#3: ANIMAL PROTEINS IS THE ONLY PROTEIN YOU NEED TO BUILD MUSCLE

When protein is eaten it is broken down into amino acids. Proteins and amino acids are used for almost every metabolic process in the body. And as long as you’re getting the right amount of protein and amino acids, it doesn’t really matter what your protein sources are.

From track and field athletes to bodybuilders, anyone can build incredible muscle strength and bulk with plant-based proteins.

THE FOLLOWING VEGAN ATHLETES WHO ARE THRIVING ON A PLANT-BASED DIET

1. PATRICK BOBOUMIAN

Strongman Patrik Baboumian is a German who has switched to a vegan diet in 2011, after been previously vegetarian. Even though he has won several strongman world records as a vegetarian, In September 2015 he beat his own world record by completing the yoke walk with 560 kg in Kitzchen, Germany. In terms of becoming a Vegan, Patrick explains, “I got heavier, I got stronger, I won the European championship title in powerlifting, I broke three world records so everything was going perfect ... my blood pressure went down, and my recovery time was so much faster so I could train more.”



FOLLOW PATRICK ON INSTAGRAM
[@patrikbaboumian](https://www.instagram.com/patrikbaboumian)

2. TORRE WASHINGTON

Torre has been a vegan for over 2 decades now. When he was asked in an interview, he said, “if there’s a disadvantage between vegans and meat-eaters, there’s no difference since muscle is built based upon your training regimen. “If anything, I am at an advantage being vegan, since plants expedite the recovery and recuperation,”.



FOLLOW TORRE ON INSTAGRAM
[@torre.washington](https://www.instagram.com/torre.washington)

3. JEHINA MALIK

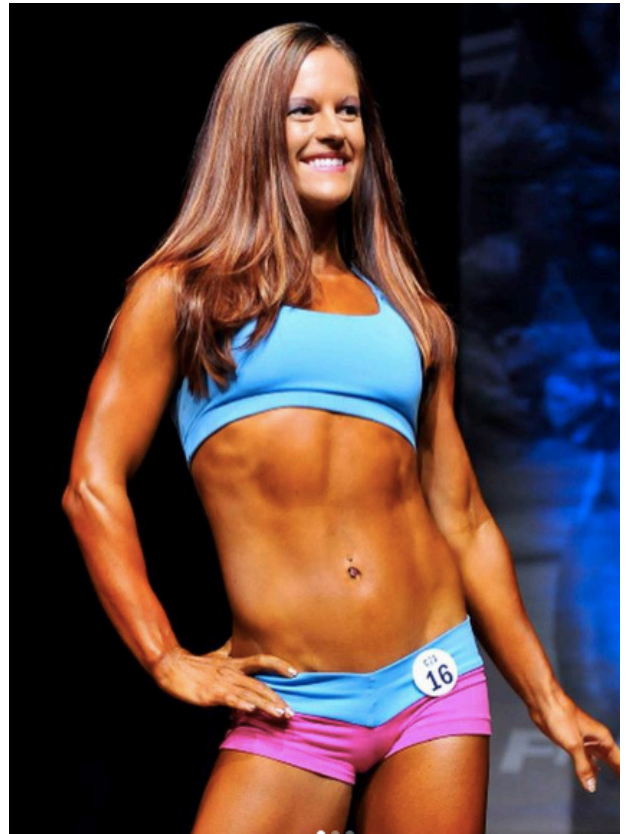
Jehina lives and breaths bodybuilding from the time she was a kid. She has also been the longest running IFBB Pro Vegan athlete. Now Jehina is giving back to the community to help other people achieve the body of their dreams. - Jehina is definitely one to watch.



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[@ifbbjehinamalik1](https://www.instagram.com/ifbbjehinamalik1)

4. ERIN FERGUS

Erin was named Women's Physique Pro by the Organization of Competitive Bodybuilders. She couldn't contain her enthusiasm on Facebook, exclaiming, "A vegan pro, how about that?! I MADE HISTORY AGAIN FOR THE ANIMALS!"



FOLLOW ERIN ON INSTAGRAM
[@veganfergiefitness](https://www.instagram.com/veganfergiefitness)

4. JULIA HUBBARD

Julia has been a prolific competitor in a variety of sports, competing internationally in bobsleigh, bodybuilding, fitness and sprinting. Julia moved from being a long term vegetarian to a full vegan diet in July 2015 aged 39.

Julia says, “I went as part of a school debate team to the ‘Green Show’ when I was 15 and was first exposed to the animal cruelty in animal farming, so I decided to go vegetarian” she explained to Great Vegan Athletes in 2017. “I had thought about going vegan many times but always thought it would be too difficult as an athlete and with travelling a lot. The turning point was my health. I started having digestion issues and for a year the doctors just treated the symptoms and labelled it as IBS and I was getting no better”.



FOLLOW JULIA ON INSTAGRAM
[@jules_pro_figure](https://www.instagram.com/jules_pro_figure)

HERE'S JUST A FEW MORE VEGAN ATHLETES TO FOLLOW ON INSTAGRAM

@lamavegan monk
@conscious_muscle
@GregMoormann
@rafaelpinto10
@Max_veganfit
@Justinkfitness

@Jonvenus
@Maxveganmuscle
@VeganMuscleandFitness
@korinsutton
@domzthomas

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A close-up photograph of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of red apple, a generous amount of golden-brown granola, and several whole almonds. The bowl is set on a red and white patterned cloth. The background is a blurred wooden surface.

BREAKFAST RECIPES

PEANUT BUTTER BANANA QUINOA BOWL

Serves 1 - Prep Time: 15 mins - Ready in 10 mins



Ingredients

- 1 Cup of uncooked quinoa
- 1/4 Cup unsweetened soy milk
- 1/2 Tbsp of cimmamon
- 1/2 Tbsp of chia seeds
- 2 Tbsp of organic peanut butter
- 1/2 cup of unsweetened almond milk
- 1/2 Cup of raw almond milk
- 5 Drops of liquid stevia

Directions

1. In a saucepan bring to the boil, soy milk, quinoa and cinnamon.
2. Reduce heat and simmer for 10 minutes.
3. Remove from heat and stir in chia seeds.
4. Cover the saucepan with a lid and place aside for 10 minutes.
5. In the meantime, microwave peanut butter and almond milk for 15 seconds on high. Remove and stir until runny.
6. Stir in coco powder and stevia.
7. To serve fluff the quinoa with a fork and place into a bowl.
8. Top with slice apple.

TOTAL CALORIES: 718

Protein: 30g

Carbs: 90g

Fats: 30g

SCOTTISH OATS WITH ALMOND & BERRY

Serves 1 - Prep Time: 10mins - Ready in 10 mins



Directions

1. Mix all ingredients into a big bowl (except for the frozen blueberries).
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick or create chunks) .
4. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

Ingredients

- Mixing bowl
- Whisk
- 3/4 Cup of Scottish Oats
- 1/2 Scoop of Vanilla Pea Protein Powder
- 1/3 Cup of unsweetened Vanilla Almond Milk

(Use a brand of your choice)

- 1/2 Tbsp of Flax Oil
- 1/4 Cup of Frozen Blueberries
- 1/4 Cup of Water

TOTAL CALORIES: 360

Protein: 15g

Carbs: 37g

Fats: 17g

BANANA NUT OATMEAL

Serves 3 - Prep Time: 5 mins - Ready in 3 mins



Directions

Combine oats and 1 cup of water in a small microwave safe bowl. Microwave on high for 3 minutes until tender.

Top with banana slices, walnuts, and cinnamon.

Ingredients

- 1 1/2 Cup of Oats
- 3 Cups of Water
- 1 Medium Bananas
- 3 Tbsp of Walnuts

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TOTAL CALORIES: 879

Protein: 23g

Carbs: 177g

Fats: 18g

BLUEBERRY OATMEAL

Serves 2 - Prep Time: 10 mins - Ready in 5 mins



Ingredients

- Mixing bowl
- Whisk
- 1/3 Cup Oatmeal
- 1/2 Cup of frozen berries
- 1 tbsp of Flaxseed oil

Directions

1. Mix all ingredients into a big bowl (except for the frozen blueberries)
2. Cook in the microwave for about 3-4 minutes (Cooking time may vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick to the bowl or create chunks)
4. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

TOTAL CALORIES: 474

Protein: 22g

Carbs: 62g

Fats: 19g

OATMEAL BUCKWHEAT & PEANUT BUTTER

Serves 1 - Prep Time: 10 mins - Ready in 5 mins



Directions

1. Mix all the ingredients into a big bowl (except for the banana slices, walnuts and peanut butter.)
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick to the bowl or create chunks)
4. Once the mix is cooked, top with the banana slices, walnuts and peanut butter and enjoy!

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TOTAL CALORIES: 581

Protein: 21g

Carbs: 60g

Fats: 11g

OATMEAL WITH RAISINS

Serves 3 - Prep Time: 2mins - Ready in 2 mins



Directions

1. Combine raisins with water and stir in the oatmeal.
2. Microwave until cooked according to package directions, about 2 minutes.
3. Remove, add syrup of your choice, and enjoy!

Ingredients

- 1/2 cup of oatmeal
- 1/4 cup of raisins
- 1 Tbsp of maple syrup
- 1 1/2 Mango
- 1 Cup of water

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TOTAL CALORIES: 778

Protein: 19g

Carbs: 187g

Fats: 4g

SPICED BERRY COBBLER OATMEAL

Serves 1 - Prep Time: 5 mins - Ready in 10 mins



Ingredients

- 3/4 Cup of oats
- 1/2 Cup of coconut oil
- 1/3 Cup of blackberries
- A dash of cinnamon
- 1/4 Tbsp of turmeric
- 1/4 Tbsp of allspice
- 1 Tbsp of granola
- 3 Tbsp of walnuts

Directions

1. Cook rolled oats as per package directions. Set aside.
2. Set a nonstick skillet on medium heat, add coconut oil. Allow the pan to get hot.
3. Toss in the berries. As they sear in the coconut oil, they will begin to naturally cook down from the heat. Gently mash the berries as they cook to help them burst open.
4. Season the berries with a pinch or two of cinnamon, and stir with a spatula. Remove the berries from the heat and allow the sauce to thicken.
5. Add all of the ingredients except the berries to the bowl of oatmeal. Mix very well, and add a bit more cinnamon if you prefer.
6. Pour the warm berry syrup on top of the oatmeal.
7. Top with fresh granola and walnuts to add some crunch.

TOTAL CALORIES: 748

Protein: 28g

Carbs: 96g

Fats: 31g

KNOCK OATS

Serves 1 - Prep Time: 5 mins - Ready in 2 mins



Directions

1. Prepare oatmeal according to package instructions.
2. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

Ingredients

- 1/2 Cup of quick oats
- 1 Medium banana
- 2 Tbsp of peanut butter
- 1 Tbsp of cinnamon

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TOTAL CALORIES: 451

Protein: 14g

Carbs: 63g

Fats: 20g

OATMEAL PANCAKES

Serves 5-6 - Prep Time: 10 mins - Ready in 10 mins



Directions

1. In a mixing bowl, combine together the flour and baking powder. Stir in the sugar, oats, and ground flaxseed.
2. Stir in the soy milk, vanilla, coconut oil, and salt and stir to combine.

Ingredients

- 1 Cup of wholewheat flour
- 1 Tbsp of baking powder
- 1 1/2 Cup of soy milk
- 3/4 Cup Rolled oats organic is preferred
- 1 Cup Nut milk almond, coconut, cashew milk are all great.
- 1 Tablespoon Coconut Palm Sugar or stevia

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TOTAL CALORIES: 1201

Protein: 37g

Carbs: 188g

Fats: 41g

TOFU BREKKIE PROTEIN PANCAKES

Serves 5 - Prep Time: 30 mins - Ready in 10 mins



Directions

1. In a mixing bowl, blend together tofu, vanilla and milk, until smooth and thick batter forms. Use a blend or electric mixer if needed.
2. In a separate bowl, mix together all the dry ingredients, making sure there are no lumps.
3. Pour the tofu mix into dry ingredients and mix well, until you have a thick batter.
4. Heat a large frying, non- stick pan and pour very small amount of oil.
5. Pour pancake batter into a frying pan (I always use 1/4 measuring cup to get same size and shape of the pancake), and fry for about 2 minutes on each side, until bubbles pop over most surface.
6. Serve with maple syrup and berries, enjoy!

Ingredients

- 1/2 pack silken tofu (175g)
- 1 Tbsp vanilla extract
- 1 Cup almond milk (or any other non- dairy milk)
- 1/2 Tbsp vegetable oil, plus extra for frying
- 125 g all- purpose flour (gluten- free if needed)
- 2 Tbsp coconut sugar
- 1/2 Tbsp ground cardamom
- 1/2 Tbsp baking powder (gluten- free if needed)
- 1/2 Tbsp salt

TOTAL CALORIES: 601

Protein: 20g

Carbs: 91g

Fats: 16g

VANILLA PUMPKIN & CHICKPEA PANCAKES

Serves 1 - Prep Time: 30 mins - Ready in 10 mins



Ingredients

- 1/3 Cup Chickpea Flour
- 1/2 Tsp Baking Powder
- 1/4 Tsp Baking Soda
- 1/4 Cup Pure Pumpkin Puree
- 7 Drops of Vanilla Stevia
- 1/4 Tsp Pure Bourbon Vanilla Extract
- 1/2 Tsp Cinnamon
- 1/4 Cup Water

Directions

1. In a mixing bowl, combine the chickpea flour, baking powder, baking soda, and cinnamon. Give it a mix.
2. Then add the pumpkin, vanilla, stevia, and water. Give everything a good mix until all is combined and you have pancake batter.
3. Heat a pan lightly coated in coconut oil over medium heat. When hot, add 1/2 the batter to the pan. Cook for 3-4 minutes or until bubbles form on the edges. Flip and cook an additional 3-4 minutes. Repeat for the rest of the batter.
4. To make the protein frosting, just combine the protein powder and water (add slowly so you get the right consistency). Stir and set aside.

TOTAL CALORIES: 252

Protein: 24g

Carbs: 30g

Fats: 3g

CHICKPEA FLOUR OMELET WITH SPINACH & KALE

Serves 1 - Prep Time: 10 mins - Ready in 10 mins



Ingredients

- 1/3 cup chickpea flour
- 2 tablespoons ground flax seeds
- 1/2 cup water
- 1 tablespoon lemon juice
- 1 teaspoon tahini
- Salt and pepper, to taste
- 1 tablespoon extra virgin olive oil or water as needed.

Directions

1. Start by mixing the chickpea flour, and ground flax seeds together. Add the water, lemon juice, and tahini, then whisk to combine. Season to taste and let sit for about 5-10 to thicken.
2. Heat a frying pan to medium heat. Add the olive oil and the omelet mixture. Add the chopped spinach and kale leaves, diced avocado, cherry tomatoes, and spices you like.
- 3 Let cook for 5-10 minutes. Using a spatula, ease around the edges of the omelette and fold it over in half. The omelet is ready when it starts to turn golden brown underneath. Remove from the pan, serve with some fresh arugula, top with tahini drizzle, and serve.

TOTAL CALORIES: 632
Protein: 28g
Carbs: 66g
Fats: 5g

SPINACH, MUSHROOM & TOFU OMELET

Serves 1 - Prep Time: 5 mins - Ready in 2 mins



Directions

1. Combine the garlic, tofu, nutritional yeast, olive oil, cumin, and salt in food processor. Blend the mixture until smooth and well combined. Add the cornstarch and flour and pulse to combine. Heat a large non-stick skillet over medium-high heat and lightly grease with cooking spray.
2. Pour about 1/2 cup of the batter into the skillet and spread to about 6-inches wide. Cook for 3 to 5 minutes until the top is dry then flip and cook for another minute. Transfer the omelet to a plate and repeat with the remaining batter. Heat the oil in a small skillet over medium heat.
3. Add the onion and mushroom and cook for 3 minutes until the onion is translucent. Stir in the spinach and cook for 1 to 2 minutes more until spinach is just wilted. Divide the spinach, onion, and mushroom mixture among the omelets and serve hot.

Ingredients

- 14 oz silken firm tofu
- 2 Tbsp of nutritional yeast
- 2 Tbsp of garlic
- 1 1/2 tbsp of olive oil
- 1 Tbsp of salt
- 1/2 Tbsp of cumin
- 1/4 Cup of organic coconut flour
- 1 Tbsp of cornstarch
- 1 Tbsp of coconut oil
- 1/2 small onion
- 1 Cup of mushroom slices
- 2 Cups of spinach

TOTAL CALORIES: 631

Protein: 44g

Carbs: 54g

Fats: 28g

SPINACH, TOFU & TOMATO SCRAMBLE

Serves 1 - Prep Time: 10 mins - Ready in 10 mins



Ingredients

- 1 oz extra-firm tofu crumbled
- 1 Small Onion chopped
- 3 Garlic Cloves
- ¼ Can roma chopped tomatoes
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1/4 tsp. turmeric, more as desired
- 1/4 cup nutritional yeast (I use this brand)
- Large handful baby spinach (or more)
- A sprinkle of salt for taste

Directions

1. Dice onion and mince garlic.
2. In a large pan over medium-high heat, saute onion with a little salt for 7-8 minutes. (I use about 3 Tbsp. water/veggie broth to saute for no-oil method.)
3. Meanwhile, remove some of the excess liquid from tofu. Then crumble tofu and chop tomatoes.
4. Add garlic to the pan, and cook for 30 seconds.
5. Add crumbled tofu and tomato. Reduce heat to medium and cook about 10 minutes, stirring occasionally. (Some may stick on the bottom but that's normal.)
6. While the tofu is cooking, put the cumin, paprika, and turmeric in a small bowl.
7. Add 1 Tbsp. water, and stir to combine.
8. Add seasonings and nutritional yeast to the pan. Stir well to combine.
9. Add spinach, stir, and cook another 3 minutes until spinach is wilted. Add salt if needed.

TOTAL CALORIES: 225

Protein: 21g

Carbs: 23g

Fats: 25g

BLUEBERRY BANANA & PEANUT BUTTER ENGLISH MUFFINS

Serves 2 - Prep Time: 10 mins - Ready in 10 mins



Ingredients

- 4 Tbsp of blueberries
- 1/4 cup of peanut butter
- 2 Tbsp of brown sugar
- 2 Medium bananas
- 2 English muffins

Directions

Preheat baking tray in oven (500 degrees F). Arrange rack in lower third of oven.

2. Place muffin halves on a baking sheet and broil until toasted, 4-5 minutes.

3. Spread peanut butter on top of muffin halves and top with banana slices. Sprinkle evenly with brown sugar, a few pinches on each muffin.

4. Return muffins to oven and broil until sugar is browned and caramelized, 3 to 4 minutes. Remove from oven and top with blueberries and/or almonds. Enjoy!

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TOTAL CALORIES: 908

Protein: 29g

Carbs: 133g

Fats: 37g



SALAD RECIPES

LETTUCE CUCUMBER WALNUT SALAD

Serves 1 - Prep Time: 10 mins - Ready in 0 mins



Directions

1. Add lettuce to a bowl. Peel, slice, and add cucumbers.
2. Add olive oil, season with salt and pepper, and mix. Crush and add walnuts. Serve immediately and enjoy!

Ingredients

- 7 7/8 cup shredded lettuce
- 3 Medium cucumbers
- 1 1/2 Tbsp of olive oil
- 1 1/2 dash of salt
- 1 1/2 dash of pepper
- 3/8 cup of chopped walnuts

TOTAL CALORIES: 574

Protein: 13g

Carbs: 24g

Fats: 50g

KALE AVACADO SALAD

Serves 1 - Prep Time: 8 mins - Ready in 0 mins



Directions

1. Chop kale.
2. Mash avocado into kale. This will help to tenderize the kale.
3. Add lemon or lime juice. 2 Tbsp is about the amount from a small/medium lemon.
4. Salt and pepper to taste.
5. Toss once more and serve. Enjoy!

Ingredients

- 4 Chopped Kale
- 2 Avocado without skin and seed
- 4 Tbsp of lemon juice
- 4 Dash of pepper
- 4 Dash of salt

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TOTAL CALORIES: 600

Protein: 17g

Carbs: 51g

Fats: 44g

TOFU FETA SALAD

Serves 1 - Prep Time: 10 mins - Ready in 10 mins



Ingredients

- 8 ounces extra-firm tofu
- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon oregano

Directions

1. Slice the tofu into 4 slabs, crosswise. Blot between layers of paper towel or clean tea towels until you get out as much moisture as you can.
2. Cut the slabs into 1/2 inch dice. Place in the serving container in which you plan to serve this, in a single layer.
3. Toss with the lemon juice and oil; sprinkle with the salt and oregano. Let stand for 30 minutes, then use as you wish.

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TOTAL CALORIES: 347

Protein: 17g

Carbs: 20g

Fats: 26g

BLACK BEAN & CORN SALAD

Serves 1 - Prep Time: 25 mins - Ready in 0 mins



Directions

1. Rinse and drain black beans. Chop bell pepper and onion.
2. Combine all ingredients in a bowl.
3. Let stand at least 15 minutes for flavors to combine, then toss and serve.

Ingredients

- 1/2 Cup of Blackbeans
- 1/4 Cup of Red Bell Pepper
- 1/4 Medium Onion
- 1/4 Can of Corn Yields
- 1/2 Tbsp of Pepper or Hot Sauce
- 1/4 Lime Juice (lime yields)
- 2 1/4 Sprigs of Fresh cilantro
- 1/4 Tbsp of Vegetable Oil
- 1/4 Dash of Salt
- 1/4 Dash of Pepper

TOTAL CALORIES: 428

Protein: 23g

Carbs: 74g

Fats: 6g

RED BEAN SALAD

Serves 2 - Prep Time: 10 mins - Ready in 0 mins



Directions

1. Chop celery, seed and chop red pepper, drain canned kidney beans, chop scallions and parsley.
2. Combine all ingredients in a medium bowl and toss well; adjust seasonings.

Ingredients

- 1 Medium Scallion
- 1 1/2 cup of Parsley
- 2/3 Tbsp of Olive Oil
- 1/3 Salt
- 1/3 Peopper
- 1/3 Cup of Bluebell Pepper (sliced)
- 1 1/3 Cup of Kidney Beans
- 1/3 Celery Stalks
- 1/3 Cup of Red Pepper Relish
- 1/3 Tbsp of Vinegar

TOTAL CALORIES: 396

Protein: 19g

Carbs: 55g

Fats: 11g

SPINACH TOMATO SALAD

Serves 1 - Prep Time: 5 mins - Ready in 0 mins



Directions

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions and tomato.
2. Put spinach in a mixing bowl and add the tomato, scallions, oil, pepper, and the juice from 1 squeezed lemon. Toss and serve.

Ingredients

- 15 Cups of spinach
- 6 Large scallions
- 1 1/2 medium tomato
- 3 Tbsp of olive oil
- 3 Dash of pepper
- 1 1/2 Lemon Yields

TOTAL CALORIES: 559

Protein: 18g

Carbs: 40g

Fats: 43g

POTATO SALAD

Serves 8 - Prep Time: 5 mins - Ready in 20 mins



Ingredients

- 5 medium potatoes
- 8 tbsp of vegan mayo
- 3 tbsp of vinegar
- 1 medium onion
- 2 medium celery stalks
- 1 dash of salt
- 1 dash of pepper

Directions

1. Boil potatoes until just soft (test with fork). Transfer to strainer and cool.
2. Once the potatoes have cooled, peel if desired, and chop into bite-sized pieces.
3. Gently toss together all the ingredients in a large bowl, seasoning with salt and pepper to taste. Can serve immediately, or chill before serving.

TOTAL CALORIES: 1607

Protein: 23g

Carbs: 199g

Fats: 73g

QUICK NORI ROLL WITH CUCUMBER & AVACADO

Serves 1 - Prep Time: 10 mins - Ready in 0 mins



Ingredients

- 6 Sheets of Seaweed
- 1 1/2 Cups of Sliced cucumber
- 3/4 cup of Avacado
- 6 Slices of Silken firm tofu
- 3/4 cup of Alfalfa sprouts
- 3 Tbsp of Soy sauce
- 3 Tbsp of Sesame seeds

Directions

1. Place a sheet of nori on a clean and dry cutting board, shiny side down and longest edge facing you.
2. Starting from the left edge, arrange the cucumber slices in overlapping rows on the nori, leaving a 1-inch margin of uncovered nori at right edge. Sprinkle with sesame seeds.
3. Arrange avocado, tofu, sprouts in an even, vertical pattern, 2 inches from the left edge,
4. Rotate the cutting board by a quarter of a turn counter-clockwise so the uncovered strip of nori is furthest from you. Using both hands, start rolling the sheet of nori from the edge closest to you, folding it up and over filling, then rolling it tightly away from you.
5. Just as you're about to reach the uncovered strip of nori at the end, dip your fingertips in water and dab the nori lightly so it will stick and create a seal.

TOTAL CALORIES: 696

Protein: 47g

Carbs: 38g

Fats: 44g

VEGGIE NORI ROLL

Serves 3 - Prep Time: 5 mins - Ready in 0 mins



Ingredients

- 6 Tbsp of Hummus
- 3/4 Cup of Alfalfa sprouts
- 3/4 Cup of diced or sliced Carrots
- 3/4 Cup of cucumber slices
- 3 Sheets of Seaweed
- 3/4 Cup of Avacados (sliced)
- 3 Tbsp of Nutritional Yeast
- 1 Dash of Salt

Directions

1. Cut cucumbers, carrots and avocado into thin slices.
2. Place seaweed sheet on a work surface. Spread the hummus in a thin layer over the sheet. Layer the spouts, carrots, cucumber, and avocado on top of the bottom one-third of the sheet. Sprinkle with nutritional yeast and salt to taste.
3. Gently but firmly, roll the edge closest to you toward the center of the wrap, carefully rolling a sushi-like roll. (A sushi mat makes this easier.) Slice roll with a sharp knife and serve immediately.

TOTAL CALORIES: 457

Protein: 21g

Carbs: 24g

Fats: 26g

A top-down view of a rustic, dark brown ceramic bowl filled with a vibrant orange soup. The soup has a slightly textured appearance. In the center of the bowl, there is a garnish of fresh green herbs, likely parsley. The bowl is set on a light-colored, textured surface, possibly a woven placemat or burlap. The lighting is soft and even, highlighting the colors of the soup and the garnish.

SOUP RECIPES

LEAK POTATO SOUP

Serves 3 - Prep Time: 5 mins - Ready in 15 mins



Ingredients

- 3/4 Leaks
- 3 3/8 Cup of Vegetable Broth 3/8 Cup of Lentils
- 3/4 Large Patato
- 3/4 Dash of Salt
- 3/4 Dash of Pepper

Directions

1. Cut the leek in half lengthways and wash well to remove any dirt, cut into tiny slices (approx 1cm). Place all the ingredients in a large saucepan.
2. Bring to a boil, reduce heat and simmer gently for approx 20 mins, stirring occasionally.
3. Season with salt and pepper to taste and blend until smooth, either in a blender, or in the pan with a hand held stick blender. If you want a slightly thinner soup you can add a little more water at this stage.

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TOTAL CALORIES: 569

Protein: 31g

Carbs: 110g

Fats: 2g

POTATO & ARUGULA SOUP

Serves 4 - Prep Time: 10 mins - Ready in 15 mins



Ingredients

- 4 small potatoes
- 1 Tbsp of olive oil
- 1 Small onion
- 3 Garlic cloves
- 3 Cups of Arugula
- 3 Cups of Vegetable Broth
- 1 Dash of pepper
- 1 Dash of salt

Directions

1. Cube potatoes, mince garlic, chop onion.
2. Put the potatoes in a medium saucepan and cover with cold water by 2 inches. Salt the water generously. Bring to a boil over medium heat and cook the potatoes until tender, about 10-12 minutes. Drain water, peel potatoes and leave it aside.
3. Heat oil in the same saucepan and saute onion and garlic for a few minutes until its slightly brown. Add potatoes to the saucepan and cook for 3-5 minutes then add 2/3 of the broth.
4. Once it starts simmering, add arugula to the pot and cook until it is slightly wilted. Season it with salt and pepper. Remove from heat and let it cool for a little bit.
5. Use a immersion blender to puree potatoes and arugulas together until it is smooth. Add more broth as needed to loosen up the consistency per your liking. Adjust seasoning. Serve and enjoy!

TOTAL CALORIES: 745

Protein: 17g

Carbs: 137g

Fats: 15g

TOMATO SOUP

Serves 1 - Prep Time: 5 mins - Ready in 15 mins



Directions

1. Lightly sautee the garlic and capers in oil in a saucepan, seasoning with salt and pepper.
2. Add the tomatoes, stir.
3. Using a hand blender, puree ingredients together carefully.
4. Add the soy milk, and simmer, blending more until desired smoothness.

Ingredients

- 2 Cups of tomato (canned)
- 3/4 Cup of soy milk
- 1 Tbsp of olive oil
- 2 Garlic cloves (minced)
- 1 Tbsp of drained capers

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TOTAL CALORIES: 362

Protein: 13g

Carbs: 46g

Fats: 18g

PEANUT STEW

Serves 1 - Prep Time: 10 mins - Ready in 30 mins



Ingredients

- 1 Medium potato
- 1 Medium onion
- 1 Tbsp of garlic
- 1 can of tomatoes
- 1 1/2 cups of chickpeas
- 1/8 Tbsp of Thyme (leaves)
- 1 Cup of water
- 1 Cup of peanut butter

Directions

1. Chop potato and dice onion and garlic.
2. Cook onion over medium heat until soft and translucent. Add garlic and stir. Then add tomatoes, peanut butter, garbanzo beans, and stir. Season with thyme and add potato. Depending on desired thickness, add 1-2 cups water and stir.
3. Cover and cook on low-medium low heat for 25-35 minutes. The soup is ready when the potatoes are cooked through. Enjoy!

TOTAL CALORIES:2185

Protein: 92g

Carbs: 184g

Fats: 137g

TOMATO & BLACK BEAN STEW

Serves 2 - Prep Time: 5 mins - Ready in 20 mins



Directions

1. Heat oil in a pan over medium heat and then add chopped onion; cook until translucent.
2. Add chopped tomato and add tomato sauce.
3. Finally, add the can of beans and bring to a boil, reduce heat to a simmer and let stew for about 20 minutes. Season with salt and enjoy!

Ingredients

- 3 Tbsp of Vegetable Oil
- 1 Medium Onion (chopped)
- 1 Cup of Tomatoes (chopped or diced)
- 1 Can of Tomato puree
- 1 Can of Blackbeans
- 1 Tbsp of Salt

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TOTAL CALORIES: 873

Protein: 30g

Carbs: 96g

Fats: 44g



SANDWICH RECIPES

ROASTED CHICKPEA WRAP

Serves 2 - Prep Time: 10 mins - Ready in 20 mins



Ingredients

- 7 1/2 oz of Chickpeas
- 1/2 tbsp of Olive Oil
- 1/2 tbsp of paprika
- 1/2 tbsp of pepper
- 1/4 tbsp of cayenne pepper
- 1/8 tbsp of salt
- 2 large pita bread
- 4 tbsp of tzatziki
- 1/8 medium onion
- 1 leaf of lettuce
- 1/2 medium tomato

Directions

1. Chop lettuce leaves, slice tomatoes and red onions. Set aside.
2. Drain and rinse chickpeas. Pat chickpeas dry with paper towel, removing any skins that may come off.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat. Enjoy!
3. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.
4. Spread chickpeas onto a greased rimmed baking sheet and roast at 400 degrees F (200 C) for about 20 minutes, until lightly browned but not hard.
5. Spread some tzatziki onto one side of a pita, then sprinkle in 1/4 of the chickpeas and add veggies. Fold in half and enjoy!

TOTAL CALORIES: 682

Protein: 27g

Carbs: 110g

Fats: 19g

BREAKFAST QUESADILLA

Serves 2 - Prep Time: 5 mins - Ready in 0mins



Directions

1. Heat a medium skillet over medium high heat and coat with oil. Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon, and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together.
2. When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut quesadillas into halves or quarters.

Ingredients

- 1 tbsp of vegetable oil
- 2 tbsp of peanut butter
- 2 tortillas
- 1 medium banana
- 1 cup of sliced strawberries
- 1 tbsp of cinnamon

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TOTAL CALORIES: 667

Protein: 17g

Carbs: 96g

Fats: 27g

WHOLE TOMATO & AVACADO SANDWICH

Serves 1 - Prep Time: 10 mins - Ready in 10 mins



Ingredients

- Toasted whole grain bread
- Sliced avocado (see How to Cut and Peel an Avocado)
- Lettuce (Boston Bibb or butter lettuce work well)
- Sliced fresh tomato
- Kosher salt
- Vegenaise

Directions

1. For each sandwich, toast two slices of whole grain bread. While the bread is toasting, slice your tomato and avocado.
2. Spread as much (or little) mayonnaise as you like on one side of each slice of toasted bread. Add a layer of sliced avocado and sprinkle a little kosher salt over it. Add a layer of lettuce and a layer of sliced tomatoes. Sprinkle a little salt over the tomatoes too.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat. Enjoy!

TOTAL CALORIES: 440

Protein: 14g

Carbs: 61g

Fats: 16g



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