



LARC'S PB&J SANDWICH
(Recipe located on pg 150)

Jerk, No Chicken! Collard Green Wrap

Our *Jerk, No Chicken! Collard Green Wrap* is a delicious green wrap full of flavor! We will use a Collard Green wrap which will prevent the sogginess you typically get from a traditional wrap. This succulent tasting green wrap is sure to bring the comfort of a Caribbean taste!

Serving Size: 4
Cook Time: 20 Minutes

Ingredients

- 4 collard green leaves, washed and cleaned
- 2 cups of water
- 1 teaspoon of olive oil
- 1 can of organic chickpeas
- $\frac{1}{2}$ green bell pepper, small diced
- $\frac{1}{2}$ white onion, small diced
- $\frac{1}{2}$ teaspoon of dried thyme leaves
- 1 small vine ripened tomato, small diced
- $1\frac{1}{2}$ teaspoon of your favorite jerk seasoning
- $1\frac{1}{2}$ cup of cooked brown rice
- 2 handfuls of fresh spinach or kale, washed and cleaned

How to Prepare:

1. Cook brown rice as directed and set aside.
2. Wash and clean spinach or kale and set aside.
3. In a medium pan over medium heat, drizzle olive oil in the pan and pour in diced bell pepper, onion and thyme and sauté for 5 minutes.
4. Open can of chickpeas and drain. Add chickpeas to the pan and sauté for an additional 5 minutes.
5. Add diced tomatoes and jerk seasoning and sauté for 3 minutes.
6. Place chickpea mixture in a bowl and set aside.
7. Wash and clean the pan and use the pan for the collard green leaves.
8. On medium heat, pour 2 cups of water into the pan and bring to a simmer.
9. Using one leaf at a time, place the collard green leaf in the water for 1 minute on each side. Remove from water and pat dry with a paper towel.
10. Place collard green leaf on cutting board and turn over where the big vein of the leaf is visible.
11. With a small paring knife, shave the vein of the collard green down without tearing.
12. Lay the collard green leaf flat with vein side down and scoop half a cup of jerk chickpeas, brown rice and spinach or kale to the wrap. Take sides of the wrap and fold to the middle, take one end and begin to roll until completely rolled.
13. Cut in half and enjoy!

Suggestion: If you would like to add a sauce, use your favorite vinaigrette and favorite BBQ sauce. Add 2 tablespoons of each, mix together very well and enjoy with the collard green wrap! To add a little more flavor of spice, cut strips of red and yellow bell peppers and top with tomatoes.

Chow Down Curry

Chow down on this healthy feast! With a favorable hint of curry, this dish is sure to make you come back for more!

Serving Size: 4
Cook Time: 55 Minutes

Ingredients

- 1 large Cauliflower
- 1 small butternut squash
- 2 medium size sweet potatoes
- 14oz. coconut milk
- 2 teaspoons of olive oil
- 1 bag, rinsed spinach
- $\frac{1}{2}$ cup vegetable broth
- 2 tablespoons of curry

How to Prepare:

1. Carefully cut cauliflower, squash and sweet potatoes into bite size pieces. Cook cauliflower and squash for approximately 5 minutes in olive oil or until tender. Season with curry.
2. Place sweet potatoes in the oven for approximately 30 minutes. Remove from oven and cut the sweet potatoes into chunk size pieces.
3. Place all veggies in a pot and add broth, coconut milk, along with spinach and cook on low heat for 20 minutes, stirring occasionally.

Side Piece Spicy Spinach

It's so good you will want to have it every day! The perfect side dish to any meal!

servings : 4
Cooking time: 6 minutes

Ingredients

- 4 bags of spinach
- 1 tablespoon of olive oil
- 2 cloves of garlic, finely chopped
- 2 teaspoons of yellow mustard seeds
- 1teaspoon of dried red pepper flakes
- 1/2 cup vegetable broth

How to prepare:

Oil pan and cook over medium heat. Add finely chopped garlic and mustard seeds. Place 1 bag of Spinach in the pan until wilted , add the other bag of spinach in the pan along with the vegetable broth. Gradually add all spinach and place lid on top of pan for 5 minutes. Serve



HAWAIIAN PINEAPPLE BOWL
(Recipe located on pg 151)

THE GLOW UP SOUP
(Recipe located on pg 160)

SOUPS, SALADS AND SNACKS



While transitioning into a Vegan Plant-Based lifestyle, consuming salads is an important step to aide in the transition. Eating a salad, a day will supply your body with the necessary nutrients to support your body's transition. However, our salad recipes are not the boring dry salads you may be used to! *wink* Soups are a complimenting addition to your salad to create a well-rounded satisfying, balanced meal. Our soup and salad variations are extremely fulfilling! The most challenging part of this transition may be cutting back on the unhealthy food snacking. Therefore, we created healthy alternatives that will not add pounds to the hips yet support you in transitioning.

Our sensational salads, with the addition of Ezekiel Bread, can also be prepared as a sandwich!

We highly recommend simmering soups in a crockpot on low for a deliciously prepared meal after work, after church service, after a day of shopping, or even during a day well spent relaxing!

Our snacks are some of our childhood favorites. Nothing beats a healthy nibble until we get to our next meal!

The Glow Up Soup

Ladies! It is all about the *Glow Up!* This recipe is all about creativity. You may add fresh herbs, spices, or nuts of your choice. You can pair this soup with a sandwich or with one of our sensational salads.

Serving Size: 8

Cook Time: 50 Minutes

Ingredients

- 2 tablespoons of olive oil
- 2 large garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 2 celery stalks, chopped
- 2 large carrots, peeled and chopped
- 8 cups of butternut squash, peeled, seeded, and chopped into 1 inch cubes
- 4 cups of vegetable stock
- 1-2 cups of plain unsweetened coconut milk, desired taste

- 1 teaspoon of paprika
- black pepper, to taste

- Himalayan sea salt, pinch

(Optional: Fresh herbs; thyme, parsley, cilantro, etc.)

How to Prepare:

1. In a large stockpot heat the olive oil over medium heat and sauté the garlic, onions, and celery, stirring often, until soft and fragrant for approximately 5 minutes.
2. Add the carrots, butternut squash and vegetable stock. Bring to a boil, then reduce the heat to low and simmer until all of the vegetables are tender, approximately 30 to 40 minutes.
3. Working in batches, transfer the soup to a blender and process until smooth.
4. Return the soup to the pot.
5. Stir in the coconut milk, paprika, and pepper, and bring back up to a simmer.
6. Serve with a garnish of chopped fresh herb of your choice and enjoy!

The BGGV (Black Girls Gone Vegan!) Soup

The BGGV Soup is here by popular demand! The BGGV soup is one of our most popular soups amongst our Gems from [#blackgirlworkouttoo](#) video! This soup will speed up your metabolism and burn unwanted fat! Simplicity at its best! The BGGV soup serving is proportionate to serving a large party or for you to have throughout the week. Our goal is to save the hassle of preparing a meal nightly while working daily! It is important to have healthy, animal-free meals readily available for when hunger strikes. We guarantee you will love this soup and your family will, too!

Serving Size: 6

Cook Time: 60 Minutes

Ingredients

- 2 green peppers
- 1 medium green cabbage
- 2 carrots
- 1 cup of diced celery, approximately 2-3 celery stalks
- 1 medium yellow onion
- 1 can of diced tomatoes
- 3 cups of tomato sauce
- 3 cups of water

- 4 cups of low-sodium vegetable broth (32.oz)
- 1 teaspoon of cayenne pepper

How to Prepare:

1. Shred the medium green cabbage.
2. Chop all of the vegetables into small and/or medium pieces and place into a large pot.
3. Add canned tomatoes, tomato sauce, vegetable broth, water and cayenne pepper to the vegetables in the large pot. Stir all ingredients.
4. Simmer on medium heat until tender to your liking.

Watch it Drop Kale Soup

The Watch It Drop Kale Soup is Ellen's favorite soup to make to date! This savory soup will warm your body and delight your taste buds all while making those unwanted pounds disappear!

Serving Size: 6

Cook Time: 60 Minutes

Ingredients

- 1½ oz. envelopes of dry onion soup mix Kosher
- 3 medium sized whole carrots sliced round.
- 1 tablespoon of olive oil
- 1 yellow onion, small diced
- 2 cloves of garlic, minced
- 1 bag of baby kale (equals 6 cups of baby kale)
- 1- 32 oz. of vegetable stock
- 1- 16 oz. can of diced tomatoes, drained
- 2 tablespoons of dried parsley
- 1 teaspoon of black pepper
- ½ teaspoon of cayenne pepper
- 4 teaspoons of yellow curry paste
- 2 cups of water

How to Prepare:

1. In a large skillet, heat the olive oil over medium heat.
2. Add onion, rounded carrots, garlic and seasonings and cook for 4-5 minutes.
3. Stir in the kale, parsley and cook until wilted, approximately 3 minutes.
4. Add the can of drained diced tomatoes, water, vegetable stock and dry onion soup mix, simmer at medium heat for approximately 25-35 minutes.
5. Garnish with additional fresh parsley and serve.

Ms. Taylor's 3 Bean Chili

Do you have a memorable moment with your favorite teacher? You know, the one that was always so warm and inviting and showed you how big her heart was for her students and education...We do! Not only do we remember that special moment, but we have our very own favorite teacher in our family, Ms. Taylor! *Ms. Taylor's 3 Bean Chili* is a hearty soup that will warm you throughout the fall and winter months. It is even kid-friendly for your student, your child, to take to school to have for lunch.

Serving Size: 6

Cook Time: 30 Minutes

Ingredients

- 1- 16 oz. can of Light Red Kidney Beans
- 1- 16 oz. can of Dark Red Kidney Beans
- 1- 16 oz. can of Pinto Beans
- 1- 7 oz. can of Mexi-Corn
- 1 cup of diced tomatoes
- 3 teaspoons of chili powder
- 1 cup of tomatoes, diced
- ½ cup of onions, diced
- ½ cup of celery, chopped
- ½ cup of agave
- 1 packet of chili seasoning
- Vegan Tortilla Chips



MS. TAYLOR'S 3 BEAN CHILI
(Recipe located on pg 163)

How to Prepare:

1. Open beans, corn and drain each can.
2. In a large saucepot over medium heat, add beans and tomato sauce.
3. Add and stir agave for approximately 2 minutes over medium heat
4. Remove from the stove.
5. In a saucepan, drizzle olive oil and sauté celery, onions and tomatoes. Cook until vegetables are tender to taste.
6. Add the sautéed vegetables to the saucepot with the beans and tomato sauce and stir.
7. Cook over medium heat for 5 minutes.
8. Serve with vegan tortilla chips and enjoy.
9. Garnish with jalapeno

Spicy So Nicely Black Bean Soup

The *Spicy So Nicely Black Bean Soup* is low in fat, yet high in protein and fiber. Balance in nutrients is key!

Serving Size: 4

Cook Time: 20 Minutes

Ingredients

- 1 bag of frozen onion and bell pepper mix
- 2 cans of black beans
- 2 cups of vegetable broth
- 1 small vine ripened tomato, small diced
- 2 tablespoons of fresh cilantro, chopped
- 2 teaspoons of garlic powder
- 1 teaspoon of onion powder
- 2 teaspoons of chili powder
- 1 teaspoon of olive oil
- $\frac{1}{2}$ teaspoon of ground cumin

- Sea salt and pepper, to taste

(Optional: We recommend lime, avocado and vegan sour cream or plain yogurt for garnish.)

How to Prepare:

1. Sauté the entire bag of frozen onion and bell pepper mix in olive oil over medium heat for approximately 5-8 min.
2. Add drained black beans, chili powder, onion powder, garlic powder, cumin, sea salt and black pepper. Stir well over medium heat for 5 minutes.
3. Add 2 cups of vegetable broth, stir and cover. Cook over medium heat for approximately 10-15 minutes.
4. Remove from heat. Be careful while pouring hot content into the blender. Blend until smooth.
5. Mix together the chopped tomato and cilantro.
6. Serve soup in a bowl and top with the tomato and cilantro mixture. Garnish with a wedge of lime. Squeeze and enjoy!

You may top with avocado slices, vegan sour cream or vegan plain yogurt. Try over cooked brown rice for more of a hearty meal!

Dirty South Salad

Our *Dirty South Salad* is Southern at heart! It is filled with vegetables and radiates vibrant colors! Once you have finished preparing this true delight, you will be ready to dive in! This salad is jam-packed with nutrients and savory flavor. Pair it with a soup or sandwich for a meal of good southern comfort!

Serving Size: 2

Prep Time: 10 Minutes

Ingredients

- 4 cups of your choice of: Spinach, Kale or Mixed Greens or have a little fun and mix all three!
- $\frac{1}{2}$ cup of black beans, drained and rinsed
- $\frac{1}{2}$ cup of canned corn, drained
- $\frac{1}{4}$ cup of green peas, frozen green peas-blanch and cooled
- 1 avocado, sliced
- 8 slices of a whole cucumber
- 6-8 black olives, cut in half
- $\frac{1}{4}$ cup of raisins, black or golden

How to Prepare:

1. Add all ingredients into the bowl, toss and mix and choose a vinaigrette of your choice and enjoy!

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

1/4 cup of ketchup

1/4 cup of vegan mayo

1/2 cup olive oil

2 teaspoons olive oil

1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

The Go-Green Baby Salad

The Go-Green Baby Salad is the perfect complimentary side salad to any meal. The ingredients in this salad will aide in toning up your body. There are times when your body will simply scream for greens; feed it! The Go-Green Baby Salad is perfect to satisfy the need for greens!

Serving Size: 2

Prep Time: 10 Minutes

Ingredients for the Salad

- 6 cups of baby spinach, washed
- ½ cucumber, sliced
- Zucchini, thinly sliced
- ½ red onion, thinly sliced
- Sprinkle hemp seeds and/or almond nuts to your liking

Ingredients for the Lemon-Mustard Dressing

- ½ cup of olive oil

• ¼ cup of fresh lemon juice, squeezed

• 1 tablespoon of Dijon mustard

• ¼ teaspoon of black pepper and sea salt

How to Prepare:

1. In a large bowl, add lemon juice, Dijon mustard, black pepper and sea salt and whisk until well combined
2. Slowly drizzle in olive oil to the lemon mixture while whisking vigorously to combine ingredients
3. Put all of the other ingredients in a large bowl and toss. Enjoy!

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

1/4 cup of ketchup

1/4 cup of vegan mayo

1/2 cup olive oil

2 teaspoons olive oil

1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

4. Add all ingredients in a jar and shake till fully mixed.

Stay Woke Salad

Staying conscious and aware of what you are fueling your body with is a must! Placing these veggies in a mason jar in order is what makes it different, bold and tasty!

- Layer 1. Dressing
 Layer 2. Spinach
 Layer 3. Vegan Cheese
 Layer 4. Cherry Tomatoes
 Layer 5. Shredded Carrots
 Layer 6. Spinach
 Layer 7. Mushrooms
 Layer 8. Black sliced olives

Who doesn't want to be Fit, Thick & Rich. This homemade vegan salad dressing is the bomb.

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

1/4 cup of ketchup

1/4 cup of vegan mayo

1/2 cup olive oil

2 teaspoons olive oil

1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

Cha-Cha Salad

There are endless ways you can build a homemade fiesta salad. No need to visit your favorite local food chain restaurant, either! The Cha-Cha Salad is our own creation of your favorite go-to fiesta style salad!

Serving Size: 2

Prep Time: 15 Minutes

Ingredients for the Salad

- 1 head of romaine lettuce, chopped
- 1 can of pinto beans, rinsed and drained
- $\frac{1}{2}$ cup red onion, sliced
- $\frac{1}{2}$ cup bell pepper, sliced (your choice of color)
- 2 cloves of garlic, minced
- 1 teaspoon of chili powder
- $\frac{1}{2}$ teaspoon of ground cumin
- 1 teaspoon of olive oil
- $\frac{1}{2}$ cup of water
- A pinch of salt
- Avocado, sliced

Ingredients for the Zesty Salsa

- 1 small vine ripened tomato, small diced
- 2 tablespoons of red onion, minced
- 1 tablespoons of cilantro, chopped
- $\frac{1}{2}$ lime, squeeze 2 tablespoons of juice
- $\frac{1}{2}$ teaspoon of minced garlic

- 1 teaspoon of chipotle sauce, medium flavor (Note: *La Costena* is a recommended brand to use.)

- A pinch of sea salt

How to Prepare:

1. In a medium size bowl, combine the ingredients for the salsa and set aside.
2. For the salad, heat oil and sauté onions, peppers and garlic for 5 minutes.
3. Add chili powder and cook for additional 4 minutes. Remove from the pan and set aside.
4. In the same pan, add water, beans, and cumin. Cook for 5 minutes or until beans become fragrant and let cool slightly.
5. Toss cooked cool mixture with chopped romaine lettuce. Top with homemade zesty salsa. Garnish with sliced avocado and Enjoy!

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

- 1/4 cup of ketchup
- 1/4 cup of vegan mayo
- 1/2 cup olive oil
- 2 teaspoons olive oil
- 1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

The Goal-Getter Greek Salad

When we think of a salad with flavor, we think of this Perfect Greek Salad recipe. This for sure will help you get to your GOALS! Easy and flavorful-- what else could your taste buds ask for?

Serving Size: 2

Prep Time: 15 Minutes

Ingredients

- Your choice of: Spring mix, Spinach, chopped lettuce, Kale or try without salad!
- 1 cucumber, cut into bite sized pieces
- 2 tomatoes, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cup of pitted Kalamata olives, drained
- 1 small red onion, halved and thinly sliced
- 1- 15 oz. can of chickpeas, drained and rinsed
- 1 cup of fresh herbs (a mix of basil and parsley)
- $\frac{1}{4}$ cup of extra olive oil
- 3 tablespoons of red wine vinegar
- 1 teaspoon of dried oregano
- Freshly ground black pepper, to taste

How to Prepare:

1. In a large bowl, combine the cucumber, tomatoes, peppers, olives, onion, chickpeas, and herbs.
2. In a small bowl, whisk together the olive oil, vinegar, and oregano.
3. Dress the salad with a Vegan Greek dressing and toss to combine.

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

1/4 cup of ketchup

1/4 cup of vegan mayo

1/2 cup olive oil

2 teaspoons olive oil

1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

Sizzlin' Hot Summer Salad

Hot. Muggy. Dehydrated. Sweaty. It seems as though it is hard to cool down during the summer. We love anything that is refreshing and can bring our body temperature down naturally during the summer months. Our *Sizzlin' Hot Summer Salad* is loaded with fresh fruit and drizzled with a refreshing lemon-mint vinaigrette.

Serving Size: 2 to 3

Prep Time: 15 Minutes

Ingredients for the Salad

- $\frac{1}{4}$ cup of blueberries
- $\frac{1}{2}$ cup of strawberries, sliced in half
- $\frac{1}{2}$ cup of fresh pineapple, diced in small chunks

- 2 tablespoons of sunflower seeds
- 3 handfuls of spring mix salad greens

Ingredients for the Lemon-Mint Vinaigrette Dressing

- 1 lemon freshly squeezed
- 1 tablespoon of chopped fresh mint
- 2 tablespoons of agave nectar
- $\frac{1}{4}$ cup of white or red wine vinegar
- 2 tablespoons of olive oil

How to Prepare:

1. In a large bowl, add spring mix, pineapple, strawberries and blueberries and toss together.
2. For making the vinaigrette dressing use a blender. Pour all of the ingredients and blend for 1 minute. If you do not have a blender, add lemon juice, agave nectar, vinegar, and mint to a small bowl and whisk vigorously together until agave nectar has dissolved.
3. While blending or whisking, slowly drizzle two tablespoons of olive oil in the mixture.
4. After mixture is completely combined pour over salad and toss together.
5. Sprinkle sunflower seeds on top of salad and enjoy!

Our BGGV Thick & Rich Vegan Dressing Homemade Salad Dressing

1/4 cup of ketchup

1/4 cup of vegan mayo

1/2 cup olive oil

2 teaspoons olive oil

1/2 teaspoon of Smokey paprika

Add all ingredients in a jar and shake till fully mixed.

Fire up Avocado

Fire Up Avocado deserves a round of applause! *Fire Up Avocado* is an effortless and quick meal that provides total nourishment for the body. *Fire Up Avocado* will satisfy that craving of spice we all yearn for every once in a while! It is also great as a quick snack that will contribute healthy fats to your diet.

Serving Size: 2

Prep Time: 5 Minutes

Ingredients

- 2 Avocados
- Hot Sauce (Note: Sriracha or any spicy sauce of your choice.)
- 1 lemon
- A pinch of Himalayan salt

How to Prepare:

1. Carefully slice open Avocados into halves lengthwise and remove pit. Drizzle with hot sauce, freshly squeezed lemon juice evenly, and a pinch of salt. Enjoy!

MOMMA'S HOT WATER CORNBREAD
(RECIPE LOCATED ON PG 176)



Momma's Hot water cornbread

Our family loves home cooking, there for I dedicate this next dish, Momma's *Hot Water Corn Bread*, to my Grandma! She would prepare this cornbread every holiday and during our family Sunday dinner after church. Who knew that all this time that it is Vegan!?

Serving Size: 6

Cook Time: 15 Minutes

Ingredients

- 2 cups of white cornmeal
- 2 cups of boiling hot water
- 2 teaspoons of baking powder
- $\frac{1}{4}$ teaspoon of kosher salt
- $\frac{1}{2}$ teaspoon of sugar
- $\frac{1}{4}$ cup of 100% maple syrup
- $\frac{1}{2}$ cup of Canola Oil

How to Prepare:

1. In a medium size mixing bowl, combine cornmeal and baking powder.
2. Add salt, sugar, 100% maple syrup and stir.
3. Gradually add hot boiling water to the mixture very slowly and stir until mixture is damp.
4. Set the mixture aside for approximately 10 minutes for the cornmeal to absorb the water.
5. On medium heat, pour canola oil into a non-stick pan or cast iron skillet.
6. Spoon out $\frac{1}{2}$ cup of cornmeal mixture, approximately the size of a small pancake and cook until golden brown.
7. Flip and cook the other side until golden brown.

Try pairing the corn bread with our *Ms. Taylor's 3 Bean Chili* or *Dirty South Salad*!

- 2 teaspoons of smoky paprika
- 2 teaspoons of curry powder
- $\frac{1}{4}$ teaspoon of sea salt
- $\frac{1}{2}$ teaspoon of onion powder
- $\frac{1}{4}$ teaspoon of black pepper
- 2 bay leaves
- 3 cups of water
- $\frac{1}{2}$ cup of vegan butter

Ingredients for coating the corn

- $\frac{1}{2}$ cup of vegan mayo
- 1 teaspoon of paprika
- $\frac{1}{2}$ teaspoon of sea salt

How to Prepare:

1. Remove the husk and silk from ears of corn. Wash and set aside.
2. In a large saucepan, add water, all of the seasonings, vegan butter and bring to a boil.
3. After bringing water to a boil, turn down on medium heat and carefully place each ear of corn in the pot. Make sure you have enough water in the pot to cover all of the corn.
4. Cook on medium heat for approximately 15-20 minutes with a covered lid.
5. Add vegan mayo, smoky paprika and sea salt in a bowl and mix.
6. Brush each ear of corn with the vegan mayo mix and enjoy!

Crunchy Kale Chips

Looking for that healthy "Crunch"? We've found it for you! We've managed to turn KALE into everyone's favorite snack! The kids will love this, and so will you!

Serving Size: 2

Cook Time 20 Minutes

Ingredients

- 1 cup of full leaf kale (Note: Do not use pre-chopped or baby kale with this recipe.)
- 1 teaspoon of coconut oil
- 1 teaspoon of garlic powder
- $\frac{1}{2}$ teaspoon of curry powder
- $\frac{1}{2}$ teaspoon of onion powder
- $\frac{1}{2}$ teaspoon of sea salt

How to Prepare:

1. Pre-Heat oven to 275° F.
2. Remove the stem and tear the kale leaves into bite sized pieces. (Note: Make sure the kale is dry.)
3. Mix all of the ingredients in a large bowl making sure each piece is coated equally.
4. Arrange kale on a baking sheet with aluminum foil in a single layer and bake for 10 minutes.
5. After 10 minutes, stir the pieces and continue baking an additional 10 minutes; 20 minutes in total for baking. The kale should be crisp and have a crunchy texture, but not too brown. Set aside to cool and enjoy!

Butter Me Up Mexican Street Corn

Have you ever been to LA or a street festival in NYC?! Can we talk about how they always have Mexican corn readily available and how awesome it tastes?! Well, we have created our version of this corn that tastes *so damn good!* *Butter Me Up Mexican Street Corn* is our own well-crafted to perfection version. It took several tries, but I swear this Mexican street corn is just what you need!

Serving Size: 6

Cook Time: 25 Minutes

Ingredients

- 6 ears of fresh sweet corn

BUTTER ME UP MEXICAN STREET CORN
(Recipe located on pg 176)



Larc's Rice Cake Cheese Pizza

Kid tested. Mom approved! *Larc's Rice Cake Pizza* is her favorite go-to snack. It is easy to make and safe for children to make on their own in the kitchen.

Serving Size: 2

Cook Time: 5 Minutes

Ingredients

- 2 unsalted or lightly salted rice cakes
- 2 tablespoons of your favorite tomato sauce
- $\frac{1}{4}$ cup of shredded vegan cheese

How to Prepare:

1. Place the two rice cakes on a pan of a toaster oven.
2. Add a tablespoon of tomato sauce on each rice cake and smooth out by using the back of a spoon.
3. Sprinkle cheese on top of the tomato sauce on each rice cake.
4. Heat in the toaster oven for approximately 2-4 minutes or you may use the microwave for 60 seconds until the cheese is melted and enjoy!

Our CUTEcumber Snack is a quick and easy go-to, hydrating fulfilling snack!

Serving Size: 2 to 3

Prep Time: 5 Minutes

Ingredients

- 1 cucumber (Note: We suggest European cucumbers!)
- $\frac{1}{2}$ lemon or lime
- $\frac{1}{4}$ cup of white vinegar or apple cider vinegar
- $\frac{1}{2}$ teaspoon of sea salt
- $\frac{1}{2}$ teaspoon of pepper

How to Prepare:

1. Wash and peel the cucumber.
2. With a knife, cut the cucumber into slices.
3. Squeeze lemon or lime juice over cucumbers.
4. Add vinegar, salt and pepper and toss thoroughly and simply enjoy!

Taco Tuesday!

Taco Tuesday does not skip a beat in this lifestyle transformation! The meat used in our tacos is made with walnuts. Our tacos are dressed with Pico de Gallo, lettuce and avocado just like the traditional tacos. Note: You will need a food processor for the walnut meat to turn out best.

Serving Size: 6

Cook Time: 30 minutes

Ingredients for Walnut Meat

- 1½ cups of raw walnuts, soaked for 15 minutes in warm water
- $\frac{1}{2}$ teaspoon of cumin
- $\frac{1}{2}$ teaspoon of chili powder
- 1 teaspoon of granulated garlic
- $\frac{1}{2}$ teaspoon of paprika
- $\frac{1}{2}$ teaspoon of pepper
- 1 teaspoon of sea salt

How to Prepare:

1. After walnuts have soaked for 15 minutes, drain well and pour into the food processor.
2. Add all of the seasonings in the food processor and pulse until knots are grounded and crumbly. (Note: Do not over process or it will turn into butter.)
3. Set to the side and let the flavors marinate together while you work on the Pico de Gallo and smashed avocado topping.
4. Wash tomato and dice tomato into small pieces the pour into a bowl.
5. Use a quarter of a small red onion and dice into small pieces and add to the bowl with diced tomatoes.
6. Add fresh chopped cilantro, garlic powder and sea salt in the bowl.
7. With a fork, poke the half of lime and squeeze juice over the contents in the bowl and toss together very well and sit to the side.
8. Scoop ripe avocado and add in a separate bowl.
9. Poke the other half of lime and squeeze over avocado and smash well with a fork.
10. On an organic corn flour, gluten-free tortilla or lettuce cup, scoop a little "taco meat", Pico de Gallo and mashed avocado and enjoy!

Ingredients for Pico de Gallo

- 1 vine ripened tomato, diced
- $\frac{1}{4}$ red onion, chopped small
- 1 teaspoon of fresh cilantro, chopped
- $\frac{1}{2}$ lime
- $\frac{1}{4}$ teaspoon of garlic powder
- $\frac{1}{2}$ teaspoon sea salt

Ingredients for Mashed Avocado

- 1 avocado, sliced and deseeded
- $\frac{1}{2}$ lime

Stay Woke Salad
(Recipe located on pg 169)



DINNER



LADY'S LASAGNA
(Recipe located on pg 207)

Soul Fit Wangz

Really, what more could you dream about? This spin on one of Americas favorite dishes will make your transition to the green side that much easier!

Serving Size: 2

Cook Time: 30 Minutes

Ingredients

- 1 cup of *Bobs Red Mill* gluten free all-purpose baking flour
- 1 head of cauliflower
- 1 cup of almond milk
- $\frac{1}{2}$ cup of BBQ sauce
- 2 teaspoons of hot sauce
- 1 teaspoon of garlic powder
- $\frac{1}{2}$ teaspoon of paprika
- $\frac{1}{2}$ teaspoon of kosher salt
- 3 celery sticks, cut into 3 inch spears
- Hummus for dipping

(Optional: If you want your Cauli Wings to have a crispier texture use 2 cups of gluten free panko bread crumbs. If you cannot find gluten free breadcrumbs use grounded rice Chex style cereal.)

How to Prepare:

1. Pre-Heat oven to 450° F.
2. Cut cauliflower into 3 inch florets and rinse.
3. Mix flour, garlic powder, paprika, kosher salt, and black pepper in a medium mixing bowl.
4. Add almond milk and whisk until free of lumps.
5. Dip each floret into the batter with tongs, coating evenly, and place on a greased baking sheet. (Note: For extra crispy Cauli Wings, after dipping the florets in the batter, roll cauliflower in panko bread crumbs then place on the baking sheet.)
6. Bake for 10 minutes, flip florets, and bake an additional 10 minutes.
7. In a medium mixing bowl, combine BBQ sauce with hot sauce and stir to blend the sauces together.
8. Dip each cauliflower floret into the sauce for an evenly coating and then place back onto the baking sheet.
9. Bake for an additional 3 minutes.
10. Serve with celery sticks and hummus for dipping.

SOUL FIT WANGZ
(Recipe located on pg 186)



Slim Goody Pasta

Great before a long run or before a long lifting session! You will love this healthy, easy vegan pasta. This recipe is a must have for one of your quick meals!

Serving Size: 4

Cook Time: 30 Minutes

Ingredients

- 1- 16 oz. box of Tri-Color Rotini Pasta
- 1- 26 oz. jar of marinara sauce
- 3 small vine ripened roma tomatoes, diced
- 1 medium yellow onion, diced
- 1½ cup of mushrooms, sliced
- 6 leaves of fresh basil, rolled and chopped
- 2 garlic cloves, minced
- 1 tablespoon of olive oil
- Sea salt and pepper, to taste

How to Prepare:

1. Cook pasta as directed.
2. In a medium saucepan, drizzle olive oil and sauté diced onions for approximately 3-5 minutes.
3. Add mushrooms and sauté for approximately 3-5 minutes.
4. Add diced tomatoes and minced garlic and sauté for approximately 3-5 minutes.
5. Add tomato sauce, sea salt and pepper and cook on low heat for approximately 5-10 minutes.
6. Add fresh basil, pasta and stir to combine. Serve with a little extra fresh basil on top! You may pair this dish with one of our salads and enjoy!

Bodacious Black Bean Burger

Thick, Thick, Thick! Who doesn't like a good ol' juicy burger?! The taste is off the chart and will be a definite win for the fellas in the house!

Serving Size: 4 Patties

Cook Time: 20 Minutes

Ingredients

- 1-15 oz. can of black beans, drained and rinsed
- ¼ cup of ground flax seeds (Note: May substitute with bread crumbs.)
- ½ cup of chickpea flour
- 2 green onions, chopped
- 2 tablespoons of sunflower or olive oil
- 1 teaspoon of ground cumin
- 1 teaspoon of garlic powder
- 1 handful of cilantro (about ½ bunch), chopped
- Juice of 1 lime, squeezed
- Sea salt and pepper, to taste

How to Prepare:

1. Add drained beans to a metal bowl and use the back of a fork to mash the beans, keep the beans that are smashed a bit chunky for texture.
2. Add all other ingredients to the metal bowl and mix thoroughly.
3. Place bowl in the refrigerator for 15 minutes to firm to shape into 4 patties.
4. Pan fry or bake with light sunflower or olive oil on each side for 8 minutes.
5. Serve with an open face rye bun, topped with ketchup, mustard and onions or your preferred burger toppings!

You may cut patties in half and place on top of a spinach wrap. Add tomato, avocado, spinach, and red onions, wrap, cut in half and serve with a kale salad on the side.