

## LARC'S VEGAN WORDS TO KNOW

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ALMONDS

BAGEL

BLACK BEANS

BLACKGIRL GONE VEGAN

CALCIUM

CAULIFLOWER

CHINESE SHARPEI

CUCUMBERS

FAITH

FREE

FRUITS

GENERATIONAL HEALTH

GLUTEN

GRANNY

GROWTH

HEALTHY

IRON

KIWI

MUSHROOMS

ORGANIC

PEANUT BUTTER

PEPPERS

PLANT BASED

PROSPERITY

PROTEIN

QUINOA

SAUCE

SOYBEAN

SOYMILK

SPAGHETTI

STRAWBERRY

SUNFLOWER

TEMPEH

VEGAN

VEGETARIAN

WINGS



**GYMNETICS FITNESS**  
3220 Butner Rd  
Suite 260  
Atlanta, GA 30331



# BLACK GIRLS gone VEGAN!®

RECIPE GUIDE

# SMOOTHIES & JUICES



## SMOOTHIES

Some of our family's favorite smoothie recipes are now at your fingertips! Each smoothie will aide in helping you reach your weight loss goals while on track to a healthier lifestyle as a part of the #BlackGirlsGoneVegan Community. The key to being successful is creativity and having an open mind to try new things!

We call the next step the Three P's.

Plan, Prepare and Prep your smoothies in advance daily. Wash, peel and chop your fresh fruits and vegetables. Use small Zip-lock bags for storage and place the bags into the freezer overnight.

This is what we will call our "Smoothie Packs". Smoothie packs will cut down on prep time and create an easier lifestyle.

We will use this heavily during Day 7-23 of the BGGV Eating System.

\*For thickness, add ice for your personal liking of taste.\*

### **Breakfast Oatmeal Smoothie**

The Breakfast Oatmeal Smoothie is perfect for on-the-go. It is quick, easy and fulfilling! You do not have to give up a good breakfast when it is mouthwatering and easy to make. This smoothie will keep you full until your next meal!

#### **Ingredients**

- 2 tablespoons of rolled oats
- 1 fresh banana
- 8-10 fresh blueberries
- $\frac{1}{2}$  cup of chopped fresh strawberries
- 1 cup of almond milk, coconut milk or water
- 2 teaspoons of flaxseed powder

#### **How to Prepare:**

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make your smoothie packs.
3. Pour into a glass and your breakfast or meal replacement is ready!

### **Big Booty Vegan Protein Smoothie**

Who's looking for gains?! The Big Booty Vegan Protein Smoothie is perfect as a meal replacement or after your workout. It is sure to be just the right touch for building the perfect peach!

#### **Ingredients**

- 2 handfuls of fresh Kale
- 1 fresh Banana
- 3 teaspoons of Peanut Butter
- 1 scoop of Vegan or Plant based Protein (Vanilla or Chocolate)
- 1 cup of almond milk, coconut milk or water.

#### **How to Prepare:**

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy texture. Feel free to add a few ice cubes, if you want to make it

### **MONEY GREEN SMOOTHIE**

(Recipe located on pg 127)



- thicker or if you did not have enough time to make "smoothie packs".  
 3. Pour into a glass and your breakfast or meal replacement is ready.

## Simply Strawberry and Banana Smoothie

A good 'ole fashioned strawberry and banana blend! *Simply Strawberry and Banana Smoothie* is great for anyone transitioning over to a healthier lifestyle and may not be used to drinking smoothies or eating fruits and veggies! Trust us, you definitely want to give this smoothie a chance to meet your taste buds!

### Ingredients

- 6 whole fresh Strawberries
- 1 fresh Banana
- 2 teaspoons of Strawberry Non-Dairy Yogurt
- 1 scoop of Vanilla Vegan Protein
- 1 cup of almond milk, coconut milk, or water.

### How to Prepare:

1. Toss all ingredients into blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make "smoothie packs".
3. Pour into a glass and your breakfast or meal replacement is ready.

## Detox BAWDY Hottie Smoothie

Detox smoothies are a powerful weight loss tool that you should use as much as possible to gain energy. *Detox BAWDY Hottie Smoothie* will help you get back on track immediately and help you reach your fitness goals.

### Ingredients

- 2 handfuls of fresh Kale
- $\frac{1}{2}$  cup of fresh mango
- $\frac{1}{2}$  cup of fresh pineapple, chunked
- 2 pinches of cayenne pepper
- 1 cup of water

### How to Prepare:

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make "smoothie packs".
3. Pour into a glass and your breakfast or meal replacement is ready.

## Six Pack on the Beach Smoothie

A green smoothie from heaven will have you *Summer Time Fine* in no time! Our *Six Pack on the Beach Smoothie* will help you transition into that summer body you are destined to have for the beach or pool!

### Ingredients

- 1 handful of fresh Spinach
- $\frac{1}{2}$  handful of fresh Kale
- $\frac{1}{2}$  cup of fresh pineapple

- 1 pinch of grapefruit
- 1 fresh banana
- 1 scoop of Vanilla Vegan protein
- 1 cup of orange juice, almond milk or water.

### How to Prepare:

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make "smoothie packs".
3. Pour into a glass and your breakfast or meal replacement is ready.

## The Smooth Operator

Flush IT OUT! The *Smooth Operator Smoothie* has this name for a reason! Imagine that tune to that 80's voice we all adore! You can indulge and detox as much as possible with this delightful creation!

### Ingredients

- 2 handfuls of fresh spinach
- 1 handful of fresh kale
- 3 fresh whole strawberries, chopped
- 8 fresh blueberries
- $\frac{1}{2}$  avocado, peeled and seed removed
- 1 tablespoon of flaxseeds or chia seeds

### How to Prepare:

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make "smoothie packs".
3. Pour into a glass and your breakfast or meal replacement is ready.

## Money Green Smoothie

Make your body feel like a million bucks with this smoothie. *Money Green Smoothie* has never been more satisfying than now! Detox and speed up your metabolism with this earthly blend. You will be on your way to the feeling of a million green bucks!

### Ingredients

- 1 handful of fresh Spinach
- 1 cup of fresh broccoli florets, chopped
- $\frac{1}{2}$  cup of fresh pineapple
- 1 tablespoon of flaxseeds

### How to Prepare:

1. Toss all ingredients into a blender.
2. Blitz until it forms a smooth and creamy mixture. Feel free to add a few ice cubes if you want to make it thicker or if you did not have enough time to make "smoothie packs".
3. Pour into a glass and your breakfast or meal replacement is ready.

*\*If there is a fruit or vegetable above that you dislike, please feel free to substitute it with your choice of fruit or vegetable. Stay as close as possible to the ingredients and recipe provided.*

If you follow us on social media, you know that we LOVE a good vacation! After being on vacation and enjoying the various food options and drink specials, we immediately start a juice cleanse upon settling back at home.

Our healthy juices are created to cleanse our bodies and give our digestive system a break. Children are not an exception! Yes, Larc is included! Providing your body with a vast dose of phytonutrients (plant chemicals that have protective or disease preventive properties) is a great way to promote the body's natural ability to detoxify.

## JUICE BLENDS

We want to share our favorite juicing recipes with an assortment of fruits and vegetables to deliver to your taste buds. Please clean and peel that skin off of all fruits and vegetables thoroughly. Make enough for later in the day, because juice typically goes "bad" quickly if not refrigerated immediately. Our #BGGV juice recipes normally last an average 2-3 days.

### To the BEET Juice

Get on Beet, baby! *To the BEET Juice* will wake you up and have you on track for the rest of the day. Great source of Vitamin C & K and an excellent way to cleanse your liver.

#### Ingredients

- 2 medium beets, trimmed and scrubbed
- 2 medium apples, peeled and cored
- 3 medium carrots, peeled
- 1 tablespoon of chia seeds
- 1 thumb size of ginger

#### How to Prepare:

1. Juice, in this order, the beets, apples and carrots, following your juicer's specific settings for each.
2. Stir in the chia seeds, if using, and let them soak for 5 minutes.
3. Strain the juice (optional). Serve the juice immediately over ice, if desired.

### Dreamy Detox Juice

This is the perfect recipe for that radiant vegan glow and a flat tummy! *Dreamy Detox Juice* is not created equal to all other green juices! This is definitely one of a kind!

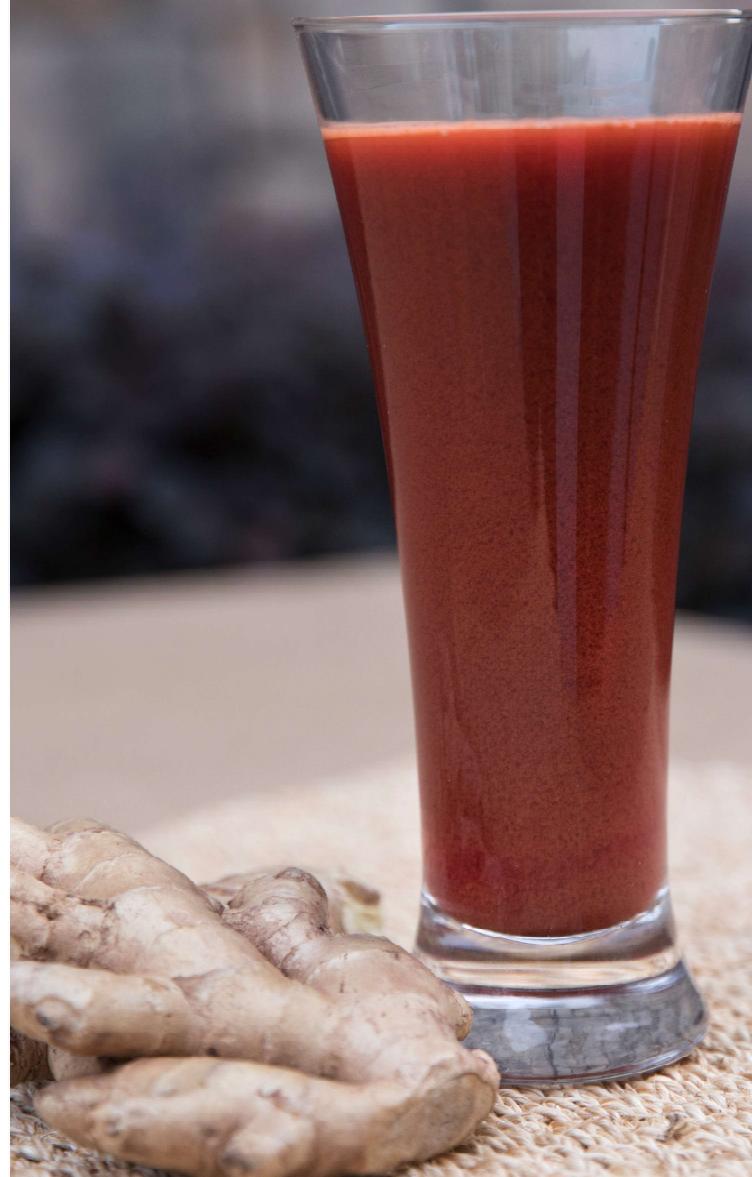
#### Ingredients

- 4 cups of spinach
- 2 medium apples, peeled and cored
- 1 whole cucumber, peeled
- 1 lemon, peeled
- 1 pineapple, peeled

#### How to Prepare:

1. Wash all of the ingredients.
2. Peel pineapple, lemons and apples.

### TO THE BEET JUICE



3. Chop the fruit.
4. Put everything through the juicer, following your juicer's specific settings for each.
5. Strain the juice for a better mixture (optional). Serve the juice immediately over ice, if desired.

## Glowy Dewy Skin Juice

**Glowy Dewy Skin Juice** is Lana's go-to juice for collagen boosting, skin rejuvenation and refreshing taste! Lana believes the skin is an outer appearance reflection of your inner body!

### Ingredients

- ¼ cup of red cabbage
- 3 medium carrots, peeled and cored
- 2 apples, peeled and cored
- 6 celery stalks
- 1 thumb size of ginger

### How to Prepare:

1. Wash the ingredients.
2. Core the apples.
3. De-stem kale leaves (remove stem).
4. Throw them in a juicer altogether with celery stalks, that have been cut into smaller pieces. Follow your juicer's specific settings for each.
5. Once juiced, pour into glasses and serve over ice if desired.

## Dat Bomb Juice

**Dat Bomb Juice** blend will make you fall in love with transitioning to a healthier lifestyle of eating and/or drinking more fruits and vegetables.

### Ingredients

- 1 large cucumber, peeled and cut into chunks
- 2 large apples, peeled and cored
- 2 medium carrots, peeled and cored
- 1 thumb size of ginger

### How to Prepare:

1. Wash all ingredients under running water; follow your juicer's specific settings.
2. Strain the juice for a better mixture (optional). Serve the juice immediately over ice, if desired.

## The Health Juice

This simple recipe consists of 3 beneficial ingredients! **The Health Juice** will cleanse the liver and will help remove mucus from the body. Apples and lemons have anti-cancer properties. Apples and lemons are high in antioxidants and flavonoids. In addition, lemons also help lower cholesterol and is a great source of Vitamin C.

### Ingredients

- 2-3 apples (Note: We recommend Granny Smith or Golden Delicious; organic preferred.)
- ½ lemon (Note: We recommend organic or a non-waxed lemon.)
- 1 piece of fresh ginger, 1 inch

Models shown wearing Gymnetics Fitness Double Body Curve.  
Purchase at [www.GymneticsFitness.com](http://www.GymneticsFitness.com)



# BREAKFAST

## Super Woman Steel Oats



Breakfast is in fact “the most important meal of the day.” We have all heard this and have all been told this. It is true! Breakfast sets the tone of your day. Our breakfast recipes are by far the most palatable meals we have to offer. Listen to the advice that has been provided to you all this time and begin your day with breakfast to jump start your day all while keeping you powered throughout your day!

### ***Super Woman Steel Oats***

Yes, Women are SUPERHEROES! Some of our superhero strength comes from the roles we have been blessed to be in; we are mothers, wives, career professionals and business entrepreneurs to name a few. Therefore, in order to make sure we continue in our “Power” we have carefully crafted our breakfast meals to aid in your performance to being the best version of you, a superhero. Your mornings will be greater than before! It is a noticeable boost of power!

**Serving Size:**  $\frac{3}{4}$  cup (1 serving) yields 4 servings

**Cook Time:** 35 Minutes

#### **Ingredients**

- 1 cup of Steel Cut Oats
- 1 cup of Coconut Milk or Almond Milk
- 2 cups of water
- $\frac{1}{4}$  cup of fresh Strawberries
- $\frac{1}{2}$  Banana, sliced
- Toppings: Almonds, Walnuts, Raisins, Agave Nectar (optional)

#### **How to Prepare:**

1. Bring water and almond or coconut milk to a boil then add oats slowly while stirring.
2. Cook for 10 minutes at medium heat.
3. Reduce heat to a low simmer. Cook 15-20 minutes. Stir occasionally.
4. Remove from heat and let stand covered for 5 minutes. Yields approximately 4 cups.
5. Take the oats off the stove and serve immediately with strawberries, sliced banana, topped with almonds, walnuts, raisins and a drizzle of agave nectar.

You are now ready to begin your *HERoic* day!

## Soulful Tofu Scramble

On food item in particular that you may miss the most as you transition into a Vegan lifestyle are...EGGS! However, you will love our Tofu Scramble. It will surely satisfy your egg cravings!

Serving Size: 4

Cook Time: 15 Minutes

### Ingredients

- 1 package firm tofu
- $\frac{1}{2}$  cup of Vegetable Broth
- 1 cup of canned black beans, rinsed and drained
- 1 handful of spinach (approximately 1 cup)
- 1 red bell pepper, chopped
- 2 tablespoons of curry powder
- 1 tablespoon of coconut oil
- 1 avocado, sliced
- Black pepper and pinch of sea salt, to taste
- (Optional: Dairy Free Vegan Cheese, Sprouted Whole Grain Toast)

### How to Prepare:

\*\*Tofu (firm) requires some preparation. Wrap drained tofu in paper towels and place a heavy object (such as a small cast iron pan) on top of it for 10 minutes to press the tofu and drain excess water.

1. Cut drained tofu into slices and crumble/scramble with a fork, breaking into small chunks.
2. Heat coconut oil in a sauté pan and add tofu and diced bell pepper. Sauté for 5 minutes, stirring often.
3. Sprinkle on the salt, pepper and curry powder for a seasoned soulful taste.
4. Add black beans and vegetable broth. Cook until broth has reduced half way then add spinach and sauté until wilted, yet still green.
5. Cook on medium heat until liquid has evaporated, take off of heat, add vegan cheese and cover with lid for cheese to melt.
6. Serve with sliced avocado and a slice of sprouted grain toast.

## The Quicky Quinoa

Our next breakfast meal is a hearty and satisfying meal that our family enjoys often. A bonus to this meal; it does not take long to prepare! *The Quicky Quinoa* is a perfect replacement for oats. Quinoa is the new go-to hot cereal. You may finally take a break from your oatmeal routine without feeling deprived. In addition, the kids will acquire the taste and love this meal, too!

Serving Size: 2-4

Cook Time: 20 Minutes

### Ingredients

- 1 cup of quinoa
- 2 cups of almond milk
- 1 cup of water
- $\frac{1}{2}$  teaspoon of ground cinnamon
- 1 cup of fresh strawberries
- 1 cup of fresh blueberries
- 2 whole bananas, sliced
- 1 teaspoon of vanilla extract
- (Optional sweetener: 1 tablespoon of 100% maple syrup or coconut sugar)



SOULFUL TOFU SCRAMBLE

## GRANNY'S SOULFUL GRITS

### How to Prepare:

1. Rinse quinoa and add to a small saucepan.
2. Add almond milk, water, cinnamon and vanilla extract. Stir and bring to a boil.
3. Cook for 5 minutes and bring down temperature to simmer for 15 minutes.
4. While simmering, stir until desired thickness.
5. Place in a bowl, topped with fresh fruit (strawberries, blueberries and sliced bananas), sweetener of choice and serve.

### Granny's Soulfit Grits

What better way to say, "Good Morning!" than a hot bowl of our *Granny's Soulfit Grits*! Get prepared to go down memory lane as this dish will remind you of the good old days with your Grandma, Granny, Big Momma or Ma Dear! Whatever you may call her, get ready to turn the volume up at the breakfast table!

Serving Size: 2-4

Cook Time: 20 Minutes

### Ingredients

- 1 cup of grits, regular or quick
- 4 cups of Vegetable Broth
- 1 tablespoon of Vegan butter (i.e. Earth Balance)
- $\frac{1}{2}$  cup of shredded vegan cheese (i.e. Daiya Vegan Cheese or Chao)
- $\frac{3}{4}$  cups of mushrooms, chopped
- 1 small onion, diced
- $\frac{3}{4}$  cup of red pepper, diced
- $\frac{3}{4}$  cup of green pepper, diced
- 1 teaspoon black pepper
- 1 teaspoon Creole seasoning (to taste)

### How to Prepare:

1. Cook Grits as directed (if rushed for time use Instant Quick Grits)
2. Use vegetable broth instead of water.
3. Melt  $\frac{1}{2}$  tablespoon vegan butter and sauté red peppers, green peppers, mushrooms, onion, creole seasoning and black pepper. Cook for 4-5 minutes.
4. When grits are finished cooking, stir in remaining  $\frac{1}{2}$  tablespoon vegan butter.
5. To serve, scoop grits in a bowl and place a serving of the sautéed veggies and Vegan cheese as topping. Enjoy!

### #HashtagPotatoes

Social media is inevitable and photos of these potatoes will even have "The Gram" poppin'!

Serving Size: 2

Cook Time: 10 Minutes

\*\*Feel free to use any vegetables you would like for this recipe; however, we used some of our favorites.

### Ingredients

- 4 medium size red potatoes, washed and diced with skin on
- 1 cup of zucchini, thinly sliced



- ½ cup of mushrooms, sliced
- ¼ cup of red bell pepper, sliced
- 1 tomato, diced
- ½ of a yellow onion, sliced
- 1 clove of garlic, minced
- 1 tablespoon of Olive Oil
- 1 cup of Vegetable Broth
- Sea Salt, to liking

**How to Prepare:**

1. In a small pot, boil water and add diced potatoes. Boil for 5 minutes, drain and place potatoes to the side.
2. In a separate sauté skillet on medium heat, add vegetable broth, mushrooms, zucchini, bell pepper, tomato, onion and garlic. Steam for 2 minutes covered with the lid then place in a bowl to the side.
3. Using the same skillet over medium heat, drizzle in olive oil and add boiled potatoes and cook for 3 minutes, stirring occasionally or until browned and crispy.
4. Add cooked vegetables that were placed in a bowl to the side and sauté for 3 minutes and then serve.

## AvoCali Toast

Our creamy avocado spread is one of our favorite go-to items to create a quick breakfast meal. Avocado provides a good source of the good fat and a great source of fiber. Avocado is so *delicious*, that we call it one of life's simplest pleasures.

**Serving Size: 2**

**Cook Time: 5 Minutes**

**Ingredients**

- 4 slices of Ezekiel Bread, toasted
- 1 vine ripened Roma tomato, sliced
- 2 medium avocados
- 1 teaspoon of curry powder
- ¼ cup of vegan mayo (Veganaise Brand is readily available)
- A few leaves of fresh basil
- ¼ teaspoon of sea salt

**How to Prepare:**

1. Cut avocados in half and remove the seeds. Scoop avocados into a bowl and add curry seasoning, sea salt and vegan mayo. Mash together with a fork to make a chunky avocado spread.
2. Spread evenly over toasted bread.
3. To chop basil: Pick off a few fresh basil leaves, place them on top of each other and roll them together firmly. Use a knife to cut down the middle of the roll and slice sideways.
4. Top AvoCali Toast with diced tomatoes and basil and serve.

## Junie's Pancakes

When we think of pancakes we often think of our summer visits to Cleveland, Ohio. During our visits to Cleveland, we would always travel to Aunt June's house. Aunt June would make us a BIG breakfast; a full spread of all the good eats! One of her most prized food items, her "Blue Ribbon", to make are pancakes. There was no way we traveled to Cleveland, Ohio without eating those pancakes and now on this Vegan journey, there is no way we could not create a vegan choice of our favorite breakfast item...Pancakes!





### NO FILTER FRENCH TOAST

Serving Size: 4  
Cook Time: 30 Minutes

**Ingredients**

- 1 cup of gluten free flour
- 1 tablespoon of organic sugar
- 1 tablespoon of baking powder
- $\frac{1}{2}$  teaspoon of salt
- 1 cup of vanilla almond milk
- 1 tablespoon of apple cider vinegar
- 1 teaspoon of vanilla extract

Toppings: (these are our favorite!)

- Blueberries
- Strawberries
- 100% Real Maple Syrup (not processed)

**How to Prepare:**

1. In a medium bowl, add the gluten free flour, sugar, baking powder, salt, and stir to combine.
2. In a medium bowl or liquid measuring cup, add vanilla almond milk, apple cider vinegar, and vanilla, and stir to combine.
3. Pour the liquid mixture into the dry mixture and whisk until smooth.

*Let the batter mix rest for 5 minutes.*

4. Pour about a  $\frac{1}{2}$  cup of batter onto a nonstick pan or griddle over medium heat.
5. When the top begins to bubble, flip the pancake and cook until golden.
6. Top with fresh fruit and serve warm with maple syrup.

### No Filter French Toast

A dreamy, simple, perfectly-sweet French toast meal that is completely vegan. To satisfy the craving of something sweet, we have created a sensationaly sweet recipe that your taste buds will be more than satisfied!

Serving Size: 3-4  
Cook Time: 10 Minutes

**Ingredients**

- 6 slices of Ciabatta Bread or other Vegan seeded bread (thick sliced bread, preferred)
- 1 cup of almond milk
- $\frac{1}{2}$  cup of Vegan Egg “Plant Based Egg Replacer”  
(or any egg replacer of your choice such as:  $\frac{1}{4}$  cup unsweetened applesauce, Flax egg which is 1 tablespoon of ground flaxseed and 3 tablespoons of water mixed together until thickened, or even  $\frac{1}{2}$  of a smashed banana, or 1 tablespoon of a nut butter. You can even omit this step if you choose.)

- 1 teaspoon of cinnamon
- $\frac{1}{2}$  teaspoon of nutmeg
- $\frac{1}{2}$  teaspoon of vanilla extract
- 1 tablespoon vegan butter

Toppings: fruit, vegan butter, 100% maple syrup

**How to Prepare:**

1. In a medium bowl combine almond milk, vegan egg (or any of the other egg replacer options mentioned above), cinnamon, vanilla extract, and nutmeg.
2. Pre-heat griddle to medium heat and add vegan butter.
3. Dip bread slices one at a time into mixture. Coat each side well.
4. Place on griddle and cook until golden brown.
5. Carefully flip and cook until the other side is golden brown as well for approximately 2-3 minutes.
6. Serve hot with fruit, 100% maple syrup and a vegan butter pat.

### **Rise & Grind Kale Bowl**

Vegetables can be a part of any meal during any time of the day. This green machine, plant based, Kale breakfast bowl is definitely a filler-upper! The Kale breakfast bowl is packed with enriching ingredients that supply the energy you will need to conquer your day!

**Serving Size: 4-5**

**Cook Time: 30 Minutes**

**Ingredients**

- 2 large sweet potatoes, scrubbed and cut into cubes
- 4 cups of baby kale
- 1 cup of brown rice
- 4 cups of vegetable broth
- 1 stalk of celery, diced
- 1 small white onion, diced
- 2 cloves of garlic, chopped
- $\frac{1}{2}$  red bell pepper, diced
- 2 whole avocados, sliced
- Salt and pepper to taste

**How to Prepare:**

1. Cut sweet potatoes into  $\frac{1}{4}$  cubes and boil until tender and set aside.
2. Prepare brown rice as directed. Remove from heat and set aside.
3. In a large pan with tall sides, sauté baby kale, celery, onions, bell pepper and garlic for 5 minutes. Add vegetable broth, on medium heat cook for approximately 8-12 minutes. (After 8 minutes, use a fork to retrieve a piece of kale and taste test it for tenderness) Cook until tender.
4. If liquid has not evaporated fully, drain kale mixture, add sweet potatoes and sauté for 3 minutes on medium heat.
5. Serve over brown rice with 2-3 slices of avocado along the side of each bowl! Enjoy!

**DON'T EAT ANYTHING  
TODAY  
THAT YOU WILL REGRET  
TOMORROW!**

#SNATCHITBACK

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*STUFFED SWEET POTATOES*  
(Recipe located on pg 146)



LUNCH

**Although breakfast is the initial jumpstart to your day, you must continue fueling your body with the nutrients to energize you to be productive throughout the remainder of your day. Beginning at 11AM until 2PM, you should eat your lunch to ensure you are recharging your body mid-day.**

## Stuffed Sweet Potatoes

If you have sweet potatoes in your pantry you will always have a quick meal to make! The *Stuffed Sweet Potatoes* is sure to be a rewarding treat to satisfy any food craving!

**Serving Size: 2**

**Cook Time: 1 Hour 15 Minutes**

### Ingredients

- 2 large sweet potatoes, scrubbed
  - 1 small zucchini, diced
  - ½ red bell pepper, diced
  - 2 handfuls of spinach
  - 1 ½ cups of broccoli florets, fresh or frozen
  - 1 teaspoon of granulated garlic
  - 1 teaspoon of paprika
  - 1 teaspoon of olive oil
  - Sea salt and black pepper to taste
- Optional: top with Vegan cheese

### How to Prepare:

1. Pre-Heat oven to 400° F.
2. Pierce each sweet potato several times with a fork.
3. Place whole sweet potatoes on a baking sheet lined with foil.
4. Bake until tender, approximately 45 minutes to 1 hour.
5. Remove from the oven and wait until it is cool enough to handle then make a slit in the top of each sweet potato.
6. In a small sauté pan, add a little water to cover the bottom of the pan. Turn heat on high to steam broccoli and cover with a lid for approximately 5 minutes. Then place the broccoli in a bowl and set it to the side.
7. Drizzle olive oil in the sauté pan that broccoli was steamed in and sauté zucchini and peppers for approximately 5 minutes, add spinach and sauté until wilted. Add steamed broccoli and sprinkle granulated garlic, paprika, sea salt and pepper and toss together and heat through for 2 minutes. *You may also stir fry/sauté your veggies in a lite teriyaki sauce for an Asian flavor. You can find a good teriyaki recipe on our Hawaiian Pineapple Bowl recipe.*
8. Open sweet potato and scoop sautéed veggies to place on top of the potatoes. Optional, top with Vegan cheese.

## Sassy Sprouts

This is the Ector's spin on traditional Brussel Sprouts. We've mastered the perfect side dish that is full of flavor and sass, just like you! We have a very simple and easy to follow recipe!

**Serving Size: 2**

**Cook Time: 45 Minutes**

### Ingredients

- 16 Brussel Sprouts, washed and halved
- 2 tablespoons of Olive Oil
- 2 tablespoons of Balsamic Vinegar
- 2 cloves of garlic, thinly sliced
- 1 tablespoon of real 100% Maple Syrup
- Sea salt and black pepper to taste

### How to Prepare:

1. Pre-Heat oven to 375° F.
2. Place Brussel sprouts in a medium size mixing bowl and toss with olive oil, sliced garlic, salt and pepper until evenly coated. Place the Brussel sprouts on a baking sheet lined with parchment paper.
3. Bake for 20 minutes.
4. Meanwhile, mix together balsamic vinegar and maple syrup.
5. Remove Brussel sprouts from the oven after baking for 20 minutes and drizzle balsamic syrup mixture, toss with a spatula or spoon and place the sprouts back in the oven for approximately 10-15 additional minutes, until tender and crispy. You will notice the browned spots, but do not be alarmed! They are the best! Serve and enjoy!

## Rainbow Quinoa Stuffed Peppers

The *Rainbow Quinoa Stuffed Peppers* are a family favorite, even amongst the non-vegans! Left over veggies in the house are perfect to use to prepare this meal.

**Serving Size: 4**

**Cook Time: 60 Minutes**

### Ingredients

- 1 red, 1 green, 1 yellow, 1 orange medium sized whole bell peppers: halve each lengthwise and remove seeds
- 3 cups of cooked quinoa
- 3 cups of baby spinach
- 1 zucchini, medium diced
- 1 can of diced tomatoes
- 1 handful of mushrooms, cut into medium slices
- 1 small yellow or red onion, diced
- 1 tablespoon of olive oil
- 2 teaspoons of oregano
- 2 teaspoons of paprika
- 1 clove of garlic, minced
- 1 ½ teaspoon of black pepper

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(Recipe located on pg 147)



- 1 ½ teaspoon of sea salt
- ½ cup of Vegan cheese (optional)

Optional: You may add pinto beans, black beans or red beans to this meal. You can even add cooked sweet potato (diced), sweet corn or green onion. Be creative!

#### How to Prepare:

1. Pre-Heat oven to 375° F.
2. Line your baking dish with parchment paper or aluminum foil and brush with a thin layer of olive oil.
3. In a large sauté pan, heat the olive oil over medium heat and cook onions until soft, for approximately 5 minutes. Add zucchini and mushrooms, stirring, continue to sauté together for approximately 5 minutes. Add spinach and garlic and sauté until spinach is wilted, for approximately 2 minutes.
4. Stir in tomatoes and cooked quinoa.
5. Add all seasonings, mix and cook until mixture is heated thoroughly, for approximately 3-5 minutes.
6. Take off from the heat and prepare bell peppers to be stuffed.
7. Slice the tops off each bell pepper enough to give them a "lid" and leave the pepper as the vessel. Carefully remove seeds and membrane from inside.
8. Fill peppers with quinoa stuffing. Arrange peppers in prepared baking dish and cover with tinfoil. Bake for 25 minutes. Top with vegan cheese and melt for 5 minutes uncovered. Serve and enjoy!

## Larc's PB&J Sandwich

Since Larc's transition to becoming Vegan, her lunch selections have become easier. We are confident that one day schools will decide to have vegan selections. One of our favorite go-to lunch choices is the classic PB&J sandwich, now with a new touch!

**Serving Size: 2**

**Prep Time: 4 Minutes**

#### Ingredients

- 4 slices of sprouted whole grain bread, (suggestion: Ezekiel brand)
- 4 tablespoons of natural (no sugar added) peanut butter
- 4 tablespoons of organic strawberry jam
- 2 tablespoons of flax seeds
- ¼ cup of strawberries

#### How to Prepare:

1. Toast Ezekiel Bread in toaster or oven.
2. Spread natural peanut butter on one slice and strawberry jam on the other slice.
3. Top strawberry jelly with fresh sliced strawberries and sprinkle both slices with flaxseeds. Smush and enjoy!

## Hawaiian Pineapple Bowl

In the comfort of your own home it can always be a vacation! The *Hawaiian Pineapple Bowl* has a tropical taste that will have you wanting more every time! It is light, refreshing, and a seasoned flavor of the tropics which is perfect during the warmer months! Be creative and add as many veggies as you would like.

**Serving Size: 2**

**Cook Time: 25 Minutes**

#### Ingredients

- 1 whole medium pineapple
- 1 cup of cooked brown rice
- 2 cups of baby spinach
- 1 bell pepper, sliced
- ½ purple onion, sliced
- 2 sprigs of green onion, sliced
- ¼ cup of cilantro, chopped
- 1 tablespoon of coconut oil

#### For the teriyaki sauce:

- 2 tablespoons of low-sodium soy sauce
- 1 tablespoon of 100% maple syrup
- 1 teaspoon of powdered or fresh ginger
- 1 teaspoon of sesame oil

#### How to Prepare:

1. Carefully slice the pineapple in half. Cut and scoop out the inside of the pineapple to create a bowl. Cut off the core from the removed pineapple and cut into bite size pieces.
2. Heat ½ tablespoon of coconut oil in a pan and sauté onions and peppers for approximately 5 minutes. Then add pineapple and heat thoroughly for 2-3 minutes, add spinach and cook until wilted.
3. Pour the sautéed contents in a bowl and place to the side.
4. In the same pan melt the other ½ tablespoon of coconut oil, add cooked rice, teriyaki sauce ingredients and green onion. Mix well. Cook for 3-5 minutes then add sautéed vegetable mixture to the rice. Fold and stir the vegetables throughout the rice until heated thoroughly.
5. Place the sautéed veggie stuffing inside of the pineapple bowl. Top with cilantro. Enjoy!

Optional: If you like a little bit of heat sprinkle red pepper flakes or a drizzle of Sriracha sauce over the top of the rice bowl.