

WildFit *Back to Spring*

Sample Vegetarian Meal Plan

**Plan is based on one person- providing leftovers for prepped meals and storage*

MEAL PLAN

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
DAY 1	Alkagizer/ Bone Broth *	Seedy Cereal	Creamy Onion Soup	Alkagizer/Bone Broth *	Squash Burgers w/ steamed green	Herbal tea with coconut oil/cream OR Golden Milk
DAY 2	As above	Breakfast Muffins (2), steamed veg with olive oil (optional)	Squash Burgers w/ Cabbage noodles & Pesto	As above or Fat Bomb	Taco Skillet & Cauli Rice	As above
DAY 3	As above	Seedy Cereal	Creamy Onion Soup	As above	Curried Cauli Kale Soup with Flax crackers	As above
DAY 4	As above	Seedy Cereal	Taco Skillet + Cauli Rice	As above	Chow Mein	As above
DAY 5	As above	Breakfast Muffins (2), steamed veg with olive oil (optional)	Massaged Leafy Green salad with sprouted chickpeas	As above	Lasagna	As above
DAY 6	As above	Breakfast Bowl	Massaged Leafy Green salad with sprouted chickpeas	As above	Mushroom Gravy with Marinated Portobello, cauli mash and leftover salad	As above
DAY 7	As above	WildFit Pancakes with Savoury sauce	Buddha Bowl (cleaning out the leftovers)	As above	Eggplant Involtini & side of steamed greens	As above

Optional: Have Alkagizer in place of breakfast or have Meal 2 if hungry.

*Additional Snack Ideas for Workout Days:

- ◆ [Creamy Edamame Dip](#) with cut veggies and [flax crackers](#)
- ◆ [Spinach Dip](#) with cut veggies and [flax crackers](#)
- ◆ Nut and seed trail mix

Extra Ideas:

Breakfast

- ◆ [Chickpea Scramble](#)
- ◆ [Daikon Home Fries](#)
- ◆ Savoury Sauce on Poached Eggs
- ◆ [Golden Bread](#) w/ nut butter

Lunch & Dinner

- ◆ [Leek & Cauli Soup](#)
- ◆ [Tropical Chili Tacos](#)
- ◆ [Veggie Falafels](#)
- ◆ [Creamy Chipotle Soup](#)



Meal Prep Suggestion:

Think of a complete Meal Prep as the certificate you receive at graduation. First, you must complete each recipe (course) and day (semester) before mastering the skill of meal prep.

B = For breakfast that day

L = Lunch for that day

D = Dinner that night

P = Prep for next day/ week

DAY 0

1. **P**: Seedy Cereal Dry Mix
2. **P**: Creamy Onion Soup, 10 mins + 80 mins StoveTop + pack up 2 lunch portions
3. **P**: Cauliflower Rice, 10 mins FOOD PROCESSOR
4. **P**: Bone Broth (if making/using), 12 hrs SLOW COOKER
5. **P**: Squash Burgers 30 mins StoveTop + pack up 2 lunch portions, 1 with green salad

DAY 1

1. **B**: Seedy Cereal 10 mins Stovetop
2. Alkagizer Days 1-3 BLENDER
Lunch is creamy onion soup
Dinner is squash burger with steamed greens
3. **P**: Cabbage Noodles 30 mins StoveTop + box up 1 serving for lunch
4. **P**: Pesto 5 mins blender + box up 1 serving for lunch
5. **P**: Fat Bombs 10 mins StoveTop
6. PREP BREAKFAST OPTIONAL (cut veg for Breakfast Muffins) 5 mins

DAY 2

1. **B**: Breakfast muffins 20 mins oven
Lunch is squash burger with cabbage noodles & pesto
2. **D**: Taco Skillet 10 mins Stovetop + cauli rice, + box up 1 serving for lunch
3. PREP BREAKFAST OPTIONAL (chop veggies for breakfast bowl) 5 mins

DAY 3

1. BF Breakfast Bowl 15 mins Stovetop + serving boxed up for later use
Lunch is creamy onion soup
2. **D**: Curried Cauli & Kale Soup 20 mins OVEN, 30 mins Stovetop
3. **D**: Herbed Flax Crackers 30 mins OVEN
4. **P**: chop veg for tomorrow's dinner 10 mins

DAY 4

1. **Alkagizer Days 4 -6 BLENDER**
2. **B:** Seedy Cereal
Lunch is Taco Skillet w/ cauli rice
3. **D:** Chow Mein 10 mins Stovetop
4. **P:** Massaged Leafy Green Salad 10 mins

DAY 5

Breakfast is Breakfast Muffins

Lunch is Massaged Kale Salad

1. Savoury Sauce Soak 2 hrs + 5 mins BLENDER
2. **D:** Lasagna 70 mins OVEN + box up 1 serving for lunch
3. **P:** Mushroom Gravy 20 mins Stovetop

DAY 6

Breakfast is serving of breakfast bowl, reheated with savoury sauce

Lunch is Lasagna & side salad

1. **D:** Marinated portobellos 10 mins stovetop w/ gravy
2. **P:**veggies for Eggplant Involtini chopped and sliced

DAY 7

1. Alkagizer Days 7 -9 BLENDER
2. **B:** Flax Pancakes 15 mins Stovetop w/ Savoury sauce

Lunch is Buddha bowl, made with your leftovers of choice

3. **D:** Eggplant Involtini

DAY 8

Continue on by repeating Week 1, pulling extras from Week 1 out of the freezer on busy days; or, incorporate in some of the extra recipes for those you do not favour as much.

Shopping List

NOTE: Your unique Alkagizer recipe ingredients and extra recipe ingredients are not included
Need only after day 4 = * Need to re-buy for day 4 = +

FRESH PRODUCE <ul style="list-style-type: none"> <input type="checkbox"/> Avocado (1)+ <input type="checkbox"/> Basil (2 cups)+ <input type="checkbox"/> Bean Sprouts * <input type="checkbox"/> Broccoli (1)+ <input type="checkbox"/> Brussels Sprouts (2 lbs) <input type="checkbox"/> Butternut Squash (1) <input type="checkbox"/> Cabbage (1) <input type="checkbox"/> Cauliflower (2) + <input type="checkbox"/> Celery <input type="checkbox"/> Cilantro <input type="checkbox"/> Daikon Radish (2)* <input type="checkbox"/> English Cucumber <input type="checkbox"/> Eggplant 2* <input type="checkbox"/> Garlic (3 bulbs) <input type="checkbox"/> Ginger (1 lrg pc) <input type="checkbox"/> Green Beans (.5 lb)* <input type="checkbox"/> Green Onion (3) <input type="checkbox"/> Green Peppers (2)+ <input type="checkbox"/> Kale (1)+ <input type="checkbox"/> Lemons (3) <input type="checkbox"/> Leeks (2)+ <input type="checkbox"/> Limes (2) <input type="checkbox"/> Mushroom (.5 lb)+ <input type="checkbox"/> Onions, Sweet (8) <input type="checkbox"/> Onions, Red (1) <input type="checkbox"/> Onions, Yellow (2) <input type="checkbox"/> Parsley (1 bunch) * <input type="checkbox"/> Portobellos (4)* <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Rosemary <input type="checkbox"/> Shallot * <input type="checkbox"/> Spinach (1) <input type="checkbox"/> Thyme <input type="checkbox"/> Zucchini (2)+ (6) 	EGGS <ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 dozen LEGUMES <ul style="list-style-type: none"> <input type="checkbox"/> 1 can chickpeas <input type="checkbox"/> Sprouted chickpeas CANS/JARS <ul style="list-style-type: none"> <input type="checkbox"/> Artichoke hearts 14 oz <input type="checkbox"/> Cacao butter/coconut manna butter <input type="checkbox"/> Coconut Milk (2) <input type="checkbox"/> hummus <input type="checkbox"/> Tahini/Almond Butter <input type="checkbox"/> Tomatoes 14.5 oz (2) <input type="checkbox"/> Tomato paste 8 oz CONDIMENTS/SAUCES/OILS <ul style="list-style-type: none"> <input type="checkbox"/> Coconut Aminos <input type="checkbox"/> Coconut oil <input type="checkbox"/> Dijon Mustard <input type="checkbox"/> Extra Virgin Olive Oil <input type="checkbox"/> Grapeseed oil <input type="checkbox"/> Raw Apple Cider Vinegar <input type="checkbox"/> Sesame oil <input type="checkbox"/> Vegetable Broth (4 L) 	NUTS/SEEDS <ul style="list-style-type: none"> <input type="checkbox"/> Ground flax seed <input type="checkbox"/> Hemp seed <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Sunflower seeds MISCELLANEOUS <ul style="list-style-type: none"> <input type="checkbox"/> Almond Flour <input type="checkbox"/> Baking Soda <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Herbal Tea SPICES/HERBS <ul style="list-style-type: none"> <input type="checkbox"/> Basil <input type="checkbox"/> Bay Leaves <input type="checkbox"/> Black Pepper <input type="checkbox"/> Chili Powder <input type="checkbox"/> Ceylon Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Himalayan Salt <input type="checkbox"/> Nutmeg <input type="checkbox"/> Paprika <input type="checkbox"/> Red pepper <input type="checkbox"/> Rosemary <input type="checkbox"/> Taco seasoning <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric
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RECIPE TABLE OF CONTENTS

BREAKFAST

Seedy Cereal	7
Breakfast Muffins	8
Breakfast Bowl	9
WildFit Pancakes with Savoury Sauce	10
Savoury Sauce	11
Golden Veggie Flatbread	12
Easy Chickpea Scramble	13
Daikon Home Fries	14

LUNCH

Creamy Onion Soup	15
Cabbage Noodles	16
Homemade Pesto	17
Massaged Leafy Green Salad	18

DINNER

Squash Veggie Burgers	19
Taco Skillet	20
Curried Cauliflower Rice Kale Soup	21
Herbed Flax Crackers	22
Chow Mein	23
Vegan WildFit Lasagna	24
Mushroom Gravy	26
Marinated Portobello	27
Eggplant Involtini	28

SOUPS

Cauliflower Leek Soup	30
Tropical Chili Tacos	31
Vegetable Falafels	32
Creamy Chipotle Soup	33

SNACKS

Fat Bombs	34
Creamy Edamame Dip	35
Spinach Dip	36

BREAKFAST

SEEDY CEREAL

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2-3

Ingredients

- ◆ ½ cup unsweetened dried coconut
- ◆ 1 cups coconut milk
- ◆ 1 ⅓ cups water
- ◆ 2 Tbsp coconut flour
- ◆ 2 Tbsp ground flaxseed
- ◆ 2 Tbsp hemp hearts
- ◆ 1 tsp vanilla extract
- ◆ 1 tsp ceylon cinnamon
- ◆ ¼ tsp nutmeg
- ◆ ¼ tsp turmeric

INSTRUCTIONS

1. In medium pot over medium high heat, toast coconut being careful not to burn.
2. Stir in coconut milk and water.
3. Cover and bring to a boil.
4. After reaching a boil, remove from heat and stir in the remaining ingredients.
5. Pour over a little extra almond milk or coconut milk if too dry.



BREAKFAST MUFFINS

Prep Time:10 | Cook Time:30 mins | Servings:6

Ingredients

- ◆ 12 – 15 eggs (use 12 eggs for individual silicone cups and 15 for larger silicone muffin pans.
- ◆ 1 tsp. (or more) italian seasoning
- ◆ fresh-ground black pepper (optional)
- ◆ 3 green onions diced small
- ◆ chopped veggies such as blanched broccoli, green pepper, sauteed zucchini, sauteed mushrooms, etc.

INSTRUCTIONS

1. Preheat oven to 375 F. Spray a Silicone Muffin Pan or Silicone Muffin Cups with non-stick spray or olive oil.
2. In the bottom of the muffin cups layer sauteed vegetables and green onions. You want the muffin cups to be about 2/3 full, with just enough room to pour a little egg around the other ingredients.
3. Break eggs into large measuring bowl with pour spout, add seasonings and beat well.
4. Pour egg into each muffin cup until it is 3/4 full. Stir slightly with a fork.
5. Bake 25-35 minutes until muffins have risen and are slightly browned and set.
6. Egg muffins can be stored in the fridge for at least a week.

BREAKFAST BOWL

Prep Time: 10 | Cook Time: 30 | Servings: 2

Ingredients

- ◆ 2 cups daikon radish, peeled and cubed
- ◆ 1 leek, chopped
- ◆ ~20 medium Brussels sprouts, sliced in half
- ◆ 1 Tbsp olive oil, divided
- ◆ 1 tsp fresh rosemary, finely chopped
- ◆ 1 ½ tsp Himalayan salt, divided
- ◆ ¼ tsp pepper
- ◆ ½ onion, finely chopped
- ◆ 2 cloves garlic, finely chopped
- ◆ 1 Tbsp sugar free mustard
- ◆ Fried eggs (optional)

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Spread the chopped vegetables out on a large, lined baking sheet. Drizzle ½ tablespoon of olive oil and sprinkle the rosemary, 1 tsp of salt, and pepper over the vegetables. Toss to coat.
2. Roast the vegetables for 20-25 minutes until tender and crispy on the outside.
3. When the veggies have about 10 minutes left in the oven, heat ½ tablespoon of olive oil in a large sauté pan over medium heat. Once heated, add in the onions and ½ teaspoon of salt and cook for 4-5 minutes until softened and slightly browned.
4. Add in the garlic and cook for another minute. Add the roasted vegetables and mustard to the pan and stir to combine.
5. Place the vegetables in bowls and top with a fried egg if desired.



WILDFIT PANCAKES WITH SAVOURY SAUCE

Prep Time: 1 | Cook Time: 10 | Servings: 2-3

Ingredients

- ◆ ½ cup almond flour
- ◆ ½ cup ground flaxseed
- ◆ 3 Tbsp coconut flour
- ◆ 1 tsp baking soda
- ◆ 2 eggs
- ◆ ½ cup coconut milk, canned and full-fat

INSTRUCTIONS

1. Preheat a medium size pan.
2. Combine all of the ingredients together in a blender and combine well.
3. Pour ¼ cup batter onto the pan over low heat.
4. Once the batter begins to bubble at the top, flip it over and cook for another 1-2 minutes.
5. Repeat until the batter is done.
6. Serve with a drizzle of hollandaise and a side of asparagus or green beans and bacon or sausage.



SAVOURY SAUCE

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 4

Ingredients

- ◆ 1/2 cup sunflower seeds, soaked for 2 hours or overnight
- ◆ 1/2 cup water
- ◆ Juice of 1/2 lemon
- ◆ 1/2 tsp salt
- ◆ 1/2 tsp garlic powder
- ◆ 1/3 tsp turmeric
- ◆ 1 tsp Dijon mustard (sugar free)

INSTRUCTIONS

1. To prepare, add soaked seeds to blender with all other ingredients. Blend until smooth. Warm gently on the stove top until ready to serve.

The following are 'extra' recipes- not included in shopping list or meal plan

GOLDEN VEGGIE FLATBREAD

Prep time: 20 minutes | Cook time: 30 minutes | Serves: 4

Ingredients:

- ◆ 2 cups of riced cauliflower see WF Riced Cauliflower Recipe
- ◆ 4 chia seed eggs* (4 Tablespoons of chia seed and $\frac{3}{4}$ cup cold water)
- ◆ 1 cup of ground nut & seed meal or almond meal*
- ◆ 2 teaspoons of dry turmeric powder
- ◆ 1 teaspoon of dry cumin powder
- ◆ $\frac{1}{2}$ teaspoon of sea salt
- ◆ Food processor
- ◆ colander & cheesecloth
- ◆ Parchment paper
- ◆ 2 18x13 rimmed Baking sheets
- ◆ Oven

INSTRUCTIONS:

1. Preheat oven to 350°C
2. Prepare chia eggs mixing seeds with cold water and stirring vigorously to mix. Chill 15 mins.
3. Grind nut & seed meal in food processor or use prepared almond meal.
4. Combine riced cauliflower, meal, spices in a medium bowl and stir to combine evenly.
5. Add the chia 'eggs' and stir with a spatula to evenly distribute chia gel throughout.
6. Pour onto parchment lined baking sheet and press into a $\frac{1}{8}$ inch layer. Score into 8 pieces.
7. Bake for 20 minutes until golden on top and edges crisp.
8. Flip onto second sheet and bake additional 10 minutes to finish other side to same texture.
9. Remove from oven and allow to cool slightly. Cut apart and place on cooling rack.
10. Serve immediately or store in an airtight container for up to 1 week.
11. If serving later, you may choose to toast the flatbread slices to warm and crisp them up again.

EASY CHICKPEA SCRAMBLE

Prep Time: 5 minutes | Cook Time: 5 minutes | Servings: 4

Ingredients

- ◆ 15 ounces canned or cooked chickpeas (400 g), drained and rinsed
- ◆ 2 Tbsp lemon juice
- ◆ 2 Tbsp nutritional yeast
- ◆ 1 tsp garlic powder
- ◆ 1/2 tsp turmeric powder
- ◆ 1/4 tsp ground black pepper
- ◆ 1/4 tsp sea or kala namak salt
- ◆ 6 Tbsp hummus

For serving (optional):

- ◆ Sautéed mushrooms
- ◆ Avocado
- ◆ Cherry tomatoes

INSTRUCTIONS:

1. Add the chickpeas and the lemon juice to a mixing bowl and mash them with a fork.
2. Add the spices and the hummus and mash again until well combined.
3. Cook the chickpea scramble in a frying pan over medium-high heat for about 5 minutes or until golden brown, stirring occasionally.
4. Serve with your favorite ingredients. We served our scramble with some sautéed mushrooms (we cooked them in a frying pan until golden brown with no oil), avocado and cherry tomatoes.
5. Keep the chickpea scramble in a sealed container in the fridge for up to 5 days.



DAIKON HOME FRIES

Prep Time: 5 minutes | Cook Time: 20 minutes | Servings: 2

Ingredients

- ◆ 2 Tbsp coconut oil
- ◆ 1/2 daikon radish, peeled and cut into 1/2 inch squares
- ◆ 1 small yellow onion, diced
- ◆ 1/2 tsp sea salt
- ◆ 1/4 tsp fresh black pepper
- ◆ 1/4 tsp paprika
- ◆ dash of red pepper flakes
- ◆ 2 Tbsp parsley, chopped

INSTRUCTIONS:

1. Melt oil in a skillet over medium high heat.
2. Add radish and onion. Turn heat to medium.
3. Add salt.
4. Stir and turn frequently until the onion and radish are beginning to brown.
5. Add pepper, paprika and pepper flakes and continue cooking until onions are translucent with brown edges and radish pieces have brown edges and are tender.
6. Remove from heat and add parsley.

LUNCH

CREAMY ONION SOUP

Prep Time: 10 min | Cook Time: 1 hr 20 mins | Servings: 8

Ingredients:

- ◆ 6 Tbsp extra-virgin olive oil
- ◆ 8 large sweet onions, peeled and sliced very thin
- ◆ 1/4 cup fresh ginger, peeled and sliced thinly
- ◆ 8 cups vegetable broth
- ◆ 1/4 cup apple cider vinegar
- ◆ 6 sprigs of fresh thyme
- ◆ 1/4 - 1/2 cup coconut milk (optional)
- ◆ 1/2 teaspoon sea salt
- ◆ 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Heat the olive oil in a large Dutch oven or stock pot.
2. Add the onion and ginger and simmer over medium-low heat, stirring often for about 20 minutes until the onions are translucent.
3. Add the vegetable broth, the apple cider vinegar, fresh thyme and bring to a boil.
4. Reduce heat and add the lid to the pot. Simmer for about 1 hour until the onions are soft.
5. Remove the thyme sprigs and discard. Using an immersion blender (or blend in batches in stand blender) puree the soup until smooth.
6. Add coconut milk if desired and salt and pepper to taste.



CABBAGE NOODLES

Prep Time: 5 min | Cook Time: 20 min | Servings: 2

Ingredients

- ◆ ½ Head of Cabbage
- ◆ 2 Tbsp coconut oil
- ◆ 1 onion
- ◆ Himalayan salt and pepper

INSTRUCTIONS

1. Before you begin, make sure your chef's knife is super sharp. A dull knife means you're more likely to slip and cut yourself on such a sturdy vegetable.
2. Place the cabbage on a cutting board with the core side down. This gives it a little flat bottom so your cabbage isn't rolling everywhere.
3. Slice the cabbage in half from top to bottom, straight through the core. Then place each cabbage half cut-side down and cut in half again, vertically from the top through the core. You should now have 4 quartered pieces.
4. Each quartered piece will have some core at the bottom. Place each quarter cut-side down and cut off the core at a slight angle.
5. Focusing on 1 quarter at a time, slice into vertical strips. Then slice each vertical strip into pieces.
6. Chop up the whole head of cabbage at once and keep leftovers tightly sealed in the refrigerator.
7. To cook, once cabbage is chopped, chop onion. In a large saucepan or wok over medium heat, melt oil. Add the onion, cabbage, and a big pinch of salt. Saute for 15 minutes or until cabbage is brown and tender. Add more salt to taste, if necessary.
8. Use as a pasta base for any sauce you like.



HOMEMADE PESTO

Prep Time: 5 mins | Cook Time: 0 | Serves: 6-12

Ingredients

- ◆ 2 cups packed fresh basil (large stems removed)
- ◆ 3 Tbsp pine nuts, walnuts or sunflower seeds
- ◆ 3 large cloves garlic (peeled)
- ◆ 2 Tbsp lemon juice
- ◆ 3-4 Tbsp nutritional yeast
- ◆ 1/4 tsp sea salt (plus more to taste)
- ◆ 2-3 Tbsp extra virgin olive oil
- ◆ 3-6 Tbsp water (plus more as needed)

INSTRUCTIONS

1. To a food processor or small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt and blend/mix on high until a loose paste forms.
2. Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed.
3. Then add 1 Tbsp (15 ml) water at a time until the desired consistency is reached - a thick but pourable sauce. (If avoiding oil altogether, sub the oil with vegetable broth)
4. Taste and adjust flavor as needed, adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite, or lemon juice for acidity.
5. Store leftovers covered in the refrigerator up to 1 week. After that, pour into ice cube molds, freeze, and store up to 1 month or more.



MASSAGED LEAFY GREEN SALAD

Prep Time: 5 mins | Cook Time: 0 (let sit 30 minutes) | Serves: 4

Ingredients

- ◆ 2 bunches kale (or other dark leafy green like chard, collards, etc.)
- ◆ ½ cup extra-virgin olive oil
- ◆ ¼ cup lemon juice
- ◆ 3 large cloves garlic, minced
- ◆ 1 Tbsp coconut aminos
- ◆ ½ tsp freshly ground pepper
- ◆ ¼ tsp salt
- ◆ ¼ cup sunflower seeds
- ◆ ¼ cup sprouted chickpeas

INSTRUCTIONS

1. Strip leaves from the stems (discard stems). Wash and dry the leaves.
2. Tear the leaves into small pieces and place in a large bowl. Add oil, lemon juice, garlic, soy sauce, pepper and salt.
3. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny.
4. Serve with whatever garden veg or herbs you would like to add to the salad (parsley, dill, cilantro, green onion, green pepper, zucchini spirals. etc.) the sunflower seeds and the sprouted chickpeas.

DINNER

SQUASH VEGGIE BURGERS

Prep Time: 10 mins | Cook Time: 20 mins | Total time: 30 mins | Servings: 6

Ingredients:

- ◆ 1 butternut squash
- ◆ 1 cup spinach
- ◆ 1/4 large yellow onion
- ◆ ¼ cup almond meal
- ◆ 2 Tbsp flaxseed +3 Tbsp water
- ◆ ½ tsp coconut oil
- ◆ 1 Tbsp lemon juice

INSTRUCTIONS

1. Cut up squash into bite size pieces; Cook in pot on stovetop until soft, about 20 minutes. While squash are cooking, peel onion and slice in fourths.
2. Once squash is soft, place into food processor or high-power blender. Add onion and spinach and pulse.
3. After 30 seconds or so, turn off and add almond meal, flaxseed, water, oil, and juice.
4. Pulse until everything is combined.
5. Form the mixture into balls, a bit larger than golf balls, and set on a baking tray.
6. Use your hand or a spatula to flatten burgers, and place entire baking sheet into the refrigerator for at least 30 minutes, allowing the burgers to form up.
7. After 30 minutes, heat a tiny bit of olive oil in a skillet and place burgers one at a time in the skillet, flipping over once they are golden brown.
8. Repeat this until all of your burgers have been cooked. Enjoy!



TACO SKILLET

Prep Time: 5mins | Cook Time: 25 mins | Total time: 30 mins | Servings: 4

Ingredients

- ◆ 2 tbsp grapeseed oil
- ◆ 1 green bell pepper, diced
- ◆ 1 eggplant skin on, diced
- ◆ 1 zucchini diced
- ◆ 1/2 cup walnuts diced very fine
- ◆ 8 oz diced tomatoes with green chilis
- ◆ 2 Tbsp taco seasoning
- ◆ 1/4 cup water

INSTRUCTIONS

1. In a large pan, heat grapeseed oil until shimmering.
2. Add bell pepper, and cook on medium heat until lightly browned- about 4 minutes.
3. Add eggplant and zucchini, cook until reduced by half- about 10 minutes.
4. Add walnuts, diced tomatoes, taco seasoning and water. Stir well.
5. Let water cook off - about 10 minutes.

CURRIED CAULIFLOWER RICE KALE SOUP

Prep Time: 30 mins | Cook Time: 20 mins | Total time: 50 mins | Servings: 4

Ingredients

- ◆ 5-6 cups of cauliflower florets (about 3-4 cups when "riced").
- ◆ 2- 3 Tbsp curry powder
- ◆ 1 tsp garlic powder
- ◆ 1/2 tsp cumin
- ◆ 1/2 tsp paprika
- ◆ 1/4 tsp sea salt
- ◆ 2-3 Tbsp olive oil
- ◆ 3/4 cup red onion chopped
- ◆ 1 tsp minced garlic
- ◆ 2 tsp olive oil/ avocado oil
- ◆ 8 kale leaves with stems removed and chopped
- ◆ 2 cups chopped daikon/ chayote/ squash
- ◆ 4 cups broth
- ◆ 1 cup coconut milk (can sub almond milk)
- ◆ 1/2 tsp red pepper or chili flakes (use less if you don't want as spicy)
- ◆ 1/2 tsp black pepper
- ◆ Salt to taste after cooked

INSTRUCTIONS

1. Preheat oven to 400F
2. In a small bowl, toss your cauliflower florets with the curry powder, garlic powder, cumin, paprika, salt, and 3 Tbsp oil
3. Spread the cauliflower florets on a baking dish or roasting pan. Place in oven and roast for 20-22 minutes until tender but not overcooked. Remove and set aside.
4. While the cauliflower is cooling, prep the rest of your veggies
5. Next place cauliflower florets in a food processor or blender and pulse a few times until the cauliflower is chopped or "riced."
6. Once all the cauliflower is riced and kale/veggies are chopped, prepare your cooking pot.
7. Place onion, 2 tsp oil, and minced garlic in large stock pot. Saute for 5 minutes until fragrant.
8. Next add in your broth, milk, veggies, cauliflower "rice," and the red chili pepper and black pepper.
9. Bring to a quick boil, then simmer for another 20 minutes or so until veggies are all cooked.
10. Add dash of sea salt if desired once ready to serve.
11. Garnish with herbs and nut/seed crackers crumbles.



HERBED FLAX CRACKERS

Prep Time: 10 | Cook Time: 10 | Servings: 4-8

Ingredients:

- ◆ 1 cup ground flax seeds
- ◆ 2 eggs
- ◆ 1/2 cup nutritional yeast (optional)
- ◆ 1 tsp minced fresh rosemary (or herbs of choice)
- ◆ 1 tsp Sea salt plus more for sprinkling

INSTRUCTIONS:

1. Preheat oven to 350 degrees (F)
2. Add all of the ingredients to a medium bowl. Stir until fully combined. Let sit for about 5 minutes.
3. Place a sheet of parchment paper or silicone mat on a cutting board or your countertop. Place dough ball on sheet and top with another piece of parchment or silicone sheet. Roll out thin with a rolling pin or water bottle.
4. Use a sharp knife to cut a grid of 1 inch-ish squares then sprinkle with more salt.
5. Transfer sheet over to a baking tray (on parchment or silicone) and bake for 10 minutes, remove and flip, bake another 5-10 minutes. If you want them super crispy, turn the oven off and then put the crackers back in after it's cooled a bit but is still warm. Leave them in for about an hour and they will continue to dry out until super crispy.
6. Store in an airtight container for up to a week.

CHOW MEIN

Prep Time: 10 mins | Cook Time: 15 mins. | Total Time: 25 mins. | Servings: 2

Ingredients:

Noodles:

- ◆ 2 medium zucchini
- ◆ 1 cup celery, thinly sliced
- ◆ 1 cup shredded daikon radish
- ◆ 1 cup shredded green cabbage
- ◆ 1/2 cup green onions, thinly sliced
- ◆ 2 Tbsp toasted sesame oil

Sauce:

- ◆ 4 Tbsp coconut aminos
- ◆ 1 garlic clove, minced
- ◆ 1/2 tsp ginger, grated

Toppings:

- ◆ Chopped cilantro
- ◆ Bean sprouts
- ◆ Sesame seeds

INSTRUCTIONS:

1. Using a spiral slicer on 3mm blade, slice zucchini into noodles and place into a bowl. If you don't have a spiralizer, you can shred the zucchini on the large slice section of your grater to create noodles.
2. Heat sesame oil in a large skillet over medium heat. Add celery, cabbage and daikon radish. Cook 5 minutes.
3. Whisk ingredients for sauce in a small bowl. Pour sauce into skillet and stir. Cook 3 minutes.
4. Add scallions and zucchini noodles. Stir again. Cook 4-5 minutes longer. Finish with sesame seeds, bean sprouts and cilantro.

VEGAN WILDFIT LASAGNA

Prep Time: 1 hr | Cook Time: 1 hr 10 mins | Servings: 6-8

Ingredients:

Herbed Cream Cheese

- ◆ 1 cup unsalted sunflower or hemp seeds
- ◆ ½ cup unsweetened almond milk
- ◆ ¼ cup fresh basil leaves
- ◆ 2 garlic cloves
- ◆ ½ tsp sea salt

Lasagna

- ◆ 6 medium zucchinis
- ◆ Coarse salt
- ◆ Fresh basil, for garnish
- ◆ Olive oil, for drizzling

Artichoke-Tomato Sauce

- ◆ 1 Tbsp olive oil
- ◆ 1 onion, diced
- ◆ 2 garlic cloves, minced
- ◆ 14.5-ounce can no-salt-added diced tomatoes
- ◆ 8-ounce can no-salt-added tomato paste
- ◆ 1 cup chopped marinated artichoke hearts
- ◆ ¼ cup fresh basil leaves, torn into pieces
- ◆ Red pepper flakes, to taste
- ◆ Sea salt, to taste
- ◆ Freshly-ground black pepper, to taste

INSTRUCTIONS:

Herbed Cream Cheese

1. Soak the seeds in a bowl of water for 30 minutes. Drain and rinse well. Add all the ingredients to a food processor or blender and process/blend until smooth.

Artichoke-Tomato Sauce

1. Heat oil in a medium skillet. Add diced onions and cook for 3-4 minutes, until onions are softened. Add garlic and cook for 3 minutes, stirring frequently, until fragrant. Next, add the diced tomatoes, tomato sauce, artichoke hearts. Season with red pepper flakes, sea salt and pepper. Bring the sauce to a boil and then simmer on medium low for 10 minutes. Add the basil leaves.

Lasagna

1. Preheat oven to 375 degrees F.
2. Slice each zucchini into $\frac{1}{8}$ -inch thick slices. Salt the zucchini slices heavily and set aside for 20 minutes to drain the water out. Squeeze as much water out of the zucchini slices as possible.
3. Spread a few tablespoons of sauce on the bottom of a casserole dish. Lay 4-5 zucchini slices side-by-side on the bottom of the dish. If you're slices aren't long enough for the entire casserole you can add another vertical row or place some slices horizontally to fill the space.
4. Top the slices with $\frac{1}{2}$ cup of sauce and $\frac{1}{4}$ cup cream cheese. Repeat with the remaining ingredients, ending with a final layer of sauce and cheese. Garnish with more fresh basil and a drizzle of olive oil.
5. Bake, covered, for 30 minutes and then bake, uncovered for 20-25 minutes or until the top of the lasagna is golden brown. Let the lasagna sit for 15 minutes before cutting and serving. Serve with another drizzle of olive oil.



MUSHROOM GRAVY

Prep Time: 5 mins | Cook Time: 20 mins | Servings: 4

Ingredients:

- ◆ 3/4 one small container white or cremini mushrooms
- ◆ 2 Tbsp + 1 Tbsp oil of choice, separated
- ◆ optional: 1 Tbsp minced shallot
- ◆ 1 cup veggie stock
- ◆ 1 Tbsp ground flax seed
- ◆ pinch each salt, pepper, and dried or fresh thyme, chopped

INSTRUCTIONS:

1. In skillet over medium to medium-high heat, add oil the shallot and mushroom and cook for 10 minutes, stirring frequently.
2. Cook until the mushrooms are soft and brown, and most of their liquid is evaporated.
3. Stir in the flax with a whisk and reduce heat to medium. Cook for another minute or two.
4. Slowly add veggie broth while whisking to reduce clumps. Then add in the thyme and whisk again.
5. Reduce heat to simmer and continue to stir until it reaches desired thickness – about 5-10 minutes. If it appears too thin, add a touch more flax and whisk. If it's too thick, add more broth.
6. Season with salt and fresh ground black pepper to taste.
7. Use an immersion blender or small blender to make smooth.
8. Store leftovers in the fridge in an airtight container for up to a few days.



MARINATED PORTOBELLO

Prep Time: 10 mins | Cook Time: 6 mins | Servings: 2-4

Ingredients:

- ◆ 3-4 large portobello mushrooms (stems removed, wiped clean)
- ◆ 1/3 cup balsamic vinegar
- ◆ 1/4 cup olive oil
- ◆ 1/2 tsp cumin
- ◆ 1/2 tsp black pepper
- ◆ 1/4 tsp smoked paprika
- ◆ 3 cloves garlic (minced)
- ◆ 1 Tbsp coconut aminos

INSTRUCTIONS:

1. Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a spoon to spread on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor. Slice to serve.

EGGPLANT INVOLTINI

Prep Time: 40 mins | Cook Time: 20 mins | Total Time: 60mins | Servings: 4

Ingredients:

- ◆ 2 medium eggplants peeled and sliced lengthwise $\frac{1}{8}$ " thick
 - ◆ 2 Tbsp olive oil
 - ◆ few dashes of salt and pepper
 - ◆ 1 cup almond milk ricotta (Kite Hill brand) or you can make your own
 - ◆ $\frac{1}{4}$ tsp salt
 - ◆ $\frac{1}{4}$ tsp black pepper
 - ◆ $\frac{1}{2}$ tsp garlic salt
 - ◆ 1 Tbsp nutritional yeast optional
 - ◆ 2 Tbsp chopped basil
 - ◆ $\frac{1}{2}$ Tbsp lemon juice
- Tomato Sauce:**
- ◆ 1 Tbsp olive oil
 - ◆ 1 14.5 oz can of organic diced tomatoes
 - ◆ 2 cloves garlic chopped
 - ◆ $\frac{1}{4}$ tsp red pepper
 - ◆ salt and pepper $\frac{1}{2}$ teaspoon of each

INSTRUCTIONS:

1. Preheat oven to 375 degrees F
2. Slice each eggplant lengthwise into $\frac{1}{8}$ " thick sections.
3. Line cookie sheet (you may need 2) with parchment paper/silicone sheet and grease with olive oil.
4. Brush both sides of the eggplant slices with olive oil and a sprinkle of salt and pepper.
5. Lay them on the lined cookie sheet, not touching.
6. Cook at 375 degrees F for around 25-30 min or until tender.
7. Remove eggplant once tender and place them on a drying rack or flip occasionally while cooling to prevent condensation making them too moist.
8. While eggplant is in the oven heat 1 tablespoon of olive oil in a skillet over medium-high heat.
9. Add the chopped garlic, red pepper, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of black pepper.
10. Cook for about 30 seconds and then add chopped tomatoes and the juice from the can.
11. Bring to a boil, then reduce heat to medium-low and simmer for 15 minutes to thicken the sauce, then remove from heat.
12. In a bowl combine the ricotta, basil, lemon juice, garlic salt, nutritional yeast, salt and pepper, stir to combine.
13. Pour the tomato sauce in the bottom of a casserole dish (Or if you used a cast iron skillet to

prepare the sauce you can lay the eggplants on to the sauce in the cast iron skillet.)

14. Spoon about 2 tablespoons of ricotta mixture on the wider end of the eggplant and roll them up.
15. Place each roll seam side down into the sauce.
16. Place the skillet or dish into the oven for 15-20 minutes more until hot then you can increase heat to broil and move the dish up to the top rack to brown and crisp the top of the eggplant if you wish.

SOUPS

The following are 'extra' recipes- not included in shopping list or meal plan

CAULIFLOWER LEEK SOUP

Prep Time: 5 min | Cook Time: 25 min | Servings: 4

Ingredients

- ◆ 2 Tbsp olive oil
- ◆ 1 medium onion, sliced
- ◆ 2 leeks sliced thin (whole thing)
- ◆ 1 large head or 2 small heads cauliflower about 1.5 lbs. (fresh recommended, but frozen will work)
Can also substitute broccoli.
- ◆ 4 cups vegetable stock
- ◆ 1 tsp dried thyme
- ◆ 3-5 cloves roasted garlic
- ◆ ½ of 1 fresh lemon
- ◆ Salt + pepper to taste

To garnish:

- ◆ Parsley
- ◆ Green onions sliced

INSTRUCTIONS

1. In a large saute pan, heat two tablespoons olive oil over medium heat.
2. Add the leeks and onion and saute until the onions are starting to caramelize and the leeks are starting to turn golden brown.
3. Add the cauliflower and sauté until it starts to brown. Add the vegetable stock and dried thyme and bring to a boil. Reduce heat to medium-low and simmer for about 15 minutes, until the cauliflower florets are tender and cooked through.
4. Add the roasted garlic if using, and lemon juice and use an immersion blender to puree the soup until smooth. You can also ladle the soup into a blender to blend until smooth.
5. Taste the soup for seasoning and add salt and pepper to taste. If it's thicker than you'd like, thin it out with a bit of extra stock. Serve with a drizzle of olive oil, green onions and parsley.

TROPICAL CHILI TACOS

Ingredients

For the “fish”:

- ◆ 1 can hearts of palm, drained, rinsed, and chopped
- ◆ 2 Tbsp liquid aminos
- ◆ ½ tsp garlic powder
- ◆ ½ tsp Sriracha or chili paste
- ◆ 1 Tbsp sesame oil

Hemp seed sour cream:

- ◆ 1 cup hulled hemp seeds
- ◆ ¼ cup lemon juice
- ◆ ¼ cup water
- ◆ pinch of salt

Fixings:

- ◆ Romaine lettuce boats for taco shells
- ◆ About a ¼ cup shredded purple cabbage
- ◆ 1 scallion, chopped
- ◆ kelp flakes to taste (optional)
- ◆ juice of 1 lime

INSTRUCTIONS:

1. Add all hemp seed cream ingredients to a blender and process until smooth. Add water if you want a smoother, creamier texture. Set aside.
2. Place a saucepan over low heat and pour in the sesame oil. Add the hearts of palm mixture from step 1 and sauté until everything is warm and the excess liquid is absorbed (about 5 minutes).
3. Let the hearts cool a bit and then assemble tacos by layering the hearts in the lettuce boats first, then the cabbage, sour cream, and scallions. Sprinkle kelp flakes on top (if desired) and finish with lime juice.

VEGETABLE FALAFELS

Prep Time: 10 minutes | Cook Time: 40 minutes | Total Time: 50 minutes | Serves: 4

Ingredients

Falafel

- ◆ 2 cups minced cauliflower To make minced cauliflower, just blend the cauliflower in your food processor until it's minced.
- ◆ 1 cup minced fresh onion
- ◆ 1/2 cup fresh cilantro leaves
- ◆ 1/2 cup fresh parsley leaves
- ◆ 1/2 cup almond flour
- ◆ 1 medium egg
- ◆ 1 Tbsp arrowroot flour
- ◆ 3 cloves garlic
- ◆ 4 tsp cumin powder
- ◆ 1 tsp sea salt
- ◆ 1/2 tsp turmeric powder
- ◆ 1/2 tsp chili powder
- ◆ 4 Tbsp olive oil for cooking

Tahini Dressing (make or use sugar free store bought)

- ◆ 1/2 cup sesame oil
- ◆ 1/4 cup tahini
- ◆ 2 Tbsp lemon juice
- ◆ 1/2 tsp lemon zest

Greens

- ◆ 4-8 cups baby kale
- ◆ 1 cup cherry tomatoes cut in halves
- ◆ 1/4 cup pine nuts
- ◆ 1/4 cup fresh cilantro leaves
- ◆ 1/4 cup green onions chopped

INSTRUCTIONS:

1. Combine all the ingredients for the tahini dressing in a blender or food processor and blend until smooth.
2. Preheat oven to 400F. Line a baking sheet with parchment paper.
3. In a food processor blend all the ingredients, except the minced cauliflower and olive oil. Blend until the herbs are finely chopped.
4. Add in the minced cauliflower, and pulse a few times until combined.
5. Form the falafel dough into sixteen 1 1/2" round balls.
6. Use a pastry brush and brush each falafel with olive oil.
7. Cook for 20 minutes on 400F then rotate the falafels and cook for another 20 minutes.
8. Plate the greens then top with falafel and tahini dressing.



CREAMY CHIPOTLE SOUP

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes | Serves: 2

Ingredients

- ◆ 2 large ripe Hass avocados (or one big fat tropical variety one)
- ◆ 3 cups vegetable broth
- ◆ 1 cup coconut milk
- ◆ 1/2-1 teaspoon chipotle powder (or to taste)
- ◆ Himalayan salt, to taste
- ◆ parsley/cilantro (to garnish)

INSTRUCTIONS

1. Halve the avocados. Remove the pits and discard them. Place the flesh into a blender.
2. Blend the avocado until smooth. Add some stock to help the blending process, if necessary.
3. In a large saucepan, bring the rest of the stock to a boil, then remove from the heat.
4. Add the avocado mash, coconut milk, and chipotle. Mix well with a spoon until smooth. If there are lumps, use an immersion blender or regular blender to blend the soup until very smooth.
5. Heat again until simmering, not boiled.
6. Season with salt if desired.
7. Divide the soup into soup bowls.
8. Serve with lemon or lime wedges and chopped fresh herbs (like parsley or cilantro) if desired.

SNACKS

FAT BOMBS

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 8

Ingredients:

- ◆ 1/4 cup cocoa butter
- ◆ 1/4 cup coconut oil
- ◆ 1 tsp pure vanilla extract

INSTRUCTIONS:

1. Melt together cocoa butter and coconut oil over low heat or in double boiler.
2. Remove from heat and stir in vanilla.
3. Pour into molds and chill until hardened.
4. Remove from molds and keep stored in the refrigerator.
5. Makes 8 fat bombs



CREAMY EDAMAME DIP

Prep Time: 5 mins | Cook Time: 20 mins | Serves: 4-6

Ingredients

- ◆ ¼ cup olive oil, plus more for serving
- ◆ 1 tablespoon ground coriander
- ◆ 1½ pounds organic edamame, frozen
- ◆ kosher salt and black pepper
- ◆ ¼ cup fresh cilantro leaves

INSTRUCTIONS

1. Heat the oil and coriander in a large skillet over medium heat until fragrant, 1 to 2 minutes.
2. Add the edamame, ¾ cup water, 1 teaspoon salt, and ¼ teaspoon pepper.
3. Cook, covered, stirring often, until edamame are soft, 10 minutes.
4. Transfer to a food processor/HP blender and puree until smooth, 2 to 3 minutes.
5. Top the dip with the cilantro and a drizzle with olive oil.
6. Serve with flax crackers, endive, cucumber and/or radishes.



SPINACH DIP

Prep Time: 15 mins | Cook Time: 0 mins

Whether it is a regular meet up with friends, potluck or family gathering, it is nice to have a simple dish to prepare. This is also great for healthy snacks throughout the week, and fulfills that craving for something creamy!

Ingredients

- ◆ ½ C fresh spinach leaves cooked, squeezed, & drained - (about 20 large leaves of fresh spinach)
- ◆ 2 large ripe avocado about 2 cups of mashed avocado
- ◆ 1 garlic clove, crushed
- ◆ ¼ C fresh coriander chopped
- ◆ ¼ C sunflower seeds, soaked 2 hrs
- ◆ ¾ C water (for mixing with seeds)
- ◆ 1 Tbsp lime juice
- ◆ 3 Tbsp Avocado Oil or oil of your choice
- ◆ 1/2 tsp sea salt
- ◆ 1 Tbsp Extra virgin avocado oil to drizzle on top

INSTRUCTIONS

1. Soak the seeds in water for 2 hours or so, until plump.
2. Trim the fresh spinach leaves. Place them onto a large mixing bowl and cover with boiling water. Cover. Set aside for 1 minutes, drain, rinse in cold water and squeeze to remove the excess water.
3. In a food processor, add the spinach, the ripe avocado, crushed garlic, coriander, sunflower seeds,, lime juice,avocado oil, salt and pepper. Process until smooth - about 2 minutes on high speed.
4. Transfer into a bowl. Drizzle extra virgin avocado oil on top if you like. Refrigerate at least 30 minutes before serving