

9 Recipe Vegetarian Menu

Weekly recipes cookbook for busy and healthy people (one-serving meal)

Made for awesome minimalist people! 😊

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Breakfast

Garden Vegetable Eggs



Serves 1



Prep Time 10 min



Ingredients

2 tsp olive oil
¼ cup zucchini, chopped
¼ cup red pepper, chopped fine
¼ cup broccoli florets
1oz Swiss cheese, shredded or cubed
2 eggs and 1 egg white, scrambled
1 slice whole grain bread, toasted
¼ Avocado
Salt and pepper to taste



Instructions

1. Heat oil in a non-stick pan over medium heat.
2. Add chopped vegetables and sauté briefly until tender.
3. Meanwhile, combine the scrambled egg with the cheese and season with salt and pepper.
4. Pour egg mixture over vegetables and cover. Reduce heat to low and allow to cook for 4-5 minutes or until eggs have set completely.
5. Turn eggs out onto a serving dish and serve with toast topped with mashed and lightly salted avocado.

Sweet Potato Peanut Butter Oats

👨‍🍳 Serves 1

🕒 Prep Time 15 min

🥫 Ingredients

½ cup rolled oats
1 ½ cups water
1 Tbsp chia seeds
Pinch of salt
½ cup cooked sweet potato, mashed (or substitute
½ cup pumpkin puree)
1 Tbsp pure maple syrup or honey
1 ½ Tbsp peanut butter
3 Tbsp dried cherries or other dried fruit



🔍 Instructions

1. In a saucepan, bring water to a boil. Add the oats.
2. Reduce to a simmer and cook for 5 minutes. Stir in the chia seeds, salt, and sweet potato.
3. Simmer until oats are completely cooked (another 3-5 minutes).
4. Sweeten with syrup and top with nut butter and dried fruit.

Berry Granola Bowl

👤 Serves 1

🕒 Prep Time 5 min

🥣 Ingredients

1 cup Greek yogurt or cottage cheese
2/3 cup flax and pumpkin seed granola (or another low-sugar granola variety you enjoy)
1 cup frozen berries, thawed
2 Tbsp hempseed hearts

🔍 Instructions

1. Combine everything in a bowl, mix lightly and enjoy! 😊



Lunch

Honey Dijon Hummus Wrap



👨‍🍳 Serves 1

🕒 Prep Time 5 min

🧂 Ingredients

1 low carb wrap, pita, or tortilla
1/3 cup hummus
1 beet, cooked and salted (can use canned or buy pre-roasted)
1 cup spinach
1 carrot, peeled and sliced thin
2 tsp honey Dijon or spicy mustard

🔍 Instructions

1. Spread hummus over the wrap in a thick layer.
2. Add the vegetables and drizzle with honey mustard.
3. Roll up and enjoy 😊

Rainbow Quinoa Salad



Serves 1



Prep Time 10 min



Ingredients

¼ cup bottled peanut sauce, such as Thai Kitchen or House of Tsang, Watcharee brand
1 cup quinoa, cooked
½ cup mango, chopped
¼ cup shelled edamame
¼ cup red bell pepper, chopped
¼ cup red cabbage, sliced thin
3 Tbsp cashews, salted and roasted
Cilantro to garnish (optional)



Instructions

1. Toss first 6 ingredients together in a large bowl. Mix until all ingredients are coated in the sauce.
2. Top with cashews and cilantro when ready to serve.

Rice and Black Bean Bowl



 Serves 1

 Prep Time 10 min

Ingredients

- 1 cup rice, cooked
- 1 cup black beans, cooked, drained if from a can
- 1/2 avocado, diced or lightly mashed
- Garlic salt, to taste
- 1 lime wedge
- 1/2 cup mango or pineapple salsa

Instructions

1. Place cooked rice and beans in a microwave safe bowl. Microwave until heated through (2-3 minutes) and top with avocado.
2. Season the bowl with garlic salt and a spritz of lime juice.
3. Top with salsa and serve.

Dinner

Thai Sweet Potato Soup



Serves 1



Prep Time 25 min



Ingredients

1/3 cup yellow onion, diced
1 garlic clove, minced
1/2 Tbsp coconut oil
2 tsp Thai red curry paste
1 cup sweet potato, diced small
1/2 cup red bell pepper, chopped
2/3 cup chicken stock
2/3 cup canned coconut milk
1/4 cup petite peas
1/2 cup kale, sliced thin
1/4 tsp dried ginger
1 tsp honey
Salt to taste
1/2 Tbsp lime juice
2 Tbsp cashews or peanuts to garnish



Instructions

1. In a large saucepan, add yellow onion, garlic, and oil over medium heat.
2. Sauté for 3-4 minutes, then add the curry paste and sweet potato. Sauté for another 3-4 minutes, stirring constantly.
3. Add the chicken stock and bell pepper. Cover and simmer until the sweet potatoes are soft.
4. Add the coconut milk, peas, kale, ginger, and honey. Bring to a simmer and add salt to taste.
5. Once a simmer is reached, remove from heat. Portion into a bowl, add fresh lime juice and garnish with peanuts.

Red Lentil Dal over Rice



Serves 1



Prep Time 30 minutes



Ingredients

2 tsp coconut oil, or substitute another variety of cooking oil

1/3 cup onion, diced

1 garlic clove, minced

1/3 cup red lentils

1 cup vegetable stock

2/3 cup canned, diced tomatoes

1 tsp coriander

1/2 tsp cumin

1/2 tsp ginger

1/2 tsp turmeric

Salt and pepper to taste

1 cup cooked rice, to serve

2 Tbsp sour cream or greek yogurt to serve

Fresh parsley (optional)

Red pepper flakes (optional)



Instructions

1. In a large saucepan, add yellow onion, garlic, and oil over medium heat.
2. Sauté for 3-4 minutes, then add the lentils, stock, and diced tomatoes.
3. Bring to a boil then reduce to a simmer and add the spices except the salt.
4. Cover and simmer for 15-20 minutes or until lentils are soft.
5. Add salt to taste then serve over warmed rice. Top with sour cream and fresh parsley as a garnish.



Corn and Bean Tacos

👨‍🍳 Serves 1

🕒 Prep Time 10 minutes

🧂 Ingredients

2 whole grain corn tortillas
½ cup mozzarella cheese, shredded
2/3 cup refried beans
2 tsp taco seasoning
2/3 cup corn (frozen, canned, or fresh if in season)
3 Tbsp salsa
3 Tbsp guacamole for serving
Cilantro or other greens to garnish (optional)

🔍 Instructions

1. Heat a skillet over medium heat. Lightly spray with cooking oil and add tortillas.
2. Flip the tortillas and add ¼ cup shredded cheese to each tortilla.
3. While cheese is melting, combine the beans and taco seasoning in a microwave-safe bowl.
4. Microwave beans for 30-60 seconds to heat through.
5. Once cheese has melted on the tacos, remove from heat, top each shell with beans, corn, salsa and guacamole. Garnish as desired, serve immediately.