

Blackberry Ginger Fizz

5 ingredients · 5 minutes · 2 servings



Directions

1. Using a mortar + pestle, or in a small bowl with a wooden spoon, muddle the blackberry and grated ginger together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges and enjoy!

Notes

No Fresh Ginger

Use a splash of ginger beer or ginger ale

Ingredients

- 1/4 cup Blackberries
- 1 tbsp Ginger (Grated)
- 4 Liquid Stevia (Drops, Optional)
- 4 cups Sparkling Water
- 1 Lime (Wedges for Garnish)

Cucumber Mint Mojito

5 ingredients · 5 minutes · 2 servings



Directions

1. Using a mortar + pestle, or in a small bowl with a wooden spoon, muddle the cucumber and mint together. Squeeze the juice of 2 limes into the bowl and stir together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges or cucumber slices, and enjoy!

Ingredients

- 1/4 Cucumber (Finely Chopped)**
- 1/4 cup Mint Leaves**
- 2 Lime (Juice)**
- 4 Liquid Stevia (Drops, Optional)**
- 4 cups Sparkling Water**

Quinoa Veggie Stuffed Peppers

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375 degrees F. Lightly grease a baking dish with coconut oil spray.
2. Cut the top off each bell pepper and scoop out the seeds. Set aside.
3. In a large skillet heat 1/2 Tbsp olive oil over medium-heat heat and add minced garlic, tofu, and green onions. Add salt and pepper to taste. Saute until tofu is lightly browned. Transfer to a large mixing bowl.
4. To the tofu mixture add quinoa, remaining olive oil, goat cheese (or vegan cheese), baby spinach, parsley, smoked paprika, and cayenne pepper.
5. Stuff each pepper with mixture (press down) and sprinkle with turmeric.
6. Transfer peppers to a lightly greased baking dish and bake for 25-30 minutes until lightly browned on top.

Notes

Extra Filling

Store extra filling in an airtight container in the fridge for 3-4 days.

Vegan Cheese

Instead of goat cheese use Kite Hill chive cream cheese style spread.

Ingredients

- 1 tsp Coconut Oil (Spray)
- 4 Red Bell Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Tbsp Minced)
- 1 1/4 lbs Tofu (1 Package Crumbled)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 2 cups Quinoa (Cooked)
- 1/4 cup Goat Cheese (Herbed Goat Cheese or Vegan Cheese)
- 2 cups Baby Spinach (Chopped)
- 1/2 cup Parsley (Chopped)
- 1 tsp Smoked Paprika
- 1 tsp Cayenne Pepper
- 1 tsp Turmeric

Turmeric Lime Baked Cod

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 425 degrees F.
2. Lightly grease a baking sheet with coconut oil spray.
3. Rinse fresh or thawed cod and place on baking sheet (or cook from frozen). Top with salt, pepper, turmeric, parsley, lime slices, and drizzle with avocado oil.
4. Bake for 15-20 minutes until easily flakes with a fork.

Notes

Vegan

Use tofu or tempeh

Ingredients

- 2 Cod Fillet
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Turmeric
- 1 Lime (Sliced)
- 1/4 cup Parsley (Finely Chopped)
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Coconut Oil (Spray)

Roasted Curried Root Veggies

10 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl combine chopped carrots, sweet potatoes, and potatoes.
3. Add olive oil, curry powder, garam masala, garlic powder, salt, and pepper and mix to combine.
4. Lightly grease a baking sheet with coconut oil spray. Transfer root veggies to baking sheet and bake for 20-25 minutes until lightly browned and crispy.
5. Top with ground almonds (optional).

Notes

Instead of 2 Yellow Potatoes

Use 4 small to medium red skinned potatoes

Ingredients

- 6 Carrot (Chopped)
- 2 Sweet Potato (Chopped)
- 2 Yellow Potato (Chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 2 tsps Garlic Powder
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Coconut Oil (Spray)
- 1/2 cup Almonds (Ground, Optional)

Vegan Tzatziki Sauce

8 ingredients · 5 minutes · 4 servings



Directions

1. In a small mixing bowl combine finely chopped cucumber, onion, dill, cilantro, almond milk Greek yogurt, minced garlic, lemon juice, salt, and pepper.

Notes

Topping

Add a drizzle of tahini sauce

Ingredients

- 1/2 Cucumber (Finely Chopped)
- 1/4 Yellow Onion (Finely Chopped)
- 1/4 cup Fresh Dill (Chopped)
- 1/4 cup Cilantro
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1 Garlic (Tbsp Minced)
- 1/2 Lemon (Juice)
- Sea Salt & Black Pepper (To Taste)

Mediterranean Falafel Boats

18 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 420 degrees F.
2. Add almonds and oats to a blender and pulse to form a flour. Transfer to a medium-sized mixing bowl and add ground flax, salt, pepper, and cumin.
3. In a food processor or high speed blender add chickpeas, parsley, basil, 1 Tbsp minced garlic, juice of 1/2 lemon and pulse until combined but slightly chunky. Combine this mixture with the dry ingredients.
4. Roll mixture into balls. Heat a cast iron skillet coated in olive oil over medium-high heat. Add falafel balls to the skillet and brown on both sides. Transfer skillet to the oven and bake for about 10 minutes.
5. While falafel is baking make the vegan tzatziki sauce by combining finely chopped cucumber, onion, dill, cilantro, almond milk Greek yogurt, 1 Tbsp minced garlic, juice of 1/2 lemon, salt, and pepper in a small mixing bowl.
6. Assemble boats: romaine lettuce leaf, falafel, vegan tzatziki sauce, sliced cucumbers, and tomatoes.

Notes

Topping

Add a drizzle of tahini sauce

Ingredients

- 1/2 cup Almonds
- 1/2 cup Oats
- 3 tbsps Ground Flax Seed
- 1 tsp Cumin
- Sea Salt & Black Pepper (To Taste)
- 4 cups Chickpeas (2 15-oz Cans, Drained + Rinsed)
- 1/4 cup Parsley
- 1/4 cup Basil Leaves
- 2 Garlic (Tbsp Minced)
- 1 Lemon (Juice)
- 1 tbsp Extra Virgin Olive Oil
- 1 Cucumber (1/2 Finely Chopped, 1/2 Sliced)
- 1/4 Yellow Onion (Finely Chopped)
- 1/4 cup Fresh Dill (Chopped)
- 1/4 cup Cilantro
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1/2 cup Cherry Tomatoes (Sliced)
- 12 leaves Romaine

Baked Falafel

11 ingredients · 30 minutes · 4 servings

Directions

1. Preheat oven to 420 degrees F.
2. Add almonds and oats to a blender and pulse to form a flour. Transfer to a medium-sized mixing bowl and add ground flax, salt, pepper, and cumin.
3. In a food processor or high speed blender add chickpeas, parsley, basil, minced garlic, lemon juice and pulse until combined but slightly chunky. Combine this mixture with the dry ingredients.
4. Roll mixture into balls. Heat a cast iron skillet coated in olive oil over medium-high heat. Add falafel balls to the skillet and brown on both sides. Transfer skillet to the oven and bake for about 10 minutes.

Notes

Topping

Add a drizzle of tahini sauce

Ingredients

- 1/2 cup** Almonds
- 1/2 cup** Oats
- 3 tbsps** Ground Flax Seed
- 1 tsp** Cumin
- Sea Salt & Black Pepper (To Taste)
- 4 cups** Chickpeas (2 15-oz Cans, Drained + Rinsed)
- 1/4 cup** Parsley
- 1/4 cup** Basil Leaves
- 1** Garlic (Tbsp Minced)
- 1/2** Lemon (Juice)
- 1 tbsp** Extra Virgin Olive Oil

Tahini Sauce

7 ingredients · 5 minutes · 4 servings



Directions

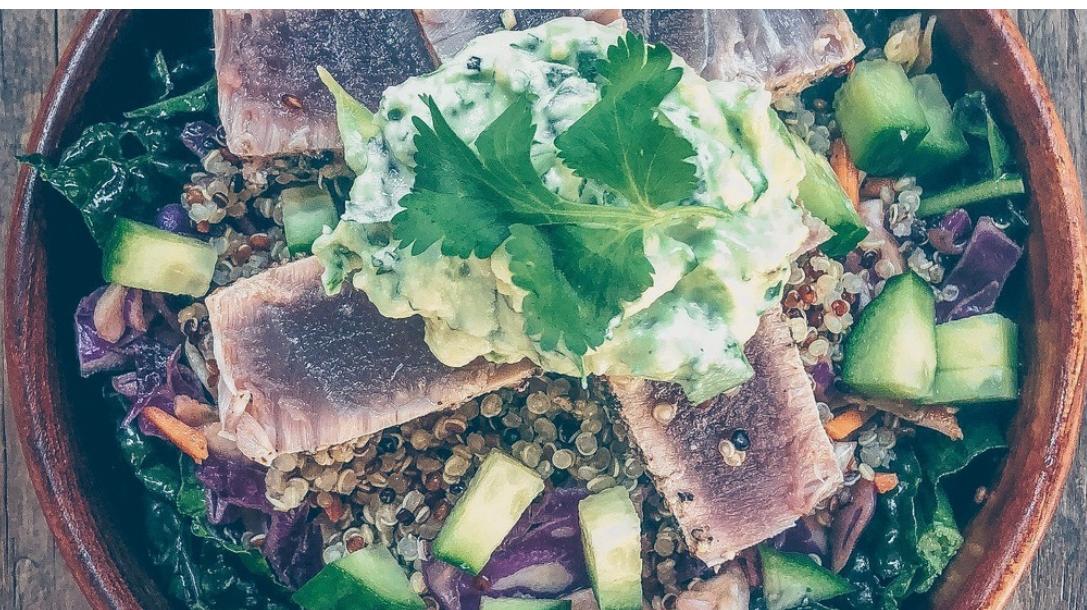
1. Add tahini, olive oil, coconut aminos, lemon juice, garlic powder, and salt to a small mixing bowl. Stir well to combine.
2. Add water until desired consistency.

Ingredients

- 1/4 cup** Tahini
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Coconut Aminos
- 1 tbsp** Lemon Juice (Juice)
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Sea Salt
- 2 tbsps** Water

Ahi Tuna Bowl

13 ingredients · 20 minutes · 2 servings



Directions

1. Cook quinoa according to package instructions. Set aside.
2. Heat olive oil in a cast iron skillet over medium-high heat. Coat both sides of the ahi tuna steaks with salt, pepper, and lime juice. Cook for about 2 minutes per side or until cooked to desired doneness. Remove from skillet and cut into slices.
3. In a medium sized bowl combine 1/2 Tbsp apple cider vinegar, salt, pepper, cayenne, and 1/2 Tbsp olive oil. Add in purple cabbage and toss to combine.
4. In a small bowl combine avocado, almond milk yogurt, 1/2 Tbsp apple cider vinegar, lemon juice cilantro, salt and pepper for the avocado cream.
5. Assemble bowl with meal prepped kale salad, 1/2 cup cabbage, 1/2 cup quinoa, cucumbers, ahi tuna, and 2 Tbsp avocado cream.

Notes

Serving Suggestion

Serve over meal prepped kale salad

Shredded Cabbage

Save time and buy pre-shredded cabbage - Trader Joe's has a shredded green & red cabbage with orange carrot mix

Vegan

Use tofu instead of tuna

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 6 ozs Tuna Steak (Rinsed)
- Sea Salt & Black Pepper (To Taste)
- 1 Lime (Juice)
- 1 cup Quinoa (Cooked)
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Cayenne Pepper
- 2 cups Purple Cabbage (Shredded)
- 1/2 Avocado
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1/2 Lemon (Juice)
- 1/4 cup Cilantro (Finely Chopped)
- 1/4 Cucumber (Chopped)

Spinach Pesto Red Lentil Pasta

10 ingredients · 15 minutes · 6 servings



Directions

1. Cook red lentil pasta according to package instructions.
2. Place basil, spinach, pine nuts, sunflower seeds, olive oil, lemon juice, minced garlic, nutritional yeast, salt, and pepper into a blend and pulse until combined.
3. Add pesto to cooked pasta and enjoy!

Ingredients

- 12 ozs** Red Lentil Pasta
- 1/2 cup** Basil Leaves
- 1 cup** Baby Spinach
- 1/4 cup** Pine Nuts
- 1/4 cup** Sunflower Seeds
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 Lemon** (Juice)
- 1 Garlic** (Tbsp Minced)
- 1 tbsp** Nutritional Yeast
- Sea Salt & Black Pepper (To Taste)

Baked Lemon Salmon

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees F. Line a baking sheet with foil or lightly grease with coconut oil spray.
2. Rinse fresh or thawed salmon and place on baking sheet (or you may cook from frozen).
3. Add salt, pepper, minced garlic, basil, and olive oil to salmon. Top with lemon slices and place in the oven for 20-25 minutes.
4. Salmon should flake easily with a fork when done.

Notes

Vegan

Use tofu or tempeh

Ingredients

- 1 tbsp Coconut Oil (Spray)
- 1 lb Salmon Fillet
- Sea Salt & Black Pepper (To Taste)
- 1 Garlic (Tbsp Minced)
- 2 tsps Dried Basil
- 2 tsps Extra Virgin Olive Oil
- 1 Lemon (Sliced)

Red Coconut Curry

18 ingredients · 30 minutes · 4 servings



Directions

1. Cook quinoa according to package instructions. Set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add onion and saute until translucent.
3. Add tofu, mushrooms, green pepper, cabbage, green onions, and salt and pepper to taste. Saute for 5-7 minutes until lightly browned.
4. Add curry powder, garlic powder, cayenne pepper, coconut milk, tomato paste, red bell pepper, red hot chili pepper, ginger, and lime juice to a blender and blend until smooth.
5. Add red curry sauce to veggies. Reduce heat to medium-low and simmer for about 5 minutes.
6. Serve coconut curry over quinoa. Enjoy!

Notes

No Quinoa

Use brown rice or cauliflower rice

Ingredients

- 2 cups Quinoa (Cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 White Onion (Chopped)
- 1 1/4 lbs Tofu (1 Package, Cubed)
- 2 cups Shiitake Mushrooms (Sliced)
- 1 Green Bell Pepper (Sliced)
- 2 cups Green Cabbage (Roughly Chopped)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 1 tbsp Curry Powder
- 2 tsps Garlic Powder
- 1 tsp Cayenne Pepper
- 2 cups Organic Coconut Milk (1 13.5-oz Can)
- 2 tbsps Tomato Paste
- 1/2 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 1 tbsp Ginger
- 1/2 Lime (Juice)

Balsamic Tempeh + Zoodles w/ Mushroom Cream Sauce

18 ingredients · 20 minutes · 3 servings



Directions

1. In a large skillet heat 1 Tbsp olive oil over medium-high heat and add onion and 1/2 Tbsp minced garlic. Saute until translucent.
2. Add tempeh, balsamic vinegar, maple syrup, dried thyme, salt, and pepper and saute for 2-3 minutes. Sauce should form a glaze.
3. Add mushrooms and cherry tomatoes and cook until soft, about 3-5 minutes.
4. Push tempeh and veggies to the sides of the pan to form a hole. Add in spinach then zoodles. Sprinkle with salt and toss until spinach wilts and zoodles are soft.
5. In a blender add remaining 1 Tbsp olive oil, remaining 1/2 Tbsp minced garlic, cashews, lemon juice, water, salt, and pepper and blend until smooth. Add sauce to pan and toss until evenly coated.
6. Transfer to a bowl and top with hemp seeds + pumpkin seeds and cayenne pepper (optional).

Notes

Thicker Sauce
Use less water

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Sweet Onion (Chopped)
- 1** Garlic (Tbsp minced)
- 2 cups** Mushrooms (Baby Bella or White Button, Chopped)
- 1 cup** Cherry Tomatoes (Halved)
- 8 1/16 ozs** Tempeh (8 oz Package, Cubed)
- 3 tbsps** Balsamic Vinegar
- 1 tsp** Maple Syrup
- 1 tsp** Dried Thyme
- Sea Salt & Black Pepper (To Taste)
- 1/2 cup** Cashews
- 1** Lemon (Juice)
- 1/2 cup** Water
- 3** Zucchini (Zoodles)
- 3 cups** Baby Spinach
- 1 tsp** Cayenne Pepper (Optional)
- 2 tbsps** Hemp Seeds
- 2 tbsps** Pumpkin Seeds

Veggie Asian Fusion w/ Cauli Rice

16 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet heat olive oil over medium-high heat. Add onions and sauté until translucent.
2. Add zucchini, tofu, salt, and pepper and sauté until browned. Add cauliflower rice and cook until softened. Add baby bok choy and cook until wilted.
3. In a blender add peanuts, coconut milk, coconut aminos, minced garlic, salt, and pepper and blend until smooth. Add sauce to skillet and mix with veggies + tofu.
4. Transfer to a bowl and top with basil, cilantro, squeeze of lemon juice, sesame oil, and 1 Tbsp pumpkin seeds. Enjoy!

Notes

Leftovers

Store leftovers in an airtight container for up to 3 days.

No Peanuts

Use almonds

Ingredients

- 2 cups Bok Choy, Ends Chopped Off (Baby)
- 1 Zucchini (Chopped)
- 1 1/4 lbs Tofu (1 Package, Cubed)
- 1 White Onion (Chopped)
- 1 tbsp Extra Virgin Olive Oil
- 12 ozs Cauliflower Rice (Frozen)
- 1/2 cup Raw Peanuts
- 1/2 cup Lite Coconut Milk (Canned)
- 1 tbsp Coconut Aminos
- 1 Garlic (Tbsp Minced)
- 1/4 cup Basil Leaves
- 1/4 cup Cilantro
- 1/4 cup Pumpkin Seeds
- 1/2 Lemon (Juice)
- 2 tsps Sesame Oil
- Sea Salt & Black Pepper (To Taste)

Mint Lime Sauce

8 ingredients · 5 minutes · 8 servings



Directions

1. Place all ingredients in the blender and blend until smooth.

Notes

Uses

Use to top tacos, as a dip, or salad dressing

No Lime

Use lemon

Ingredients

- 1/2 cup Cashews
- 1 tbsp Pumpkin Seeds
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Mint Leaves
- 1 Lime (Juice)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1/2 cup Water

Trout Tacos + Mango Salsa

13 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 200 degrees F. Lightly grease a baking sheet with coconut oil spray. Place tortilla shells on baking sheet and bake for 2-3 minutes per side until slightly browned but still soft.
2. In a small mixing bowl combine mango, red onion, cilantro, tomatoes, apple cider vinegar, garlic powder, salt, and pepper for the mango salsa.
3. Build tacos with shredded smoked trout, mango salsa, shredded kale, and avocado slices.
4. Serving = 3 tacos.

Notes

No Smoked Trout

Any smoked fish will work

Vegan

Use tofu: slice and pan fry in avocado oil with salt, pepper, and garlic powder or bake at 350 degrees F for 10-15 minutes

No Fresh Mango

Used frozen mango and thaw beforehand

Topping

Top with Mint Lime Sauce

Ingredients

- 1 tsp Coconut Oil (Spray)
- 12 Corn Tortilla
- 8 ozs Smoked Trout (1 serving = 2 oz)
- 1 cup Arugula
- 1 Avocado (Sliced)
- 1 Mango (Chopped)
- 1/4 White Onion (Diced)
- 1/2 cup Cilantro (Chopped)
- 1 cup Cherry Tomatoes (Chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Garlic Powder
- 1/2 Lime (Juice)
- Sea Salt & Black Pepper (To Taste)

Kale Caesar Salad

8 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl combine minced garlic, capers, hummus, mustard, avocado oil, lemon juice, salt, and pepper.
2. Massage dressing into kale.

Notes

Store

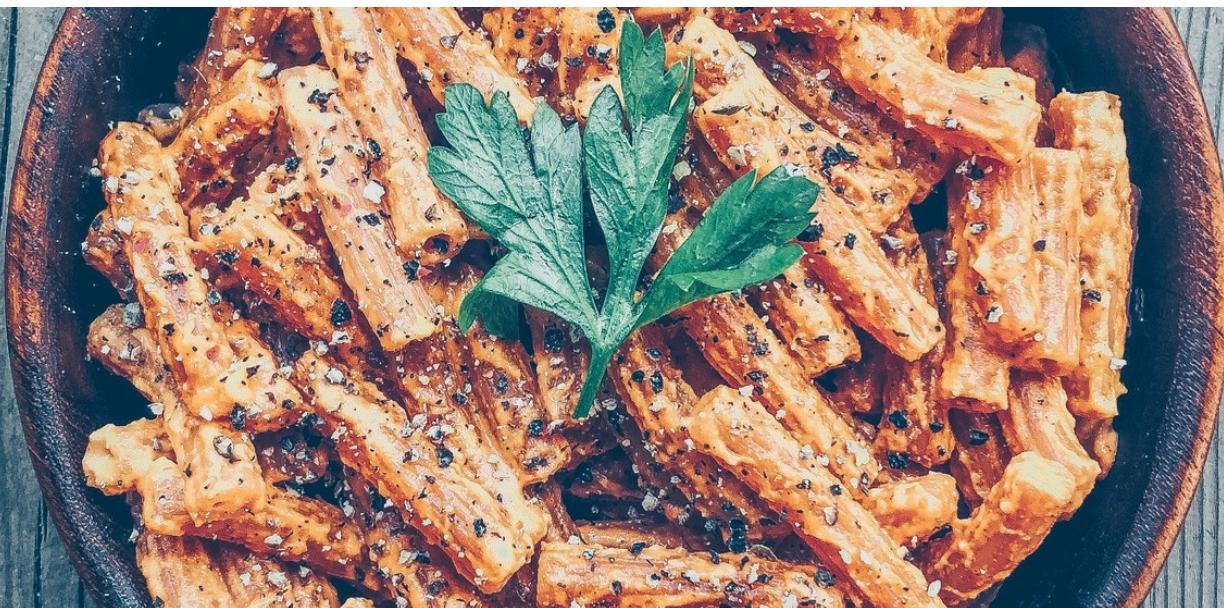
Store in an airtight container in the fridge for up to 5 days.

Ingredients

- 4 cups** Kale Leaves (Chopped)
- 1** Garlic (Tbsp Minced)
- 1 tbsp** Capers
- 2 tbsps** Hummus
- 2 tsps** Ground Mustard
- 1 tbsp** Extra Virgin Olive Oil
- 1/2** Lemon (Juice)
- Sea Salt & Black Pepper (To Taste)

Roasted Red Pepper Red Lentil Pasta

6 ingredients · 15 minutes · 6 servings



Directions

1. Cook red lentil pasta according to package instructions.
2. In a blender add roasted red pepper, pumpkin seeds, cashews, olive oil, salt, and pepper. Blend to form a sauce. Add sauce to pasta.
3. Serving size ~1 cup.

Ingredients

- 12 ozs** Red Lentil Pasta
- 1/4 cup** Pumpkin Seeds
- 1/2 cup** Cashews
- 1** Red Bell Pepper (Roasted, Jar)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (To Taste)

Veggie Chili

17 ingredients · 30 minutes · 6 servings



Directions

1. Heat olive oil in a large pot over medium-high heat and add onion and minced garlic. When translucent add green bell pepper and jalapeño. Sauté for 1-2 minutes then add crumbled tempeh, 1 tsp of salt, and 1 tsp pepper and cook until lightly browned.
2. To the pot add black beans, kidney beans, diced tomatoes, tomato paste, and corn. Mix in chili powder, cumin, smoked paprika, and additional salt and pepper to taste.
3. Reduce heat to medium-low and let simmer for at least 20 minutes.
4. Serve topped with cilantro, sliced avocado, and hemp seeds.

Notes

Crackers

Serve with gluten-free crackers like Mary's Gone Crackers, Flackers, or Simple Mills

Leftovers

Store leftovers in the fridge for up to 4 days or freeze extra in individual containers for ~3 months. Divide into individual containers to make it easy to grab + go.

Reheat

Reheat on the stovetop on medium heat or microwave for about 1 minute. If reheating from frozen I recommend reheating on the stovetop or microwaving in a glass container.

Additonal Topping Ideas

Top with chopped green onions and a dollop of unsweetened almond yogurt for a sour cream alternative

Spicier

Add cayenne pepper or hot sauce to taste

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 White Onion (Diced)
- 1 Garlic (Tbsp Minced)
- 1 Green Bell Pepper (Diced)
- 1 Jalapeno Pepper (Diced)
- 8 1/16 ozs Tempeh (1 8-oz Package, Crumbled)
- 2 cups Black Beans (1 15-oz Can, Drained + Rinsed)
- 2 cups Red Kidney Beans (1 15-oz Can, Drained + Rinsed)
- 2 cups Diced Tomatoes (1 15-oz Can, Drained + Rinsed)
- 2 tbsps Tomato Paste
- 2 cups Corn (1 15-oz Can, Drained + Rinsed)
- 1 tbsp Cumin
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (To Taste)
- 3 tbsps Cilantro
- 1 Avocado (Sliced)
- 3 tbsps Hemp Seeds

Garlicky Salmon Tray Meal

14 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with coconut oil spray.
2. Place salmon, brussels sprouts, broccolini, and sweet potatoes on the baking sheet. Drizzle the veggies + potatoes with 1/2 Tbsp olive oil and add salt, pepper, and garlic powder.
3. In a blender place pumpkin seeds, almonds, remaining olive oil, mustard, capers, and minced garlic. Top salmon filets with mixture and add sliced jalapenos on top.
4. Place in the oven for about 25 minutes. Salmon should be cooked through and veggies + potatoes slightly crispy. Enjoy!

Notes

No Broccolini

Substitute broccoli

Frozen or Fresh Salmon

Either will work! I have no problem cooking from frozen without thawing

Leftovers

Store leftovers in an airtight container in the fridge for 2-3 days

Vegan

Use sliced non-GMO organic tofu instead of salmon

Ingredients

- 1 tsp Coconut Oil
- 1 lb Salmon Fillet
- 2 cups Brussels Sprouts
- 1 bunch Broccolini
- 2 Sweet Potato (Chopped)
- 1/2 Jalapeno Pepper (Thinly Sliced)
- Sea Salt & Black Pepper (To Taste)
- 2 tsps Garlic Powder
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Pumpkin Seeds
- 1/4 cup Almonds
- 1 tbsp Ground Mustard
- 2 tbsps Capers
- 1 Garlic (Tbsp Minced)

Sweet Potato Hash

11 ingredients · 15 minutes · 2 servings



Directions

1. Heat a cast iron (or other) skillet on medium-high heat and add olive oil. Add chopped sweet potato, red bell pepper, zucchini, mushrooms, salt, and pepper. Sauté until slightly soft, add garlic powder and kale. Sauté until kale wilts.
2. Crack the eggs throughout the pan, reduce heat to medium-low, and cover with a lid until the egg whites are cooked through.
3. Top with sliced avocado + cilantro. Enjoy!

Notes

Vegan

Use crumbled tofu instead of eggs

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (Chopped)
- 1 Red Bell Pepper (Chopped)
- 1 Zucchini (Chopped)
- 1 cup Mushrooms (Chopped)
- 1 cup Kale Leaves (Chopped)
- 6 Egg
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Garlic Powder
- 1/2 Avocado (Large, Sliced)
- 1/4 cup Cilantro

Sweet Potato Smoothie Bowl

9 ingredients · 5 minutes · 1 serving



Directions

1. Place sweet potato, vanilla protein powder, steamed then frozen cauliflower, cashew milk, and cinnamon into your blender + blend.
2. Transfer smoothie into a bowl. Top with coconut flakes, frozen blueberries, sunflower seeds and pecans. Enjoy!

Notes

No Cashew Milk

Use other unsweetened non-dairy milk

Blending

May need to scrap down the sides a few times to blend well

Ingredients

- 1/2 Sweet Potato (Baked)
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Frozen Cauliflower (Steamed)
- 1 cup Unsweetened Cashew Milk
- 1 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes
- 1/4 cup Blueberries (Fresh or Frozen)
- 1 tbsp Sunflower Seeds
- 2 tbsps Pecans (Chopped)

Peppers + Kale Vegan Veggie Scramble

9 ingredients · 15 minutes · 2 servings



Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and saute 1-2 minutes. Then add kale leaves and saute until wilted.
2. Crumble tofu and add to the veggies. Add salt, pepper, garlic powder, nutritional yeast, and turmeric.
3. Use a spatula to scramble until tofu is cooked through.
4. Divide between plates, top with sliced avocado, and enjoy!

Notes

More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (Chopped)
- 2 cups Kale Leaves (Chopped)
- 15 ozs Tofu (1 Package)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Garlic Powder
- 1 tbsp Nutritional Yeast
- 1/2 tsp Turmeric
- 1/2 Avocado (Large)

Peppers + Kale Veggie Scramble

7 ingredients · 15 minutes · 2 servings



Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and saute 1-2 minutes. Then add kale leaves and saute until wilted.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt, pepper, and garlic powder. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Add to plate, top with sliced avocado, and enjoy!

Notes

More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (Chopped)
- 2 cups Kale Leaves (Chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Garlic Powder
- 1/2 Avocado (Large)

Zucchini Mushroom Egg Muffins

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a medium bowl combine chopped mushrooms, zucchini, and green onions. Fill each muffin cup with veggie mixture (should be about 2/3 full).
3. In a separate bowl whisk together eggs, egg whites, cashew milk, salt, pepper, basil, and cayenne. Evenly divide among the 12 muffin cups (about 1/3 cup each).
4. Place in the oven and bake for 25-30 minutes until lightly browned on top.

Notes

Store Leftovers

Store in an airtight container in the fridge for up to 5 days or individually wrap and freeze for up to 3 months

Reheat

In the toaster oven or microwave for ~30 seconds or ~1 minute from frozen

Toppings

Add your favorite toppings: salsa, avocado, cilantro or parsley, hot sauce

No Cashew Milk

Use another unsweetened non-dairy milk like almond or coconut milk or you can leave out

Ingredients

- 1 tsp Coconut Oil (Spray)
- 1 cup Mushrooms (Baby Bella or White Button, Chopped)
- 1 Zucchini (Chopped)
- 4 stalks Green Onion (Chopped)
- 6 Egg
- 1 cup Egg Whites
- 1/4 cup Unsweetened Cashew Milk (Optional)
- 1 Sea Salt & Black Pepper (Tsp Each)
- 2 tsps Dried Basil
- 1 tsp Cayenne Pepper (Optional)

Loaded Avocado Toast

11 ingredients · 10 minutes · 1 serving



Directions

1. Toast bread.
2. Add olive oil to skillet and heat on medium-heat. Add eggs and fry as desired - break yolk for over hard, don't break yolk for over easy.
3. Spread ghee + mash avocado on toast.
4. Layer spinach, jalapeño, and eggs on top of avocado.
5. Top with coconut aminos, hemp seeds, Everything But the Bagel seasoning, and cilantro. Enjoy!

Notes

Gluten-Free Bread

Brands: Food for Life, Simple Kneads; find gluten-free bread in the refrigerator section of your grocery store

Ghee

Fourth & Heart Himalayan Pink Salt Ghee - purchase online on Amazon or Thrive Market

Non Gluten-Free Bread

Choose sprouted grain or sourdough bread

Vegan

Omit ghee + eggs; use crumbled tofu or mashed white beans for protein

Ingredients

2 slices Gluten Free Bread (or 1 slice Sourdough Bread)

1 tsp Extra Virgin Olive Oil

2 Egg

1 tsp Ghee (Optional)

1/2 Avocado (Large)

1 cup Baby Spinach (Chopped)

1/2 Jalapeno Pepper (Thinly Sliced)

1 tbsp Cilantro

1 tsp Coconut Aminos

1 tbsp Hemp Seeds

1 tbsp Everything But The Bagel Seasoning

Super Green Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

Notes

Optional Green Boosts

Add 1 tsp of spirulina or chlorella or 1 scoop of Green Vibrance powder

Ingredients

1/4 cup Vanilla Protein Powder (1 Scoop)

1/2 cup Pineapple (Frozen)

1 tbsp Ginger (Peeled)

1 cup Baby Spinach

1 Persian Cucumber

1 tbsp Sunflower Seeds

1/4 Avocado

1 tbsp Lemon Juice

2 cups Water (Filtered)

Raspberry Tahini Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

Notes

Like it Sweeter

Add 1/2 frozen banana

Frozen Cauliflower

Frozen riced cauliflower works well

Ingredients

1/4 cup Vanilla Protein Powder (1 Scoop)

1/2 cup Frozen Raspberries

1 tbsp Sunflower Seeds

1 tbsp Tahini

1/2 cup Frozen Cauliflower

1 cup Water (Filtered)

Cherry Cacao Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

Notes

Like it Sweeter

Add 1/2 frozen banana

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add 1 Tbsp cacao powder

Ingredients

1/4 cup Chocolate Protein Powder (1 Scoop)

1/2 cup Frozen Cherries

1 tbsp Ground Flax Seed

1/2 Zucchini (Frozen)

2 cups Water (Filtered)

Blackberry Pumpkin Seed Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

Notes

Like it Sweeter

Add 1/2 frozen banana

Frozen Cauliflower

Frozen riced cauliflower works well

Ingredients

1/4 cup Vanilla Protein Powder (1 scoop)

1/2 cup Blackberries

1 tbsp Pumpkin Seeds

1 tbsp Ground Flax Seed

1/2 cup Frozen Cauliflower

1 cup Water (Filtered)

Oatmeal Chocolate Chip Cookie Muffins

11 ingredients · 20 minutes · 12 servings



Directions

1. Preheat the oven to 350 d F.
2. Grease a 12-tin muffin pan with coconut oil spray.
3. Blend together coconut flakes and almonds to form a flour.
4. Combine all ingredients in a large mixing bowl.
5. Portion into 12 balls and press into the muffin tins.
6. Bake for 12 minutes. Enjoy!

Notes

Optional

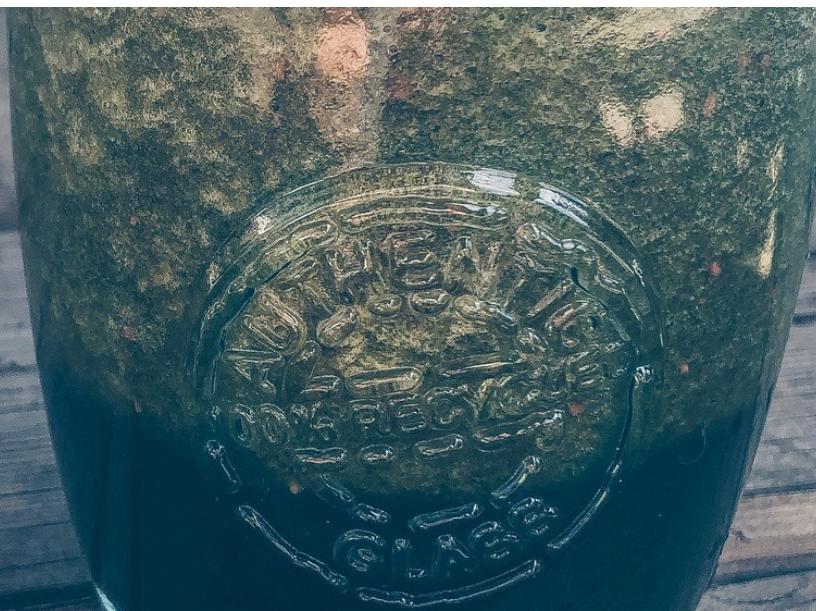
Instead of using 1/3 cup coconut oil, use part Fourth & Heart Pink Himalayan Salt Ghee and part coconut oil to fill the 1/3 cup.

Ingredients

- 1/3 cup Unsweetened Coconut Flakes
- 1 cup Almonds
- 1 Banana (mashed)
- 1 Collagen Peptides (scoop)
- 1 tsp Cinnamon
- 1 tsp Cacao Nibs
- 1/3 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Coconut Oil
- 1/4 cup Organic Dark Chocolate Chips
- 1/3 cup Purely Elizabeth Maple Walnut Probiotic Granola

Raspberry Basil Blender Juice

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

2 cups Baby Spinach

1 Persian Cucumber

1/2 cup Basil Leaves

1/2 cup Raspberries

2 cups Water

Watermelon Lime Blender Juice

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

- 2 cups** Baby Spinach
1 Persian Cucumber
1/2 cup Seedless Watermelon (Juice)
1/2 Lime (juice)
2 cups Water

Orange Mint Blender Juice

4 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Orange Juice

Use 1/4 cup orange juice instead

Ingredients

2 cups Baby Spinach

1/2 cup Mint Leaves

1/2 Navel Orange (Juice)

2 cups Water

Pineapple Ginger Parsley Blender Juice

6 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

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Smoothie vs. Juice

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

2 cups Baby Spinach

1 Persian Cucumber

1/4 cup Parsley

1/2 cup Pineapple (Fresh or Frozen)

1 tbsp Ginger (Fresh, Peeled)

2 cups Water

Arugula Grapefruit Blender Juice

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

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Smoothie vs. Juice

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Ingredients

- 2 cups** Baby Spinach
1 Persian Cucumber
1 cup Arugula
1/2 Grapefruit (juice)
2 cups Water

Spicy Jalapeño Lime Blender Juice

6 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

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Smoothie vs. Juice

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

2 cups Baby Spinach

1 Persian Cucumber

1/2 cup Cilantro

1/2 Lime (juice)

1/4 Jalapeno Pepper

2 cups Water

Cucumber Mint Mojito Blender Juice

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

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Smoothie vs. Juice

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

2 cups Baby Spinach

1 Persian Cucumber

1/4 cup Mint Leaves

1/2 Lime (Juice)

2 cups Water

Strawberry Basil Blender Juice

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

Notes

Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

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Smoothie vs. Juice

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No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

Ingredients

2 cups Baby Spinach

1 Persian Cucumber

1/2 cup Basil Leaves

1/2 cup Strawberries

2 cups Water

Strawberry + Cream Oats

8 ingredients · 10 minutes · 1 serving



Directions

1. In a small saucepan combine oats, protein powder, cinnamon, and water. Cook until oats soften.
2. Place oats into a bowl and top with strawberries, cacao nibs, coconut, almonds, and a splash of cashew milk. Enjoy!

Notes

Overnight Oats

Combine oats, protein powder, cinnamon, and water in a glass jar. Top with strawberries, cacao nibs, coconut, and almonds. Place in the fridge overnight. In the morning add a splash of cashew milk.

Ingredients

- 1/2 cup Oats
- 1/2 Vanilla Protein Powder (Scoop)
- 1 tsp Cinnamon
- 1 cup Water (Filtered)
- 1/2 cup Strawberries
- 1 tbsp Cacao Nibs
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Almonds

Carrot Coconut Cacao Muffins

15 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 375 degrees F. Lightly grease a muffin tin with coconut oil.
2. In a medium-sized bowl prepare the flax egg by mixing the ground flax seed with 5 tablespoons of water and let sit for 5 minutes.
3. Blend together almonds and coconut flakes to make an almond-coconut meal.
4. Blend dates and banana together for about 1 minute until thick and smooth.
5. Add coconut oil and the date/banana mixture to the flax egg. Stir until smooth.
6. In a large mixing bowl combine almond-coconut meal, oats, gluten-free flour, cacao nibs, baking powder, cinnamon, and salt.
7. Add shredded carrot to the large mixing bowl. Add wet ingredients to the large mixing bowl and combine. Add 1/2 cup water (or as much as needed) to get a thick, batter-like consistency.
8. Add a few drops of liquid stevia for added sweetness (optional).
9. Divide batter evenly among muffin tins. They should be almost filled to the top, but not overflowing.
10. Bake for 20 minutes. Muffins are ready when you stick with a toothpick (or fork) and it comes out clean. Allow to cool before removing from the tin.
11. Store in a covered container at room temperature. You may also freeze.

Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Coconut Flakes
- 2/3 cup Oats
- 1 cup All Purpose Gluten Free Flour
- 1 1/2 tbsps Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Cacao Nibs
- 1 cup Carrot (shredded)
- 6 Dates
- 1/2 Banana (ripe)
- 1/4 cup Coconut Oil
- 2 tbsps Ground Flax Seed (plus 5 tbsp water for flax egg)
- 1/2 cup Water (filtered)
- 1 Liquid Stevia (5 drops - optional)

Composed Matcha Latte

5 ingredients · 5 minutes · 1 serving



Directions

1. Place collagen peptides, matcha green tea powder, cinnamon, coconut butter, and optional mix-ins with about two inches of warm (not hot) water into your Nutribullet (or blender).
2. Transfer to mug. Add remaining water and stir.

Notes

Matcha Brands

Purchase matcha online from Mountain Rose Herbs or Harney & Sons or Wild Foods on Amazon.

Collagen Peptides

The serving size will be 1 or 2 scoops depending on the brand or type. Check the serving size on the nutrition label.

Coconut Butter

Artisana Organics from Amazon or Whole Foods.

Caution

Do not place hot or boiling liquid in the Nutribullet (or similar blender). The build up of steam will cause possible lid explosion.

Sweetener

This matcha recipe is unsweetened. If you desire some sweetness I recommend adding 1/8 tsp of stevia.

Ingredients

1 Collagen Peptides (1 or 2 scoops depending on serving size)

1 tsp Green Tea Powder (Matcha)

1/2 tsp Cinnamon

1 tbsp Coconut Butter

2 cups Water (hot, not boiling)

Chocolate Cherry Oatmeal

9 ingredients · 10 minutes · 1 serving



Directions

1. Place oats, protein powder, cacao powder, cinnamon, and coconut flakes in a small saucepan. Add water and stir. Add less water for thicker oatmeal and more for thinner oatmeal.
2. Heat on medium-high until it starts to bubble.
3. Remove from heat and transfer to a bowl.
4. Add cherries, pumpkin seeds, and hemp seeds on top. Enjoy!

Ingredients

- 1/2 cup** Oats
- 2 tbsps** Chocolate Protein Powder (1/2 scoop)
- 1 tbsp** Cacao Powder
- 1 tsp** Cinnamon
- 1 tbsp** Unsweetened Coconut Flakes
- 2 cups** Water (filtered)
- 1/2 cup** Frozen Cherries
- 1 tbsp** Pumpkin Seeds
- 1 tbsp** Hemp Seeds