

THE QUARANTINE COOKBOOK *(FOR NON-COOKS)*

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Preface

In times of such distress and confusion, the last thing you want to be doing is attempting to cook complex meals and recipes. During these trying times specifically, I find it is important to nourish ourselves with the right fuel in order to feel good from the inside out. This Quarantine Cookbook proves that you don't have to put in maximal effort in the kitchen, or rely on ordering takeout every night just to get delicious, wholesome, and nutritious meals and snacks. All of the recipes found in this cookbook use minimal ingredients and steps. As a non-cook myself, these meals are my everyday go-to's. Eating well shouldn't be difficult or intimidating! Enjoy!

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Fried Tofu Bowl



Ingredients for Bowl

1. Brown Rice
2. Cucumber
3. Mango
4. Bell Pepper
5. Green Onion
6. Avocado
7. Edamame
8. Crushed Peanuts

Ingredients for Sauce

1. Tahini
2. Sriracha
3. Sour cream

Ingredients for Tofu

1. Firm Tofu
2. Whisked egg
3. Panko crumbs
4. Sesame Oil

1. Make brown rice then cool it in the fridge.
Drain the water out of some firm tofu and set that aside.

2. Chop up mangoes, cucumbers, bell peppers, mint leaves, carrots, green onions, edamame, avocado, and peanuts, and add these to the brown rice.

3. Mix sriracha, tahini, and vegan sour cream to make a sauce, and mix that into the brown rice medley from step 3. Set some of the sauce aside for later.

4. Whisk 1 egg, soy sauce, and chili powder, to make a different sauce.

5. Grab 3 small plates. Lay out a layer of flour on plate 1, a layer of the sauce from step 5 on plate 2, and a layer of panko bread crumbs on plate 3.

6. Heat sesame oil in a frying pan.
Cut the tofu from step 2 into cubes and dip each one into the 3 plates in order.

7. Fry the tofu cubes, all at once, in the pan until they're golden brown and place them on top of brown rice medley from step 4.

8. Squeeze lemon juice on the tofu.
Garnish the 'poke' bowl with the sriracha sauce leftover in step 4, peanuts, mint leaves, and sesame seeds and enjoy!!



*Eat to
Nourish
Your Body*

Funky Monkey Smoothie

Creamy, thick, and filling--perfect for breakfast or a snack!

Ingredients:

1. 1 banana
2. 2 tbs of peanut butter or almond butter
3. 1 cup of almond milk
4. 1 cup of ice
5. 1 pitted date
6. a dash of cinamon

* A scoop of vanilla protein powder is optional

Blend to preferred consistency and enjoy!

Tomato Parmesan Salad



Ingredients

1. 1 tomato
2. Pesto sauce
3. Basil leaves
4. Salt
5. Pepper
6. Parmesan

*You can also add balsmic glaze and sub. parmesan for Mozzarella! 1 1

Breakfast Taco



Ingredients:

1. Mini flour or corn tortillas
2. 2-3 eggs
3. Avocado
4. Sour cream
5. Hummus
6. Hot sauce

Directions:

1. Whisk 2-3 eggs thoroughly and scramble on oiled pan for about 5 minutes on low-medium heat
2. While eggs are cooking, warm tortillas on stove for about 2 minutes each side.
3. Add all ingredients onto tortilla and enjoy!

Angel Hair Pasta



Ingredients:

1. Cherry tomatoes
2. Pesto sauce
3. Olive oil
4. Salt
5. Angel hair pasta
6. Black pepper
7. Parmesan shreds
8. Minced garlic

Directions:

1. Preheat oven at 400 F
2. Cut tomatoes in half
3. Mix tomatoes w salt, pepper, pesto, garlic, and olive oil
4. Spread mixture out on a pan
5. Roast in oven 15 min, flip, then 10-15 more min
6. Meanwhile, boil water and add salt and olive oil
7. Cook pasta as instructed
8. Add olive oil, salt, and pepper to finished pasta



Good Food

Good Mood

Peanut Butter Banana Rice Cake Snack



sweet, nutty, & crunchy goodness!

Ingredients:

1. Peanut Butter of choice
2. Banana
3. Cacao nibs
4. Cinamon
5. Rice Cake

Directions:

1. Cut up a banana
2. drizzle peanut butter or nut butter of choice on rice cake
3. dash of cinamon
4. add sprinkle of cacao nibs for extra texture and crunch

Birthday Cake Smoothie

a healthier alternative to our favorite sweets!

Ingredients:

1. 1 banana
2. 1 tbs nut butter
3. Sprinkes
4. 1 cup almond milk
5. 1/2 tsp vanilla extract
6. 1 scoop vanilla protein powder

Blend!!!

Lox Toast Variation



Ingredients:

1. Smoked Salmon of choice
2. Cream Cheese
3. Sourdough Bread
4. Black Pepper
5. Thyme
6. Parsley
7. Tomato

The Perfect Turkey Sammie

elevate your typical cold cut sandwich!

Ingredients:

1. Sourdough bread
2. Peppered turkey
3. Green chili
4. Avocado
5. Mustard

Directions:

1. Toast sourdough bread for desired crispiness
2. Spread mustard on toasted bread
3. Use fork to mash avocado
4. Add hard ingredients and enjoy!

Fruit + Tajin Snack



sweet, spicy, & refreshing snack!

Ingredients:

1. Pineapple
2. Tajin

* (other fruits like mango and watermelon work as well)

Yogurt Parfait Bowl



*perfect breakfast, midday pick-me-up,
& nutritious dessert*

Ingredients:

1. Unsweetened Greek Yogurt
2. Granola or Oats of choice
3. Strawberries
3. Blueberries
4. Honey
5. Cacao Nibs
6. Sunflower Seeds (for extra omega-3s!)
7. A dash of cinamon

Peanut Butter Oatmeal Balls



Energy Snack, Quick, & Convenient

Ingredients:

1. Unsalted Peanut Butter
2. Rolled oats
3. Maple Syrup

*can add chocolate chips for extra sweetness!

Directions:

1. Line your tray with a baking sheet
2. Mix peanut butter and maple syrup thoroughly
3. Microwave peanut butter and maple syrup mixture for 45s in microwave
4. Add oats to the warm mixture and stir, until evenly combined
5. Scoop and roll into small balls
6. Chill in fridge for an hour and enjoy!

Sweet Potato Snack



Enjoy sweet or savory-- the perfect snack to keep you energized!

Ingredients:

1. A single sweet potato
2. Olive oil
3. Salt (for savory)
4. Pepper (for savory)
4. Parmesan (for savory)
5. Cinamon (for sweet)

Directions for Sweet Potato:

1. Cut sweet potatoes into 1-inch cubes
2. Set oven to 400 degrees celsius
3. Oil sweet potatoes with olive oil
4. Roast for about 25 mins (or for desired texture/ use a fork to poke and check)
5. Season with parmesan cheese for savory OR Cinamon and brown sugar for sweet

Veggie Burger Remix



a remix on your typical veggie burger patty!

Ingredients:

1. Trader Joes Veggie Patties
2. Sour Cream or Avocado
3. Cherry Tomatoes
4. Cilantro Dressing

Directions:

1. Oil pan and heat veggie patty for about 6 minutes each side (or until cooked through--you can use a fork to poke through)
2. Chop up cherry tomatoes
3. Pile it on!

Refreshing Salad Mix



layered with goodness!

Ingredients:

1. Cucumber
2. Spring mix salad
3. Sprouts
4. Feta Cheese
5. Cilantro dressing
6. Pepper
7. Lemon juice

*Food is the
ingredient that
binds us together.*



Hearty Oats

the perfect warm and comforting oat recipe!

Ingredients:

1. 1/3 cup of rolled oats
2. 1 cup of water
3. 1 scoop protein powder of choice
4. Cinnamon
5. Sea salt
6. Toppings/ fruits of choice

Directions:

1. Add oats, water, cinnamon, and sea salt, to a pot on the stovetop
2. Bring to a boil
3. Once boiling, reduce heat to a simmer and cover for 10 minutes
4. Stir every few minutes
5. Turn off heat and stir in protein powder
6. Sprinkle toppings of choice!

“People who love to eat are always the best people”

~ Julia Child

Frozen Grape Covered Yogurt Bites

Simple, quick, and a nice sweet treat

Ingredients:

1. Green Grapes
2. Greek yogurt (sweetened or unsweetened)

Directions:

1. Wash your grapes
2. Use a spoon to dip grapes in the greek yogurt
3. Freeze grapes for a couple hours!
4. Enjoy!

Sweet Potato Toast

filling & nutritious

Ingredients:

1. A sweet potato
2. Olive Oil
3. Toppings of choice:
 - Peanut butter
 - Alond butter
 - Avocado
 - Egg

Directions:

1. Wash and slice sweet potato (long way) about half an inch in width
2. Preheat oven to 400 degrees celsius
3. Lightly oil sweet potatoe slices
4. Heat slices in oven for about 20 minutes
5. Allow sweet potatoes to cool a bit
6. add spread of choice!

Nourishing Harvest Salad

nourishing fall-styled salad

Ingredients:

1. Lettuce/ greens of choice
2. Avocado
3. Roasted Radishes
4. 2 boiled eggs

For homeade dressing:

- tahini
- spoonful of dijon mustard
- splash of soy sauce or coconut aminos

*“Let food be the
medicine and
medicine be thy
food.”*

-Hippocrates