- minimum of 4 pages
  - all w/ common header, footer, nav
- each page should contain a main section that can be reached using jimp to content
- minimum of 3 paragraphs of text, 5 pics, or combo of paragraph + text
- at least one CSS generated animation
- a gallery w/ nine distinct images (home page !!)
- working contact form

## Pages:

Home Page

Breakfast

Lunch

Dinner

Contact me:

# **Home Page:**

Text:

- pic of me ("noelle.JPG")and then paragraph:
- Hi! My name is Noelle, and I am a student at the University of Michigan studying User Experience Design. In addition to technology and design, I am extremely passionate about health, wellness, and cooking. I have learned that I find exercise therapeutic and enjoyable, as well as preparing food that will allow me to feel and perform my best!

Through the years, I have found recipes that are simple, delicious, and nourishing. I have been vegan for over four years; as a result, all of the recipes here are free of dairy, eggs, and any other animal products!

In addition to cooking, I love meeting new people! If you want to chat about cooking, veganism, or are curious about anything on this page – please don't hesitate to contact me!

Hope you enjoy!"

## Image:

- 9 grid images
- "Like what you see? Come back soon to see these posts" or "Stay tuned to see other posts coming soon!"

## **Breakfast Recipes:**

Text:

Breakfast foods are my favorite to make! However, as a college student with an early babysitting job and then class immediately after, I rarely find the time to make a thorough

breakfast. On the weekends or school breaks, I love to create exciting breakfasts! Most of the recipes you will see below are from when I actually have time to make a fun breakfast. My go-tos are smoothie bowls, pancakes, and oatmeal. Additionally, I love cooking for friends and family, and often make breakfast for two!

## Images, paired w/ text:

### Oatmeal Parfait:

This "oatmeal parfait" is a perfect example of a quick breakfast I often eat. Although quick and simple, this breakfast is still delicious and great fuel for a long day. Here, I have oatmeal on the bottom (mixed in with peanut butter, maple syrup, and chia seeds), topped with cereal (because I ran out of oatmeal), and strawberries!

## Chia Pudding:

Chia pudding is another example of a quick, easy breakfast I eat often at school. Chia pudding is simple to prepare at the beginning of the week, and add toppings when it comes to actually eating it. Here, I had chia pudding (non-dairy milk, chia seed, and sweetener refrigerated overnight), topped with bananas, coconut flakes, dates, and strawberries! I love chia pudding because it is so easy to customize, and is a great source of vegan protein and vitamins.

### Acaí Bowl:

Acaí is an awesome superfood – packed with antioxidants and nutrients. I love making acaí bowls for breakfast because they are so colorful, filling, and feels like I am eating ice cream for breakfast. Here I blended a frozen acaí packet (from costco) with a banana and almond milk. I also LOADED this bowl up with fruit and granola!

### Pancakes:

One of my favorite things to do on weekend mornings is whip up a giant batch of vegan cinnamon pancakes for my family and friends. This recipe is so tasty, and pleases both vegans and omnivores! My go-to pancake ingredients are oats, non-dairy milk, banana, coconut sugar, cinnamon, and vanilla extract. Pancakes are also a great way to sneak in extra vitamins by adding in chia seeds, flax seeds, or protein powder.

## Green Smoothie:

A quick, light, and super healthy breakfast I eat often is a nutrient-dense green smoothie. Green smoothies are a great way to secretly incorporate tons of veggies and vitamins without even tasting them! My go to recipe is: kale (frozen or fresh), coconut water, frozen banana, pineapple, and chia seeds! This is a great meal for on the go!

## **Lunch Recipes:**

#### Text:

Lunch is by far my favorite meal of the day! In relation to exercise, lunch is when I eat to either fuel my body or recover. As a college student, I have learned to create quick, nutritious, versatile meals that I do not get sick of. I love changing up basic meals by switching the protein,

starch, or seasonings. While I am constantly trying out new recipes, lunch usually stays pretty consistent. Lunch is my favorite meal, and usually very nutrient-dense and protein-packed!

## Images, paired w/ text:

<u>Sushi</u>: One of my favorite lunch meals – because it is so quick and easy to switch up – is homemade sushi! In order to create this, you simply need seaweed wraps, rice, and vegetables! I learned how to make this sushi by watching various online videos, however the technique is very simple and just requires tight wrapping and a steady hand. My favorite combinations are avocado/cucumber, avocado/asparagus, or grilled tofu with any vegetables!

<u>Tofu Scramble:</u> One of my new favorite go-to meals is a tofu scramble paired with veggies and hummus! This is an easy way to get in a lot of protein, as well as tons of veggies! Although I often eat this for lunch, this meal can be enjoyed at any time of day!

<u>Sandwich:</u> A quick, go-to, versatile meal I often eat for lunch is a sandwich! I love Ezekiel bread, and am constantly trying out new sandwich combinations. Pictured here is one of my favorite sandwich combinations: hummus, avocado, spinach, cucumbers and hot sauce! I dip this sandwich in barbecue sauce, and love to eat with a side of fruit or veggies. This meal is filling, fueling, and is also great to take on the go and eat while studying!

## Lentils + Veggies:

Another meal that is super easy to prepare ahead of time is lentils!! I love lentils, and they are such a great source of vegan protein! Here I ate sauteed broccoli and cauliflower, and ate it with a big scoop of lentils, marinara sauce, and sriracha. Super easy, filling, and colorful!

### Potato Fries:

My most common meal (by far) is potatoes! I usually roast potatoes at the beginning of the week, and then eat them with most of my meals! Pictured here is potato french fries, rice, spinach, and a side of veggies!

## **Dinner Recipes:**

Text:

Dinner is when I usually try out new recipes! I often find myself with the most free time in the evening, or I tend to procrastinate other work by cooking a fun meal! When I don't have the time to try something new, my go to dinner meals are noodle dishes or combing all of my leftovers!

## Images, paired w/ text:

<u>Salad:</u> If I need a quick dinner, one of my go-to meals is a loaded salad. As a base I use spinach, arugula or kale and then add rice or quinoa, nuts, avocado, and my favorite dressing.

Adding all of these components accounts for protein, fat, and other necessary vitamins! Here, I also made a green smoothie (see more smoothies under "breakfast") to get in extra greens and hydration for the day!

<u>Pad Thai:</u> Vegan Pad That: My new favorite recipe... of all time!! This recipe is so easy, delicious, and easy to make in huge portions to eat throughout the week. As a base I use either rice noodles or veggie noodles (zoodles/spaghetti squash), throw in whatever kinds of vegetables I have handy, and the add on the pad thai dressing (peanut butter, soy sauce, and hot sauce). You prepare each separately, and then toss into a pan and heat it all up together. SO easy, nutritious, and such a crowd-pleaser! If handy, I also top with chopped peanuts or lime!

# Tortilla Pizza:

An easy dinner if you have tortillas on hand is to make a pizza! For this recipe, I used marinara sauce, vegan cheese, and TONS of vegetables I had available, and then baked it at 350 degrees fahrenheit for 25 min. I love this recipe because its quick, and so versatile.

### <u>Leftover combo:</u>

This recipe is a perfect representation of how I combine tons of leftovers into an easy, nutritious meal. Featured here are two of my favorite food items: potato fries and roasted veggies. Here, I ate some leftover potato fries I made (oil + guilt free!) with roasted broccoli, and pre-made veggie burger!

### Lentil Pasta:

This meal is so delicious, easy, and packed with all sorts of vitamins! I love pasta, and I recently discovered lentil pasta!! Loaded with protein, this pasta is an incredibly healthy substitute to regular pasta! For this meal, I ate lentil pasta topped with pasta sauce, spinach, and nutritional yeast (great vegan source of B12). Often times, I eat my meals with a side of fruits or veggies to get in some extra nutrients!

### **Contact Me:**

Interested in talking about cooking, any of my recipes, or veganism? Reach out and let's chat!