

[Free PDF File] Simple Green Meals: 100+ Plant-powered Recipes to Thrive from the Inside Out



CONTINUE ►

Real Food Makes a Real Difference As a bestselling author and co-founder of the widely popular website Simple Green Smoothies, Jen knows the impact food can have on your body, your health and your dreams. Before switching to a plant-powered diet, Jen Hansard felt exhausted, stressed-out and frustrated with her body. After a wake-up call from her husband, she set off on a mission to put foods in her body that would allow her to go after the things that mattered most. Embracing nutrient-dense, nourishing whole foods gave her the vitality to do more than just survive each day she was able to live out dreams that had been long buried. From creating a backyard family farm, to flying an airplane, to running 100km in a single day, to camping and hiking the U.S. National Parks. Through her journey came her mission: to help others fuel their passion by embracing delicious plant-powered meals to help them look and feel their best. Now in Simple Green Meals, she branches out to offer quick, tasty, vegetarian meals for the whole family (even meat-eating husbands). No more restricting calories or fad diet programs. Her philosophy is simply: Eat more plants... however and whenever you can. With tips on meal prep, advice when shopping and 150 new vegetarian recipes from quinoa corn muffins to veggie enchilada stacks and cauliflower buffalo wings, you'll gain a new appreciation for fresh, plant-powered meals and what they can do for your body and your mind. Breakfast: Maple Apple Walnut Muffins, Tex Mex Breakfast Bowl, Sweet Potato Breakfast Hash Snacks: Slow Cooker Apple Sauce, Maple Almond Granola Bars, Honey Nut Trail Mix Salads, Soups and Sides: Coconut Thai Soup, Summer Quinoa Salad, Cauliflower Buffalo Wings Main Dishes: Garden Burgers, Almond Butter Swoodles, Poblano Enchiladas, Savory Quinoa Pizza, Cauliflower BBQ Tacos Desserts: Lemon Poppy Seed Cake, Mango Mojito Fruit Pops, Salted Caramel Bites, Honey Ginger Cookies

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