

NEW YOU CHALLENGE

VEGAN MEAL PLAN - BREAKFAST RECIPES

Slow Cooker Apple Cinnamon Steel Cut Oats (Serves 6)

Prep - 10 minutes, Cook - 5 hours

1.5 cups steel cut oats
3 cups Silk Unsweetened Almondmilk
3 cups water
1/3 cup maple syrup
2 teaspoons ground cinnamon
1/8 teaspoon salt
2 large apples, shredded

Preparation

Place oats, almond milk, water, maple syrup, cinnamon and salt in a slow cooker.

Cook on low for for 4 hours, stirring every hour.

Once fully cooked, peel and shred 2 large apples. Add to the slow cooker and mix. Cook for an additional 30-60 minutes.

Serve with nut butter, shredded apple, and cinnamon.

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VEGAN MEAL PLAN - BREAKFAST RECIPES

Southwestern Avocado Toast (Serves 4)

Prep - 10 minutes

3 tomatoes, diced
1/2 cup diced red onion
1 T chopped cilantro
1 clove garlic, minced
Juice from 1 lime
Sea salt to taste
2 large avocados, mashed
4 slices eureka! Sweet Baby Grains

Preparation

Mix all ingredients, except the avocado and bread, in a bowl.

Toast the bread.

Spread some pureed avocado onto each slice of toast.

Add the salsa mixture on top of each slice.

Serve immediately for best results. Enjoy!

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VEGAN MEAL PLAN - BREAKFAST RECIPES

Quinoa Breakfast Porridge with Blueberry Sauce (Serves 1)

Prep - 1 minutes, Cook - 15 minutes

3/4 cup frozen blueberries
1 3/4 cup water, divided
juice of 1/2 lemon
1 teaspoon chia seeds
1/4 cup old fashioned oats (GF if needed)
1/4 cup rinsed quinoa
1 tablespoon flax meal
2 tablespoons almond milk, plus more for serving
maple syrup for serving

Preparation

Bring blueberries, 3/4 cup water, lemon juice and chia seeds to a simmer in a small saucepan over low heat. Stir occasionally.

Bring oats, quinoa, and remaining 1 cup water to a simmer in another small saucepan. Cover and simmer 10-15 minutes, until quinoa is cooked and translucent. Stir in flax meal and almond milk. Sweeten to taste with liquid stevia or maple syrup. Serve the porridge hot with warm blueberry sauce on top.

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VEGAN MEAL PLAN - BREAKFAST RECIPES

Chickpea and Sweet Potato Breakfast Hash (Serves 3)

Prep - 10 minutes, Cook - 40 minutes

1 1/2 lbs. sweet potatoes, cut into 1in cubes
1/2 large onion, chopped
1 red bell pepper, cored and diced
1 green bell pepper, cored and diced
1 can (15oz.) chickpeas, drained and rinsed
2 tablespoons olive oil
1 teaspoon garlic powder
generous pinch of mineral salt, or to taste
fresh cracked pepper, to taste

Sriracha Tahini Sauce
4 tablespoons tahini
4 tablespoons water
juice of 1/2 small lemon
pinch of mineral salt
sriracha, to taste

Preparation

Preheat oven to 425 degrees F. Line a sheet pan with parchment paper, a silpat, or lightly grease with oil.

Place the sweet potatoes, onion, bell peppers and chickpeas on the center of the sheet pan, drizzle with olive oil, garlic powder, salt and pepper, toss well to coat. Arrange the sweet potato mixture in a single layer.

Place sheet pan in the oven, on the center rack, and cook for 20 minutes, stirring halfway through.

Turn heat up to 500 degrees F., stir a second time and continue baking for another 20 minutes, stirring halfway through.

Let cool a few minutes and serve with sliced avocado and creamy sriracha tahini sauce.

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VEGAN MEAL PLAN - BREAKFAST RECIPES

Vegan Smoothie Bowl (Serves 1)

Prep - 5 minutes

- 1 (100-gram) package frozen açai smoothie base
- 1/2 cup coconut yogurt or other dairy-free yogurt alternative
- 1/2 cup grapefruit chunks
- 1/2 cup blueberries
- 1 small banana, sliced
- 1/4 cup raw walnut halves
- 1 tablespoon raw hemp seeds

Preparation

Combine açai smoothie base and coconut yogurt in a blender and blend until smooth. Pour into a bowl and top with grapefruit, blueberries, banana and walnuts and sprinkle with hemp seeds.

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VEGAN MEAL PLAN - LUNCH RECIPES

Quinoa Tabbouleh (Serves 2)

Prep - 20 minutes, Cook - 20 minutes

1 cup quinoa (170 g)

2 cups water (500 g)

½ cup chopped spring onion (50 g)

1⅓ cup chopped tomatoes (240 g)

1 cup finely chopped fresh mint (26 g)

½ cup finely chopped fresh parsley (30 g)

The juice of a lemon

Extra virgin olive oil to taste (optional)

Preparation

Rinse the quinoa with cool water.

Boil the water in a saucepan, add the quinoa and simmer for about 15 minutes or until all the water has been absorbed. You can add other ingredients (dried herbs, sea salt, tamari or soy sauce, lemon juice or apple cider vinegar) to the boiling water to get a more intense flavor.

Let the quinoa cool at room temperature, or add cold water. It has to be completely cool before making the salad.

In a large bowl, place the quinoa and the rest of the ingredients. Add the lemon juice and the extra virgin olive oil (optional) and stir.

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VEGAN MEAL PLAN - LUNCH RECIPES

Roasted Sweet Potato and Black Bean Salad (Serves 4)

Prep - 10 minutes, Cook - 15 minutes

Oil cooking spray

2 large sweet potatoes (about 1 1/2 pounds) ; peeled and cut into 1-inch pieces

1 teaspoon salt; divided

1/2 teaspoon freshly ground black pepper; divided

1/4 cup fresh lime juice; plus wedges for garnish

1 tablespoon balsamic vinegar

1 tablespoon finely chopped garlic

1 can (15 ounces) black beans; rinsed and drained

1 cup halved cherry tomatoes

1/2 cup thinly sliced orange or red bell pepper

1/2 cup thinly sliced scallions

1/3 cup chopped fresh mint

4 cups baby arugula

Preparation

Heat oven to 375°. On a baking sheet coated with cooking spray, place potatoes in a layer; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake until tender, 15 minutes; let cool.

In a bowl, whisk juice, vinegar, garlic, remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Add potatoes, beans, tomatoes, bell pepper, scallions and mint; toss; serve over arugula, and garnish with lime wedges.

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VEGAN MEAL PLAN - LUNCH RECIPES

The Big Southwest Salad Bowl (Serves 2-4)

Prep - 5 minutes, Cook - 35 minutes

1 small sweet potato, baked
1 1/2 cups cooked green lentils
1 tbsp olive oil
1 cup chopped bell peppers
1/2 cup red onion, chopped
3 cloves garlic, minced
3/4 cup black beans, drained
1/2 tsp salt
1 tsp chili powder

Toppings

1-2 cups mild lettuce, shredded
1 chopped tomato, chopped
1/4 cup green or red onion, finely chopped
1 avocado (or guacamole)
1/2 cup fresh or canned corn
2 tbsp cilantro
1-2 tbsp lime juice
Optional: salsa, sriracha, taco sauce,
vegan sour cream, Daiya shreds

Preparation

Approx. 3/4 cup dry green lentils = 1 1/2 cups cooked. Rinse 1/2 cup dry red lentils (split). Add the lentils and 2 1/2 cups of unsalted water to a medium sized saucepan. Bring to a boil and boil for 20-25 minutes (until lentils are tender.)

Clean the sweet potatoes and prick 5-7 times with a knife or fork. Cook in Oven (400F): Place a baking sheet and bake until tender (25-35 minutes for a small potato.) or Microwave: Microwave for 5-8 minutes, flipping halfway through.

Heat 1 tbsp olive oil over medium high heat. Add the chopped peppers, red onion and garlic. Cook, stirring often until onion is nearly tender. Add the lentils, black beans, sweet potato, chili powder and salt. Stir to combine and cook for 3-5 minutes or until nice and hot.

Scoop 1+ cups of the lentils/black bean base into a bowl. Top generously with shredded lettuce, avocado, fresh chopped tomato, corn, green or red onion, and a sprinkle of cilantro and lime juice.

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VEGAN MEAL PLAN - LUNCH RECIPES

Holiday Crunch Salad (Serves 6-8)

Prep - 10 minutes, Cook - 10 minutes

4 cups cooked quinoa (about 1 $\frac{1}{3}$ -1 $\frac{1}{2}$ cups dry)

1 cup pomegranate seeds

4 chopped scallions

1 cup chopped Italian parsley

$\frac{1}{2}$ cup toasted sliced almonds

$\frac{1}{2}$ lime – zest and juice

$\frac{1}{2}$ orange- zest and juice

$\frac{1}{3}$ cup olive oil

$\frac{1}{2}$ teaspoon salt, more to taste

$\frac{1}{4}$ teaspoon cracked pepper

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon allspice

1–2 chopped avocados

Preparation

Place cooked quinoa, pomegranate seeds, scallions, parsley and almonds in a medium bowl.

Toss with olive oil, orange juice and zest, salt and spices.

Taste and adjust salt. Gently fold in the avocado right before serving (or serve the avocado on the side, if wanting to keep leftovers)

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VEGAN MEAL PLAN - DINNER RECIPES

Meatless Chili (Serves 8)

Prep - 5 minutes, Cook - 40 minutes

- 2 tablespoons Extra virgin olive oil
- 1 1/2 cups Chopped Onions
- 3 cloves garlic; minced
- 2 tablespoons Chili Powder
- 1/2 teaspoon Cumin
- 1 each Green Bell Pepper; Chopped
- 2 cans 14 1/2-ounce Tomatoes No Salt Added
- 1 can 16-oz Chick-Peas; Drained
- 1 can 15-oz Kidney Beans; Drained
- 2 each pickled Jalapeños; Chopped
- 1 can Mixed Pinto & Great Northern Beans; if Desired

Preparation

Heat the olive oil in a 5-qt saucepan over medium heat until hot. Add the onions, garlic, chili powder and cumin. Saute for 5 minutes until the onions and garlic are tender. Stir in the Green Pepper. Saute for 2 minutes. Add the undrained tomatoes and crush with a spoon. Stir in the chick-peas, kidney beans and jalapeños. Bring to a boil; reduce heat. Simmer covered for 30 to 35 minutes.

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VEGAN MEAL PLAN - DINNER RECIPES

Noodle-Free Pad Thai (Serves 2)

Prep - 15 minutes, Cook - 15 minutes

TOFU optional

- 1/2 cup extra-firm tofu (excess liquid pressed out, crumbled with a fork)
- 1 Tbsp coconut aminos (or tamari or soy sauce)
- 1 tsp chili garlic sauce (or 1/8 tsp red pepper flake as original recipe is written)
- 1/4 tsp ground turmeric (optional)

SAUCE

- 2 1/2 Tbsp nut butter (almond butter, peanut butter, sunflower seed butter, etc.)
- 3 Tbsp lime juice
- 3 1/2 Tbsp coconut aminos (or sub tamari or soy sauce plus more to taste)
- 1/2 tsp red pepper flake (or sub 1 tsp chili garlic sauce- Huy Fong Foods brand)
- 1 1/2 Tbsp maple syrup (12 g coconut sugar, plus more to taste)

VEGGIES

- 1 Tbsp sesame oil (sub water or omit if low/no-fat)
- 1 medium serrano pepper (seeds + stem removed, thinly sliced, omit for less heat)
- 1 small bundle green onions (ends removed + thinly sliced)
- 1 1/2 cups thinly sliced red cabbage
- 1 medium red bell pepper (cored and thinly sliced lengthwise)
- 2 Tbsp coconut aminos (or tamari or soy sauce if not gluten free, divided)
- 4-5 large carrots (peeled and ribboned with a vegetable peeler, ~4 cups packed)
- 6 leaves collard greens (large stems removed, stacked + thinly sliced, ~2 cups packed)
- 1/2 tsp freshly grated ginger (optional or 1/4 tsp ground ginger as original recipe is written)
- 1/2 tsp freshly grated turmeric (optional or 1/4 tsp ground turmeric)

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VEGAN MEAL PLAN - DINNER RECIPES

Noodle-Free Pad Thai (CONTINUED)

FOR SERVING optional

Fresh cilantro

Crushed peanuts / peanut sauce

Red pepper flake

Preparation

If serving with tofu: Add tofu to a small mixing bowl and season with coconut aminos, chili garlic sauce (or pepper flake), and turmeric (optional). Stir and set aside.

Add all sauce ingredients to a small mixing bowl and whisk to combine. Taste and adjust flavor as needed, adding more lime juice for acidity, coconut aminos for saltiness, red pepper flake or chili sauce for heat, or maple syrup for sweetness. Set aside.

Heat a large skillet over medium heat. Once hot, add oil (or water), pepper, onions, cabbage, bell pepper, and half of the coconut aminos for veggies (1 Tbsp as original recipe is written). Cook for 3 minutes, stirring/tossing frequently. Add tofu to a corner of the pan and sauté until slightly browned, stirring frequently - about 3-5 minutes. Add carrots and collard greens and remaining half of the coconut aminos for the veggies (1 Tbsp as original recipe is written) and stir. Sauté for 2 minutes. Then add Pad Thai sauce and freshly grated ginger and turmeric (optional). Sauté over medium heat until warmed through and collards are slightly wilted - about 3 minutes - stirring frequently.

Taste and adjust flavor of dish as needed, adding more maple syrup for sweetness, red pepper flake or chili garlic for heat, coconut aminos for saltiness, or lime juice for acidity.

Divide between serving plates and enjoy. Serve as is or with peanut sauce, crushed peanuts, cilantro, and lime wedges. Serves 2 as an entrée or 4 as a side.

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VEGAN MEAL PLAN - DINNER RECIPES

Vegan Enchiladas Skillet (Serves 4)

Prep - 15 minutes, Cook - 15 minutes

2 tablespoon oil divided
10 small corn tortillas cut into strips
1/2 large red onion diced
2-3 cloves garlic minced
1 small butternut squash peeled and cut into 1/2" cubes
1 1/2 teaspoon chili powder
1/2 teaspoon each cumin, paprika, and salt
1 can black beans
1/2 cup corn frozen or canned
1 cup crushed tomatoes
10 ounces enchiladas sauce
4 large kale leaves chopped small
a few springs of cilantro chopped
1 jalapeño diced
2 green onions diced
1 avocado

Preparation

In a large cast iron skillet heat 1 tablespoon of oil. Add tortilla strips and cook, stirring often, for 5 minutes, until lightly crispy and browned. Transfer to a paper towel.

Add the remaining oil and sauté onions for 5 minutes, stirring frequently, until onions are translucent and fragrant. Add the garlic and sauté for 30 more seconds.

Add the butternut squash, chili powder, cumin, paprika, and salt. Stir to coat then reduce heat to low and cover. Cook until the squash is tender. About 5 minutes.

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VEGAN MEAL PLAN - DINNER RECIPES

Vegan Enchiladas Skillet (CONTINUED)

Preparation

Add the black beans, corn, tomatoes, enchiladas sauce, and kale. Cook for an additional 3 minutes until kale is wilted. Season with salt and pepper.

Stir in corn tortillas and bring to a simmer, simmering for about 10 minutes until the liquid has boiled down. Remove enchiladas from heat and let set up 10 additional minutes before serving.

Top with jalapeño, cilantro, and green onions.

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VEGAN MEAL PLAN - DINNER RECIPES

5-minute Super Easy Tacos (Serves 4)

Prep - 5 minutes, Cook - 5 minutes

4 whole wheat tortillas
1 grilled corn on the cob, husked or canned corn equivalent
1 cup or 170 grams cooked black beans
1 avocado, sliced
3/4 cup or 120 grams quartered cherry tomatoes
1/2 red onion, chopped
2 tablespoons fresh chopped parsley
1 teaspoon ground cumin
4 lime wedges
salt and freshly ground black pepper to taste
your favorite hot chili sauce, to taste

Preparation

Assemble your tacos: Distribute corn, black beans, avocado slices, quartered cherry tomatoes, chopped onion and parsley among tortillas. Season with ground cumin, lime juice, salt and freshly ground black pepper. Drizzle with your favorite hot chili sauce. Enjoy!

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VEGAN MEAL PLAN - DINNER RECIPES

Lemon Cream Pasta Sauce (Serves 4)

Prep - 5 minutes, Cook - 10 minutes

12 ounces Barilla gluten-free spaghetti (or your favorite)

1 cup raw cashews (see notes)

1 cup water

1 lemon - zest and juice (about 3 Tablespoons)

salt (to taste)

fresh parsley (for garnish)

Preparation

Prepare the pasta according to the package directions. Drain and return to the pot.

Meanwhile, zest and juice the lemon.

In a high-speed blender, combine the cashews, water, lemon juice, and salt. Blend until very smooth.

Pour the sauce from the blender over the cooked pasta. Toss well so every strand is coated.

Divide among four bowls. Garnish each serving with lemon zest and parsley and enjoy immediately.

Notes - If you don't have a high-speed blender, soak the raw cashews in a bowl of hot water for 30 minutes to soften.

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VEGAN MEAL PLAN - DINNER RECIPES

Harissa Portobello Mushroom "Tacos" (Serves 6)

Prep - 20 minutes, Cook - 10 minutes

Portobello Mushrooms

1 pound (450g) portobello mushrooms
1/4 cup (60g) spicy harissa, or use a mild harissa
3 tablespoons olive oil, divided
1 teaspoon ground cumin
1 teaspoon onion powder
6 collard green leaves

Guacamole

2 medium ripe avocados
2 tablespoons chopped tomatoes
2 tablespoons chopped red onion
1 1/2 to 2 tablespoons lemon or lime juice
pinch of salt
1 tablespoon chopped cilantro

Optional Toppings

cashew cream
chopped tomatoes
chopped cilantro

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VEGAN MEAL PLAN - DINNER RECIPES

Harissa Portobello Mushroom "Tacos" (CONTINUED)

Preparation

Remove the stem of the portobellos. Rinse mushrooms and pat dry.

Mix harissa, 1 1/2 tablespoons olive oil, cumin, and onion powder in a bowl. Brush each mushroom with the harissa mixture, making sure to cover the edges of the mushroom as well. Let mushroom marinade for 15 minutes.

While the mushrooms are marinating, prepare guacamole. Halve and pit the avocados and scoop out the flesh. Mash avocados and mix in chopped tomatoes, red onion, lemon (or lime) juice, salt, and cilantro. Set aside.

Rinse collard greens. Chop off the tough stems and set aside.

When the mushrooms are done marinating, heat 1 1/2 tablespoons of olive oil in a skillet or sauté pan over medium-high heat. Place the portobello mushrooms in the pan and cook for 3 minutes. Flip over and cook for another 2 to 3 minutes. Each side should be browned.

Turn off the heat and let the mushrooms rest for 2 to 3 minutes before slicing.

Take a collard green leaf and fill it with a few slices of portobello. Add guacamole, chopped tomatoes, cashew cream, and cilantro to your liking.