



Going Vegan

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Going Vegan

DIETITIAN APPROVED NUTRITION

Hi,

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

~Jessica, RD



Eggless Egg Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Chickpeas (from the can, drained and rinsed)
1/4 cup Vegan Mayonnaise
1 tsp Chili Powder
1/2 tsp Cumin (ground)
1/4 tsp Turmeric (ground)
1/4 tsp Sea Salt
2 stalks Celery (diced)
7 1/16 ozs Tofu (extra firm and drained)
1/4 cup Almonds (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	324	Sugar	5g
Fat	19g	Protein	14g
Carbs	27g	Cholesterol	0mg
Fiber	8g	Sodium	296mg

DIRECTIONS

- 01 Add the chickpeas, mayonnaise, chili powder, cumin, turmeric and sea salt to a food processor and process until roughly chopped. Transfer to a bowl. Add the celery and stir to combine.
- 02 Place the tofu on a plate and pat dry with a paper towel. Press gently to remove excess liquid then break it into large pieces. Add it to the food processor and pulse until roughly chopped.
- 03 Transfer the tofu to the bowl with the chickpeas and add the chopped almonds. Mix well and enjoy!

NOTES

NO ALMONDS

Use walnuts or sunflower seeds instead.

LEFTOVERS

Store in the fridge up to 5 days.

MORE GREENS

Serve over a bed of arugula, spinach or kale.

Tofu Cabbage Wraps with Peanut Sauce

3 SERVINGS 50 MINUTES



INGREDIENTS

15 3/4 ozs Tofu (extra firm, drained)
1 tbsp Avocado Oil
2 tsps Arrowroot Powder
3 tsps Tamari (divided)
1/4 cup All Natural Peanut Butter
2 tsps Lime Juice
1 tbsp Coconut Sugar
2 tsps Sesame Oil
2 tsps Water
1 Mango (diced)
1 Red Bell Pepper (chopped)
2 cups Green Cabbage (pulled apart into leaves)
1/3 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	442	Sugar	26g
Fat	27g	Protein	24g
Carbs	36g	Cholesterol	0mg
Fiber	7g	Sodium	1030mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 02 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 03 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cabbage leaf wraps.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

ADDITIONAL TOPPINGS

Add crushed peanuts and/or sesame seeds on top.

Asian Slaw with Noodles & Peanut Sauce

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Brown Rice Spaghetti
1/4 cup All Natural Peanut Butter
1 tbsp Tamari
1 Lime (juiced)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Red Pepper Flakes (optional)
1 Garlic (clove, minced)
1 tbsp Ginger (grated)
2 tbsps Water
2 cups Coleslaw Mix
3 cups Broccoli (chopped into small florets)
1/2 Green Bell Pepper (de-seeded and finely sliced)
3 cups Baby Spinach (chopped)
1/4 cup Raw Peanuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	460	Sugar	6g
Fat	21g	Protein	14g
Carbs	59g	Cholesterol	0mg
Fiber	7g	Sodium	312mg

DIRECTIONS

- 01 Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
- 02 Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
- 03 In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

NOTES

MIX IT UP

Use whatever vegetables you have on hand.

DISLIKE BROCCOLI?

Use chopped cauliflower florets instead.

EXTRA THAI FLAVOUR

Garnish with chopped cilantro.

Chopped Salad Pitas

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1 cup Cherry Tomatoes (sliced into quarters)
1/4 Cucumber (chopped)
1/4 tsp Sea Salt
1 Whole Wheat Pita (halved)
1/4 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	251	Sugar	8g
Fat	4g	Protein	11g
Carbs	46g	Cholesterol	0mg
Fiber	10g	Sodium	446mg

DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

SERVING SIZE

Each serving equals one pita half stuffed with the chickpea mixture.

GLUTEN-FREE

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

MORE FLAVOR

Add lime juice, fresh herbs or spices.

ADDITIONAL TOPPINGS

Bell peppers, feta cheese, red onions and/or black olives.

NO CHICKPEAS

Use marinated tofu, white beans, lentils, chicken breast or turkey instead.

Apple Crisp

8 SERVINGS 1 HOUR



INGREDIENTS

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Organic Coconut Ice Cream (optional)

NUTRITION

AMOUNT PER SERVING

Calories	302	Sugar	18g
Fat	14g	Protein	4g
Carbs	36g	Cholesterol	0mg
Fiber	4g	Sodium	218mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 02 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 03 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 04 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 05 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 06 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 07 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 08 Scoop into bowls and serve with organic coconut ice cream.

NOTES

HOMEMADE OAT FLOUR

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Falafel Stuffed Peppers

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

1 cup Cashews
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (cloves, minced)
2 tbsps Almond Flour
1/2 cup Basil Leaves (chopped)
1/2 cup Parsley (chopped)
3 tbsps Extra Virgin Olive Oil
1 tsp Sea Salt
1/2 tsp Black Pepper
2 Red Bell Pepper
1/4 cup Tahini
2 tbsps Unsweetened Almond Milk
1 Lemon (juiced)
1/4 cup Fresh Dill
2 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	557	Sugar	9g
Fat	38g	Protein	17g
Carbs	43g	Cholesterol	0mg
Fiber	11g	Sodium	632mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Combine cashews, chickpeas, garlic, almond flour, basil, parsley, olive oil, sea salt and black pepper together in a food processor. Blend until you achieve a smooth consistency.
- 03 Slice bell peppers in half and carve out the seeds. Fill each half evenly with the falafel mixture. Place on a baking sheet lined with parchment paper. Bake in the oven for 50 minutes.
- 04 Meanwhile, create your tahini dill sauce by combining tahini, almond milk, lemon juice, dill and water in the food processor. Pulse until smooth. Transfer into a jar and set aside.
- 05 Remove peppers from the oven. Let cool for 5 minutes then drizzle with tahini dill sauce. Enjoy!

Sweet Potato Fries Supreme

3 SERVINGS 30 MINUTES



INGREDIENTS

2 Sweet Potato
2 tbsps Coconut Oil (melted)
1/2 tsp Paprika
1/2 tsp Cumin
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1 cup Black Beans (cooked, drained and rinsed)
1/4 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 Avocado
1/8 Lemon (juiced)
1 tbsps Extra Virgin Olive Oil
1/4 cup Water (hot)
3/4 cup Corn
1 cup Cherry Tomatoes (cut into quarters)
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	378	Sugar	7g
Fat	20g	Protein	9g
Carbs	45g	Cholesterol	0mg
Fiber	12g	Sodium	69mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 02 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 03 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 04 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 05 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 06 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

NOTES

CRISPIER FRIES

Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

MORE GREENS

Turn it into a salad by serving it over a bed of greens.

MEAT LOVER

Top with cooked ground chicken, ground turkey, lean ground beef or organic bacon.

LESS WORK

Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.

Loaded Sweet Potato & Kale Quesadilla

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, peeled)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil
- 1/2 Sweet Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 3 cups Kale Leaves (chopped)
- 1 tbsps Balsamic Vinegar
- 2 Brown Rice Tortilla

NUTRITION

AMOUNT PER SERVING

Calories	434	Sugar	11g
Fat	23g	Protein	6g
Carbs	50g	Cholesterol	0mg
Fiber	7g	Sodium	232mg

DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Line a baking sheet with parchment paper.
- 02 Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
- 03 Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
- 04 In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
- 05 Lay a brown rice tortilla on the baking sheet. Spread mashed sweet potato and top evenly with kale mixture. Cover with another tortilla and bake for 10 to 15 minutes or until golden brown and crispy.
- 06 Slice and serve with remaining balsamic vinaigrette.

NOTES

KEEP IT FLAT

Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.

NO KALE

Use spinach or chopped collard greens instead.

MORE PROTEIN

Add lentils or grilled chicken.

Slow Cooker Moroccan Lentils

8 SERVINGS 8 HOURS



INGREDIENTS

2 cups Dry Lentils (brown or green, uncooked)
2 Tomato (medium, diced)
1 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
1/2 cup Parsley (chopped and divided)
1 tbsp Cumin
1 tbsp Paprika
2 tsps Sea Salt
8 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	187	Sugar	2g
Fat	1g	Protein	13g
Carbs	34g	Cholesterol	0mg
Fiber	6g	Sodium	614mg

DIRECTIONS

- 01 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 02 Garnish with remaining parsley and enjoy!

NOTES

SERVE IT WITH

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

LEFTOVERS

Refrigerate in an airtight container up to 5 days. Freeze if longer.

Meal Prep Black Bean & Sweet Potato Burritos

10 SERVINGS 45 MINUTES



INGREDIENTS

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Brown Rice Tortilla (11 inches)

NUTRITION

AMOUNT PER SERVING

Calories	369	Sugar	9g
Fat	6g	Protein	12g
Carbs	66g	Cholesterol	0mg
Fiber	13g	Sodium	643mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 02 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 03 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 04 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 05 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

NOTES

REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

MAKE IT SPICY

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

SERVE IT WITH

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

NO BROWN RICE TORTILLAS

Use corn or whole wheat tortillas instead.

LESS WORK

Use refried beans, or process the beans in a food processor.

Lemon Pesto Penne

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
2 tbsps Avocado Oil
4 cups Quinoa Penne (dry, uncooked)
2 cups Broccoli (chopped into florets)
1/3 cup Pesto
1 Lemon (juiced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	480	Sugar	6g
Fat	16g	Protein	10g
Carbs	76g	Cholesterol	0mg
Fiber	4g	Sodium	293mg

DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a foil-lined baking sheet and toss in oil. Broil for 10 to 15 minutes.
- 02 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 03 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

MORE PROTEIN

Add cooked chicken breast or any ground meat.

NO QUINOA PENNE

Use any other type of pasta instead.

NO BROCCOLI

Use broccolini or any other veggies on hand.

NO AVOCADO OIL

Use ghee, coconut oil or olive oil instead.

Vegan Cheese Melt with Tomato & Basil Pesto

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Cashews (soaked for 1 hour then drained)
1 cup Water (hot)
1 1/2 tbsps Apple Cider Vinegar (divided)
1 tbsp Nutritional Yeast
1/4 tsp Garlic Powder
2 1/2 tbsps Tapioca Flour
1 tsp Sea Salt (divided)
1 cup Basil Leaves
1/2 Avocado
2 tbsps Pine Nuts
2 Garlic (cloves)
1 Tomato (medium, sliced)
8 slices Rye Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	332	Sugar	3g
Fat	16g	Protein	10g
Carbs	39g	Cholesterol	0mg
Fiber	6g	Sodium	916mg

DIRECTIONS

- 01 Combine cashews, hot water, 1/2 of the vinegar, nutritional yeast, garlic powder, tapioca flour and half the salt in a blender until smooth. The mixture will be watery at this point.
- 02 Transfer to a saucepan over medium-high heat. Whisk until creamy and sticky, about 1 minute.
- 03 In a food processor, make the pesto. Combine basil, avocado, pine nuts, garlic and remainder of the vinegar and salt.
- 04 Spread basil pesto on toast and top with tomato, vegan cheese and another slice of toast to create the sandwich. Enjoy!

NOTES

NO PINE NUTS

Use sunflower seeds or walnuts instead.

LEFTOVERS

Refrigerate leftover pesto and vegan cheese separately in air-tight containers up to 5 to 7 days.

Balsamic Roasted Tempeh Bowls

6 SERVINGS 1 HOUR



INGREDIENTS

1/4 cup Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tbsp Italian Seasoning
1 1/8 lbs Tempeh
1 cup Red Onion (medium, sliced)
6 Carrot (medium, peeled and chopped)
4 cups Mushrooms (quartered)
3 Zucchini (sliced)
1 1/2 cups Quinoa (dry)
2 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	474	Sugar	9g
Fat	21g	Protein	27g
Carbs	49g	Cholesterol	0mg
Fiber	7g	Sodium	69mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 03 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 04 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 05 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 4 days.

Pumpkin Mac n' Cheese

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	313	Sugar	5g
Fat	3g	Protein	13g
Carbs	58g	Cholesterol	0mg
Fiber	8g	Sodium	102mg

DIRECTIONS

- 01 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 02 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 03 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 04 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days.

SPICE LOVER

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

MORE PROTEIN

Add cooked diced chicken, chickpeas or lentils.

MORE VEGETABLES

Add wilted spinach, kale and/or sauteed mushrooms.

Baked Italian Veggie Balls

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Zucchini (medium, chopped)
1 Red Bell Pepper (chopped)
1/2 Eggplant (chopped)
1 tsp Sea Salt
1/2 cup Almond Flour
1 cup White Navy Beans (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	207	Sugar	6g
Fat	11g	Protein	8g
Carbs	22g	Cholesterol	0mg
Fiber	9g	Sodium	597mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Heat the olive oil in a large skillet over medium heat. Add the zucchini, red pepper, and eggplant. Saute for about 10 minutes or until soft.
- 03 Transfer the veggies to a food processor along with the salt, almond flour and white beans. Pulse until mostly smooth, with a few veggie chunks.
- 04 Roll into 2-inch sized balls and place on the parchment-lined baking sheet. Bake the veggie balls for 30 minutes then carefully flip. Bake for another 20 to 30 minutes, or until firm.
- 05 Remove from the oven and enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 4 days, or freeze for longer.

Buffalo Cauliflower Wings

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 cup Oat Flour
1 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
2 tsps Garlic Powder
1 cup Bread Crumbs
1 head Cauliflower (chopped into florets)
1/2 cup Hot Sauce (vinegar-based)
2 1/2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	370	Sugar	12g
Fat	11g	Protein	12g
Carbs	56g	Cholesterol	0mg
Fiber	8g	Sodium	1239mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C). Line a baking sheet with foil and grease with half the coconut oil.
- 02 In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
- 03 Place the breadcrumbs in a separate bowl.
- 04 Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20 to 25 minutes until crispy and slightly golden.
- 05 Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwave-safe bowl and microwave for 20 seconds or until coconut oil has melted.
- 06 Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

NOTES

SERVE THEM WITH

Our Vegan Ranch Dressing, Creamy Rainbow Coleslaw, Vegan Cornbread or Mac n' 'Cheese' recipe, celery sticks, carrots, blue cheese and/or fries.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

Peanut Tempeh with Purple Cabbage Slaw

2 SERVINGS 30 MINUTES



INGREDIENTS

3 tbsps Sesame Oil (divided)
2 tbsps Tamari
2 tbsps All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
8 1/16 ozs Tempeh (diced into cubes)
4 cups Purple Cabbage (thinly sliced)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	617	Sugar	21g
Fat	41g	Protein	31g
Carbs	42g	Cholesterol	0mg
Fiber	5g	Sodium	1070mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
- 03 Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
- 04 While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
- 05 Divide slaw between bowls and top with the tempeh. Enjoy!

NOTES

LEFTOVERS

Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

SAVE TIME

Use bagged coleslaw mix instead of purple cabbage.

NO TEMPEH

Use chicken or shrimp.

NO PEANUT BUTTER

Use almond butter, tahini or sunflower seed butter instead.

Avocado Chickpea Hummus

8 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado (medium, peeled and pit removed)
1 cup Chickpeas (cooked, from the can)
1 Garlic (clove)
1 tsp Dijon Mustard
1/4 tsp Sea Salt
3 tbsps Lemon Juice
2 tbsps Water
1/4 cup Extra Virgin Olive Oil
12 1/3 ozs Seed Crackers

NUTRITION

AMOUNT PER SERVING

Calories	331	Sugar	2g
Fat	18g	Protein	8g
Carbs	36g	Cholesterol	0mg
Fiber	10g	Sodium	341mg

DIRECTIONS

- 01 Add the avocado to your food processor along with the chickpeas, garlic, Dijon mustard, sea salt, lemon juice and water.
- 02 Turn food processor on and blend until avocado and chickpeas mostly smooth. Scrape down the side of the bowl as needed.
- 03 When the hummus is mostly smooth, slowly stream in olive oil. Let the food processor blend for about a minute until very creamy. Season with additional salt or lemon juice if needed.
- 04 Store in the fridge until ready to eat. Serve with crackers and enjoy!

NOTES

LEFTOVERS

Keeps well in an airtight container in the fridge for up to two days.

TOO THICK

If the consistency of the hummus is too thick, thin with 1 tablespoon of water at a time until desired consistency is reached.

NO CRACKERS

Serve with veggie sticks or chips instead.

SERVING SIZE

One serving is equal to approximately 3 tbsps of hummus.

Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tps Extra Virgin Olive Oil
1/2 Red Bell Pepper (thinly sliced)
1/2 Zucchini (medium, sliced)
1/2 cup Hummus
2 Whole Wheat Pita

NUTRITION

AMOUNT PER SERVING

Calories	359	Sugar	5g
Fat	16g	Protein	12g
Carbs	48g	Cholesterol	0mg
Fiber	8g	Sodium	537mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 03 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 04 Let cool slightly and slice. Enjoy!

NOTES

NO OLIVE OIL

Use coconut oil, avocado oil, ghee or butter instead.

NO WHOLE WHEAT PITA

Use tortillas or flatbread instead.

PREP AHEAD

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Pressure Cooker Pulled Jackfruit

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Canned Jackfruit (young, drained and rinsed)
3 Garlic (cloves, minced)
1/2 Yellow Onion (chopped)
1 tbsp Smoked Paprika
1 tsp Cumin
1/4 cup Lime Juice
3 tbsps Tamari
1 tbsp Tomato Paste
1/3 cup Organic Vegetable Broth
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	209	Sugar	5g
Fat	1g	Protein	3g
Carbs	52g	Cholesterol	0mg
Fiber	3g	Sodium	834mg

DIRECTIONS

- 01 Use your fingers to pull the pieces of the jackfruit apart so that it is all shredded.
- 02 Add the shredded jackfruit and all remaining ingredients into your pressure cooker. Secure the lid, and cook on high pressure for 3 minutes.
- 03 Let the pressure release naturally for 10 minutes, and then do a quick release. Transfer to a bowl and enjoy!

NOTES

CRISPIER TEXTURE

Remove from the pressure cooker and layer on a cookie sheet lined with parchment paper. Broil for 10 minutes.

MORE SPICE

Toss the jackfruit with chili flakes or hot sauce.

NO SMOKED PAPRIKA

Use regular paprika or chili powder instead.

NO PRESSURE COOKER

Cook on the stovetop instead over medium heat in a large stockpot for 15 to 20 minutes.

LEFTOVERS

Refrigerate in an airtight container for 3 to 4 days.

SERVE IT AS

A taco filling or as a side dish.

Vegan Pesto Pizza

8 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

2 1/2 cups All Purpose Gluten-Free Flour
1/4 cup Ground Flax Seed
1 1/2 tsp Psyllium Husk Powder
1 tsp Baking Powder
1 tsp Sea Salt
1/2 tsp Instant Yeast
1 1/2 cups Water (warm)
1/2 cup Extra Virgin Olive Oil (plus extra for greasing)
1/2 cup Pesto
2 Tomato (small, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Sugar	1g
Fat	21g	Protein	5g
Carbs	44g	Cholesterol	0mg
Fiber	9g	Sodium	464mg

DIRECTIONS

- 01 In a mixing bowl, combine the flour, flax, psyllium husk, baking powder, salt and yeast.
- 02 Add the warm water and oil. Mix with a fork then knead with your hands and form a ball. The dough should be a bit sticky but able to hold shape. If the dough is too wet, add more psyllium husk. If it is too dry, add water. Cover with a damp towel and let sit at room temperature for 60 minutes.
- 03 Adjust the oven racks to the top and preheat to 500°F (260°C). Place a pizza stone or baking sheet in the oven.
- 04 Grease your fingers with a bit of oil. Transfer the dough to a sheet of aluminum foil, and gently press into a thin round layer, roughly 1/4 inch thick. Transfer onto the preheated stone or baking sheet and bake for 8 to 10 minutes.
- 05 Spread the pesto evenly over the pizza and top with tomato slices. Bake for an additional 7 to 9 minutes. Let cool slightly and enjoy!

NOTES

PIZZA SIZE

For a pizza that makes eight servings spread the dough about 15 inches in diameter, 1/4 to 1/2-inch thick.

LEFTOVERS

Refrigerate in an airtight container or storage bag for up to seven days. Freeze up to three months. Reheat in the oven.

SERVING SIZE

One serving equals one slice of pizza.

ADDITIONAL TOPPINGS

Customize your pizza with your favourite toppings like pepperoni, onions, mushrooms and/or green peppers.

PERSONAL PIZZAS

Divide the dough into your desired number of pizzas and customize your toppings. Reduce the cooking time accordingly until the crust has browned slightly.

FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

NO ALUMINIUM FOIL

Reduce the heat to 425°F and cook the pizza on parchment paper instead. Increase the cooking time accordingly until the crust has browned slightly.

Shirataki Noodles with Tofu

2 SERVINGS 40 MINUTES



INGREDIENTS

1 1/16 lbs Tofu (extra firm, drained)
1 tbsp Avocado Oil
3 tbsps Tamari
2 tps Arrowroot Powder
1/4 tsp Chili Flakes (optional)
8 1/16 ozs Shiratake Noodles
1/2 cup Organic Coconut Milk (full fat, from a can)
1 tsp Ginger (minced)
1 tbsp Lime Juice
1/8 tsp Sea Salt
2 tbsps Sesame Seeds (optional)
1/4 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	436	Sugar	3g
Fat	34g	Protein	28g
Carbs	12g	Cholesterol	0mg
Fiber	4g	Sodium	1682mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, tamari, arrowroot powder and chili flakes, if using. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 02 Drain and rinse the shiratake noodles. Add the noodles to a medium-sized pan along with the coconut milk, ginger and lime juice. Cook over medium-low heat for 8 to 10 minutes.
- 03 Divide the noodles between bowls. Top with tofu and sea salt. If using, top with sesame seeds and cilantro. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add additional vegetables, such as shredded carrot, zucchini, mushrooms or spinach.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

NO ARROWROOT POWDER

Use cornstarch instead.

NO SHIRATAKE NOODLES

Use a spiralized vegetable like zucchini and sweet potato, or use a different noodle like rice noodles or soba noodles.

Creamy Sun Dried Tomato Pasta

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	274	Sugar	8g
Fat	8g	Protein	17g
Carbs	41g	Cholesterol	0mg
Fiber	11g	Sodium	431mg

DIRECTIONS

- 01 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 02 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 03 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 04 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

NUT-FREE

Use coconut milk, hemp seed milk or oat milk instead of almond milk.

MORE FLAVOR

Use reserved water from cooking the pasta to thin the sauce instead.

Miso Baked Tofu & Rice

3 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Miso Paste
2 tbsps Tamari
1 1/2 tbsps Maple Syrup
1 1/16 lbs Tofu (extra firm, drained and cubed)
1 cup Brown Rice
1 3/4 cups Water
1/4 tsp Sea Salt
1/4 cup Cilantro (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	413	Sugar	9g
Fat	11g	Protein	23g
Carbs	59g	Cholesterol	0mg
Fiber	5g	Sodium	1434mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 03 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 04 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 05 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MISO PASTE

This recipe was developed and tested using white miso.

NO BROWN RICE

Use jasmine rice, white rice or cauliflower rice instead.

MORE FLAVOR

Add a drizzle of sesame oil or chili flakes for some heat.

ADDITIONAL TOPPINGS

Add your favorite vegetables.

Tempeh Buddha Bowl

3 SERVINGS 30 MINUTES



INGREDIENTS

9 ozs Tempeh (sliced into strips)
2 tbsps Tamari
1/4 tsp Paprika
1 tbsps Avocado Oil
4 cups Cauliflower Rice
3 tbsps Tahini
1 tbsps Maple Syrup
2 tbsps Lemon Juice
3 tbsps Water
1/8 tsp Sea Salt
6 cups Arugula
1 Avocado (sliced)
3 tbsps Sunflower Seeds

NUTRITION

AMOUNT PER SERVING

Calories	512	Sugar	9g
Fat	36g	Protein	28g
Carbs	30g	Cholesterol	0mg
Fiber	10g	Sodium	838mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 02 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 03 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 04 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

MORE FLAVOR

Add chili flakes to the cauliflower rice.

ADDITIONAL TOPPINGS

Add cooked sweet potato or other veggies if desired.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

Sautéed Spinach with Toasted Pecans

4 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
6 cups Baby Spinach
1/2 cup Nutritional Yeast
1/2 cup Pecans
1 tsp Sea Salt
1 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	196	Sugar	1g
Fat	12g	Protein	13g
Carbs	10g	Cholesterol	0mg
Fiber	6g	Sodium	676mg

DIRECTIONS

- 01 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 02 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pecans.

MORE FLAVOR

Add minced garlic or garlic powder.

ADDITIONAL TOPPINGS

Top with hemp seeds or flaxseeds.

NO SPINACH

Use arugula, Swiss chard, or collard greens instead.

NO NUTRITIONAL YEAST

Use parmesan cheese or a dairy-free cheese.