

LUNCH & DINNER IDEAS



Week #1 Lunch/Dinner ideas:

Grain Free Vegan Pizza

Ingredients:

Crust:

1 1/4 cups almond flour
3/4 cup arrowroot
1 tsp. baking powder
1 tsp salt
1 tsp dried oregano
1/2 tsp garlic granules
1/4 tsp crushed red pepper flakes
1/4 tsp black pepper, ground
2 Tbsp of chia seeds soaked in 2/3 cup water & let sit for 15 mins
1/4 cup coconut or almond milk

Directions:

Preheat oven to 425 F. Grease round pizza pan or baking stone or use parchment paper. Combine wet ingredients (chia seeds & milk) mix all dry ingredients together in separate bowl. Add dry and wet ingredients together and mix the batter, It will be a bit runny and this is normal. Spread onto pizza pan and bake for 10-15 mins depending on how crispy you like your pizza crust. Top pizza with sauce and toppings of your choice and return to oven and bake for 3-4 mins until cheese is melted.

Toppings of your choice - below is what I like

Miyokos vegan Mozz (you can find at whole foods)

Follow your heart vegan mozzarella shreds. Saute mushrooms with fresh crushed garlic and sliced red onion. Once the pizza is done, top with greens (fresh spinach leaves or fresh basil leaves, drizzle EVOO and sliced avocado)

Stuffed Sweet Potato

Ingredients:

1-4 Baked sweet potatoes
Bunch of Lacinato kale or curly kale
Chopped red or green cabbage (or both)
Vegan pesto (recipe in sauces section)
Tahini sauce

Fresh squeezed lemon juice
1 tbsp EVOO
Dash of cinnamon
1 tbsp vegan butter (earth balance)

Directions:

Cut up kale and cabbage, mix w/evoo and lemon juice, set aside.
Slice open sweet potato and add vegan butter and cinnamon.
Top with cabbage mixture, vegan pesto, drizzle tahini sauce and enjoy
You can also add leftover cooked lentils (get creative with what you have on hand)

Cold or Hot quinoa salad

Ingredients:

1.5 cups cooked Quinoa in veggie broth
1/2 red onion
2 cloves fresh garlic
1 bunch of green onion
1 zucchini cut up
1 can organic corn
1 box cherry tomatoes sliced
1 can garbanzos

Directions:

Sauté red onions, garlic, green onions & zucchini, add any spices you like, s&p
Mix all together & add sliced avocado, fresh lemons & mint to garnish

Spaghetti squash pad Thai

Ingredients:

1 baked spaghetti squash
Bunch of Broccoli
1 cup Peas
1/2 lemon, fresh squeezed
Handful of red cabbage
1/2 cup Yellow onion
2 cloves fresh garlic

Bunch of cilantro
Handful of raw cashews
1 tbsp Organic tamari GF soy sauce reduced sodium

Directions:

Cut spaghetti squash in rings & season w/himalayan sea salt, garlic powder, basil, oregano & a little avocado oil or coconut oil. Sauté onions, fresh garlic in avocado oil, add broccoli & rest of ingredients except cilantro. Mix together & add spaghetti squash & tamari soy sauce cook for a couple minutes then add fresh squeezed lemon juice & cilantro. Toss & serve

Garbanzo & eggplant stew

Ingredients:

I can Garbanzos
1 Eggplant chopped w/skins
1/2 onion chopped
4 cloves garlic crushed
2 stalks of celery chopped
Chopped tomatoes
I can tomato sauce
2 tbsp of avocado or coconut oil
2 cups veggie broth
Bunch of cilantro

Spices:

1 tbsp garlic
1 tbsp ginger
1 tbsp cumin
1 tbsp basil
1 tbsp turmeric
1 tbsp Himalayan sea salt, 1 tbsp curry powder

Directions:

Saute onions, garlic, celery in oil until translucent and then add all ingredients to pot & simmer cook for about 30 - 40 mins or you can use a crockpot and prepare the night before

Lentil tacos

Ingredients:

4 tbsp avocado oil or coconut oil
1 onion peeled & diced
3 garlic cloves, peeled & crushed
2 tsp ground cumin
2 tsp ground coriander
1 tsp mild chili powder
2 1/2 cup cooked green lentils (can use canned)
2/3 cup cooked kidney beans (can use canned)
1/2 tsp sea salt
4-6 organic corn taco shells
Cilantro for garnish

Directions:

Heat oil in pan & fry onion until soft. Add garlic & spices & cook for 1 minute. Stir in the lentils, kidney beans, salt & cook over medium heat for 5 minutes until beans are hot. Spoon mixture into tacos & top w/cilantro
You can add guacamole or just some sliced avocados, you can add some chopped fresh Spinach to add more greens.

Creamy Mushroom soup

Ingredients:

2 tbsp avocado oil or coconut oil
2 8oz cremini or baby bella mushrooms, sliced
3 garlic clove, peeled & crushed
1 celery stalk, chopped
1 tbsp low sodium tamari sauce
1 1/4 cups unsweetened almond milk or pea milk
1 cup veggie broth
Dash of your favorite spices (oregano, basil, turmeric)
1/2 tbsp chopped flat-leaf parsley

Directions:

Heat oil in pan, saute mushrooms, garlic, celery and spices until soft & cooked thru
Blend the tamari sauce, veggie broth, milk, & cooked veggies (leave a few cooked mushrooms aside to add to blended soup) until smooth & creamy.
Return soup to the pan & cook gently until steaming hot but not boiling.
Served topped w/parsley.

Hearty Salad:**Ingredients:**

Mixed greens
Arugula
Cilantro or fresh mint
Cooked quinoa
Red onions
Cherry tomatoes
Hearts of palm
Black olives

Directions:

Chop and add all ingredients in bowl and use one of my dressings or your favorite dressing.

Week #2 Recipes Lunch/Dinner ideas:**Hearty Bean Chili:****Ingredients:**

1 Tbsp avocado or coconut oil
1 cup chopped onions
¾ cup chopped carrots
3 cloves minced garlic
1 cup chopped green bell pepper
¾ cup chopped celery
1 ½ cups chopped fresh mushrooms
1 (28oz) can whole peeled tomatoes with liquid. Chopped
1 (15 oz) can kidney beans with liquid
1 (11oz) can corn, undrained

Ground cumin, chili powder, oregano and basil to taste

Directions:

Heat oil in a large skillet over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushroom, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. cover and simmer for about 20- 30 minutes stirring occasionally. Serve with a side salad or sliced avocado!

Creamy Vegan Cauliflower Soup w/Garlic & Rosemary

Ingredients:

6 cups veggie broth
1 large head of cauliflower, cut into florets
1 onion, chopped
4 large cloves of garlic, minced
1 Tbsp fresh rosemary (or dried), minced
1 Tsp sea salt
1 Tsp black pepper
½ bunch fresh parsley
1 Tbsp avocado or coconut oil

Directions:

Add water and cauliflower florets to a large Soup pot. Add onion, garlic, rosemary, sea salt, and black pepper. Simmer on medium high heat for about 15 minutes. The cauliflower should be soft. Carefully blend hot mixture in batches using a blender or an immersion blender. Taste for salt and add any other spices you like. Top with fresh parsley and a drizzle of EVOO. You can serve with a side salad or eat as is.

Fruit and Veggie Slaw:

Ingredients:

1 pound bag (16 oz) shredded cabbage slaw mix
½ cup raisins
1 cup shredded carrots
2 granny smith apples, thin slices
⅓ cup ACV

¼ cup monk fruit sweetener
¼ cup EVOO
¼ cup walnuts, toasted or nut of choice

Directions:

In a small bowl whisk together vinegar, sweetener and oil, set aside. In a large bowl mix together cabbage, carrots, apples and raisins. Pour mixture in small bowl over mixture in large bowl and top with walnuts, serve chilled.

Avocado Pesto Pasta:

Ingredients:

1 pound rice, millet or garbanzo bean pasta
2 avocados, pitted and peeled
2 Tbsp lemon juice
3 cloves of garlic
½ cup avocado oil
1 bunch fresh basil, reserve some for garnish
Pinch of salt
Pinch of pepper
1 cup halved cherry tomatoes or sliced sun-dried tomatoes (optional)
½ cup pine nuts(optional)

Directions:

Bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain and set aside. Make the pesto by combining the basil, pine nuts, avocados, lemon juice, garlic, and oil in a food processor. Process until smooth and season generously with salt and pepper. Toss pasta with pesto. For garnish you can add the halved cherry tomatoes, some pine nuts and fresh basil leaves.

Eggless Salad Sandwich:

Ingredients:

½ pound firm tofu, mashed about 1 cup or you can use mashed chickpeas
2 green onions, finely chopped

1 Tbsp Follow your heart vegenaïse or any dairy/egg free mayo
2 Tbsp pickled relish
1 tsp stoneground mustard
¼ teaspoon cumin
¼ teaspoon turmeric
¼ tsp garlic powder
Dave's killer bread or top onto Mary's gone crackers
Lettuce leaves
Tomato slices

Directions:

Combine the mashed tofu with the green onions, vegenaïse, pickle relish, mustard, cumin, turmeric, and garlic powder. Mix thoroughly and spread on bread slices and garnish with lettuce and tomato. If you have time refrigerate the eggless salad for an hour before making the sandwiches to allow for more flavor.

Kale and Black Bean Rice Bowl:

Ingredients:

2 avocado, peeled, diced
15 oz can black beans, drained and rinsed
1 cup fresh cilantro, coarsely chopped
1 clove garlic, mashed
1 bunch kale, stems removed and chopped (or sub spinach)
3 tbsp olive oil
Sliced cherry tomatoes (optional)
¼ tsp black pepper, freshly ground
1 cup cooked brown rice or quinoa (if you prefer)
½ tsp sea salt
2 tbsp apple cider vinegar (ACV)
Handful of pumpkin or sunflower seeds

Directions:

Place the kale in a large bowl and drizzle with 1 tablespoon of the oil, sprinkle with salt and pepper and massage with your

hands to soften the kale. Whisk remaining oil, vinegar and garlic in a bowl to combine. Mix together rice or quinoa, beans, kale, cilantro. Top with chopped avocado, sliced cherry tomatoes. Drizzle with remaining dressing and toasted pumpkin or sunflower seeds.

Tofu Tacos:

Ingredients:

½ onion chopped
2 garlic cloves crushed
1 Tbsp avocado oil
1/2 pound firm tofu, crumbled
1 container of baby bella mushroom sliced
1 Tbsp chili powder
1 Tbsp nutritional yeast (optional)
¼ tsp of cumin & dried oregano
1 Tbsp soy sauce
6 corn tortillas

Garnish:

Romaine lettuce, tomatoes, kalamata olives, red onion, avocado & vegan cheddar cheese

Directions:

Sauteed onion, garlic, in the avocado oil for 2 to 3 minutes, then add tofu, chili powder, baby bellas, nutritional yeast, cumin, oregano, and soy sauce. Cook for 3 minutes, and simmer over low heat until the mixture is fairly dry. Heat the tortillas in a heavy skillet turning each from side to side until soft and warm. Place a small amount of tofu mixture in the center of each tortilla fold in half and garnish with toppings. Serve with your favorite hot sauce or salsa.

Veggie Stir Fry:

Ingredients:

1 onion chopped
3 garlic cloves crushed
Few sprigs of fresh cilantro

Veggies - broccoli, peppers, carrots, mushrooms, snow peas
(whatever you have on hand cut up)
1 pound extra firm tofu cut in cubes
2 Tsp sesame seeds
1 Tbsp avocado oil or veggie broth
Seasonings such as: cumin, oregano, parsley, ginger
powder, chili powder
Tamari sauce (GF soy sauce)

Directions:

In a large skillet add the oil or veggie broth and add your chopped onion and garlic, saute. Add the hard veggies first and then add your tofu. Add all your seasonings. Toss and add a bit of tamari sauce to your liking and cook for 5 -10 minutes. Don't over cook veggies as you still want them colorful and al dente. Garnish with cilantro and eat as is or you can serve with a side of brown rice or quinoa.

Everything but the kitchen sink Jar Salad:

Ingredients:

Spring mix or any lettuce you like
Raw veggies of choice - cucumber, carrots, sprouts, scallions, jicama
Beans - garbanzos, black beans or red kidney beans
Artichoke hearts, corn, peas
Any grains or potatoes you may have leftover
Avocado
Sunflower or pumpkin seeds

Directions:

Chop all ingredients and stack in a quart size jar with a lid. Add dressing first (use one of the dressing recipes provided) or simply use V&O or mashed avocado with lemon juice, then add hardest veggies first and all else on top with lettuce being last and at the top of the jar. Spoon out into a bowl or dish and enjoy!

Week #3 Recipes Lunch/Dinner ideas:

White Bean Soup

Ingredients:

1 lb dried white beans, soaked overnight
2 tbsp avocado/coconut oil
2 large onions, finely chopped
2 stalks celery, finely chopped
2 large carrots, finely chopped
1 quart veggie broth
2 large ripe tomatoes, peeled and mashed or 1 tsp tomato paste
2 tsp dried oregano
1 tsp salt
1/8 tsp cayenne pepper

Directions:

Drain beans and cook them, covered, in a large pot of boiling water until tender, about 1 1/2 hours. Drain. heat oil in a soup pot over medium heat. Saute onions, celery and carrots for 3 to 5 minutes. Add veggie broth, the cooked beans, tomatoes, oregano, salt, cayenne pepper. Simmer until vegetables are tender, about 20 minutes.

Asian Tofu Lettuce Wraps

Ingredients:

1/2 cup fresh cilantro, chopped, plus more for garnish
2 cloves garlic, minced
1 head lettuce - bib or romaine lettuce
1 lime juiced
1/2 cup fresh mint, chopped, plus more for garnish
2 tbsp avocado oil
3 small scallions
1 tbsp shallot, minced
1 tbsp tamari sauce (reduced sodium)
14 oz extra firm organic tofu, package, drained and patted dry

Directions:

Preheat oven to 350. Crumble tofu and set aside. Place the oil, soy sauce, lime juice, shallot, and garlic in a large bowl and whisk to combine. Add the tofu and toss to coat. Transfer to a rimmed baking sheet and spread into

an even layer. Bake the tofu until it is warmed through about 20 to 25 minutes. Spoon the tofu into individual lettuce leaves and top with scallions, cashews, cilantro, and mint.

Sizzling Stir Fry

Ingredients:

1 tbsp oil
1 onion cut in thin crescents
¼ cup carrot, thinly sliced
¼ cup red bell pepper, sliced
½ cup red or green cabbage sliced
½ cup bok choy, sliced
A splash of toasted sesame oil
Sea salt to taste

Directions:

Coat a skillet with the oil and cook onion and carrot over medium heat until tender. Add cabbage, seasoned with salt, cover, and cook for 5 minutes. Add bok choy and bell pepper, cover, and cook 2 to 3 minutes. Seasoned with toasted sesame oil and salt to taste. Eat as is or top over brown rice or quinoa.

Chickpea Salad Sandwich

Ingredients:

1 can chickpeas, drained and rinsed (15oz)
2 stalks celery, finely chopped
3 green onions, thinly sliced
¼ cup finely chopped dill pickle
3 tbsp vegan mayo (veganaise or just mayo)
1 clove garlic, minced
1 ½ tsp yellow mustard
2 tsp minced fresh dill (opt)
1 ½ to 3 tsp fresh lemon juice, to taste
¼ tsp fine sea salt, or to taste
Dash of black pepper

Directions:

In a large bowl, mash chickpeas with a potato masher until flaked in texture. Stir in the celery, green onions, pickles, mayonnaise, and garlic until combined. Stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste. Serve with Dave's Killer Bread, on crackers, gluten free wraps, or on top of a leafy green. You can enjoy on its own too!

Lentil Stew

Directions:

1-2 tbsp avocado oil
1 tsp cumin powder
1 tsp oregano
2 cloves garlic
1 onion, diced
1 carrot, diced
2 celery stalks, diced
1 cup black, green, or brown lentils
1 bay leaf
4-5 cups veggie broth
½ tsp sea salt

Directions:

Heat oil in a soup pot. Add onion and saute 3 to 4 minutes. Add cumin and oregano, stirring for 30 seconds. Add carrots, celery, garlic and saute for another 3 minutes. Season with salt. Add lentils and veggie broth, plus bay leaf. Bring to a boil. Cover, lower to a simmer, and cook for 45 minutes, or until lentils are soft. Let cook for another 5 to 10 minutes. Remove bay leaf before serving.

Curried Millet

Ingredients:

1 cup dried roasted millet
½ cup cashews, crushed
3 tbsp pumpkin seeds
1 tsp curry powder
1 tsp ginger, grated
1 tsp sea salt
2 cups veggie broth

Directions:

Boil the veggie broth in a pot. Place remaining ingredients in the pot, bring to a boil, reduce heat to low, and simmer for 20 to 25 minutes or until all the liquid is absorbed. Fluff with fork and serve warm.

Eggplant Pizza Sliders**Ingredients:**

1 sliced eggplant (diagonal cuts)
1 cup Gardein beefless crumbles
1 cup marinara sauce
Several slices Miyoko's vegan mozz
1 cup FYH shredded mozzarella
Few sprigs fresh basil
1 garlic clove crushed
1 tbsp avocado oil
S&P to taste

Directions:

slice eggplant diagonally and season with salt and pepper, fresh garlic a little bit of oil and grill in a pan. Once done set aside. Heat up your favorite sauce and add gardein beefless crumbles, add any addtl. spices you like. Assemble the eggplant slices on a baking sheet with a little bit of the marinara and gardein sauce, add one slice miyoko's vegan mozz, add follow your heart shredded mozz cheese, and put in oven on broil for just a few minutes. Once you see the cheese melt and get bubbly take out and garnish with fresh basil leaves and enjoy.

Cauliflower Mac n'Cheez**Ingredients:**

1 small cauliflower, cut into florets
8 oz box of macaroni pasta (I use Banza chickpea)
2 quantities of cheez sauce (***see below recipe***)

Directions:

Preheat oven to 350 degrees F. Steam the cauliflower for 15 minutes. Cook the macaroni in a pot of boiling water according to the package instructions. Meanwhile, prepare the cheese sauce. Once everything is

ready, mix them together, then transfer to a baking dish and bake for 30 to 40 minutes until browned. Serve with a tossed salad!

Cheez sauce:

Ingredients:

1 cup veggie broth
1 cup cashew nuts
1 tbsp fresh lemon juice
2 green onions, chopped
2 tbsp nutritional yeast flakes
 $\frac{3}{4}$ tsp salt

Directions:

Blend all the ingredients together until smooth, then gently heat in a pan until thick and creamy.

Grilled Portobello Burger

Ingredients:

2-4 portobello mushrooms
2 cloves crushed garlic
2 tbsp avocado oil
 $\frac{1}{4}$ cup balsamic vinegar
 $\frac{1}{4}$ cup tamari sauce
S & P to taste
Bun of choice (or no bun)
Lettuce
Tomato
Vegan cheese slices
Vegan mayo
Sliced red onions
Sprouts

Directions:

Cut stems off mushrooms wash and pat dry. Rub mushrooms with oil, crushed garlic, tamari and vinegar. Let sit in fridge for a few minutes if time permits. Grill mushrooms (I use my George Foreman grill) or you can use grill pan on stovetop. Cook for 5-7 mins on each side. Garnish mushrooms with above ingredients and serve on bun or without. Serve with a side salad, sliced avocado or quinoa.