

*RECIPES*

# PLANTBASED NOT PERFECT



BY ELIZABETH COE

# WELCOME TO THE PLANTBASED, NOT PERFECT LIFESTYLE AND RECIPES EBOOK



HI,

THANK YOU SO MUCH FOR DOWNLOADING THIS EBOOK AND TAKING THE TIME TO SUPPORT MY DREAM - WHICH IS TO HELP YOU LIVE YOUR HEALTHIEST LIFE POSSIBLE. I WAS INSPIRED TO CREATE THIS EBOOK AFTER RECEIVING SO MANY MESSAGES FOR MEAL IDEAS AND INSPIRATION AROUND WHAT I EAT IN A DAY.

I AM NOT A CHEF AND I DON'T LIKE SPENDING A TON OF TIME IN THE KITCHEN SO THESE ARE "MEAL IDEAS" THAT I THROW TOGETHER WITH FEW INGREDIENTS, WHICH HAVE BECOME STAPLES IN MY HOUSEHOLD. MY WISH FOR THIS EBOOK IS TO INSPIRE, MOTIVATE AND HELP YOU WHETHER YOU ARE TRANSITIONING INTO A PLANTBASED DIET, OR ALREADY LIVING PLANTBASED AND JUST NEED SOME INSPIRATION. I KNOW FIRSTHAND HOW OVERWHELMING IT CAN SEEM WHEN FIRST REVAMPING YOUR LIFESTYLE SO I HOPE THESE IDEAS HELP YOU.

I BELIEVE IN EATING A WHOLE FOOD PLANTBASED DIET SO BASING THE BULK OF OUR MEALS (80%) ON WHOLE, NON PROCESSED FOODS TO GET THE NUTRIENTS, VITAMINS AND ENZYMES WE NEED EFFORTLESSLY. WE DON'T NEED TO OVERCOMPLICATE IT WITH POWDERS AND PILLS, JUST FEED OURSELVES WHOLE FOODS AND WE WILL THRIVE. I ALSO BELIEVE IN LEAVING 20% FOR BEING "NOT PERFECT" - WHATEVER THIS MEANS TO YOU, SO THIS CAN BECOMES A SUSTAINABLE WAY OF EATING FOR YOU, NOT A DIET.

THIS EBOOK ISN'T COMPLICATED BECAUSE EATING TRULY WHOLE FOOD PLANTBASED SHOULDN'T BE. NO NEED FOR TONS OF INGREDIENTS AND HOURS SPENT IN THE KITCHEN. THESE MEAL IDEAS ARE FOR THOSE LIVING IN THE MODERN WORLD WHO NEED DINNER QUICKLY AFTER WORK, MEAL IDEAS WHILE AT SCHOOL, AND EASY LUNCHES YOU CAN MAKE IN BULK FOR THE WEEK TO TAKE TO THE OFFICE.

TO ME, EATING #PLANTBASEDNOTPERFECT MEANS YOU DON'T ALWAYS HAVE TIME TO MAKE YOUR OWN HUMMUS AND NUT MILKS FROM SCRATCH AND THAT'S OK. WE ARE STRIVING TO BE OUR HEALTHIEST SELVES, BUT WE ALSO WANT TO LIVE LIFE TO THE FULLEST IN THE REAL WORLD. I HOPE THIS EBOOK HELPS YOU DO JUST THAT.

*Elizabeth xoxo*



# THE LEAN GREEN SMOOTHIE



## THE PILLAR OF THE PBNP LIFESTYLE

WE STRIVE TO HAVE THE LGS DAILY, AFTER YOUR MORNING COFFEE, MATCHA OR TEA.

3 HANDFULS ORGANIC SPINACH + 1 FRESH BANANA, ½ PEAR OR APPLE, ½ CUP FROZEN BERRIES OR 1/4C FROZEN MANGO + 1/4 LEMON SQUEEZED AND 1TBSP CHIA SEEDS OR FLAXSEEDS.

YOU CAN ADD 1 DATE IF YOU WANT IT SWEETER. COVER ALL INGREDIENTS WITH FILTERED WATER, BLEND. MAKES AROUND 30 OZ.

THE LGS IS NOT A MEAL REPLACEMENT, IT IS NUTRITIONAL INSURANCE TO BOOST YOUR VITAMINS, MINERALS, ENZYMES AND FIBER KEEPING YOU FULLER LONGER AND SETTING UP YOUR DAY FOR SUCCESS, AS WELL AS HELPING YOU GET YOUR GREENS IN.

IDEALLY WE DRINK THE LGS BEFORE EATING OUR DENSER BREAKFAST BUT FIT IT IN WHEN YOU CAN.



## RECIPES

# BREAKFAST

ALL BREAKFASTS MAKE 1-2 SERVINGS



## EASY OATS / OVERNIGHT OATS

1/2C GF OATS + 1C BOILING WATER, LET SIT IN A BOWL OR PAN UNTIL THICKENED. ADD 1/4C PLANT MILK AND HEAT UP. ADD 1/4C BERRIES AND ANY TOPPINGS YOU LIKE: NUTS, HEMP SEEDS, DRIZZLE OF NUT BUTTER, ETC.

*LET SIT OVERNIGHT TO ENJOY COLD THE NEXT DAY*



## AVOCADO TOAST

SMASH ONE WHOLE AVOCADO ON TWO PIECES OF BREAD, SEASON WITH A SQUEEZE OF LEMON, SALT & PEPPER, PAPRIKA.

*BREADS I LIKE: SOURDOUGH AS IT IS EASIER TO DIGEST, EZEKIEL SPROUTED BREAD OR RICE BREAD & DELAND BAKERY MILLET BREAD*



## CHIA PUDDING

MIX 1.5C PLANT MILK + 1/2C CHIA SEEDS + 1-2 TBSP PURE MAPLE SYRUP, STIR AND LET SIT OVERNIGHT. ADD FRUIT OF CHOICE IN THE AM.

*MY FAVORITE PLANTBASED MILK IS 2 INGREDIENT ELMHURST OR THE ORGANIC SOY MILK FROM TRADER JOE'S WHICH IS HIGH IN PROTEIN*



## DIY ACAI BOWL

BLEND 1 FROZEN AÇAÍ PACKET + 1 FROZEN BANANA + 3/4C FROZEN BERRIES + 3/4C WATER. ADD SMALL DASHES OF THE WATER AS YOU GO UNTIL THE BLENDER CATCHES AND IT IS A THICKER CONSISTENCY.

TOP WITH FRUIT OF CHOICE, CACAO NIBS, WALNUTS, GLUTEN FREE OATS, UNSWEETENED COCONUT FLAKES OR A LOW ADDED SUGAR GRANOLA OF CHOICE.

*PREFERRED ACAI: TRADER JOE'S. ALWAYS CHOOSE UNSWEETENED*



## RECIPES

# BREAKFAST



### RAWNOLA

1/2C COCONUT FLAKES + 1/2C DATES + 1/2C GF OATS, 1 TBSP MAPLE SYRUP. PULSE IN A FOOD PROCESSOR UNTIL CHUNKY. ADD OVER ACAI OR PAIR WITH FRUIT AND PB MILK LIKE A CEREAL. YOU CAN ALSO JUST SNACK ON IT PLAIN.

*STORE OVERNIGHT IN AN AIRTIGHT CONTAINER*

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### NO OIL GRANOLA

3C GF OATS + 1/4C COCONUT FLAKES + 1/2C MAPLE SYRUP + 1C WALNUTS CHOPPED + 2TBSP CHIA SEEDS & SEA SALT TO TASTE. MIX ALL IN A LARGE BOWL, SPREAD ON PARCHMENT PAPER, THEN BAKE FOR 15 - 20 MINUTES AT 345.

*PARCHMENT PAPER HELPS CRISP WHEN THERE IS NO OIL*

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### TOFU SCRAMBLE

HEAT 1 TBSP EXTRA VIRGIN OLIVE OIL IN A PAN OVER MEDIUM HEAT. ADD TOFU BLOCK AND BREAK IT UP WITH A FORK UNTIL IT IS CRUMBLED RESEMBLING SCRAMBLED EGGS.

ADD 1/2 TSP GARLIC POWDER + 1 TSP TURMERIC + 1 TBSP NUTRITIONAL YEAST, SALT & PEPPER TO TASTE AND SAUTE TOFU UNTIL HEATED (5 - 10 MINUTES). MOVE TOFU TO A BOWL.

ADD HANDFULS OF SPINACH TO THE SAME PAN AND WILT OVER HEAT. DUMP THE TOFU BACK INTO THE PAN TO MIX WITH THE SPINACH, REMOVE FROM HEAT.

*ADD TOFU SCRAMBLE TO TACOS, ROLL IN A BURRITO OR PAIR WITH THE SAVORY BREAKFAST*

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### SAVORY BREAKFAST

SAUTÉ 2-3 DICED POTATOES WITH 1/2 ONION AND LIGHT EV OLIVE OIL UNTIL BROWNEED, TOP OVER 1/2C COOKED BLACK BEANS + 1/2 AVOCADO. SEASON WITH SALT AND PEPPER.



*PLANNING*

# BREAKFAST

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## RECIPES

# LUNCH

ALL LUNCHES MAKE 1-2 SERVINGS OR ARE CUSTOMIZABLE



## TACO CHICKPEA WRAPS

WARM UP 1 CAN OF CHICKPEAS WITH 1/4 OF A TACO SEASONING PACKET IN A PAN. PAIR WITH LETTUCE + TOMATO IN A GLUTEN FREE WRAP OR LETTUCE CUPS. DRIZZLE DRESSING OVER.

*DRESSING: BLEND 1/2C CASHEWS + 1/2 LEMON + 1 GARLIC CLOVE + WATER*

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## KALE CAESAR SALAD

1/2 BAG OF KALE + 1 TBSP HEMP SEEDS + 1/2 AVOCADO + "CAESAR" DRESSING + 1/2C TOASTED CHICKPEAS.

*DRESSING: 1/4C PLAIN HUMMUS + 1 TSP SPICY MUSTARD + 1/2 TSP LEMON ZEST + 2-3 TBSP LEMON JUICE + 2 TSP CAPERS (SMASHED, PLUS 3 TSP BRINE) + 3 TBSP MINCED GARLIC (4-5 CLOVES) + SALT & PEPPER*

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## RICE PAPER WRAPS

QUICKLY WET RICE PAPER SHEETS ON A PLATE ON BOTH SIDES, TRANSFER TO A CUTTING BOARD & ADD VEGGIES INSIDE (CARROTS, CUCUMBER, MANGO, AVOCADO + GREENS). ROLL UP LIKE A BURRITO. I TYPICALLY EAT 6 FOR A MEAL.

*MIX PEANUT BUTTER WITH COCONUT AMINOS & LIME JUICE FOR A DIP OR BUY A PREMADE PEANUT SAUCE. YOU CAN FIND RICE PAPER WRAPS AT ASIAN MARKETS, FRESH MARKET OR ON AMAZON*

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## COLD QUINOA SALAD

MAKE 1/2C QUINOA WITH 1C WATER OR VEG BROTH PER PACKAGE, LET COOL OVERNIGHT. MIX IN TOMATOES, CUCUMBERS, KALAMATA OLIVES, VEGAN FETA CHEESE, LEMON JUICE, LIGHT OLIVE OIL, SALT & PEPPER. PERFECT FOR WORK.

*VEGAN FETA: I LIKE TRADER JOES OR THE VIOLIFE BRAND BEST*



## RECIPES

# LUNCH



### VEGGIE SANDWICH

TOAST BREAD OF CHOICE, LAYER VEGGIES OF CHOICE (I LIKE SPROUTS, CUCUMBER, AVOCADO, TOMATO, PICKLES & GREENS) + VEGAN MAYO & MUSTARD.

*ADD SMOKEY TEMPEH FOR ADDED PROTEIN*

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### NO TUNA SALAD

MASH 1 CAN DRAINED CHICKPEAS WITH FORK AND ADD 1 TBSP VEGAN MAYO + 1TSP CAPERS AND 1/2TSP CAPER JUICE, ADD CHOPPED CELERY TO TASTE + ONION & TOMATOES. EAT ON LETTUCE CUPS, OVER A SALAD, IN A SANDWICH, AS A DIP.

*SUB VEGAN MAYO WITH AN AVOCADO FOR CREAMINESS*

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### MANGO SALSA LETTUCE CUPS

PREMADE MANGO SALSA + CUCUMBERS + AVOCADO + SEA SALT. SPOON MIXTURE ON LETTUCE CUPS AND EAT UNTIL FULL.

*DIY MANGO SALSA: 1 MANGO, LIME JUICE, CILANTRO, CHOPPED RED & GREEN PEPPERS.*

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### LUNCH MIX & MATCH

I LIKE EATING COLD LUNCHES SO MANY TIMES I WILL MAKE SOME OF THE BREAKFAST ITEMS FOR MY LUNCH LIKE THE ACAI BOWL OR OVERNIGHT OATS. IF I AM WANTING SOMETHING HEARTIER THE TOFU SCRAMBLE OR AVO TOAST IS A GREAT FILLING LUNCH.







## RECIPES

# DINNER

ALL DINNERS MAKE 4 - 6 SERVINGS



## BRUSSEL CAESAR SALAD

SLICE 1 BAG OF BRUSSELS (OR 2 BAGS OF SHAVED BRUSSELS) AND SAUTÉ IN EVOO UNTIL BROWNEED, MIX WITH DRESSING. CAN EAT WARM OR COLD.

DRESSING: 1/4C PLAIN HUMMUS + 1 TSP SPICY MUSTARD + 1/2 TSP LEMON ZEST + 2-3 TBSP LEMON JUICE + 2 TSP CAPERS (SMASHED, PLUS 3 TSP BRINE) + 3 TBSP MINCED GARLIC (4-5 CLOVES) + SALT & PEPPER.

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## PASTA NIGHT

ONE BOX OF GLUTEN FREE PASTA + JAR OF MARINARA SAUCE + ALWAYS ADD A TON OF SPINACH TO UP THE NUTRIENTS. HEAT UP SAUCE IN SEPARATE PAN, ADD SPINACH TO IT - THEN MIX WITH PASTA. TOP WITH NUTRITIONAL YEAST FOR PROTEIN.

*I LOVE JOVIAL BROWN RICE PASTA & RAO'S SAUCE*

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## NO OIL "FRIES" + EPIC SALAD

CHOP 5 POTATOES INTO WEDGES OR SKINNY FRIES, PLACE THEM IN A BOWL WITH WATER AND ICE TO COVER FOR 20 MINS, DRAIN. SEASON FRIES WITH OREGANO, S&P, BAKE @400 ON PARCHMENT PAPER TO GET THEM EXTRA CRISPY WITHOUT OIL. PAIR WITH A HUGE SALAD.

*I LIKE A SIMPLE GREEN SALAD OR GREEK SALAD, YOU CAN ADD DRAINED CANNELINI BEANS TO UP THE PROTEIN.*

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## ADOBO MUSHROOM TACOS

MIX 3TBSP CHILI ADOBO SAUCE + 1 TSP MAPLE SYRUP + 1 TSP SALT + 1 TSP CUMIN. COAT MUSHROOMS & ONIONS WITH SAUCE. ROAST FOR 20 MINS AT 425. ADD TO TORTILLAS AND TOP WITH DRESSING, RED ONIONS & CILANTRO.

*DRESSING: 1 BUNCH CILANTRO + 1 TBSP VEGAN MAYO + 1 GARLIC CLOVE + 2/3 LEMON + SALT, BLEND.*

*CAN ADD BLACK BEANS OR VEGAN REFRIED BEANS TO UP PROTEIN.*



## RECIPES

# DINNER



### COCONUT CHICKPEA CURRY

- 2 TABLESPOONS OIL (I LIKE COCONUT OIL)
- 1 CHOPPED ONION
- 3 CLOVES MINCED MINCED
- 2 TBSP CURRY POWDER
- 1 CAN COCONUT MILK
- 2 CANS CHICKPEAS, RINSED & DRAINED
- 2 TBSP TAMARI
- 1 TBSP PURE COCONUT SUGAR
- 2 TBSP FRESH LIME JUICE
- 2 TBSP CHOPPED CILANTRO

HEAT OIL IN A LARGE PAN OVER MEDIUM HIGH HEAT. ADD IN YOUR ONIONS AND COOK UNTIL BROWNEED, THEN ADD GARLIC UNTIL BROWNEED.

ADD 1 TBSP CURRY POWDER + 1/4 CAN OF COCONUT MILK, COMBINING UNTIL MIXED.

ADD CHICKPEAS AND ANY ADDITIONAL VEGGIES YOU WOULD LIKE, TAMARI SAUCE AND THE REST OF THE CAN OF COCONUT MILK + 1 TBSP CURRY POWDER. BRING EVERYTHING TO A BOIL AND COOK FOR 5 MINUTES (OR UNTIL VEGGIES ARE COOKED THROUGH).

MIX IN THE THE COCONUT SUGAR AND LIME JUICE, SIMMER UNTIL READY TO SERVE OVER RICE, NOODLES OR ALONE.

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### EASY MISO RAMEN SOUP



TOSS VEGGIES OF CHOICE WITH TAMARI SAUCE AND BROIL FOR 8 MINS. WE LIKE 4 BOK CHOY & 1 BOX MUSHROOMS, BUT YOU CAN ADD TOFU, FROZEN CORN, ETC.

IN A MEDIUM SAUCEPAN, ADD 1 VEGGIE BOUILLION CUBE + 4 TBSP MISO PASTE + COVER WITH 4 CUPS WATER, HEAT.

COOK NOODLES OF CHOICE IN A SEPARATE SAUCEPAN, DRAIN AND RINSE. THIS HELPS TO REMOVE THE STARCH AND NOT TURN YOUR BROTH STARCHY.

BUILD YOUR BOWLS WITH THE NOODLES FIRST, VEGGIES AND THEN ADD BROTH ON TOP.



## RECIPES

# DINNER



### ZUCCHINI LASAGNA WITH RICOTTA

IN A FOOD PROCESSOR BLEND:  
3C CASHEWS RAW, UNSALTED (PRE SOAK FOR 1 HR)  
2 – 3 TBSP NUTRITIONAL YEAST  
1/2C FRESH BASIL  
SALT & PEPPER, OREGANO TO TASTE  
1 LEMON, SQUEEZED IN  
1 CUP WATER TO THIN OUT AS YOU GO UNTIL YOU GET TO YOUR DESIRED CONSISTENCY AND TASTE.

LAYER THE RICOTTA “CHEESE” ON TOP OF SLICED ZUCCHINI OR EGGPLANT. (YOU CAN ALSO ADD LASAGNA NOODLES IN)

ADD SPINACH TO EACH LAYER, THEN TOP WITH YOUR FAVORITE MARINARA SAUCE AND REPEAT UNTIL THE PAN IS FULL ENDING WITH SAUCE.

BAKE FOR 45MINS - ONE HOUR AT 375 OR UNTIL YOU CAN PIERCE THROUGH THE ZUCCHINI.

*SUB CASHEWS WITH MACADAMIA NUTS OR TOFU*

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### VEGAN MEATBALLS

16 OZ MUSHROOMS (WASHED AND CHOPPED IN HALF) + 1 TBSP OLIVE OIL. HEAT OVER MEDIUM HEAT. ONCE MUSHROOMS ARE BROWNED, ADD 1 CAN BLACK BEANS (DRAINED) AND WARM THEM UP TOGETHER.

ADD THE MUSHROOMS / BEAN MIXTURE TO THE FOOD PROCESSOR WITH 1/2C OF CHOPPED WALNUTS AND PULSE A FEW TIMES, LEAVING THE MIXTURE BLENDED TOGETHER BUT NOT A PUREE.

*IN A BOWL, ADD THE MIXTURE WITH SPICES:*

- 1/4 CUP GF BREADCRUMBS
- 1 TBSP ONIONS DRIED, OR ONION POWDER
- 1 TSP PAPRIKA + 1/2 TSP ALL SPICE + 1 TSP GARLIC POWDER
- 1 TSP OREGANO

ONCE COMBINED WELL, SCOOP OUT MEATBALLS USING 1 TBSP AND PLACE THEM ON A PARCHMENT-LINED BAKING SHEET. COOK AT 375 FOR 45 MINUTES OR UNTIL BROWNED. WARM UP MARINARA SAUCE AND POUR OVER THE MEATBALLS. SERVE OVER NOODLES OR WITH A SIDE OF VEG.



## RECIPES

# DINNER



### TOFU MOZZARELLA STICKS

- CUT 1 BLOCK OF FIRM TOFU INTO STRIPS OR CUBES
- DUNK EACH INTO PLANTBASED MYLK
- COVER EACH PIECE WITH GF ITALIAN BREADCRUMBS

BAKE ON PARCHMENT PAPER AT 375 UNTIL BROWNEED OR FRY IN LIGHT OLIVE OIL ON MEDIUM UNTIL CRISP. PAIR WITH A SIDE OF COOKED SPINACH. DIP IN MARINARA SAUCE!

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### CRISPY EGGPLANT STACKS

1 - 2 EGGPLANTS, CUT INTO ROUNDS

PREHEAT OVEN TO 375. DIP EGGPLANT SLICES INTO PLANTBASED MYLK ON BOTH SIDES, THEN DIP INTO GF BREADCRUMBS ON BOTH SIDES. PLACE ALL BREADED SLICES ON PARCHMENT LINED BAKING SHEETS, DRIZZLE WITH EVOO.

BAKE FOR 20 MINUTES ON BOTH SIDES, FLIPPING THEM HALFWAY. LET COOL. CREATE STACKS WITH THE EGGPLANT SLICES PUTTING MARINARA AND SPINACH IN BETWEEN EACH LAYER. TOP OFF WITH MARINARA SAUCE AND SOME NUTRITIONAL YEAST. PUT BACK INTO THE OVEN TO WARM.

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### EASY LENTIL SOUP

HEAT 2TBSP OLIVE OIL  
ADD 1 MEDIUM CHOPPED ONION AND SAUTÉ  
ADD 5 MINCED GARLIC CLOVES, SAUTE TILL BROWNEED

ADD 2 CUPS OF LENTILS (WASHED & DRAINED) + 4CUPS VEGGIE BROTH AND 2C FILTERED WATER. BRING TO A BOIL.

COVER, REDUCE HEAT TO LOW AND SIMMER FOR 30 MINUTES OR UNTIL LENTILS ARE OPENED AND CREAMY. ADD MORE BROTH FOR YOUR DESIRED CONSISTENCY.

ADD IN A BAG OF SPINACH OR KALE, SALT TO TASTE. BEST SERVED WITH LEMON WEDGES.



## RECIPES

# DINNER



### VEGAN PANTRY CHILI

DICE 1 YELLOW ONION, 3 – 4 CARROTS AND 3 STALKS OF CELERY, MINCE 2 CLOVES OF GARLIC.

ADD ONIONS AND GARLIC TO LARGE SOUP POT WITH 1TBSP OLIVE OIL TO SAUTÉ FIRST, ONCE BROWNEED ADD THE CARROTS AND CELERY IN.

ADD SPICES: 1 TSP PAPRIKA, 1 TBSP CHILI POWDER, 1 TSP CUMIN.

DUMP IN YOUR BEANS OF CHOICE, FROZEN CORN, ETC.

ADD 4C VEGGIE BROTH + 1 15 OZ CAN OF DICED TOMATOES + 1 6 OZ CAN OF TOMATO PASTE. BRING TO A BOIL AND LET SIMMER UNTIL EVERYTHING IS COOKED THROUGH. I LIKE TO ADD NUTRITIONAL YEAST IN MY CHILI.



### CHEESE-LESS MAC

1C CUBED BUTTERNUT SQUASH  
1 RUSSET POTATO AND 1/2 SWEET POTATO  
1 MEDIUM ONION, CHOPPED  
COVER WITH WATER AND BOIL UNTIL SOFTENED.

DRAIN & BLEND VEGGIES WITH:  
1/2C NUTRITIONAL YEAST  
1/2C SOAKED CASHEWS  
2 GARLIC CLOVES, DASH OF SEA SALT & 1C OF WATER OR PLANT MYLK THINNING OUT MIXTURE AS YOU GO. ADD OVER NOODLES OR DIP NO OIL POTATOES IN.



### GREEK TACOS

SAUTE 1 BOX OF MUSHROOMS IN LIGHT EVOO AND GREEK SEASONING UNTIL BROWNEED. DRAIN WATER FROM PAN.

CHOP UP VEGGIES, OLIVES & VEGAN FETA. WE USE LETTUCE, TOMATOES, AVOCADO & CUCUMBERS.

WARM UP TORTILLAS AND FILL WITH EVERYTHING, ENJOY!

*TJ ALMOND FLOUR TORTILLAS ARE A GREAT ALTERNATIVE TO SIETE*





## RECIPES

# SNACKS



### SIMPLE SNACKS

CELERY, CARROTS, CUCUMBERS, GRAPE TOMATOES WITH FRESH SALSA, HUMMUS OR GUAC

FRESH FRUIT WITH A HANDFUL OF RAW NUTS

APPLES SLICES DIPPED IN RAW NUT BUTTER

DRIED FRUIT (UNSULPHURED WITH NO ADDED SUGARS)

AVOCADO SPLIT IN HALF TOPPED WITH SEA SALT & PEPPER

#### BROWN RICE CAKES WITH:

- SMASHED AVOCADO, S & P
- PEANUT BUTTER, BANANA + A DRIZZLE OF HONEY
- PLANTBASED YOGURT WITH BERRIES
- VEGAN CREAM CHEESE, CUCUMBERS & HERBS

WARMED TORTILLA WITH PEANUT BUTTER & BANANA ROLLED UP

#### GRAB-N-GO OPTIONS:

LARA BARS (NO CHOCOLATE)  
SEAWEED SNACKS LIGHTLY SALTED  
SEED CRACKERS WITH VEGAN CHEESE  
DATE BITES\*  
NO BAKE ENERGY BITES\*

#### THICKKKK PROTEIN SMOOTHIE:

1 FROZEN BANANA  
1 SCOOP PB PROTEIN POWDER (I LIKE SPROUT LIVING)  
1/4C WILD BLUEBERRIES  
HANDFUL OF ICE  
1 DATE  
1 SPOONFUL OF NUT BUTTER  
1/4C FILTERED WATER

*NUT BUTTERS: LOOK FOR NO OILS AND NO SUGARS ADDED*

*HUMMUS: LOOK FOR VERY FEW INGREDIENTS YOU CAN PRONOUNCE. NO NEED FOR MULTIPLE SEED OILS AND ADDITIVES.*





# DESSERTS



## EASY DESSERTS

### DATE BITES:

MEDJOL DATES, SLICE IN HALF TO REMOVE THE PIT. STUFF WITH NUT BUTTER, CLOSE, SPRINKLE WITH SEA SALT AND FREEZE FOR AT LEAST 30 MINUTES.

### NICE CREAM:

BLEND 2 FROZEN BANANAS WITH 1/4C WATER, ADD IN MINT, CHOCOLATE CHIPS, ETC. TO PERSONALIZE THE FLAVOR. THE LESS WATER THE BETTER SO IT IS THICK & CREAMY LIKE ICE CREAM.

### NO BAKE ENERGY BALLS:

1.5C GF OATS + 1/2C PEANUT BUTTER + 1/3C PURE MAPLE SYRUP + 1/3C DAIRY FREE CHOCOLATE CHIPS OR CACAO NIBS. MIX, ROLL INTO BALLS AND PUT IN FRIDGE FOR AT LEAST 30 MINUTES.

### SIMPLE VEGAN BLUEBERRY MUFFINS:

1 CUP GF FLOUR  
2 VERY RIPE BANANAS  
3/4 CUP PLANT MILK (CASHEW)  
1 TSP BAKING POWDER  
1 TSP GROUND CINNAMON  
1 TSP PURE VANILLA EXTRACT  
1/4 TSP SEA SALT  
\* 1/2C FROZEN BLUEBERRIES

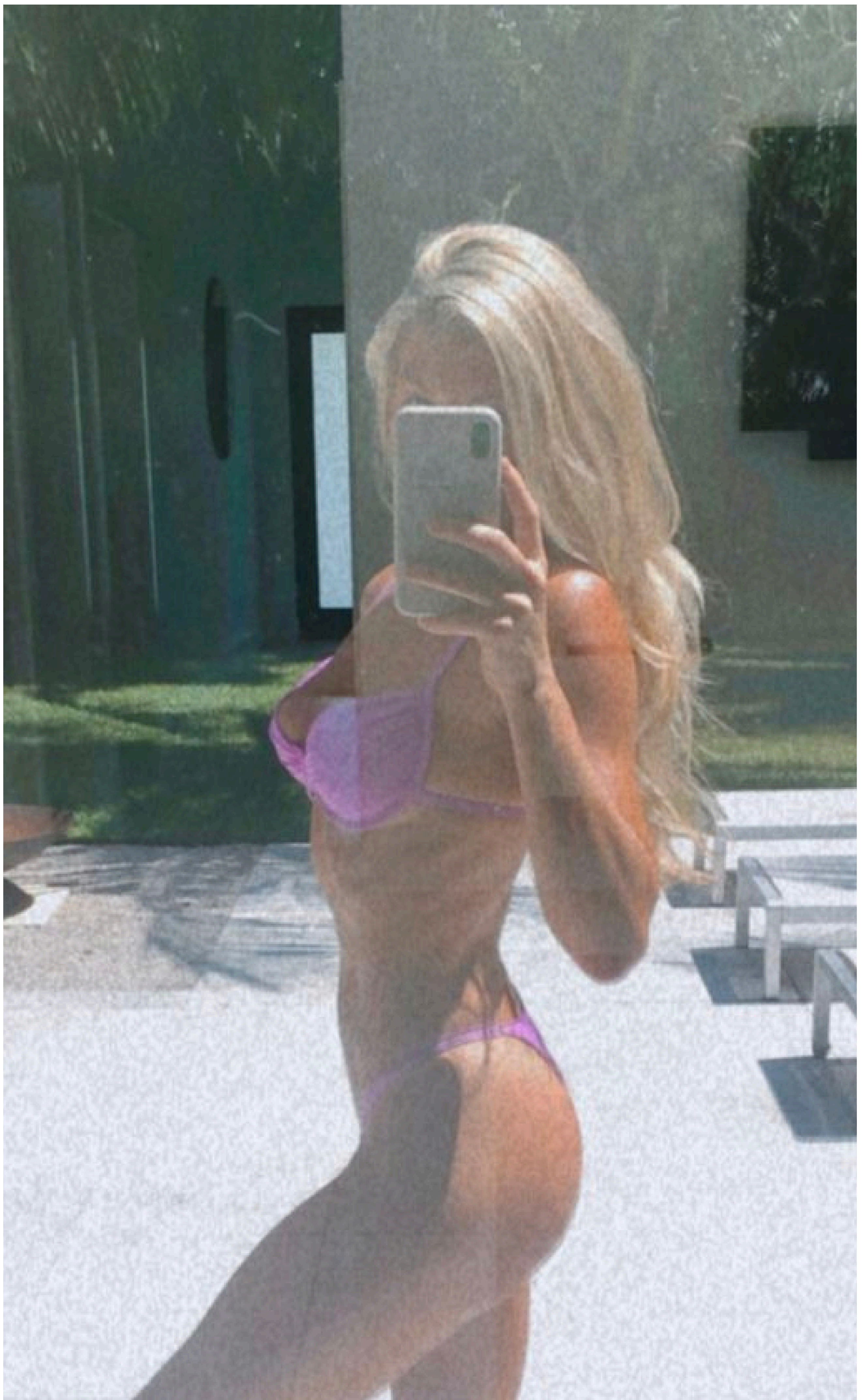
MASH BANANAS IN THE BOWL, ADD ALL OTHER INGREDIENTS IN AND STIR UNTIL COMBINED.

POUR INTO MUFFIN TIN AND BAKE AT 350 FOR 30 MINUTES (OR UNTIL YOU CAN PIERCE THE CENTER CLEANLY).

### NO BAKE SAMOA COOKIES:

IN A FOOD PROCESSOR COMBINE: 1C COCONUT FLAKES + 1C PITTED DATES UNTIL IT BECOMES A DOUGH. TAKE SPOONFULS, ROLL INTO A BALL THEN FLATTEN ON A PARCHMENT LINED TRAY. MAKE A CIRCLE IN THE CENTER, FREEZE FOR 10 MINUTES OR UNTIL HARDENED.

MELT 1/4C CHOCOLATE CHIPS + 1TBSP COCONUT OIL. DIP EACH OF THE BOTTOMS OF THE COOKIES INTO THE CHOCOLATE, THEN DRIZZLE THE REMAINING CHOCOLATE OVER THE TOPS. FREEZE AGAIN.



# DAY IN THE LIFE

*I EAT LIGHTER TO HEAVIER THROUGHOUT THE DAY WHICH MEANS FOODS THAT ARE EASIEST TO DIGEST (FRUIT) IN THE MORNING >> GREENS, VEGGIES AND LEGUMES FOR LUNCH >> FOODS THAT TAKE LONGER TO DIGEST (HIGHER CARB MEALS, PROCESSED FOODS, ANIMAL PROTEIN, HIGH OILS) AS MY LAST MEAL SO MY BODY CAN DIGEST THEM WHILE I SLEEP. I FIND THAT EATING THIS WAY KEEPS MY ENERGY UP ALL DAY, MY DIGESTION ON POINT AND KEEPS ME REGULAR.*

*I LOOSELY FOLLOW FASTING BY DESIGN, BUT IT DOESN'T NEED TO BE PUSHED PAST A 12HR WINDOW AND DOESN'T WORK FOR EVERY WOMAN ESPECIALLY AROUND OUR CYCLES SO DO WHAT FEELS GOOD FOR YOU. THERE IS NO ONE WAY FOR EVERYONE.*

8 AM

TIME RESTRICTED FASTING FROM 8PM - 8AM (12HOURS)

MAKE ORGANIC COFFEE WITH PLANT MILK FROTHED. DRINK ON THE WAY TO WORK WHILE LISTENING TO PODCASTS. SWITCH FOR MATCHA AROUND MY CYCLE.

10:30AM

SIP MY LEAN GREEN SMOOTHIE AT WORK. IF I AM STILL HUNGRY AFTERWARDS I WILL HAVE FRESH FRUIT OR A FULL BREAKFAST DEPENDING ON MY NEEDS.

12:30 / 1PM

I LIKE TO ENJOY LUNCH OUTSIDE IF POSSIBLE TO GET VITAMIN D WHILE EATING. IF I'M STILL HUNGRY AFTER LUNCH BECAUSE IT WAS LIGHTER, I'LL MAKE A THICKK SMOOTHIE TO BRING WITH ME BACK TO WORK.

3PM

IF I DON'T HAVE A SMOOTHIE, I WILL DO ONE OF MY SNACKS. IF MY LUNCH WAS VERY FILLING I LISTEN TO MY BODY AND DON'T SNACK. WE DON'T WANT TO BE EATING EVERY HOUR SO OUR DIGESTION GETS A BREAK.

7:30/8PM

BEFORE WORKING OUT I'LL PREP DINNER, THAN WAIT TO HAVE IT ONCE MY HUSBAND COMES HOME WHICH MEANS WE EAT AROUND 8PM.

IF I FIND MYSELF HUNGRY AFTER DINNER, I'LL HAVE DATE BITES, NICE CREAM OR FRUIT, BUT USUALLY MY MEAL IS SO FILLING I AM NOT HUNGRY.





## *TIPS FOR* DINING OUT

I DON'T EAT OUT OFTEN AS I PREFER EATING AT HOME AND BECAUSE YOU NEVER KNOW WHAT OILS OR BUTTERS THEY ARE USING TO COOK YOUR FOOD IN. HOWEVER, I DO STILL EAT OUT FOR EVENTS, WORK LUNCHES AND ON VACATION SO I WANTED TO SHARE SOME TIPS FOR EATING OUT THAT COULD BE HELPFUL.

**TIP //** WHEN EATING OUT, TRY TO START YOUR MEAL WITH RAW VEGGIES OR A SMALL SIDE SALAD TO ACT AS A DIGESTIVE ENZYME BEFORE YOU EAT YOUR ENTREE TO AID IN DIGESTION.

**ASIAN CUISINE:** THERE ARE SO MANY VEG OPTIONS AT ASIAN RESTAURANTS, THIS IS THE EASIEST PLACE TO FIND TOFU OR VEG-BASED MEALS LIKE VEG ROLLS, CURRIES, SOUPS AND RICE NOODLE DISHES YOU CAN TAILOR SEAMLESSLY. WATCH OUT FOR MISO SOUP (IT HAS FISH SAUCE) AND EGG NOODLE DISHES IF TRYING TO BE VEGAN.

**PIZZA PARTIES:** AT WORK THEY LOVE TO ORDER PIZZA, SO I WILL GET A VEGGIE PIZZA WITH NO CHEESE AND A SALAD TYPICALLY. MY NON NEGOTIABLE IS MEAT SO AS LONG AS THEY GET CHEESE PIZZA I AM USUALLY GOOD (20%) AND I MAKE SURE MY SALAD PORTION TAKES UP 80% OF MY PLATE.

**MEXICAN CUISINE:** ANOTHER CUISINE YOU DON'T HAVE TO MODIFY MUCH - YOU CAN ORDER VEGGIE BURRITOS, TACOS, QUESADILLAS, ETC. AND SKIP THE CHEESE (OR HAVE IT IF YOU'RE FEELING IT).

**GREEK:** MY FAVORITE CUISINE, I LOVE PITA WITH HUMMUS, GREEK SALADS AND FALAFEL, AND FIND IT EASY TO ORDER PLANTBASED, NOT PERFECT HERE (THE 20% USUALLY INVOLVES FETA CHEESE). YOU CAN ALSO ORDER VEGGIE GYROS AND LEMON POTATOES, AS WELL AS TONS OF VEGETABLE SIDES IF YOU ARE 100% PLANTS.



## *DRESSINGS*

# LOW - NO OIL

I LIMIT MY OIL INTAKE TO AVOID HIGH FATS AS THEY ARE VERY CALORICALLY DENSE, BUT HAVE CREATED SOME AMAZING DRESSINGS & DIPS USING NO TO LOW OIL IN THEM. YOU CAN USE THESE ON SALADS, FOR TACOS, TO DIP VEGGIES IN OR FOR THE NO OIL FRENCH FRIES. IF I AM USING OIL I PREFER EXTRA VIRGIN OLIVE OIL TO COOK OR COCONUT OIL WHEN BAKING.

**VEGAN RANCH DRESSING: MAKES 4 SERVINGS**

BLEND 1C CASHEWS + 1/2 LEMON SQUEEZED + 1 GARLIC CLOVE + 1/2C WATER

**VEGAN CAESAR DRESSING: MAKES 4 SERVINGS**

MIX 1/4C PLAIN HUMMUS + 1 TSP SPICY MUSTARD + 1/2 TSP LEMON ZEST, 2-3 TBSP LEMON JUICE + 2 TSP CAPERS (SMASHED, PLUS 3 TSP BRINE) + 3 TBSP MINCED GARLIC (4-5 CLOVES) + SEA SALT & PEPPER

**CREAMY CILANTRO DRESSING: MAKES 6 SERVINGS**

BLEND 1 BUNCH CILANTRO + 1 TBSP VEGAN MAYO + 1 GARLIC CLOVE + 2/3 LEMON + SALT

**NO OIL FRENCH FRY DIPS:**

GUAC DIP: MASHED AVOCADO, S & P, GARLIC, LIME JUICE TO TASTE

SAVORY DIP: EQUAL PARTS MAPLE SYRUP + SPICY MUSTARD

**"FRY" SAUCE:**

1/4C VEGAN MAYONNAISE (HAS OIL IN IT)

2 TBSP KETCHUP

1 TSP WHITE VINEGAR

1/2 TSP GROUND BLACK PEPPER

1/2 TSP SEASON SALT



*WEEKLY*

# MEAL PLAN

MONDAY

Blank area for Monday's meal plan.

TUESDAY

Blank area for Tuesday's meal plan.

WEDNESDAY

Blank area for Wednesday's meal plan.

THURSDAY

Blank area for Thursday's meal plan.

FRIDAY

Blank area for Friday's meal plan.

SATURDAY / SUNDAY

Blank area for Saturday and Sunday's meal plan.



# GET IN TOUCH WITH ME



REACH OUT TO ME ANY TIME FOR MORE INFORMATION, QUESTIONS OR FEEDBACK. I LOVE TO CONNECT.

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*Elizabeth xoxo*

