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Healthy Happy Vegan

For anyone seeking a balanced and healthy lifestyle: simple, enjoyable recipes and handy tips for a balanced, healthy lifestyle.

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Thank you!

DISCLAIMER

NOTE: Crash diets won't get you anywhere

If you try to create your own diet plan, you could be putting yourself in danger. By eating little to nothing, you force your body into survival mode. This is not good. Not only is it extremely unhealthy, but it also causes you to gain even more weight when you return to normal eating. You end up achieving the opposite of what you want. As soon as you start eating as little as possible, everything you do eat will be stored as fat. Later, when you begin to eat more again, you will gain weight twice as fast. Plus, those extra pounds will be much harder to lose. On top of that, a crash diet leaves you with no vitamins and no energy. It doesn't get any healthier than that. So, never do this!

To find the perfect eating pattern that helps you stay healthy and in good shape while also maintaining your energy levels, it's crucial to live a balanced life. Follow this plan as a guide for your new lifestyle. And don't forget, always listen to YOUR body. Learn to intuitively respond to your hunger cues and eat when you're actually hungry. For example, feel free to skip a snack if you're not hungry. Still feel peckish after dinner? Have a delicious bowl of vegan yogurt with fruit or enjoy a piece of dark chocolate.

- All the information in this plan is for educational and inspirational purposes only. Seek professional help if you have concerns or personal struggles that need to be addressed.



HOW IT WORKS

To lay a foundation for a healthy and balanced lifestyle, it is important to make health a new priority in your daily life. This ebook can help you start making healthy recipes.

This recipe book contains eight recipes that all follow my personal lifestyle. Based on my exercise and nutrition schedule, you can get ideas from this book for your own needs. Follow your intuition, which is very important. Intuitive eating forms an important basis for your new health.

Following your intuition is most important, and you will experience health effects more quickly. For example, are you not in the mood for a snack like the one listed? Then feel free to skip it! You may also have more hunger if you train a lot or have many activities in a day. You can adjust the portions to be smaller or larger if that feels right for you.

Get started in your kitchen and share your creations with me on Instagram by tagging me @iekebooi.

Happy cooking, and enjoy your meal in advance!





ABOUT IEKE AND THE EBOOK

Hey you!

THANK YOU, and especially for you: my Happy Healthy Vegan E-Book! And congratulations because you are now officially a member of my community! I can't wait to provide you with inspiration, motivation, and delicious and healthy recipes. Regularly, a newsletter with a different theme will appear in your email inbox, along with information about a healthy lifestyle. Whether you come from a good or less good relationship with food, I will help you get the most out of your life and gain a healthy perspective on food and a healthy lifestyle. You deserve to live your full potential, feel healthy, and balanced.

I have done my utmost to come up with the most beautiful recipes so that plant-based eating becomes even more fun, delicious, and easy. In this ebook, you will find eight recipes, all plant-based, good for your health and that of animals and the environment. Additionally, I explain the health benefits of plant-based food. See this as the ultimate chance to improve your health and have fun. Life is a party, so let's celebrate together!

I hope you are happy with it; enjoy your meal in advance!

Love, Ieke

WHAT IS PLANT-BASED EATING?

The foundation of a plant-based 'whole-food' diet mainly consists of vegetables, fruits, tubers (such as potatoes), grains, legumes, nuts, and seeds; and as little (or no) meat, fish, dairy, and eggs as possible.

Of course, you eat as many natural, pure products as possible and avoid processed products made with flour, refined sugars, and oils as much as possible.

In my opinion, the basis for good health is a plant-based diet. Eat a wide variety of vegetables and fruits daily, and supplement this with whole grains, potatoes, legumes, nuts, and seeds!



Below is an overview of the different food groups:

- Fruits: bananas, apples, tangerines, mangoes, berries, blackberries, etc.
- Vegetables: spinach, broccoli, cauliflower, kale, endive, carrots, lettuce, etc.
- Tubers and Starchy Vegetables: potatoes, sweet potatoes, pumpkin, corn, green peas, etc.
- Whole Grains: oatmeal, quinoa, barley, brown rice, whole wheat, etc.
- Legumes: lentils, chickpeas, pinto beans, cannellini beans, kidney beans, soybeans (tempeh, tofu), black beans, etc.
- Nuts: almonds, walnuts, cashews, Brazil nuts, pecans, etc.

Seeds: flaxseed, hemp seed, chia seed, pumpkin seeds, sunflower seeds, etc.

By eating daily from all these food groups, the body receives everything it needs. Remember that a varied plant-based diet provides you with all the nutrients, and you don't need to take supplements. But if you don't pay any attention to your diet and eat processed foods, that will always cause problems regardless of your diet.

WHAT ARE THE BENEFITS OF A MORE PLANT-BASED DIET?

There are many health benefits to a plant-based diet. People who eat predominantly plant-based are generally leaner and have a lower risk of various diseases and conditions.

Here are the five main benefits:

1. Lower Body Weight and BMI:

Vegetarians and vegans often have a lower body weight than non-vegetarians. Fruits and especially vegetables contain hardly any calories and an incredible amount of vitamins and other good nutrients. So unless you eat nuts, tortilla chips, or Oreos (also plant-based) all day long, you generally consume far fewer calories with a natural plant-based diet than with a non-vegetarian diet.

2. Lower Blood Pressure:

Although lower body weight is related to better blood pressure, this is only partly due to their healthy weight. Vegetarians and especially those who eat entirely plant-based often have lower blood pressure values and less hypertension despite their lower BMI.

3. Lower Cholesterol Levels:

A plant-based diet contains no cholesterol. It has been widely proven that eating more vegetables, fruits, and fiber-rich products contributes to lower cholesterol and thereby reduces the risk of cardiovascular diseases.

4. Reduced Risk of Type II Diabetes:

Eating a plant-based diet improves blood sugar levels and results in better insulin sensitivity, which significantly reduces the risk of Type II diabetes.

5. Reduced Risk of Cancer:

Vegetables and fruits contain many phytonutrients and antioxidants that play a significant role in preventing cancer and chronic diseases.



WHY A PLANT-BASED LIFESTYLE?

- Many people choose a plant-based lifestyle because they no longer want to contribute to animal suffering. A vegan makes a significant difference for dozens of animals annually. It is a clear statement against a system where animals are seen and treated as objects or production tools. In the bio-industry and organic livestock farming, profit is more important than an animal's life. Animals are bred, exploited, imprisoned, and prematurely killed.
- A vegan lifestyle contributes to the well-being of the environment. Global warming is linked to eating animal products. Livestock farming is responsible for the largest emissions of greenhouse gases such as methane and CO2. Soil pollution, water, and air pollution are also caused by meat production. A plant-based lifestyle contributes to a cleaner and more livable planet.
- Veganism can make an important contribution to reducing world hunger. On a large scale, feed is grown for the production of meat, dairy, and eggs. Many people are unaware of this. Livestock farming currently occupies more than 70% of agricultural land. Furthermore, several kilos of feed are required to produce 1 kilo of meat. It is more efficient to use this agricultural land to grow food for humans.
- A vegan lifestyle contributes to your health. Varied plant-based nutrition offers all the nutrients to be healthy and energetic. Research shows that eating more plant-based reduces the risk of cardiovascular disease, some cancers, Type 2 diabetes, and obesity.



Two breakfast ideas

Granola | with yogurt bowl
Loveable Smoothie | with almond milk,
strawberry, banana, and cauliflower

Two lunch ideas

Sandwich | with hummus, avocado, and tomato
Lentil Salad | with roasted broccoli, sweet potato,
kale, and lime dressing

Two dinner ideas

Detox Soup | with zucchini and broccoli
Noodle Stir-fry | with bell pepper, broccoli,
and peanuts

Two snack ideas

Tahini Cookies
Banana Muffins | with raspberry, lemon,
and orange

BREAKFAST IDEAS

Granola

Ingredients

300 g jumbo oats
75 g coconut oil
100 ml maple syrup
1 orange (grated peel and juice of half the orange)
50 g pumpkin seeds
40 g almonds, coarsely chopped
60 g cashew nuts, coarsely chopped
30 g raisins
1 tsp cinnamon
1 tsp cocoa

How to make

1. Preheat the oven to 140C.
2. Place a baking sheet and line it with baking paper.
3. Heat the coconut oil and maple syrup over low heat in a saucepan until melted.
4. Remove the pan from the heat and add half of the orange juice.
5. Mix the rest of the ingredients in a bowl and add the oil and syrup mix.
6. Spread the mixture over the baking sheet and ensure everything is well spread.
7. Bake for 50 minutes until golden brown, stirring every 15 minutes.
8. Serve this granola with a bowl of plant-based yogurt and some fruits of your choice.



Lovable Smoothie

Ingredients

250 ml almond milk
1 frozen banana
50 g frozen cauliflower
100 g frozen strawberries
1 tablespoon peanut butter or other nut butter
1 teaspoon vanilla powder (or 1 scoop protein powder)

How to make

1. Add all the ingredients to a blender or food processor.
2. Blend until smooth, adding more almond milk or water if necessary for a thinner consistency.



LUNCH IDEAS

Sandwich with Hummus, Avocado, and Tomato

Ingredients

2 slices of whole grain bread
4 tbsp hummus
1 ripe avocado
1 tomato
A handful of arugula

Hummus

400 g chickpeas
1-2 tbsp harissa
3 tbsp extra virgin olive oil
Juice of one lemon
2 tbsp tahini
75 ml water
2 garlic cloves
1 tsp paprika powder
Little bit of salt

How to make

1. Spread the hummus over the slices of bread.
2. Cut the avocado into thin slices and divide over the slices of bread.
3. Cut the tomato into slices and place it on the avocado.
4. Finish with the arugula.



Lentil Salad

Ingredients (2 portions)

310 g lentils (1 can)
1 ripe mango
1 ripe avocado
5 sprigs of fresh mint
1 cucumber
A handful of cherry tomatoes
Juice of ½ lemon
1 tablespoon olive oil
Pepper and salt

How to make

1. Preheat the oven to 200C.
2. Wash the sweet potatoes and cut them into cubes.
3. Cut the broccoli into small florets.
4. Put the sweet potato and broccoli on a baking sheet with baking paper, and drizzle with olive oil.
5. Roast for about 25 minutes in the oven, turning halfway.
6. In the meantime, cook the lentils according to the package instructions and drain well.
7. Remove the stems from the kale and cut the leaves into small pieces.
8. Mix the kale with the roasted vegetables and lentils in a bowl.
9. Add the cumin and lime juice and mix everything well.



DINNER IDEAS

Detox soep

Ingredients (4 portions)

300 g broccoli florets
250 g spinach
400 g cannellini beans
1 red onion
2 cloves of garlic
A piece of fresh ginger
1 tablespoon coconut oil
600 ml water
1 organic vegetable bouillon cube
Juice of ½ lemon (or more to taste)
½ teaspoon cayenne pepper & sea salt

Toppings

Chia seeds, sprouts or cress, coconut milk, pumpkin seeds, nuts, etc.

How to make

1. Peel the onion and garlic and chop finely.
2. Wash the zucchini and broccoli and cut them into pieces.
3. Heat olive oil in a large soup pot and fry the onion and garlic until translucent.
4. Add the zucchini, broccoli, turmeric, and ginger and stir fry briefly.
5. Add the vegetable stock and let it simmer for about 15 minutes until the vegetables are tender.
6. Puree the soup with a hand blender until smooth.
7. Season with salt and pepper to taste and garnish with cilantro.



Noodle Stir-fry

Ingredients

1 cauliflower
2 red bell peppers
1 red onion
2 garlic cloves
2 tablespoons miso paste
Juice of ½ lemon
250 g coconut milk
135 g lemongrass noodles
2 tablespoons peanuts
1 tablespoon rice vinegar
1 tablespoon sesame oil
1 teaspoon sambal oelek (optional, if you like it spicy)
Sesame seeds
Salt and pepper

How to make

1. Cook the noodles according to the package instructions.
2. Peel the onion and garlic and chop finely.
3. Wash the red bell pepper and broccoli and cut them into pieces.
4. Heat sesame oil in a wok or frying pan and fry the onion and garlic.
5. Add the bell pepper and broccoli and stir fry for about 5 minutes.
6. Add the noodles and soy sauce and stir everything well.
7. Serve with peanuts as a garnish.



SNACK IDEAS

Tahini Cookies

Ingredients (6 cookies)

50 g almond flour
3 tablespoons spelt flour
5 tablespoons maple syrup
1 teaspoon baking powder
65 g creamy tahini
20 g chopped pecans (or dark chocolate pieces)
Pinch of Himalayan salt

How to make

1. Preheat the oven to 180C.
2. Mix all ingredients in a bowl until a dough forms.
3. Form small balls of dough with your hands and press them flat on a baking sheet lined with baking paper.
4. Bake the cookies for 10-12 minutes until golden brown.



Banana Muffins with Raspberry, Lemon, and Orange

Ingredients (8-10 muffins)

200 g (whole wheat) spelt or oat flour
1 tsp baking powder
1 tsp salt
2 tsp cinnamon
½ tsp vanilla powder
40 g soaked raisins
1 tbsp chia seeds and flax seeds + 6 tbsp water (flax egg)
100 g fresh dates
2 bananas
100 ml almond milk
30 g frozen raspberries
Zest of ½ lemon
Zest of ½ orange

How to make

1. Preheat the oven to 180C.
2. Mash the bananas in a bowl.
3. Add the raspberries, lemon zest, orange zest, almond flour, baking powder, and maple syrup.
4. Mix everything well.
5. Divide the mixture into muffin tins and bake for 20-25 minutes until golden brown.



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I wish you all a healthy
happy life!

Love, Ieke

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