



# COOKING GUIDE

*Taste the Shred!*



## *Introduction*

Congratulations on being a part of our Shred10® and Healthy Living Revolution community! You are part of a massive movement of people all over the world who are transforming their lives by eating more plants!

Dr. Mitra Ray says, “The more plant foods you eat, the healthier you will be.”

This book is a collection of plant-based meal ideas from shredders all over the US and Canada. They are tried and proven favorites—plus they had to pass our test kitchen team! We believe that healthy should taste good, too!

If you are new to plant-based eating, you will find a lot of helpful tips on how to plan, prepare, and even how to mix and match options with some similar ingredients. Our goal is to keep it simple and give you lots of variety at the same time.

All of these recipes are clean (meaning no refined sugars, preservatives, food dyes or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free too. Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up flexitarian—the common goal for everyone is to eat more vegetables—so there are plenty of recipes in here for you!

Remember, the goal of Shred10® is to cleanse your body, so the more vegetables you eat, the better your results. Start with substituting some of your go-to recipes with new plant-based ones from this book. And hopefully you will enjoy them so much that you will want to incorporate them into your long-term lifestyle and become a shredder for life!

Grandma was right when she said, “Eat your veggies!” But who knew that eating vegetables could taste so good? Come on along and “Taste the Shred” with us...

### *The Healthy Living Revolution Team*

*Special thanks to all our recipe contributors; Nicole Scott and team for their research and guidance; our test kitchen cooks, Beka Thorpe, Juliana Stafford, Tracy Irwin, Cylie Bitler, Stephanie Smith, Jettie Mescher, Rebekah Downing, and Janice Hamelburg; our photographer, Keri Potter, for the many hours volunteered to put this project together; Dr. Mitra Ray for her guidance; Brian Roes and Kimberly Worlow for their vision and editing; and our graphic designer, Dawn Williamson, for pulling it all together. It was an incredible team effort!*

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# SHRED PANTRY STAPLES

## SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

## GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It is not only tasty but has many anti-inflammatory and anti-microbial properties. If you are out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

## ONIONS

Onions are not only full of great health benefits, they are also full of flavor, they're used as the base for many of these recipes. If you're in a hurry or out of onions – substitute 1 Tbsp. of dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

## GINGER

Ginger is a powerful nutritional herb that supports digestion health plus reduces pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes. It should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

## FRESH HERBS

Fresh herbs have that ability to make a dish go from blah to ZING! Growing a Tower Garden in your own backyard is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs commonly used in these recipes that also grow great on the Tower Garden: basil, cilantro, parsley, dill, rosemary, and thyme.

## BRAGGS LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Braggs liquid aminos, coconut aminos, or tamari.

## FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol, and blood pressure. It is a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA free and read the label to make sure it is organic with no added sugars.

## ORGANIC VEGETABLE BROTH BALSAMIC / RED WINE VINEGAR

# GROCERY GUIDE

Here's the guide to shopping for plant-based Shred-style eating! We've included lots of suggestions to choose from according to your tastes. Here are the four basic things you want to plan for 1 week:

1. Smoothie Supplies
2. Power Salad Ingredients
3. Snacks (pick several from ideas on the following page)
4. Meals (pick 3-4 meal recipes to have during the week)

## FRESH PRODUCE

### Pantry staples:

Onions/Garlic  
Fresh Herbs/Ginger

### Smoothie supplies:

Spinach/Kale  
Bananas/Berries/Avocado

### Power salad:

Lettuce/Romaine/Arugula  
Chard/Mustard Greens  
Cucumbers/Carrots  
Tomatoes/Mushrooms  
Broccoli/Cauliflower  
Celery/Bell Peppers  
Red Onions/Asparagus  
Snap Peas/Radishes  
Artichoke/Beets/Avocado

### Snacks:

Apples/Oranges/Bananas  
Grapes/Peaches/Pears  
Strawberries/Blackberries

Raspberries/Blueberries  
Cantaloupe/Watermelon  
Pineapple/Mangos  
Avocados  
Grapefruit/Lemon/Lime

### Meals:

Sweet Potatoes  
Spaghetti Squash  
Zucchini/Butternut Squash  
Fresh Herbs

## OTHER

### Pantry staples:

Full-Fat Coconut Milk

### Smoothie supplies:

Unsweetened Plant Milk  
Coconut, Almond, Rice  
Coconut Water  
Frozen Fruit

### Snacks:

Unsweetened Plant Yogurt

## PROTEIN

### Smoothie supplies:

Flax/Chia/Pumpkin  
Seeds  
Organic Nut Butters

### Power salad:

Beans: Black, Pinto,  
Red, Navy,  
Garbanzo (Chickpeas)  
Nuts & Seeds

### Snacks:

Old-fashioned \*GF Oats  
Almonds/Cashews  
Pistachios/Macadamia  
Walnuts/Pecans  
Sunflower/Pumpkin  
Seeds

### Meals:

Lentils/Quinoa/Rice  
Tofu/Tempeh

## CONDIMENTS

### Pantry staples:

Braggs Liquid Aminos  
Tamari  
Apple Cider Vinegar  
Red Wine Vinegar  
Balsamic Vinegar  
Vegetable Broth  
Coconut Oil/Olive Oil  
Seasonings  
Dried Herbs

### Power salad:

\*GF/DF Dressing  
Olives/Banana Peppers  
Artichokes/Palm Hearts  
Sun-dried Tomatoes  
Roasted Red Peppers  
Water Chestnuts

\*GF = gluten-free

\*DF = dairy-free

# SNACK LIST

## QUICK AND EASY SHRED10® SNACK IDEAS

### **Raw veggies cut and stored in the refrigerator**

(carrots, cucumbers, celery, tomatoes, broccoli, peppers, cauliflower, snap peas, and more!)

### **Veggies with hummus**

(page 66) or guacamole (page 67)

### **Complete Pudding**

(page 81)

### **Fresh fruit**

(apples, cantaloupe, melon, pineapple, pears, plums, grapes, oranges, mangos, berries, peaches, bananas)

### **Frozen grapes**

(Freeze them in a bowl or ziplock bag for quick sweet tooth satisfaction.)

### **Apples or celery and peanut butter**

(Use only natural peanut butter.)

### **Raw nuts or seeds**

### **Homemade trail mix**

(your favorite raw nuts, seeds, and dried fruit)

### **Dates, figs, raisins, dried cranberries, dried cherries**

### **Plain oatmeal topped with berries or fruit**

### **Unsweetened plant yogurt**

(coconut/soy/almond or make your own)

### **Unsweetened applesauce**

(Pulse 3 cored and peeled apples, 1 Tbsp. lemon juice and 1 tsp. cinnamon in food processor or blender until smooth.)

### **Plain air-popped, non-GMO popcorn**

### **Sliced avocado with sea salt or lemon juice**

### **Salad in a jar**

(pages 52-53)

### **Kale chips**

(Toss bite-size pieces of kale with sea salt and balsamic vinegar or lemon juice. Bake at 350°F on parchment paper for 7-9 minutes until crispy.)

### **Grilled peaches**

(Grill on medium heat for 4 minutes per side.)

### **Cauliflower popcorn**

(Toss cauliflower pieces lightly with vegetable broth and sea salt. Bake for 45-60 minutes at 425°F on parchment paper, turning them 3-4 times.)

### **Roasted chickpeas**

(Drain and rinse can of chickpeas and then toss with ½ tsp salt, ½ tsp. garlic powder and ½ tsp. paprika. Bake on cookie sheet for 45-60 minutes at 400 F.)



# VEGGIE 101



Steamed Veggies **9** / Roasted Veggies **10** / Stir-fry Veggies **11** / Grilled Veggies **12**  
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## STEAMED VEGGIES

Steaming vegetables is one of the quickest ways to cook raw vegetables. It is also considered to be one of the healthiest ways to retain nutrients as long as you use a steamer basket and don't overcook.

Broccoli, cauliflower, carrots, potatoes, and green beans are some of our favorite to steam. You can mix them, but the more tender ones will cook faster than denser vegetables, so you'll want to add them in stages. (see below)

1. Cut the vegetables into uniform bite-sized pieces. Smaller pieces will cook quicker.
2. Add 1 inch of water to the pan and insert the steamer basket. The surface of the water should be under the basket; pour some out if necessary.
3. Bring the water to a boil over high heat. Add vegetables to the steamer basket according their cook times: Add dense vegetables first, like carrots and potatoes. Then add tender vegetables, like broccoli and asparagus. Here are some estimated cook times to guide you.

**Shelled Peas, Spinach, Kale: 3-4 minutes**

**Asparagus, Broccoli, Cauliflower, Yellow Squash, Zucchini: 5 to 7 minutes**

**Brussels Sprouts, Carrots, Green Beans, Snow Peas: 8 to 10 minutes**

**Potatoes, Turnips, Butternut Squash, Beets: 10 to 20 minutes**

4. Cover the pot and reduce the heat to medium. Add a sprig of fresh herbs like dill, thyme, rosemary, or parsley to the pot for extra zing!
5. The vegetables are done when you can easily pierce the thickest part of the vegetable with a knife. Most vegetables are also bright and vibrant in color when ready. Stop steaming when the vegetables are "crisp tender" and still have a bit of crunch to them. This is also called "al dente." They will cook more in the residual heat.
6. Drain and toss the vegetables with seasonings (salt, pepper, squeeze of lemon, etc.) and serve hot! Or try a dash of Braggs liquid aminos or balsamic vinegar to season. If you need a stepping-stone to transition away from butter, try a dairy-free substitute like Earth Balance—but going oil-free is always the best option during Shred10®.

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## ROASTED VEGGIES

Roasting is a great way to prepare delicious vegetables! As the vegetables cook in a high-heat oven, the outside forms a “seal” while the inside turns tender and the natural sweetness comes out. Traditional roasting methods call for the vegetables to be tossed with olive or coconut oil to reduce stickiness but oil-free substitutions are just as tasty!

*(Tip: You can cut the veggies a few days ahead of time and store in the fridge for even quicker prep! Just pull out of the fridge, toss, and roast!)*

Cooking times will vary depending on the density of the vegetable. You can roast them in stages similar to the steaming method: put denser ones in first and then add tender ones a few minutes later. However, the easiest way to cook them is all at once and the key to that is in the prepping. (see below)

1. Preheat oven to 375 F. Use a 9x13 glass baking dish or a non-stick baking sheet. You want the vegetables to have a little space to “breathe” and not be crowded so they cook evenly.
2. Prep veggies according to density:

### DELICATE VEGGIES

Asparagus & Cherry  
Tomatoes: *leave whole*  
Zucchini & Summer Squash:  
*Cut into fairly large chunks*  
Garlic: *can be left whole or  
sliced to act as a seasoning*

Onions: *Cut small onions  
into quarters or larger  
onions into 2-inch pieces  
(the layers can stay  
together; they will separate  
easily after cooking)*

### TENDER VEGGIES

Broccoli, Cauliflower,  
Cabbage, Bell Peppers:  
*Cut into 2-inch pieces*  
Brussels Sprouts: *Cut in  
half lengthwise*

### DENSE VEGETABLES

Carrots, Sweet Potatoes,  
Turnips, Butternut Squash,  
Beets: *Cut into small cubes  
½ inch to 1 inch. The  
harder they are to cut, the  
smaller you want them.*

3. Toss vegetables with a small amount of liquid and your choice of seasonings. Our favorite is salt, pepper, 1 Tbsp. dried thyme, and balsamic vinegar. You can experiment with other oil-free liquids such as vegetable broth, aminos, or lemon juice and try adding fresh Tower Garden herbs for a sensational taste!
4. Cook veggies for 45-60 minutes. Flip a few times while they cook. Veggies are ready when they are tender and lightly browned. Salt and pepper to taste.

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## STIR-FRY VEGGIES

Stir-frying is a quick and versatile way to prepare veggie entrées that you can mix and match with different sauces. There are so many options. You can also prep the veggies 1-2 days ahead of time, make the sauce, and store in the fridge separately until you are ready to toss them in the wok or skillet for a super quick meal!

Let's start with the components for a basic veggie stir-fry...

2 Tbsp. peanut oil or vegetable broth

Dense vegetables: bell peppers, carrots, zucchini, carrots, cauliflower, broccoli

Tender vegetables: onions, snow peas, baby corn, mushrooms

1 Tbsp. fresh garlic, minced

1 Tbsp. fresh ginger, grated

SAUCE: See page 29 for options

Optional fresh herbs: basil and cilantro

Optional garnish: sesame seeds



1. Prep veggies into similar bite-size pieces. Heat wok or skillet over medium-high heat until extremely hot. Add oil or vegetable broth.
2. The pan should be hot enough to make a sizzle when you add ingredients. First add dense vegetables, fry for 1 minute, and then stir. Next add tender vegetables, fry for 1 minute, and then stir. Cook in batches if needed to avoid overcrowding the pan.
3. Add in garlic and/or ginger. Fry for 1 minute, this time stirring the veggies constantly with tongs or spatula to avoid burning the garlic/ginger.
4. Pour in enough prepared sauce to coat all the vegetables and cook until bubbly. Veggies should be crisp but tender by this point. Turn off heat and stir in fresh herbs.
5. Serve plain or over rice, quinoa, spaghetti squash noodles, or rice noodles.

## GRILLED VEGGIES

Grills aren't just for meat! Cooking veggies on the grill imparts a delicious smoky flavor and can serve as a perfect meatless main dish or a side. One of the best things about grilled veggies is they don't have to be hot to enjoy. You can grill your veggies ahead and add them straight from the fridge to the top of your salads. Yum! Hummus and grilled veggies also make for a tasty lettuce wrap!

- 1 red bell pepper, seeded and halved
- 1 yellow squash, sliced lengthwise into ½-inch-thick rectangles
- 1 zucchini, sliced lengthwise into ½-inch-thick rectangles
- 1 eggplant, sliced lengthwise into ½-inch-thick rectangles
- 2-3 whole carrots, washed and peeled
- 6 shitake or portobello mushroom
- 1 bunch asparagus, tough ends trimmed
- 2 onions cut into ¼-inch-thick round slices
- sea salt and freshly ground black pepper
- 2 garlic cloves, minced
- 1 tsp. chopped fresh Italian parsley leaves
- 1 tsp. chopped fresh basil leaves
- ½ tsp. finely chopped fresh oregano leaves
- coconut oil cooking spray

1. Prepare the barbecue (medium-high heat).
2. Spray oil on vegetables and toss well with salt, pepper, and herbs.
3. Working in batches, grill the vegetables until tender and lightly charred all over.
4. The key to getting those great grill marks is to not shift the vegetables too frequently once they are on the hot grill.



Asparagus & Onions: 4 minutes  
Eggplant, Yellow Squash, Zucchini  
& Mushrooms: 7 minutes  
Bell Peppers: 8 to 10 minutes



## CAULIFLOWER

Typically the more color, the more health benefits, but cauliflower is one white food that you can feel good about eating! It's considered to be a superfood with its anti-inflammatory ability and track record for fighting cancer, heart disease, improving brain health, and aiding in detoxification and weight-loss! It's a very versatile vegetable that you can steam, roast, stir-fry, and substitute for rice or mashed potatoes. A great reason to make cauliflower a staple during Shred10® and beyond is because it's so filling. And it is generally kid-approved, which is an added benefit for families. Kids love the easy cauliflower soup (page 43) and the cauliflower rice below.

## CAULIFLOWER RICE

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

*(Tip: A convenient shortcut is to buy a bag of pre-shredded cauliflower rice available in the produce section of many grocery stores.)*

1 head of cauliflower

1 Tbsp. olive/coconut oil or vegetable broth

Salt & pepper

1. Cut the cauliflower florets off the stalk and into 1-2 inch pieces. Fill the food processor until half full. You may have to do two batches to avoid overfilling.
2. Pulse until the cauliflower is evenly chopped in tiny rice-like shreds. Raw cauliflower rice can also be eaten as is or on top of salads.
3. Sauté or Oven Roast

**SAUTÉ COOKING METHOD:** Heat oil/broth on medium heat. Add cauliflower and stir gently. Cook uncovered for about 5-7 minutes until tender. Stir gently when needed. Don't over stir or it will become mushy.

**OVEN ROAST COOKING METHOD:** Preheat oven to 425 F. Spread cauliflower and oil/broth onto a baking sheet. Roast for 20-25 minutes, tossing 2-3 times with a spatula.

4. Salt and pepper to taste. It's delicious as is, but you can also add minced garlic, lemon juice, or fresh herbs if desired for additional flavoring.
5. Serve immediately or use as a substitute in any favorite rice recipe.

*Makes approximately 6 servings.*

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## CAULIFLOWER GRITS

RECIPE CONTRIBUTOR: KERI POTTER

*(Tip: A convenient shortcut is to buy a bag of pre-shredded cauliflower rice available in the produce section of many grocery stores.)*

1 head cauliflower  
2 cups vegetable broth  
1 cup almond meal  
Garlic powder, salt & pepper

1. Cut the cauliflower florets off the stalk and into 1-2 inch pieces. Fill the food processor until half full. You may have to do two batches to avoid overfilling.
2. Pulse until the cauliflower is finely chopped like grits.
3. Add grits, broth, and almond meal in a medium sauce pot. Bring to a simmer over medium heat.
4. Simmer and stir occasionally for 20 minutes until desired grit texture. Season with garlic, salt, and pepper. Serve immediately.

*Makes approximately 6 servings.*



## LENTILS

Lentils are a powerhouse of nutrients and a great source of folate, fiber, and plant-sourced iron. They are well known to help lower cholesterol and stabilize blood sugar levels. They are one of the most nutrient-dense plant proteins plus they are easier to prepare and less time consuming than most other legumes. If you combine them with a grain such as rice or quinoa, you get a complete protein meal. The most common lentils are red, green, and brown, but they are also available in black, yellow, and orange.

Preparing lentils: Bring 3 cups of water to a boil and then add 1 cup of lentils. (They'll be easier to digest than if you add them to the liquid and then boil them). Return water to a boil, reduce heat, cover, and simmer. Green lentils take about 30 minutes and the red ones take about 20 minutes. Cooking times can be adjusted depending on how they are being used. Cook 5 or 10 minutes less if you desire a firmer texture for salads such as Lentil Avocado Salad (page 54).

## CARAMELIZED ONIONS OVER RICE & LENTILS

RECIPE CONTRIBUTOR: KELLI MORGAN

2 cups cooked rice (rice cooker or  
InstaPot is most convenient)  
2 cups cooked lentils, prepared (or box of  
prepared lentils from produce section)  
1 Tbsp. coconut oil or vegetable broth  
2 small onions, chopped (approx.  $\frac{2}{3}$  cup)  
2 tsp. cumin  
2 tsp. salt (more to taste)

1. Heat oil/broth over medium heat in a non-stick sauté pan.
2. Add onions and sauté for 5-6 minutes until caramelized. Stir in cumin and salt.
3. Combine lentils, rice, and onions together. Mix well. Add more salt to taste.
4. Optional toppings: avocado, cilantro, and/or hot sauce.

*Makes 6-8 servings.*



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## CURRIED LENTILS

RECIPE CONTRIBUTOR: DR. MITRA RAY

1 Tbsp. coconut oil or vegetable broth  
1 small onion, chopped (approx. 1/3 cup)  
1 Tbsp. curry powder (or paste)  
1/2 tsp. turmeric  
1 tsp. cumin  
2 cups vegetable broth or water  
1/2 cup dry red lentils  
1 tomato, chopped  
1 sweet potato, chopped  
1/2 cup baby spinach



1. Heat oil/broth over medium heat in stockpot.
2. Sauté onions for 2 minutes.
3. Add curry powder and sauté for another 2 minutes.
4. Add turmeric and cumin.
5. Add broth/water and bring to a boil.
6. Add lentils, tomato, and sweet potato. Reduce heat and simmer about 20 minutes. Add water if necessary.
7. Add baby spinach at the last minute.
8. Enjoy in a bowl or serve over rice or quinoa.

Makes 4-6 servings.



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## BLACK BEAN LENTIL TACOS

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

1 Tbsp. coconut oil or vegetable broth  
1 small onion, diced (approx. 1/3 cup)  
2 cloves fresh garlic, minced  
3/4 tsp. cumin  
1/2 tsp. chili powder  
1/2 tsp. salt (more to taste)  
3 cups cooked green lentils (1 cup dry lentils)  
1 can (15 oz.) black beans, rinsed and drained  
1/3 cup salsa  
2/3 cup vegetable broth, more if needed  
Crispy corn taco shells (gluten-free)  
Toppings of choice: tomato, lettuce, salsa, avocado, cilantro, olives, Dairy-free Sour Cream (page 67) or Avocado Cumin Dressing (page 69)



1. Heat oil/broth over medium-high heat in a large skillet.
2. Sauté onions for 7 minutes.
3. Add garlic, cumin, chili powder, and salt. Heat for 2 minutes.
4. Reduce heat to low. Add lentils and black beans. Mash mixture and stir to combine.
5. Add salsa and vegetable broth. Stir, then heat for about 5 minutes. Add more vegetable broth as necessary to keep it a creamy, moist consistency.
6. Spoon into a taco shell and add toppings of your choice. Or try it over rice/quinoa as a taco bowl (see page 37).

*Makes about 6-8 good size tacos.*

## SWEET POTATOES

Sweet potatoes are naturally sweet so they make for a delicious treat when avoiding refined sugars. They are also considered a superfood, because they are packed full of healthy nutrients and antioxidants. They are well known as a source of Vitamin C and Vitamin A (beta-carotene) as well as a good anti-inflammatory and an immune booster. You will get more health benefits from a sweet potato than a white potato, and you can prepare them all the same way: baked, boiled, roasted, and even mashed and hashed! Plus, you can even make them into “noodles”! Who knew?

### BAKED SWEET POTATOES

A whole baked sweet potato served plain or loaded up (see below) alongside another steamed veggie, makes for a very filling veggie meal.

#### OVEN BAKING METHOD:

Preheat oven to 400 F. Wash 4-6 medium sweet potatoes. Place on baking sheet and bake 40-50 minutes until tender.

#### CROCKPOT BAKING METHOD:

Wash 4-6 medium sweet potatoes well but don't dry because you will want the extra moisture in the crockpot. Place potatoes in crockpot and cover. Cook on low 6-7 hours or on high 3-4 hours until fork tender.

Top with salt or cinnamon or make it a loaded sweet potatoe with one or more of these topping ideas: Dairy-free Sour Cream (page 67), Three-Bean Veggie Chili (page 51), Black Bean Lentil Taco Filling (page 17), or Rice & Lentils (page 15). Feel free to experiment.

### BOILED SWEET POTATOES

This is a quick way to cook sweet potatoes. Then season and serve or make them into mash.

Scrub 4-6 sweet potatoes. Peel and cube into 1-inch squares. In a large sauce pot add water (enough to cover potatoes) then bring to a boil. Add potatoes and dash of salt. Boil on high for about 10-15 minutes until fork tender. Drain in a colander.

For creamy mashed sweet potatoes: Mash the cubes with 2-3 Tbsp. Earth Balance vegan butter and/or 2-3 Tbsp. full-fat coconut milk, and salt.

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## SWEET POTATO & KALE "PASTA"

RECIPE CONTRIBUTOR: LINDSEY SUROWITZ

2 medium or large sweet potatoes

1 Tbsp. coconut oil

Salt & pepper to taste

1 small bunch tuscan kale, de-stemmed and chopped

1. Peel potatoes and then crank them through the spiralizer!  
Raw sweet potatoes are tough so use those muscles to give it enough pressure.
2. Heat coconut oil in a skillet on medium-high heat. Add sweet potato noodles. Sauté for about 5 minutes until noodles are warmed through and tender.
3. Add chopped kale and continue to sauté until wilted, about 2-3 minutes.
4. Season with salt and pepper. Serve immediately.

*Makes 2 servings.*



## SPAGHETTI SQUASH

Spaghetti squash is not only tasty but also versatile. It gets its name because when you cook it, the insides become long strands that separate easily, resembling spaghetti noodles. It's a fabulous replacement for pasta for both flavor and health benefits. It's rich in B vitamins, essential minerals, and even omega-3 and omega-6 fats. It's easy to oven bake, but we were ecstatic to find that it can even be cooked in the CROCKPOT!!

2-3 lbs. spaghetti squash

Salt & pepper

Sauce: Use your favorite pasta topping or make your own (see ideas below).

### COOK IT:

**Oven Baked Method:** Preheat oven to 400 F. Cut squash in half lengthwise. Scrape out seeds with a spoon. Brush lightly with coconut oil or vegetable broth, and sprinkle with salt and pepper. Place face down on cookie sheet and bake for 45-60 minutes until fork tender. cool for 10 minutes.

**Crockpot Method:** Wash the squash and prick it several times with a fork (this allows the steam to escape as it cooks).

Place the whole squash in your crockpot with a ½ cup of water and cover. Cook on high 2-3 hours or on low 5-6 hours (add more time if the squash is over 3 lbs). Squash is done when you press into the squash skin and it dents in. Transfer to cutting board and let cool. Cut in half lengthwise and let it cool slightly.

### SCRAPE IT:

Now that it's cooked and slightly cooled – take a fork and rake the strands away from the skin. These are the “noodles.” Now it's ready to eat! Eat it plain with vegan butter and seasonings or top it with a tasty sauce!

### TOP IT:

Homemade spaghetti sauce or your favorite jar of organic sauce.  
Dairy-free pesto (page 27)  
Cashew “Cheezy” Sauce (page 28)  
Spicy Peanut Sauce (page 28)

*Makes 4-6 servings.*





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## SPAGHETTI SQUASH CHOW MEIN

RECIPE CONTRIBUTOR: MARISA TORRES

Large spaghetti squash  
¼ cup Braggs liquid aminos,  
coconut aminos, or tamari  
3 cloves garlic, minced  
1 Tbsp. coconut sugar  
1 tsp. ginger, freshly grated  
(add more to taste)  
¼ tsp. white pepper  
2 Tbsp. coconut oil or vegetable broth  
1 small onion, diced (approx. ⅓ cup)  
1 cup celery, sliced  
2 cups shredded cabbage & carrots  
(or pre-packaged coleslaw mix)



1. Cook spaghetti squash. (page 20)
2. Whisk together aminos, garlic, coconut sugar, ginger, and white pepper. Set aside.
3. Heat oil/broth over medium-high heat in large skillet.
4. Add onion and celery and cook until tender, about 3-5 minutes. Stir often.
5. Add in cabbage mix and cook another 1-2 minutes until heated through.
6. Add spaghetti squash and sauce. Mix well and serve immediately.

*Makes 4-6 servings.*

## SPINACH

Popeye was right—spinach is an excellent choice for strength and energy! Greens are the food of life, so we should fit this power food into our daily routine. Spinach is the most nutrient dense per calorie of any food on earth! You can eat it raw in your salads and smoothies, but spinach can also be used in cooking as an easy go-to side dish. Put any of your favorite meals on top of a bed of sautéed spinach or enjoy a warm plate of uber-nutritious beans and greens. Any power green such as kale, swiss chard, beet greens, mustard greens, etc. can be substituted in the following two recipes.

### EASY SAUTÉED SPINACH

RECIPE CONTRIBUTOR: BECKY GILBERT

2 Tbsp. coconut oil or vegetable broth  
2-4 cloves garlic, minced  
1 ½ lbs. spinach (or substitute any power green)  
2 tsp. sea salt  
¼ tsp. ground black pepper

1. Heat oil/broth over medium-high heat in large skillet.
2. Add garlic and sauté 1-2 minutes.
3. Add spinach, salt, and pepper. Stir often with a wooden spoon. Cook until wilted.
4. Top with lemon or balsamic. Serve hot.

Makes 3-4 servings.



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## BEANS & GREENS WITH GARLIC

RECIPE CONTRIBUTOR: TRACY IRWIN

2 Tbsp. coconut oil or vegetable broth  
3 cloves garlic, minced  
¼ tsp. red chili flakes  
(optional if you like heat)  
1½ lbs. spinach  
(or substitute any power greens)  
1 cup vegetable broth  
2 cans (15 oz) cannellini beans, drained  
(or substitute other white beans)  
¼ tsp. sea salt  
¼ tsp. ground black pepper

1. Heat oil/broth over medium-high heat in large skillet. Sauté garlic, red pepper flakes, salt, and pepper until browned.
2. Add the greens and sauté about 3-4 minutes until wilted and bright green. Drain excess liquid.
3. Add broth and beans. Cover and cook for 5-10 minutes until the stock has cooked out.

*Makes 4-6 servings.*



## ZUCCHINI

Another versatile member of the squash family is zucchini. It's one of the most loved vegetables in the world. It has a high-water content, so it's filling and therefore very popular for aiding in detox and shedding fat. It's an awesome source of Vitamin C, can improve digestion problems, and helps balance thyroid and adrenals. There are lots of ways to enjoy zucchini, including raw with hummus! You can steam, roast, stir-fry, grill, bake, and spiralize it!

### ZUCCHINI "NOODLES"

3-4 medium zucchini, peeled (2 lbs.)

2 Tbsp. coconut oil or vegetable broth

Sea salt

1. Use a spiralizer or a julienne vegetable peeler to cut zucchini into long thin strands that resemble "noodles."
2. Drain in a colander for about 15-20 minutes to drain excess water. You can enjoy the noodles in their raw form topped with your favorite sauce or you can sauté them.
3. Heat oil/broth in a skillet on medium-high heat.
4. Add zucchini noodles. Sauté and gently toss for 3-4 minutes until noodles are warmed through and tender.
5. Top with your favorite sauce:  
Dairy-Free Pesto (page 27), Peanut Sauce (page 28),  
or Cashew "Cheezy" Sauce (page 28).

Makes 4-6 servings.



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## ZUCCHINI IN TOMATO SAUCE

RECIPE CONTRIBUTOR: DR. MITRA RAY

2 cups organic tomato juice  
1 tsp. salt  
2 small onions, chopped (approx.  $\frac{2}{3}$  cup)  
1 bay leaf  
 $\frac{1}{2}$  tsp. ground black pepper  
3 large zucchini squash (2½ lbs.)

1. Put first four ingredients in a large saucepan over medium-high heat.
2. Rinse zucchini and cut into bite-size pieces. Add to pot and bring to a boil.
3. Reduce heat and simmer for 30 minutes. Stir often to prevent sticking.
4. Sprinkle ground pepper on top.  
Serve over brown rice.

*Makes 6-8 servings.*





# SAUCES



- Broccoli-Almond Pesto 27
- Basil Pesto 27
- Cashew 'Cheezy' Sauce 28
- Spicy Peanut Sauce 28
- Peanut Sauce 28
- Basic Stir-Fry Sauce 29
- Hoisin Sauce 29



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## BROCCOLI-ALMOND PESTO

RECIPE CONTRIBUTOR: NICOLE SCOTT

3 ½ cups of broccoli florets (1 medium head)  
¼ cup fresh basil leaves  
2 Tbsp. lemon juice  
Sea salt and ground pepper to taste

6 Tbsp. sliced almonds  
1 clove garlic, minced  
6 Tbsp. olive oil or vegetable broth

1. Boil water in a large sauce pot. Add broccoli florets. Cook about 2 minutes until bright green and just tender. Remove with a slotted spoon and let cool slightly.
2. Add the rest of the broccoli in a blender/food processor with the almonds, basil, garlic, lemon, and olive oil/broth. Puree. Season to taste with salt and pepper.

## BASIL PESTO

RECIPE CONTRIBUTOR: JULIANA STAFFORD

3 cups fresh basil leaves  
3 cloves garlic, peeled  
½ cup olive oil or vegetable broth  
½ cup pine nuts

1. Add all the ingredients to a blender/food processor. Puree. Season with salt and pepper to taste.



## CASHEW "CHEEZY" SAUCE

RECIPE CONTRIBUTOR: KELLI MORGAN

1 cup cashews  
½ lemon, juiced  
3 mini peppers, de-seeded, or ½ large red bell pepper  
2 Tbsp. nutritional yeast  
1 tsp. onion powder

1. Put the cashews in a high powered blender and cover them with water.
2. Add the lemon juice, nutritional yeast, peppers, and onion powder. Blend until smooth. Excellent sauce for spaghetti squash or zucchini "noodles".

## SPICY PEANUT SAUCE

RECIPE CONTRIBUTOR: NICOLE SCOTT

¼ cup organic smooth peanut butter, room temperature  
2 tsp. Braggs liquid aminos or tamari  
1 Tbsp. rice wine vinegar  
1 Tbsp. olive oil or vegetable broth  
½ tsp. ground ginger  
¼ tsp. cayenne pepper (optional)

1. Combine ingredients and mix well. Goes well with lettuce wraps or as a sauce for spaghetti squash or zucchini "noodles."

## PEANUT SAUCE

RECIPE CONTRIBUTOR: MARISA TORRES

½ cup organic smooth peanut butter, room temperature  
½ cup hot water  
2 Tbsp. rice wine vinegar  
2 Tbsp. Braggs liquid aminos or tamari  
1 ½ Tbsp. molasses

1. Combine ingredients and mix well. Goes well with tofu and stir-fry.

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## BASIC STIR-FRY SAUCE

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

- 1 cup vegetable broth
- 2 Tbsp. Braggs liquid aminos or tamari
- 1 Tbsp. coconut sugar
- 1 Tbsp. rice wine vinegar

1. Whisk ingredients together in a medium bowl.
2. To make this a thicker glaze, whisk in 1 tsp. cornstarch and let sit for ten minutes before adding to the stir-fry.

## HOISIN SAUCE

RECIPE CONTRIBUTOR: LEAH SCHITTER

- 4 Tbsp. Braggs liquid aminos or tamari
- 2 Tbsp. organic smooth peanut butter, room temperature
- 1 Tbsp. molasses or honey
- 2 tsp. rice vinegar
- 1 clove garlic, minced
- 1/8 tsp. ground black pepper

1. Combine ingredients and whisk until well blended. Goes well with tofu lettuce wraps and stir-fry.





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## BLACK BEAN & SWEET POTATO BURGER

RECIPE CONTRIBUTOR: NICOLE SCOTT

1 small sweet potato, chopped into small cubes  
1 can (15 oz.) black beans, drained and rinsed  
¼ cup red onion, finely chopped  
1 clove garlic  
½ cup cooked brown rice  
1 tsp. cumin  
1 tsp. salt  
⅛ tsp. pepper  
coconut oil or vegetable broth



1. Preheat the oven to 375F. Toss potatoes with 1 tsp. oil/broth.
2. Roast for 20-25 minutes, turning once or twice during roasting. Remove and cool.
3. Placed rinsed beans in large bowl and mash.
4. Heat 1 Tbsp. oil/broth in a sauté pan over medium heat. Add the onion and garlic and cook until lightly browned. Add to the bowl of beans.
5. Add the cumin, salt, and pepper to taste. Add the sweet potatoes and rice to the bowl. Mix very well and form into patties.
6. Place on a baking sheet and bake for 20 minutes. Top with avocado cumin dressing (page 69) and your favorite burger toppings.

*Makes 8-10 burgers.*

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## GRILLED PORTOBELLO WITH TOMATO-BASIL SALAD

RECIPE CONTRIBUTOR: DR. MITRA RAY

Coconut oil spray  
4 large portobello mushrooms  
(about 5 inches in diameter), stemmed  
Sea salt and ground black pepper  
2 cloves garlic, minced  
3 small to medium vine-ripened tomatoes, diced  
¼ cup fresh basil leaves, chopped  
Sea salt and pepper to taste

1. Prepare the barbecue to medium high heat. Lightly spray mushrooms to prevent from sticking. Sprinkle the mushrooms with salt and pepper.
2. Grill until the mushrooms are heated through and tender, about 5 minutes per side. If grilling isn't an option, you can oven roast. Roast on a baking sheet at 450 F for 15-20 minutes, flipping once during cooking.
3. Toss minced garlic, tomatoes, and basil in a bowl. Add salt/pepper to taste.
4. Place 1 hot mushroom grill side up on plate. Sprinkle with more salt and pepper.
5. Spoon the tomato-basil salad on top of the mushrooms and serve.

Makes 4 servings.



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## MEXI-TOFU SCRAMBLE

RECIPE CONTRIBUTOR: DR. MITRA RAY

1 Tbsp. coconut oil or vegetable broth  
1 small onion, chopped (approx.  $\frac{1}{3}$  cup)  
 $\frac{1}{2}$  green pepper, chopped  
1 pound firm tofu  
1 tsp. chili powder (more to taste)  
Sea salt, to taste  
 $\frac{1}{4}$  cup fresh cilantro, minced  
1 medium tomato, chopped

1. Heat oil/broth over medium high heat. Sauté peppers and onions until tender.
2. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well.
3. Heat thoroughly. Add fresh cilantro and tomato just before serving.

*Makes 4 servings.*



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## TOFU & VEGGIES IN PEANUT SAUCE

RECIPE CONTRIBUTOR: MARISA TORRES

1 Tbsp. coconut oil or  
vegetable broth  
1 large head broccoli,  
chopped  
1 red bell pepper,  
chopped  
5 fresh mushrooms,  
sliced  
1 pound firm tofu,  
cubed

### Peanut Sauce (page 28)

1. Heat oil/broth on medium high heat. Sauté broccoli, red bell pepper, mushrooms, and tofu for 5 minutes.
2. Pour peanut sauce over vegetables and tofu. Simmer for 3 to 5 minutes or until vegetables are tender crisp.

Makes 4 servings.



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## SPICY TOFU LETTUCE WRAPS

RECIPE CONTRIBUTOR: LEAH SCHITTER

- 1 Tbsp. coconut oil or vegetable broth
- 1 large onion, chopped (approx. 1 cup)
- 1 Tbsp. minced fresh ginger
- 2 cloves garlic, minced
- 1 lb. extra-firm tofu, crumbled (if you prefer, sauté the tofu crumbles until they are brown before adding in the recipe below)
- 1 can (8 oz.) water chestnuts, drained and chopped
- 4 Tbsp. Braggs liquid aminos
- 4 Tbsp. Hoisin Sauce (page 29)
- 1 to 2 tsp. vegetarian chile sauce, such as sriracha
- 16 butter lettuce or iceberg lettuce leaves

### OPTIONAL GARNISHES:

- 1 large carrot, peeled and grated
- ½ cup chopped green onions
- ½ cup peanuts, finely chopped
- Hoisin Sauce (page 29)



1. Heat oil/broth on medium high heat. Add onion, ginger, and garlic and sauté for about 7 to 10 minutes, or until onions are soft and beginning to brown.
2. Add tofu and water chestnuts, breaking tofu into small crumbles; cook 4 minutes, or until heated through. Stir in Braggs, hoisin sauce, and chile sauce.
3. Wrap tofu mixture in lettuce leaves, and top with your choice of garnishes.

*Makes 14-16 wraps.*



## QUICK & EASY INDIVIDUAL BURRITO BOWL

RECIPE CONTRIBUTOR: REGINA FERNANDEZ

½ cup mini peppers, chopped  
½ cup red onion, chopped  
1 Tbsp. vegetable broth or water  
¼ cup canned spicy black beans,  
drained  
1-2 cups cooked rice or quinoa

1. Heat broth/water over medium-high heat and sauté peppers and onions until tender.
2. Heat up 1 serving of rice/quinoa. Add sautéed mix and spicy beans.
3. Top with salsa, avocado slices, and hot sauce.

Makes 1 serving.



“Do It Yourself” burrito bowls are a great option for family meals, because everyone can create their own bowl according to his/her liking. The varieties are endless. Mix and match layers from the following ideas. Bowls can also be prepared ahead of time by cooking the first 3 layers and storing in individual containers for meals throughout the week. Just heat them up, add the toppings, and it’s ready to eat!

## DIY BURRITO BOWL

RECIPE CONTRIBUTOR: LEAH SCHITTER & MONICA FRAZIER

FIRST LAYER: rice or quinoa

1-2 cups brown rice, jasmine rice, or quinoa  
(use rice cooker or Instapot for quick prep)

Optional: add lime juice and cilantro after cooking.

SECOND LAYER: pinto, kidney, or black beans  
(seasoned black bean recipe below)

THIRD LAYER: choice of veggies

Organic corn

Sautéed peppers and onions

Roasted sweet potatoes or butternut squash cubes

TOPPING OPTIONS:

Green or red onion, chopped

Grape tomatoes, sliced

Fresh cilantro, chopped

Avocado, diced

Chopped lettuce

Salsa

Guacamole

Dairy-free sour cream (recipe on page 67)

Layer, toss, top, and enjoy.

Makes 4-6 bowls.

## SEASONED BLACK BEANS

2 cans (15 oz.) black beans, drained and rinsed

1 Tbsp. vegetable broth or water

$\frac{3}{4}$  cup diced sweet onion

3 medium garlic cloves, minced

1 tsp. chili powder

1 tsp. garlic powder

$\frac{3}{4}$  tsp. dried oregano

$\frac{1}{2}$  tsp. fine sea salt, or to taste

Sauté the onion and garlic with broth/water along with a pinch of salt, for about 5 to 6 minutes until softened. Stir in the black beans, chili powder, garlic powder, dried oregano, and salt. Cook for a few more minutes until heated throughout.



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## QUINOA & GREEN PEA "RISOTTO"

RECIPE CONTRIBUTOR: MARYLISA DINCEL

2 Tbsp. coconut oil or vegetable broth  
2 cloves garlic, minced  
1 cup organic quinoa  
2 cups broth  
2 cups frozen green peas or shelled  
edamame, thawed  
3-4 green onions, finely chopped  
2 Tbsp. parsley or cilantro  
Sea salt to taste

1. Heat oil/broth over medium-high heat and sauté garlic 2-3 minutes.
2. Stir in quinoa and cook 1-2 minutes or until lightly toasted. Pour in vegetable broth.
3. Stir in peas/edamame, green onions, parsley/cilantro. Cover and cook 15 minutes or until liquid is absorbed. Season with sea salt.

*Makes 4 servings.*



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## QUINOA WITH SUNDRIED TOMATOES

RECIPE CONTRIBUTOR: MARYLISA DINCEL

1 cup organic quinoa  
3 Tbsp. sun-dried tomatoes,  
finely chopped  
2-3 cloves garlic, minced  
2 cups broth  
Salt and pepper to taste  
Optional: pinch dried oregano  
Optional: 10 black olives

1. Combine quinoa, chopped sun-dried tomatoes, garlic, and vegetable broth. Bring to a boil.
2. Cover, reduce heat, and cook for 20-25 minutes or until all the liquid is absorbed and quinoa is tender.
3. Season with salt and pepper and optional oregano and black olives (optional).

*Makes 4-6 servings.*





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## SWEET & SAVORY RICE WITH CASHEWS

RECIPE CONTRIBUTOR: MARYLISA DINCEL

2 Tbsp. coconut oil or vegetable broth  
2 cloves garlic, pressed  
1 small onion, chopped (approx. 1/3 cup)  
1/4 cup carrots, finely shredded  
1/4 cup raisins  
2 Tbsp. freshly parsley, chopped (or 2 tsp. dried)  
1/2 cup cashews chopped (larger pieces)  
1 cup dry brown rice  
2 1/2 cups water  
1 tsp. sea salt  
Optional: 1/4 tsp. cayenne pepper

1. Heat oil/broth over medium-high heat and sauté onions, garlic, and carrots until tender.
2. Stir in remaining ingredients except salt. Bring to a boil; cover, reduce heat to low, and simmer until rice is done and water is absorbed, about 45-50 minutes. Add salt.



*Makes 4-6 servings.*



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## THAI COCONUT RICE

RECIPE CONTRIBUTOR: CHRISSY WILLIAMS

1 cup jasmine or brown rice  
1 cup water  
1 can (15 oz.) full-fat coconut milk  
½ tsp. fresh ginger, minced  
1 garlic clove, minced  
½ green pepper, diced  
½ red pepper, diced  
1 small onion, chopped (approx. ⅓ cup)  
2 carrots, peeled and diced  
2 tsp. toasted sesame oil or vegetable broth  
¼ cup green onions, diced  
1 cup roasted peanuts, crushed  
Optional: 1-2 Tbsp. cilantro, chopped; 1 jalapeño, diced  
Sea salt to taste



1. Add the rice, water, coconut milk, garlic, and ginger to a small pan.
2. Cook on low heat for 30 minutes, mostly covered. Stir a few times to keep the rice from sticking on the bottom. Once cooked, cover and turn the heat off.
3. Heat toasted sesame oil/broth in large skillet on medium heat. Sauté peppers, onion, carrots, and jalapeño for about 10 minutes.
4. Remove from the heat. Stir rice into the sautéed vegetables. Add cilantro, green onions, and peanuts. Serve hot.

*Makes 4-6 servings.*

# SOUPS & SALADS



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## EASY CAULIFLOWER SOUP

RECIPE CONTRIBUTOR: DR. MITRA RAY

1 cauliflower head, cut into chunks  
4 cups vegetable broth  
½ cup raw cashews  
Sea salt to taste

1. Boil broth and add cauliflower. Reduce heat and simmer until cauliflower is soft.
2. Add cashews and salt. Simmer for 5 minutes.
3. Pour into blender and blend until smooth. Add salt, pepper, and garlic to taste.

*Makes 2-4 servings.*



## ROASTED CARROT & CAULIFLOWER SOUP

RECIPE CONTRIBUTOR: HOPE PATTERSON

½ cauliflower head, cut into florets  
2 cups baby carrots  
1 small yellow onion (approx ⅓ cup)  
4 cups vegetable broth  
½ tsp. dried thyme  
1 tsp. salt  
½ tsp. ground black pepper  
Optional: ½ cup canned coconut milk or coconut cream

1. Preheat oven to 400 F.
2. Toss the veggies with salt and pepper and a tablespoon of coconut oil or vegetable broth. Roast for 20-25 minutes, turning once or twice during roasting.
3. Add chopped onions and tablespoon oil/broth in a large pot. Sauté for 4-5 minutes.
4. Add the rest of the broth, thyme, carrots, cauliflower, salt, and pepper. Bring to a boil, and then reduce heat to medium. Cover and simmer for 20 minutes.
5. Transfer ingredients to a blender, small batches at a time. Blend until perfectly smooth. You can also use an immersion blender and puree the soup in the pot. Add the coconut cream if desired.

*Makes 2-4 servings.*

*Taste the Shred!*

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## CREAMY TURMERIC CAULIFLOWER SOUP

RECIPE CONTRIBUTOR: LINDSEY SUROWITZ

2 Tbsp. coconut oil or vegetable broth  
1 head of cauliflower, cut into florets  
1 large onion, chopped (approx. 1+ cups)  
3 garlic cloves, minced  
4 cups vegetable broth  
½ cup water  
½ tsp. turmeric  
1 tsp. ground cumin  
½ tsp. cinnamon  
Salt & pepper to taste



Garnish: sliced almonds, a dash of turmeric, and red pepper flakes

1. Heat oil/broth in a large pot. Add onions and cook until soft, about 5 minutes. Add garlic and a pinch of salt. Sauté for another 1-2 minutes.
2. Add cauliflower, broth, water, spices, salt, and pepper. Bring to a boil.
3. Lower heat and simmer for about 10-15 minutes, until cauliflower is fork-tender.
4. Transfer ingredients to a blender, small batches at a time. Blend until perfectly smooth. You can also use an immersion blender and puree the soup in the pot.
5. Add more salt or seasonings to taste. Serve with an extra garnish of turmeric, sliced almonds, and red pepper flakes.

Makes 4-6 servings.



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# PUMPKIN COCONUT CURRY SOUP

RECIPE CONTRIBUTOR: AUDREY BYRD

¼ cup coconut oil/broth  
1 medium or large onion, chopped  
(approx. ⅔ to 1 cup)  
1 clove garlic, minced  
3 cups vegetable broth  
1 tsp. curry powder  
½ tsp. salt  
¼ tsp. ground coriander  
1 (15 oz.) can 100% pure pumpkin  
1 cup full-fat coconut milk/cream  
Salt and red pepper flakes to taste



1. Heat oil/broth in a large pot. Add onions and garlic. Sauté for 5-6 minutes.
2. Mix in the vegetable broth, curry powder, salt, and coriander. Cook and stir until the mixture comes to a gentle boil, about 10 minutes.
3. Cover and boil 15 to 20 minutes, stirring occasionally. Then, whisk in the pumpkin and coconut milk. Cook another 5 minutes.
4. Transfer ingredients to a blender, small batches at a time. Blend until perfectly smooth. You can also use an immersion blender and puree the soup in the pot.



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## BUTTERNUT SQUASH CURRY SOUP

RECIPE CONTRIBUTOR: MARYLISA DINCEL

2-3 Tbsp. coconut oil or vegetable broth  
½ cup onion, chopped  
½ tsp. curry powder (add more if you like)  
2-3 cups vegetable broth  
2-3 cups water  
1 can full-fat coconut milk  
1 med.-size butternut squash  
(peeled and diced into 1-2 inch pieces)  
Few pinches dried thyme  
Sea salt and pepper to taste



1. Heat 2 Tbsp. oil/broth slightly and add the chopped onion and curry powder. Sauté for a few minutes until onion is shiny and translucent.
2. Add the cubed butternut squash, 2 cups of vegetable broth, and 2 cups of water. Cover and simmer until the squash is softened, 20-25 minutes. Add more broth/water as needed for desired consistency.
3. Transfer ingredients to a blender, small batches at a time. You can also use an immersion blender and puree the soup in the pot. Blend until perfectly smooth.
4. Put back on the stove and simmer 2-3 more minutes while adding the thyme and salt and pepper. Remove from heat and pour in the coconut milk. Important: Don't add the coconut milk until the end.

*Makes 4-6 servings.*

# VEGGIE TORTILLA SOUP

RECIPE CONTRIBUTOR: JENNA RUDE

2 Tbsp. coconut oil or vegetable broth  
1 diced onion  
2 red bell peppers  
2 cloves garlic, minced  
3 Tbsp. ground cumin  
1 can (28 oz.) crushed tomatoes  
3 cans (4 oz.) chopped green chile peppers, drained  
7 cups vegetable broth  
Salt and pepper and chili powder to taste  
1 can or 1 ½ cups frozen whole kernel corn  
1 can (15 oz.) black beans  
1 can (15 oz.) pinto beans  
½ cup almond meal

Optional: spinach or 1 zucchini, chopped

## Toppings:

12 ounces tortilla chips, Avocado, Dairy-free Sour Cream (page 67)

1. Heat the oil/broth in a large pot over medium heat. Stir in the pepper, onion, garlic, and cumin. Cook 5 minutes until vegetables are tender.
2. Mix in the tomatoes and chile peppers.



3. Pour in the broth and season with salt/pepper/chili powder.
4. Bring to a boil. Reduce heat to low and simmer 30 minutes.
5. Mix corn and beans into the soup and continue cooking at least 10 minutes.
6. Stir in the almond meal to thicken. Add the spinach or zucchini and cook until tender.
7. Serve in bowls over equal amounts of tortilla chips. Top with avocado and/or dairy-free sour cream.

Makes 4-6 servings.

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## LEMONY LENTIL GOODNESS SOUP

RECIPE CONTRIBUTOR: MARYLISA DINCEL

2 Tbsp. coconut oil or vegetable broth  
2 medium onions, diced (approx. 1 1/3 cups)  
3/4 cup dry red lentils  
6 cups boiling water  
1 tsp. coconut sugar (or sucanat/honey)  
1 lemon, zested and juiced  
1 tsp. fresh mint, chopped (or 1/2 tsp. dried mint)  
1 tsp. cinnamon  
Sea salt and pepper to taste

1. Heat oil/broth in a large pot. Add onions and garlic. Sauté for 5-6 minutes.
2. Add red lentils, water, and sugar to the pot. Bring to a boil. Lower heat to medium-low and cover with lid. Cook for 45 minutes.
3. After the 45 minutes, the lentils will now be yellow and fall apart completely. Add in the lemon zest, lemon juice, mint, and cinnamon. Salt and pepper to taste.
4. Turn off the heat and let sit for 5 minutes or so. You don't want to cook the cinnamon or mint very much.

*Makes 4-6 servings.*



# PUMPKIN LENTIL SOUP

RECIPE CONTRIBUTOR: LINDSAY SUROWITZ

- 1 Tbsp. coconut oil or vegetable broth
- 1 large onion, chopped (approx. 1 cup)
- 3 cloves garlic, chopped
- 1 can (15 oz.) pure pumpkin
- 1 cup dry red lentils, rinsed
- ½ cup water
- 2½ cups vegetable broth
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp ground ginger
- 3 Tbsp. honey
- Salt & pepper to taste
- ½ cup to 1 cup unsweetened almond milk

**Garnish:** pumpkin seeds, pomegranate seeds, honey, cinnamon

1. Heat coconut oil/broth in a large pot and sauté onion until it becomes more translucent. Add garlic.
2. Add pure pumpkin, dry red lentils, water, and vegetable broth. Stir together.
3. Add cinnamon, nutmeg, ginger, honey, and salt and pepper. Stir.



4. Bring soup to a boil. Reduce heat, cover and simmer for about 15 minutes or until lentils are cooked through.
5. Using a hand-blender, puree the soup. Or transfer the ingredients from the pot to a standard blender doing small batches at a time.
6. As you puree the soup, add the almond milk slowly. Start with a half cup and keep adding more until you reach the desired consistency.
7. Taste test to make sure it is seasoned well. Salt and pepper are very important!
8. Transfer to bowls and garnish with pumpkin seeds, pomegranate seeds, a sprinkle of cinnamon, and a drizzle of honey.

*Makes 4-6 servings.*



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## RED LENTIL & SWEET POTATO STEW

RECIPE CONTRIBUTOR: NICOLE SCOTT

2 Tbsp. coconut oil or vegetable broth  
1 tsp. ground cumin  
1 tsp. ground turmeric  
1 Tbsp. curry powder  
1 large onion, chopped (approx. 1 cup)  
Coarse salt and freshly ground black pepper  
4 cloves garlic, minced  
2 Tbsp. fresh ginger, minced  
2 sweet potatoes, peeled and diced  
1 red bell pepper, seeded and diced  
1 ½ cups rinsed red lentils  
6 cups vegetable broth  
Garnish with chopped fresh cilantro



1. Heat oil/broth in a large pot over medium heat. Cook cumin, turmeric and curry powder until fragrant, 1-2 minutes.
2. Add onion with a few pinches salt, and sauté until tender, about 6 minutes.
3. Add garlic, ginger, sweet potatoes, and bell pepper. Cook 2-3 minutes.
4. Add lentils and broth. Bring to a boil. Reduce heat. Simmer until lentils are tender, 20 to 25 minutes. Season with salt and pepper. Top with cilantro before serving.

*Makes 4-6 servings.*

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## CROCKPOT THREE BEAN VEGGIE CHILI

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

1 medium onion, chopped (approx.  $\frac{2}{3}$  cup)  
1 red or yellow bell pepper  
(or  $\frac{1}{2}$  cup chopped assorted mini bell peppers)  
 $\frac{1}{2}$  cup chopped carrots  
1 (15 oz.) can black beans  
1 (15 oz.) can red kidney beans  
1 (15 oz.) can pinto beans  
1 (15 oz.) can tomato sauce  
1 (15 oz.) can petite diced tomatoes  
 $\frac{1}{2}$  cup frozen corn  
3 tsp. chili powder  
1 tsp. cumin  
1 tsp. salt

Optional: small jar deli-sliced jalapeño peppers,  
drained

1. Chop onion, peppers, and carrots. Rinse and drain beans.
2. Put all ingredients in crockpot and cook on low for 6+ hours or on high for 4+ hrs. Add salt and pepper to taste. Add more chili powder and jalapeño peppers if you like heat.
3. Top with avocado and/or dairy-free sour cream.



## BASIC POWER SALAD

ADVICE FROM DR. MITRA RAY

A whole-food, plant-based salad is one of the best meal choices for lunch or dinner! Salad ingredients that are grown locally or in your Tower Garden are best. Choose from the following list:

**GREENS** (*choose as many as you like*):

lettuce, spinach, kale, chard, arugula, mustard greens, etc.

**FRESH VEGGIES** (*choose as many as you like*):

cucumbers, carrots, broccoli, cauliflower, radishes, snap peas, asparagus, avocado, tomatoes, beets, steamed or boiled potatoes/yams/sweet potatoes, etc.

**PLANT OMEGA FATS** (*choose 2*):

**Nuts:** walnuts, almonds, pecans

**Seeds:** pumpkin, sunflower, chia, flax, or hemp.

**PLANT PROTEINS** (*choose 2*):

organic soft tofu, chickpeas, black beans, kidney beans, pinto beans, or other beans/lentils

**DRESSING OPTIONS:**

A simple recipe could include lemon, pepper, sea salt, Dijon mustard, balsamic or other vinegar, cayenne pepper, and 1 Tbsp. ground cashews. See dressings (page 68-71) for additional options.



### SALADS IN A JAR

One of the best ways to prep power salads for the week is by making salads in a jar! If packed right, they stay fresh for 4-6 days. The secret to a successful soggy-free salad jar is in the order that you build it. Make it fun by inviting friends over and creating different types of salad in a jar together. Everyone shares in the prep work and brings prepped veggies, salad greens, jars, and dressings. See directions on the next page. Have fun building!

## HOW TO BUILD SALADS IN A JAR

Start with a wide-mouth canning jar.

Use pint jars for individual salads and quart jars for 2 person/family salad.

Add 1-3 Tbsp. of salad dressing to the bottom of the jar.

Make your own or find dairy-free/ gluten-free options in the produce section, or use salsa.

Next, add any veggies that you want to soak in the dressing, especially hard/crunchy ones.

Carrots, sliced  
Celery, sliced  
Red onions, chopped  
Asparagus, cut small  
Zucchini, diced or spiraled  
Broccoli, cut small  
Cauliflower, cut small  
Brussels sprouts, sliced or shaved

Next, add your softer toppings.

Tomatoes, diced  
Cucumbers, cut small  
Bell peppers, chopped  
Mushrooms, sliced  
Olives  
Artichokes  
Cooked quinoa or rice  
Beans: black, kidney, pinto, chickpeas  
Roasted veggies: butternut squash, potatoes, beets, peppers, asparagus, onions  
Green peas, snap peas, shelled edamame, corn  
Cooked lentils

Next, add nuts, seeds or fruit.

Almonds, walnuts, sunflower or pumpkin seeds, etc.  
Apples  
Dried fruit: cranberries, cherries, raisins

Lastly, fill the jar with your favorite salad greens.

Pack the greens very tightly. The less air, the fresher your salad stays.

Store in refrigerator. When you are ready to eat...dump in a bowl, toss, and enjoy! Top with avocado if you like.





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## LENTIL AVOCADO SALAD

RECIPE CONTRIBUTOR: LINDSAY SUROWITZ

3 big handfuls of arugula (or your favorite greens)  
1½ cups cooked lentils  
⅓ cup shredded carrots  
1 cucumber  
1 cup cherry tomatoes  
2 Tbsp. chopped scallions  
2 Tbsp. chopped fresh parsley  
1 ½ Tbsp. ground flax seeds  
½ avocado  
Salt and pepper to taste

Pesto Dressing (page 70)



1. Cook lentils according to directions.  
(Shortcut: buy them precooked from Trader Joe's!)
2. Chop cucumbers, tomatoes, scallions, and parsley.
3. Mix all salad ingredients together. Pour dressing over salad.
4. Top with sliced avocado, and serve with a slice of lemon on the side.

Makes 2-3 servings.

## KALE YES! SALAD

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

2 cups kale, stems removed & chopped  
1 avocado  
2/3 cup cherry tomatoes, sliced  
Himalayan Salt

1. Combine 1/4 of the avocado and kale in a bowl. Using your fingers, massage the avocado into the kale as firmly as you can for 2-3 minutes until leaves are soft. The oil from the avocado will transform the bitter rough kale into tender creamy deliciousness.
2. Add more avocado as needed. Dice up any remaining avocado and add to the salad.
3. Add the cherry tomatoes and sprinkle generously with salt.

*Makes 2-3 servings.*



## MEDITERRANEAN KALE SALAD

RECIPE CONTRIBUTOR: LINDSAY SUROWITZ

1 bunch kale, stems removed & chopped  
3 cucumbers, chopped  
1 cup cherry tomatoes  
3/4 cup chickpeas, drained and rinsed  
3 hearts of palm, chopped  
1/4 cup grilled corn (or raw white corn)  
2 Tbsp. toasted pine nuts  
1 Tbsp. coconut oil or vegetable broth (or 1/4 avocado)  
1 lemon, juiced  
1/2 tsp. honey  
1/2 tsp. dill  
Salt & pepper to taste

1. Wash kale, then remove stems, and chop finely. Transfer to a bowl and add coconut oil or vegetable broth or avocado and juice from 1/4 of a lemon.
2. Using your fingers, massage the kale as firmly as you can for 2-3 minutes until leaves are soft and creamy. Add salt and pepper to taste. Add the salad toppings.
3. Mix together juice from 1/2 of a lemon, honey, and dill. Drizzle on top of salad. Add more lemon, salt, and pepper to taste.

*Makes 3-4 servings.*

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## EDAMAME KALE SALAD

RECIPE CONTRIBUTOR: HETHER CRAWFORD

4 cups Tuscan kale  
1 can (15 oz.) chickpeas, rinsed and drained  
 $\frac{3}{4}$  cup dried cranberries  
1 cup shelled edamame, thawed  
 $\frac{1}{2}$  cup carrot shreds  
Slivered almonds

### DRESSING

3 Tbsp. fresh lemon juice  
4 Tbsp. olive oil  
1 clove garlic, minced  
 $\frac{3}{4}$  tsp. dried Italian herb seasoning  
 $\frac{1}{4}$  tsp. kosher salt

1. Remove the ribs from the kale and cut into bite-size pieces.
2. Add all dressing ingredients to a large salad bowl and whisk until combined.
3. Add the rest of the salad ingredients and toss well to combine.
4. This salad keeps well in the refrigerator for several days.

*Makes 3-4 servings.*



## 4-BEAN SUMMER SALAD

RECIPE CONTRIBUTOR: MARISA TORRES

1 can (15 oz.) black beans, drained  
1 can (15 oz.) chickpeas, drained  
1 can (15 oz.) kidney beans, drained  
2 cups shelled edamame, thawed  
1 tomato, chopped  
1 avocado, diced  
1-2 limes  
2 tsp. minced garlic  
¾ cup chopped  
fresh cilantro  
1 Tbsp. olive oil  
Salt and pepper

1. Combine drained beans and edamame in a large bowl.
2. Add the tomato, garlic, cilantro, and avocado. Squeeze the juice of the lime over the avocado to keep it from discoloring.
3. Mix everything thoroughly. Add olive oil or substitute extra lime juice. Salt and pepper to taste.

*Makes 4-6 servings.*

## CUCUMBER AVOCADO SALAD

RECIPE CONTRIBUTOR: MARISA TORRES

4-6 tomatoes, chopped (2+ cups)  
1-2 cucumbers, chopped  
½ red onion, chopped  
2 avocados, diced  
1 large lemon, juiced  
¼ cup cilantro, chopped  
1 tsp. salt  
Black pepper to taste

1. Combine ingredients in large bowl and top with lemon juice. Toss lightly and add pepper to taste.

*Makes 3-4 servings.*





## CHICKPEA & BUTTERNUT SQUASH SALAD

RECIPE CONTRIBUTOR: JULIANA STAFFORD

3 cups butternut squash, diced and roasted  
2 cloves garlic, minced  
1 Tbsp. coconut oil or vegetable broth  
1 can (15 oz) chickpeas  
¼ cup red onions  
1 Tbsp. fresh basil  
4 Tbsp. olive oil  
1 tsp. lemon juice  
1 Tbsp. balsamic vinegar  
¼ tsp. garlic powder  
¼ tsp. ground coriander  
Salt & black pepper to taste.

1. Heat oven to 375 F. Toss the squash with oil/broth and minced garlic.
2. Roast for 20-25 minutes, turning once or twice during roasting. Remove and cool.
3. Mix chickpeas, onions, squash, and fresh basil to a large bowl.
4. Add oil, lemon juice, balsamic vinegar and seasonings. Toss well.
5. Serve as a side or on top of mixed greens.



## CHICKPEA AND VEGETABLE SALAD

RECIPE CONTRIBUTOR: SUSAN BAKER

1 can (15 oz.) chickpeas  
2 Tbsp. lemon juice  
½ cup green pepper, diced  
2 tsp. balsamic vinegar  
½ cup red pepper, diced  
Salt and pepper to taste  
½ cup cucumber, chopped  
1 Tbsp. fresh cilantro, chopped

1. Combine all ingredients in a bowl and toss well.
2. Serve as a side or on top of mixed greens.

*Makes 4-6 servings.*

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## ASIAN BLACK RICE SALAD

RECIPE CONTRIBUTOR: TRACY IRWIN

1 cup uncooked black rice  
1 cup shelled edamame, thawed  
1 bell pepper, chopped  
1 can (8 oz.) pineapple, chopped  
(reserve the juice to use below)  
2 green onions, finely chopped  
¼ cup cilantro, chopped  
1 ½ Tbsp. rice wine vinegar  
1 Tbsp. pineapple juice  
½ Tbsp. Braggs liquid aminos  
2 tsp. honey  
1 tsp. fresh ginger, grated  
1 clove garlic, minced  
¼ cup olive oil  
Salt to taste



1. Cook rice according to package. Place the rice in a large bowl to cool.
2. Add the edamame, pepper, pineapple, green onions, and cilantro to the bowl.
3. In a small bowl, whisk together the rice wine vinegar, pineapple juice, aminos, honey or agave, ginger, and garlic.
4. Whisking constantly, add the olive oil in a slow steady stream. Add a pinch of salt if desired. Pour over salad until it is well coated.

*Makes 4-6 servings.*

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## ASIAN QUINOA SALAD

RECIPE CONTRIBUTOR: KELLI MORGAN

- 1 cup dry quinoa
- 2 cups cooked green lentils  
(or box of prepared lentils from produce section)
- 3 large kale leaves, torn into bite size pieces (or spinach)
- 1 large head of broccoli, chopped into bite-size pieces
- ¼ cup Braggs liquid aminos
- ¼ cup water
- 1 Tbsp. maple syrup or honey
- 1 tsp. fresh ginger, grated
- 1 clove garlic, minced

1. Prepare quinoa in rice cooker or on stove top according to package directions.
2. Preheat your oven to a high broil. Broil the broccoli for 5 minutes.
3. When the quinoa is done, add the kale/spinach and close the lid for a few minutes to wilt the greens.
4. In a glass bowl, combine the dressing ingredients.
5. Mix everything together in a large bowl until the sauce is evenly coated throughout.
6. This tastes like a veggie version of beef and broccoli! And if you are feeling adventurous, top with chopped tomatoes, avocados, and hot sauce!

Makes 2-4 servings.



## ITALIAN QUINOA SALAD

RECIPE CONTRIBUTOR: KELLI MORGAN

- 1 cup dry quinoa
- 1 cucumber, chopped
- 1 pint of cherry tomatoes, sliced
- 4 large carrots, chopped
- 1 red pepper, diced
- 4 green onions, chopped
- 1 bag shelled edamame, thawed
- Italian Dressing (page 71)

1. Prepare quinoa in rice cooker or on stove top according to package directions.
2. Chop all the vegetables and combine in a large bowl. Add cooked quinoa.
3. Pour ½ cup dressing on top of the salad. Stir to combine. Add more dressing to taste.
4. Serve as is or on top of your favorite greens.

*Makes 2-4 servings.*



## GREEK QUINOA SALAD

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

- 1 cup dry quinoa
- 1 cucumber, chopped
- 1 pint of cherry tomatoes, sliced
- 1 cup kalamata olives, halved
- 1 medium red bell pepper, diced (approx. ½ cup)
- 1 small red onion, diced (approx. ¼ cup)
- Greek Dressing (page 70)

1. Prepare quinoa in rice cooker or on stove top according to package directions.
2. Chop all the veggies and combine in a large mixing bowl. Add the cooked quinoa.
3. Pour ½ cup dressing on top of the salad. Stir to combine. Add more dressing to taste.
4. Serve as is or on top of your favorite greens.

*Makes 2-4 servings.*



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## MEXICAN QUINOA SALAD

RECIPE CONTRIBUTOR: TRACY IRWIN

½ cup dry quinoa  
1 Tbsp. coconut oil or vegetable broth  
4 ears of fresh cut corn (approx. 3 cups)  
1 clove garlic, minced  
2 Tbsp. lime juice  
¼ tsp. salt  
1 can (15 oz.) black beans, drained  
8 oz. cherry tomatoes, sliced  
1 red bell pepper, seeded and chopped  
½ cup red onion, chopped  
½ cup fresh cilantro, chopped  
1 avocado, diced  
Optional: ½ jalapeño, minced

Creamy Mexican Dressing (page 69)



1. Prepare quinoa in rice cooker or on stove top according to package directions.
2. Heat oil/broth over medium-high heat in a large sauté pan. Add garlic and corn.
3. Cook about 15 minutes, flipping frequently, until corn begins to char a bit. Gently toss with lime juice and salt.
4. Combine corn mix, cooked quinoa, black beans, tomatoes, pepper, onion and cilantro. Toss well. Add avocado, stir gently.
5. Drizzle Creamy Mexican Dressing over the top and serve either warm or cold.

Makes 3-4 servings.

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## QUINOA CELERY SALAD

RECIPE CONTRIBUTOR: SUSAN BAKER

1 cup dry quinoa  
½ cup dried cranberries  
1 ½ cups celery, finely chopped  
½ cup pecans, chopped  
¼ cup chopped fresh cilantro  
or parsley  
1 Tbsp. olive oil  
1 Tbsp. balsamic vinegar  
2 Tbsp. lemon juice  
3 cloves garlic, minced  
1 tsp. sea salt  
Sea salt and pepper to taste



1. Prepare quinoa in rice cooker or on stove top according to package directions. Let cool.
2. Combine cranberries, celery, pecans, and cilantro/parsley in a large bowl.
3. Mix olive oil, vinegar, lemon juice, garlic, and salt in a small bowl.
4. Combine all ingredients together and let sit for about an hour.
5. Serve cold or at room temperature. Add sea salt and pepper to taste.

*Makes 3-4 servings.*

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## BLACK BEAN MANGO QUINOA SALAD

RECIPE CONTRIBUTOR: KELLI MORGAN

1 cup dry quinoa  
2 cups spinach  
½ cup cilantro  
3 green onions  
½ lemon, juiced  
2 tsp. cumin  
Sea salt and pepper to taste  
1 can (15 oz.) black beans, rinsed  
2 mangos, cubed  
1 avocado, cubed

1. Prepare quinoa in rice cooker or on stove top according to package directions. Let cool.
2. In your food processor, add the spinach, cilantro, green onions, lemon juice, cumin, salt, and pepper.
3. Process until smooth like a pesto. Stop and scrape down the side a few times.
4. Add sauce to the quinoa as soon as the quinoa is cooked. This will help the quinoa absorb all the flavor.
5. Add the black beans, avocado, and mango. Toss gently.

*Makes 3-4 servings.*







# DIPS & DRESSINGS



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## OIL-FREE HUMMUS

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

- 2 cans (15 oz.) chickpeas, rinsed and drained
- 3 cloves garlic
- 1 lemon, juiced
- 2 tsp. ground cumin
- 2 tsp. Braggs liquid aminos
- ¼ cup water or vegetable broth
- ½ tsp. salt

1. Blend all ingredients in food processor until smooth. It will be a thick paste. Add more salt to taste. Serve with veggies.



## ROASTED BEET HUMMUS

RECIPE CONTRIBUTOR: LINDSEY SUROWITZ

- 2 small roasted beets
- 1 (15 oz.) can of garbanzo beans, drained & rinsed
- Zest of 1 lemon (reserve a pinch for garnish)
- Juice of ½ lemon
- 2 garlic cloves
- 2 Tbsp. tahini
- ¼ tsp. paprika
- ¼ tsp. cumin
- ¼ cup olive oil
- Salt & pepper to taste

1. Start by roasting the beets. (page 10)
2. Allow roasted beets to cool. Then slice in quarters and place in your food processor with all other ingredients.
3. Blend ingredients in food processor until hummus is smooth. Season to taste with salt and pepper.
4. Garnish with a drizzle of olive oil, salt, pepper, and a pinch of lemon zest.
5. Serve with beautiful, colorful veggies: purple cauliflower, carrots, Persian cucumbers, cherry tomatoes, sugar snap peas, watermelon, and radish.

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## GUACAMOLE

RECIPE CONTRIBUTOR:  
DR. MITRA RAY

3 avocados  
2 limes or lemons, freshly squeezed  
2 garlic cloves, minced  
Himalayan sea salt to taste  
Freshly ground black pepper  
to taste

Optional: chopped tomato, diced  
jalapeño chili peppers, or fresh  
cilantro.

1. Mash all ingredients with a  
fork until desired consistency.  
Use immediately.

## HOMEMADE SALSA

RECIPE CONTRIBUTOR:  
TRACY IRWIN

½-1 cup fresh cilantro  
(approx. 1 bunch)  
1-2 garlic cloves minced  
1 jalapeno  
1 medium lime, juiced  
¼ cup white or red onion,  
quartered  
10 Roma tomatoes, halved  
1 tsp. cumin  
1 tsp. sea salt

1. Add all ingredients to a food  
processor. Pulse about 10 or so  
times until all ingredients are  
combined and diced, but be sure  
to stop before the salsa becomes  
too soupy.
2. Taste the salsa and STIR in  
additional seasonings if desired.  
Processing longer will make the  
salsa too soupy.

## DAIRY-FREE SOUR CREAM

RECIPE CONTRIBUTOR: TRACY IRWIN

5 oz plain coconut yogurt  
1 Tbsp. fresh squeezed lemon juice  
½ tsp. Himalayan salt

1. Stir well and use immediately.

## DAIRY-FREE RANCH DRESSING

RECIPE CONTRIBUTOR: TRACY IRWIN

- ½ cup vegan mayonnaise
- ½ cup full-fat coconut milk
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 2 tsp. dried dill
- 2 tsp. dried parsley
- 1 Tbsp. dried chives
- ½ tsp. Himalayan salt
- ¼ tsp. black pepper
- 1 tsp. apple cider vinegar
- 1 tsp. white wine vinegar

1. Combine all ingredients in a bowl. Whisk together until smooth.
2. Transfer to a bottle or jar for storage and refrigerate for at least 1 hour before serving.

## AVOCADO CILANTRO DRESSING

RECIPE CONTRIBUTOR: TRACY IRWIN

- 1 avocado
- ¼ cup dairy-free plain yogurt
- ½ cup water (more as needed to adjust consistency)
- 1 cup cilantro leaves and stems
- 1 garlic clove
- ½ tsp. Himalayan salt
- 1 squeeze of fresh lime juice

1. Pulse all ingredients in a food processor or blender until smooth.
2. Transfer to a bottle or jar for storage and refrigerate for at least 1 hour before serving.



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## AVOCADO CUMIN DRESSING

RECIPE CONTRIBUTOR: NICOLE SCOTT

1 avocado  
1 tsp. cumin  
2 Tbsp. lime juice  
1 Tbsp. olive oil  
½ tsp. dijon mustard  
1 clove garlic  
Salt and pepper to taste  
1-1½ cups of water, depending on desired consistency.

1. Pulse all ingredients in a blender until smooth.

## CREAMY MEXICAN DRESSING

RECIPE CONTRIBUTOR: TRACY IRWIN

½ cup dairy-free plain yogurt  
1 Tbsp. lime juice  
1 tsp. honey  
½ tsp. paprika  
¼ tsp. cumin

1. Combine all ingredients in a bowl. Whisk together until smooth.
2. Transfer to a bottle or jar for storage and refrigerate for at least 1 hour before serving.

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## PESTO DRESSING

RECIPE CONTRIBUTOR:  
LINDSAY SUROWITZ

1 garlic clove, minced  
1 tsp. fresh basil, minced  
Juice from ½ lemon  
1½ Tbsp. olive oil  
Salt & pepper to taste

1. Combine all ingredients in a bowl and mix well.

## GREEK DRESSING

RECIPE CONTRIBUTOR:  
KIMBERLY WORLOW

½ tsp. dried oregano  
1 tsp. dried dill  
½ tsp. sea salt  
¼ tsp. black pepper  
1 tsp. honey  
1 tsp. lemon juice  
¼ cup red wine vinegar  
¼ cup olive oil

1. Pulse all ingredients in a blender until smooth.

## OIL-FREE GREEK DRESSING

RECIPE CONTRIBUTOR:  
KIMBERLY WORLOW

½ tsp. dried oregano  
1 tsp. dried dill  
½ tsp. sea salt  
¼ tsp. black pepper  
1 tsp. honey  
1-2 tsp. lemon juice  
¼ cup red wine vinegar  
5 large walnuts  
10-12 kalamata olives  
2-5 tsp. water

1. Pulse all ingredients in a food processor or blender for 2 minutes. Add water to desired consistency. Blend well.



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## EASY ITALIAN DRESSING

RECIPE CONTRIBUTOR:  
KIMBERLY WORLOW

¼ cup olive oil  
¼ cup white wine vinegar  
1 Tbsp. Italian seasoning blend  
½ Tbsp. garlic powder  
¼ tsp. salt  
1 clove garlic, minced  
Ground black pepper to taste  
(optional) 2 tsp. fresh parsley

1. Combine all ingredients in a bowl. Whisk together until smooth.

## YUMMIEST ITALIAN DRESSING

RECIPE CONTRIBUTOR:  
MARYLISA DINCEL

½ cup olive oil  
½ cup fresh lemon juice  
1 ½ tsp. Dijon or organic yellow mustard  
½ tsp. dried thyme  
1 tsp. pure maple syrup (or honey)  
Pinch of sea salt to taste

1. Combine all ingredients in a bowl. Whisk together until smooth.

## OIL-FREE CREAMY ITALIAN DRESSING

RECIPE CONTRIBUTOR:  
KIMBERLY WORLOW

1½ cups great northern white beans, drained and rinsed  
½ - 1 cup water, depending on desired consistency  
2-3 Tbsp. fresh squeezed lemon juice  
½ tsp. garlic powder  
2 tsp. dried parsley  
1½ tsp. onion powder  
1 tsp. dried oregano  
1 tsp. sea salt

1. Place beans in blender and pour in ½ cup water. Blend on high for 2-3 minutes.
2. Add 2 tbsp. of lemon juice. Add seasonings and blend well.
3. Add more water, lemon juice, or seasonings to taste.

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## MITRA'S DRESSING

RECIPE CONTRIBUTOR:  
DR. MITRA RAY

¼ cup frozen mango cubes  
3 tomatoes, quartered  
1 bunch of cilantro  
1 tsp. garam masala  
3 cloves garlic  
Up to 3 cups of water, depending  
on desired consistency

1. Pulse all ingredients in a blender until smooth.

## GREEN GODDESS DRESSING

RECIPE CONTRIBUTOR: DR. MITRA RAY

2 medium zucchini  
Juice from one lemon  
1 small tangerine  
½ cup water  
4 mint leaves  
3 Tbsp. parsley

1. Pulse all ingredients in a blender until smooth.

## CREAMY TOMATO DRESSING

RECIPE CONTRIBUTOR: DR. MITRA RAY

3 medium tomatoes, quartered  
2 cups frozen mango cubes  
Juice of 1 lime  
1 tsp. garam masala  
⅛ tsp. dried onion flakes  
½ cup water

1. Pulse all ingredients in a blender until smooth.



# FAMILY FAVORITES



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## GLUTEN-FREE PASTA

Enriched white flour and wheat flour pastas are stripped of nutrients. They are high-glycemic, increase inflammation in the body, and wreak havoc on the bacteria balance in your digestive system. Fortunately, there are some healthier options to replace our favorite pasta dishes. Veggie noodles like Spaghetti Squash Noodles (page 20) and Zucchini Noodles (page 24) are the best options topped with your favorite sauces. We recommend that you avoid gluten-free pastas during the 10 days of the Shred because they are still a processed food. However, during the Live It part of the shred lifestyle, here are some gluten-free pastas you can try with your family that are “healthier” options:

Black Bean Pasta

Red Lentil Pasta

Soba Buckwheat Noodles

Quinoa Pasta

Brown Rice Pasta

## VEGAN CHILI MAC

RECIPE CONTRIBUTOR: CYLIE BITLER

- 8 oz. gluten-free noodles  
(about 2 heaping cups uncooked)
- 1 Tbsp. coconut oil
- 1 small onion (approx.  $\frac{1}{3}$  cup)
- 1 can (15 oz.) tomato sauce
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1  $\frac{1}{2}$  cups corn
- 3 Tbsp. nutritional yeast
- 3-4 tsp. mild chili powder
- $\frac{1}{2}$  cup water
- 3-4 oz. spinach, shredded
- Salt to taste
- Optional: garlic, chipotle powder



1. Cook pasta, leaving al dente. Drain when finished.
2. Heat coconut oil in large skillet over medium heat. Add onion and sauté until soft.
3. Add pasta and all other ingredients except spinach. Reduce heat and cook 8-10 minutes, stirring occasionally. Add more water if it becomes too dry.
4. Add spinach and cook 3 minutes. Salt to taste.

Makes 4-6 servings.

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## VEGGIE FRIED RICE

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

4 cups uncooked rice  
2 cups frozen veggie mix (ie: carrots, corn, peas,  
green beans, edamame, broccoli, etc.)  
1 Tbsp. coconut oil  
2-4 garlic cloves, minced  
Optional: small onion, chopped (approx. 1/3 cup)  
2 Tbsp. Braggs liquid aminos

1. Cook rice in the rice cooker or stove top.
2. Steam veggies in a separate pan.
3. Heat coconut oil in large skillet over medium heat.  
Add onion and sauté until soft.
4. Add garlic and liquid aminos to the pan and cook  
1 minute, stirring constantly.
5. Add rice and veggies and more liquid aminos  
to taste.

*Makes 3-4 servings.*





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## POTATO VEGGIE BAKE

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

1 lb. tri-colored baby potatoes, diced  
2-3 cups frozen artichokes, thawed and chopped  
1 red pepper, chopped  
½ cup kalamata olives, sliced  
1 cup cherry tomatoes, sliced  
2 cans navy beans  
½ cup raisins  
1 tsp. dried oregano  
½ tsp. dried rosemary  
¼ cup fresh basil, chopped  
4 garlic cloves, minced  
1 tsp. sea salt  
Salt and pepper to taste  
1-2 Tbsp. balsamic vinegar



1. Preheat the oven to 400F and grease 8x12 baking pan with coconut oil.
2. Boil potatoes in a saucepan for 15-20 minutes just until fork tender not too soft. Drain and toss with salt & pepper.
3. Add the artichokes, pepper, olives, tomatoes, beans, raisins, seasonings (except for balsamic vinegar) to the baking pan. Add potatoes and mix well.
4. Cover with foil. Bake for 40 minutes, stirring halfway.
5. Remove foil and add balsamic vinegar and toss again. Bake 10 more minutes uncovered.

Makes 6-8 servings.

## LENTIL SHEPHERD'S PIE

RECIPE CONTRIBUTOR: TRACY IRWIN

- 1 Tbsp. olive/coconut oil
- 1 small onion, chopped (approx. ½ cup)
- 2 carrots, peeled and chopped
- 16 oz. mushrooms, sliced
- 4 cloves of garlic, minced
- 2 tsp. dried thyme
- 1½ cups green lentils
- 3 cups vegetable broth
- 1 cup peas, fresh or frozen
- 2 Tbsp. Braggs liquid aminos/tamari
- 3 Tbsp. BBQ Sauce

*Mashed Potatoes: can be made dairy-free with equal amounts of Earth Balance & canned coconut milk. Add garlic to the mashed potatoes to make this dish extra tasty.*

1. Prepare the mashed potatoes first.
2. Heat the oil in a large skillet over medium-high heat.
3. Add in the onion, carrots, mushrooms, garlic, and thyme. Sauté for 6 to 8 minutes until softened and bits are browned. Remove from pan, and set aside.



4. Add in the lentils and vegetable broth in the pan. Cover and simmer for 25-30 minutes until the broth is absorbed and the lentils are tender.
5. Preheat the oven to 425 F.
6. Add the vegetables back to the pan with the lentils and add the peas, BBQ sauce, and aminos. Heat through. Scoop the mixture into a casserole dish or large skillet and then spread the mashed potatoes on top.
7. Bake for 10-15 minutes or until the pie is hot and bubbling around the edges.

*Makes 4-6 servings.*

# LENTIL SLOPPY JOES

RECIPE CONTRIBUTOR: REBEKAH DOWNING

- 1 Tbsp. coconut oil or vegetable broth
- 1 red bell pepper, finely chopped
- 2 garlic cloves, minced
- 1 medium onion, chopped (approx.  $\frac{2}{3}$  cup)
- 2 Tbsp. tomato paste
- 1 bay leaf
- 1 (8 oz.) tomato sauce
- 1  $\frac{1}{2}$  cups water
- 1 cup dry red lentils
- 1 Tbsp. worcestershire sauce
- 1 Tbsp. prepared yellow mustard
- 2 tsp. apple cider vinegar
- 2 tsp. coconut sugar
- 1 tsp. chili powder
- $\frac{1}{2}$  tsp. ground black pepper
- 1 tsp. kosher salt

1. Heat oil in a large sauce pot over medium heat. Add bell pepper and cook 4 to 5 minutes or until softened, stirring frequently.
2. Add onion, garlic, and tomato paste. Cook 1 minute, stirring constantly.



3. Stir in remaining ingredients. Heat to boiling over medium-high heat.
4. Cover with lid, reduce heat to low,; and simmer 30 to 35 minutes or until lentils are tender, stirring occasionally. Remove bay leaf.
5. Serve lentils wrapped in lettuce leaves or on top of gluten-free bread.

*Makes 4-6 servings.*

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## MEXICAN QUINOA

RECIPE CONTRIBUTOR: HETHER CRAWFORD

1 Tbsp. coconut oil  
2 cloves garlic, minced  
1 jalapeño, minced  
1 cup dry quinoa  
1 cup vegetable broth  
1 (15 oz.) can black beans, drained and rinsed  
1 (15 oz.) can fire-roasted diced tomatoes  
1 cup corn, canned or frozen  
1 tsp. chili powder  
½ tsp. cumin  
½ tsp. salt  
1 avocado, diced  
Juice of 1 lime  
2 Tbsp. fresh cilantro leaves, chopped



1. Heat coconut oil in a large skillet over medium-high heat. Add garlic and jalapeño. Cook about 1 minute, stirring frequently.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, cumin, and salt.
3. Bring to a boil. Cover, reduce heat, and simmer until quinoa is cooked through about 20 minutes. Top with avocado, lime juice, and cilantro.

*Makes 4 servings.*



# COMPLETE SMOOTHIES



**Vanilla** French Vanilla 81 / Pumpkin Pie 81 / Strawberry Julius 81  
Purple Passion 82 / Chai Fire 82 / Green Garden 82  
Tropical Vanilla 83 / Creamy & Dreamy 83  
**Chocolate** Dutch Chocolate 83 / Chocolate Almond 84  
Smoothie Plus+ 84 / Chocolate Peanut Butter Cup 84  
Black Cherry Delight 85 / Razzle Dazzle 85





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## FRENCH VANILLA

1 cup almond or cashew milk  
1 scoop/packet Vanilla Complete  
3-5 ice cubes

Variations: add frozen cherries,  
strawberries, raspberries,  
blueberries, pineapple, mango,  
banana, or a combination of these  
for a creamy fruit smoothie!

1. Blend together.

*Makes 1 serving.*

## PUMPKIN PIE

1½ cup almond or soy milk  
½ can pumpkin puree  
½ tsp. cinnamon  
½ tsp. nutmeg  
½ tsp. ginger  
¼ tsp. honey  
1 scoop/packet Vanilla Complete  
¼ cup ice cubes  
½ cup pecans  
(add at the end so the pecans are  
not pulverized)

1. Blend together.

*Makes 1 serving.*

## STRAWBERRY JULIUS

1 cup orange juice  
1 cup frozen strawberries  
1 handful spinach  
1 scoop/packet Vanilla Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## PURPLE PASSION

1 cup coconut water  
2-3 kale leaves  
½ frozen banana  
1 cup frozen blueberries  
1 tsp. chia seed  
1-2 tsp. cinnamon  
1 scoop/packet Vanilla Complete

1. Blend together.

*Makes 1 serving.*

## CHAI FIRE

1 cup strong herbal chai tea  
¼ tsp. cinnamon (more to taste)  
¼ tsp. ginger  
⅛ tsp. ground clove  
⅛ tsp. allspice  
¼ tsp. turmeric  
Dash of cayenne pepper  
Juice from one small lemon  
1 scoop/packet Vanilla Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## GREEN GARDEN

1 cup unsweetened rice milk  
2-inch piece of cucumber  
2-3 kale leaves  
1½ cups spinach  
1 cup frozen pineapple  
2 Tbsp. flaxseed  
½ cup water  
1-2 dates (optional for sweetness)  
1 scoop/packet Vanilla Complete

1. Blend together.

*Makes 1 serving.*

## TROPICAL VANILLA

½ cup coconut milk  
½ cup water  
½ frozen banana  
¼ cup frozen pineapple  
¼ cup frozen mango  
¼ cup frozen strawberries  
¼ tsp. cinnamon  
1 scoop/packet Vanilla Complete

1. Blend together.

*Makes 1 serving.*

## CREAMY & DREAMY

½ cup almond or cashew milk  
½ avocado  
1 cup spinach  
½ frozen banana  
1 scoop/packet Vanilla Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## DUTCH CHOCOLATE

1 cup almond, rice, or coconut milk  
1 scoop/packet Chocolate Complete  
3-5 ice cubes

Variations: add a frozen banana, handful of cherries, frozen strawberries, or a handful of raspberries for a tasty chocolate-covered fruit smoothie!

1. Blend together.

*Makes 1 serving.*

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## CHOCOLATE ALMOND

1 cup almond or cashew milk  
1 frozen banana  
8-10 raw almonds  
1 scoop/packet Chocolate  
Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## SMOOTHIE PLUS+

1 cup soy or coconut milk  
1 frozen banana  
½ cup frozen mixed berries  
2 Tbsp. flaxseed  
2-3 kale leaves  
1 scoop/packet Chocolate  
Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## CHOCOLATE PEANUT BUTTER CUP

1 cup almond or cashew milk  
1 frozen banana  
2-3 Tbsp. natural peanut butter  
1 scoop/packet Chocolate  
Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

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## BLACK CHERRY

1 cup almond or cashew milk  
1 Tbsp. flax seed  
½ cup frozen black cherries  
1 tsp. cacao (optional)  
1 scoop/packet Chocolate Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*

## RAZZLE DAZZLE

1 cup soy or cashew milk  
1 frozen banana  
⅓ cup frozen raspberries  
1 Tbsp. chia seeds  
1 scoop/packet Chocolate Complete  
3-5 ice cubes

1. Blend together.

*Makes 1 serving.*



# COMPLETE INDULGENCES



DIY Smoothie Bowls [87](#) / Chocolate Complete Pudding [87](#) / Basic Energy Bites [88](#)  
Nutty Energy Bites [88](#) / Mocha Energy Bites [88](#) / Almond Joy Bites [89](#)  
Chocolate Cherry Energy Bites [89](#) / Pumpkin Spice Energy Bites [89](#)  
Aloha Bites [90](#) / Lemon Coconut Bites [90](#) / Cashew Cookie Bites [91](#)  
Chocolate-Covered Cookie Bites [91](#) / Snickerdoodle Bites [92](#)  
Cherry Cheesecake Bites [92](#) / Chocolate PB Complete Fudge [93](#)  
Chocolate Krispy Bars [93](#) / No-Bake Krispy Cookies [94](#)  
No-Bake Cookies [94](#) / Complete Cookie Dough [95](#)  
Complete Brownie Batter [95](#)



We wanted to include some fantastic recipes for snacks and desserts that you can make using Complete shake mix. These are much healthier and guilt-free versions of traditional desserts. They are a fun way to maintain your LIVE IT lifestyle and treat yourself and your family. Plus, what a win-win to sneak 15 plants into your kids while they think it's a treat! However, we want you to be very honest with yourself...they are still indulgences! For best results with cleansing your body and healing your gut, you'll want to avoid these during the 10 days of the Shred. Some of these recipes have coconut oil (which is an isolated fat), dairy free chocolate chips (that have added sugars), and added sweeteners such as maple syrup, honey, or coconut sugar. So even if they are the "healthier versions," we recommend that you enjoy these recipes in moderation!

## DIY SMOOTHIE BOWLS

- 1 banana
- 1½ cups of your favorite frozen berries
- 1 handful spinach
- 1 Tbsp. almond milk
- 1 scoop Vanilla Complete

1. To a blender add, almond milk, spinach, frozen berries, banana, and Vanilla Complete. Blend until smooth. It will be thick like pudding. Add more almond milk as desired.
2. Pour into a bowl and top with your favorite toppings (shredded coconut, sliced bananas, chopped apples, dairy-free chocolate chips, fresh berries, nuts, hemp seeds, chia seeds, gluten-free granola, etc.) Be creative.

## CHOCOLATE COMPLETE PUDDING

RECIPE CONTRIBUTOR: REBEKAH DOWNING

- 2 scoops Chocolate Complete
- ½ cup almond milk
- 1 avocado
- Dash vanilla extract

1. Mix all ingredients together in the blender until smooth.
2. Chill for 30 minutes and enjoy!

## BASIC ENERGY BITES

2 scoops Chocolate Complete  
(or 1 chocolate and 1 vanilla)  
½ cup honey  
½ cup peanut butter  
(or other nut butter)  
2 cups gluten-free puffed rice  
cereal (or substitute 1 cup GF  
old-fashioned oats)

1. Mix well in a bowl. Roll into balls and enjoy!
2. These are great to pack in lunch boxes or for road trips. They last at room temperature for a limited time. If storing longer, refrigerate in an airtight container.

## NUTTY ENERGY BITES

1 scoop Chocolate Complete  
1 cup peanut butter  
(or cashew butter)  
½ cup chopped pumpkin seeds  
¼ cup chopped walnuts or almonds  
¼ cup brown rice syrup  
¼ cup dairy free mini-chocolate  
chips (Enjoy Life)

**Optional: unsweetened shredded coconut**

1. Mix well in a bowl. Roll into bite-size balls and then roll in coconut if desired. Enjoy!

## MOCHA ENERGY BITES

1 cup dates  
1 cup cashews  
½ cup almonds  
¼ cup ground coffee beans  
1 scoop Chocolate Complete  
1 Tbsp. coconut oil  
(to desired texture)

1. Blitz dates in blender or food processor first. Remove. Add nuts and blend until fine. Add dates, ground coffee, Complete, and coconut oil. Blitz.
2. Roll into bite-size balls and enjoy!

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## ALMOND JOY BITES

RECIPE CONTRIBUTOR:  
KIMBERLY WORLOW

½ cup almond butter  
1 cup dates pitted  
(approx. 10-12 large dates)  
1-2 scoops Chocolate Complete  
½ cup shredded coconut

1. Add all ingredients to the food processor and blend until well mixed.
2. Roll into bite size-balls and then roll in coconut if desired. Enjoy!

## CHOCOLATE CHERRY ENERGY BITES

RECIPE CONTRIBUTOR:  
GERALYN SHIRLEY

1 cup raw almonds  
½ cup Chocolate Complete  
½ cup dried cherries  
2 cups pitted Medjool dates  
½ tsp. cinnamon  
½ tsp. sea salt

1. Add all ingredients to the food processor and blend until well mixed.
2. Roll into bite size-balls and enjoy!

## PUMPKIN SPICE ENERGY BITES

RECIPE CONTRIBUTOR:  
TRACY IRWIN

1½ cup rolled oats  
2½ tsp. pumpkin spice  
⅓ cup honey  
½ cup pumpkin puree  
⅓ cup almond or cashew butter  
2 scoops of Vanilla Complete

1. Add all ingredients to the food processor and blend until well mixed.
2. Roll into bite-size balls and enjoy!

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## ALOHA BITES

RECIPE CONTRIBUTOR:  
NICKI HAMRAH

1 cup macadamia nuts  
½ cup dried pineapple  
1 cup shredded coconut  
1 scoop Vanilla Complete  
2 tsp. vanilla extract  
2 Tbsp. honey  
2 Tbsp. water

1. Add all ingredients to the food processor and blend until well mixed.
2. Roll into bite size-balls and enjoy!

## LEMON COCONUT BITES

RECIPE CONTRIBUTOR:  
SHAHEEN FERGUSON

1 scoop Vanilla Complete  
1⅓ cup GF old-fashioned oats  
1 cup medjool dates  
Juice from one large lemon  
1 tsp. pure vanilla extract  
1 tsp. pure lemon extract  
Unsweetened shredded coconut

1. Place all ingredients (except the coconut) in a food processor until well blended.
2. Roll into bite size-balls and then roll in coconut if desired. Enjoy!



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## CASHEW COOKIE BITES

RECIPE CONTRIBUTOR: MELANIE SIMONS

1 1/3 cup raw cashews  
2/3 cup GF old-fashioned oats  
5 Tbsp. raw unfiltered honey, or agave  
1 scoop Vanilla Complete  
1/3 cup dairy-free mini-chocolate chips  
(Try Enjoy Life brand)

1. Blend cashews and oats in food processor until a flour consistency.
2. Stir in Vanilla Complete, honey or agave.
3. Fold in chocolate chips and roll into bite-size balls.  
Enjoy!

## CHOCOLATE-COVERED COOKIE BITES

RECIPE CONTRIBUTOR: SHERRY HUDDLESTON

3 cups dairy-free, semi-sweet chocolate chips  
(Enjoy Life)  
1 cup organic peanut butter or almond butter  
1 cup Chocolate Complete  
1 cup GF old-fashioned oats  
1/2 cup honey

1. Melt chocolate chips over medium heat over a double boiler.
2. In a separate bowl, mix together the remaining ingredients until well combined.
3. Roll into 1" balls and dip them in the melted chocolate and put on a baking sheet lined with wax paper.
4. Refrigerate for 20 minutes to allow chocolate to harden.

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## SNICKERDOODLE PROTEIN BITES

RECIPE CONTRIBUTOR: JOY KELLY

1 scoop Vanilla Complete  
2 tsp. cinnamon  
1 cup GF old-fashioned oats  
¼ cup pure maple syrup  
2 Tbsp. creamy nut butter  
(almond, peanut, cashew, etc.)  
½ tsp. vanilla extract

### SNICKERDOODLE SUGAR:

2 Tbsp. coconut sugar  
½ tsp. cinnamon

1. Add the Vanilla Complete, cinnamon, and oats in a large bowl and stir just to incorporate well.
2. Add in maple syrup, nut butter, and vanilla. Mix well. Mixture will be thick. Add a few tablespoons of water until the batter comes together and can be rolled with your hands. You don't want the mixture to be too wet otherwise it will not hold together properly.
3. In a separate bowl, mix together the coconut sugar and cinnamon. Form into balls with your hands and roll them gently in the snickerdoodle sugar.

## CHERRY CHEESECAKE BITES

RECIPE CONTRIBUTOR: JENNIFER LEAK

2 Tbsp. coconut oil  
⅓ cup dried cherries  
½ cup GF old-fashioned oats  
1 scoop Vanilla Complete

1. Blend all ingredients until the cherries color the entire mix.
2. Roll into bite-size balls and enjoy!

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## CHOCOLATE PEANUT BUTTER COMPLETE FUDGE

RECIPE CONTRIBUTOR: CHRISTIN BLYUMIN

1 cup peanut butter  
10-12 pitted dates  
1 scoop of Chocolate Complete  
Almond milk

1. Combine dates and peanut butter in the food processor until combined.
2. Add Complete and a small splash of almond milk and combine in food processor.
3. Add a small amount of almond milk if the Complete is not blending well with the date/peanut butter mixture. It will depend on how much oil is in the peanut butter, so each batch will be different. Blend until it's all combined and forms a big dough ball.
4. Line a 9x9 pan with wax paper and press the dough mixture into the pan. Freeze for up to one hour and cut into squares.

## CHOCOLATE KRISPY BARS

RECIPE CONTRIBUTOR: REBEKAH DOWNING

½ cup peanut butter (or substitute another nut butter)  
½ cup honey  
½ cup Dutch Chocolate Complete (approx. 2 scoops)  
4 cups gluten-free puffed rice cereal

1. Heat honey in a saucepan on medium heat for 1 minute.
2. Remove and add peanut butter. Stir until well combined.
3. Add Complete powder and stir. Add cereal. Mix together well with clean hands.
4. Press into a pan and cut into squares. Enjoy!

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## NO-BAKE KRISPY COOKIES

RECIPE CONTRIBUTOR: JENNY BUSCHMANN

- ¼ cup maple syrup
- ¼ cup nut butter
- 1 scoop Chocolate Complete
- ¼ tsp. sea salt
- ¼ cup coconut oil
- 1 cup gluten-free puffed rice cereal
- ¼ cup dairy-free chocolate chips (Enjoy Life)
- 1 cup unsweetened coconut flakes

1. Over medium heat, melt the maple syrup, nut butter, Chocolate Complete, sea salt, and coconut oil until smooth. (This happens quickly.)
2. Add dry ingredients (rice cereal, chocolate chips, and coconut flakes)
3. Mix well and drop in spoonfuls on a wax-lined baking sheet.
4. Refrigerate for at least 20 minutes. Enjoy!

## NO-BAKE COOKIES

RECIPE CONTRIBUTOR: JULIANA STAFFORD

- ⅓ cup coconut oil
- ¼ cup honey
- 1 scoop Chocolate Complete
- ¼ cup organic peanut butter
- ¼ tsp. vanilla extract
- 1 cup GF old-fashioned oats

1. Combine coconut oil, honey, and Complete powder in a small saucepan over medium-high heat. Bring to a boil and stir to combine ingredients for roughly a minute before removing from heat.
3. Stir in peanut butter and vanilla extract and mix until incorporated.
4. Mix in oats and stir until completely coated with chocolate mixture.
5. Cool slightly and drop in spoonfuls onto wax-lined baking sheet.
6. Transfer to freezer to cool for at least 40 minutes or until firm. Enjoy!

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## COMPLETE COOKIE DOUGH

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

¼ cup coconut oil  
2 scoops Vanilla Complete  
Almond milk  
¼ cup dairy-free chocolate chips (Enjoy Life)

1. Melt the coconut oil.
2. Mix in the Vanilla Complete and a dash of almond milk.
3. Stir in the chocolate chips. Eat with a spoon. Enjoy!

## COMPLETE BROWNIE BATTER

RECIPE CONTRIBUTOR: KIMBERLY WORLOW

¼ cup coconut oil  
2 scoops Chocolate Complete  
Almond milk  
¼ cup dairy free chocolate chips (Enjoy Life)  
1 Tbsp. peanut or almond butter

1. Melt the coconut oil.
2. Mix in the Vanilla Complete and a dash of almond milk.
3. Mix in your favorite nut butter.
4. Stir in the chocolate chips. Eat with a spoon. Enjoy!





Thank you to all of our contributors!

For more resources, please visit [www.HealthyLivingRevolution.com](http://www.HealthyLivingRevolution.com).