

MUSCLE BUILDING RECOVERY SMOOTHIE

Drink this smoothie after a workout to optimize recovery.

INGREDIENTS

- 1 frozen banana
- 1/2 cup frozen cherries
- 1/4 cup frozen cauliflower
- 1 serving protein powder
- 1-2 dates (pitted)
- 1 handful spinach
- 2 tbsp almond butter
- 2 tbsp cacao
- 2 tbsp chia seeds
- 2 tsp maca
- Milk of choice

INSTRUCTIONS

1. Add all of the ingredients to a blender. The more milk you add, the more liquidy your shake will be.
 2. Blend until smooth. Enjoy!
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BLUE SPIRULINA SMOOTHIE

Spirulina is a great source of protein!

INGREDIENTS

1 frozen banana
1/4 cup frozen cauliflower
1 serving vanilla protein powder
1-2 dates (pitted)
1 handful spinach
2 tbsp almond butter
1 tsp cinnamon
1 tsp blue spirulina
1 tbsp flax seeds
Milk of choice

INSTRUCTIONS

1. Add all of the ingredients to a blender. The more milk you add, the more liquidy your shake will be.
 2. Blend until smooth. Enjoy!
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ALMOND BUTTER PROTEIN OATS

Make as overnight oats, or as fresh oatmeal in the AM.

INGREDIENTS

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 2 tbsp maple syrup
- 1 tbsp protein powder
- 1 tbsp almond butter
- 1/4 tsp cinnamon
- 2/3 cup almond milk

INSTRUCTIONS

1. Add all of the ingredients to a bowl. Stir well to combine, until all the protein powder has dissolved. Seal container with a lid and place in the fridge overnight.
 2. Serve with toppings of choice. To serve warm, heat the oats up in a small pot on medium heat.
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VEGAN QUESADILLA

Double or triple the quesadilla filling to have on hand all week!

INGREDIENTS

Quesadilla Filling:

1/2 cup chickpeas
1/2 tbsp vegan mayo
1 tsp nutritional yeast
1/2 tsp garlic powder
1 tsp spicy peppers (can sub sriracha)
1 tsp olive oil
1 tsp Italian seasoning
Salt + pepper to taste

Other ingredients:

Arugula
Vegan cheese (Violife recommended)
2 wraps

INSTRUCTIONS

1. Add all of the quesadilla filling ingredients to a bowl and mash with a fork until the chickpeas form a thick paste. If the mixture is too thick, add additional vegan mayo.
 2. Spread the quesadilla mix onto one wrap. Top with arugula and vegan cheese. Give the cheese a very light drizzle of olive oil. (This will help the cheese melt)
 3. Top with the second wrap and heat in a large pan on medium heat. Flip when the wrap is slightly browned.
 4. Once both sides are done, slide the quesadilla onto a plate. You can top it with avocado, salsa, or any topping you prefer. Enjoy!
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HUMMUS VEGGIE WRAP

Prep veggies ahead of time for a quick lunch! Serve with air fryer sweet potato fries on the side.

INGREDIENTS

Hummus

Wraps

½ cucumber, thinly sliced

2 small tomatoes, sliced

1 avocado, sliced into thin slices

1 yellow bell pepper, sliced into thin slices

1 carrot julienned

1 cup mixed greens

4 teaspoons sriracha sauce

INSTRUCTIONS

1. Spread your desired amount of hummus on wraps.
 2. Layer mixed greens, avocado, and veggies on top.
 3. Drizzle with sriracha sauce.
 4. Wrap up and enjoy!
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SCRAMBLED "EGGS"

Serve with a side of sourdough toast, or wrapped up as a burrito.

INGREDIENTS

1 package medium/firm tofu

2 bell peppers (sliced thin)

1 cup chopped mushrooms

1 clove garlic (minced)

1 tsp coconut oil

2-3 large handfuls of spinach

3 tbsp egg seasoning (linked below)

Fresh cilantro

Avocado

Vegan cheese (optional)

Salt + pepper to taste

INSTRUCTIONS

1. Sauté peppers and mushrooms in a large pan over medium heat with some olive oil, salt, and pepper.
 2. Once veggies are tender, use your hand to crumble the tofu into the pan. You want to really break down the tofu so there are no big chunks. Think egg texture.
 3. Add about 1/4 cup filtered water, egg seasoning, and coconut oil to the tofu mix. Stir and let simmer until most of the water is soaked up into the tofu.
 4. Once the water is almost completely absorbed, add the spinach and vegan cheese, stir until spinach is cooked.
 6. Top with fresh cilantro and avocado.
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VEGAN MAC N CHEESE

A healthy spin on a childhood classic.

INGREDIENTS

1 package chickpea pasta

2 cups broccoli

2 cups mushrooms, sliced

Sauce Ingredients:

1 cup cashews

2 large carrots, just over 1 cup (chopped to 1" rounds)

1/2 cup nutritional yeast

2 cups soy milk (unsweetened, unflavored)

2 tsp Italian seasoning

1 tsp garlic powder

Salt + pepper to taste

INSTRUCTIONS

1. Begin by heating water over the stove. Once boiling, add your cashews and chopped carrot and remove them from the heat. Cover and let sit for 45 minutes - 1 hour.
 2. In the meantime, wash and chop your broccoli into small, bite-sized florets. Cut mushrooms into thin slices.
 3. Boil water for your pasta and cook according to package instructions. Set aside 1/4 cup of the pasta water before you strain it.
 4. Sauté the broccoli and mushrooms over medium heat until well cooked. Season with salt + pepper to taste. While the veggies are cooking, start the sauce.
 4. Add sauce ingredients to a food processor and blend until smooth.
 5. Add the pasta and cheese sauce to the sauteed veggies. Add the pasta water to thin the sauce to desired consistency. Enjoy!
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ITALIAN 'CHICKEN' BAKE

We love an easy, throw-in-the-oven dinner. Enjoy with a side salad!

INGREDIENTS

- 1 block firm tofu
- 1/4 cup vegan mayo
- 1 tbsp Italian seasoning
- 1 tbsp chicken seasoning (I use Trader Joe's brand)
- 1 to 2 cups zucchini, sliced in 1/4" rounds
- 2 cups spinach
- 2 cups broccoli
- 1.5 cups fresh cherry tomatoes, halved.
- Salt + pepper, to taste
- Nutritional yeast

INSTRUCTIONS

1. Preheat oven to 350°F
 2. Squeeze excess water from tofu with a cheesecloth. Add to a large bowl with mayo, chicken seasoning, and Italian seasoning. Mix and set aside.
 3. Next, layer zucchini and spinach at the bottom of the casserole dish. Sprinkle with salt and pepper. Layer the broccoli on top and drizzle with olive oil.
 4. Place tofu mixture on top of the broccoli.
 5. Lastly, spoon diced tomatoes on top of the tofu.
 6. Add extra spinach, salt +pepper, and nutritional yeast on top.
 7. Bake for 25-30 minutes or until the top is golden brown.
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