

Mind Body Aware

PILATES & HEALTH COACHING

Deeply Nourished 7 Day Meal Plan

Created by Kristin Joseph



NOT FOR RESALE OR SHARING

All digital products such as: eBooks, PDF downloads, resource material, videos and online content are subject to copyright protection. The information and material in this book is copyright 2018 by Mind Body Aware LLC. Therefore, no part of this book may in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, or shared with any third party or person. It shall also not be stored in a retrieval system, be broadcast, sold, or transmitted without the prior permission of the publisher, Mind Body Aware LLC. Fines up to \$10,000 may apply to anyone found infringing on our copyright. In some cases, Mind Body Aware LLC may encrypt, force password and/or stamp license details (customer name, address, etc.) on its digital products to ensure safety.

PRODUCT DISCLOSURE

This book is for inspirational purposes. The Author of this book is not responsible in any manner whatsoever for any adverse effects arising directly or indirectly as a result of this information provided in this book. The content in this guide is designed to help individuals progress towards their health goals through the adoption of healthy diet and lifestyle habits. It is not tailored to suit people with specific or preexisting diagnosed health conditions.

All information in this guide is based on the opinions of the Author, and is intended to motivate readers to make their own nutrition and health decisions after consulting with their health care provider. The information and material provided in this guide is for educational and informational purposes only and is not intended as medical advice. It should not be used as a substitute for informed medical advice or care and should therefore not be used to diagnose, treat, or cure any illness, metabolic disorder, disease, or other health problems. Participants should always consult a doctor before making any health or dietary changes. No information in this guide should be relied upon to make a medical diagnosis or determine a treatment for a medical condition. Any statements or claims about the possible health benefits conferred by any foods or supplements have not been evaluated by the Food & Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. Use of the guide is at the sole choice and risk of the reader.

Deeply Nourished 7 Day Meal Plan

WELCOME

Welcome and congratulations on taking the first step to the deeply nourished lifestyle! This 7 Day Meal Plan will give you the tools that you need to start or sustain your mostly plant based lifestyle and thrive!

If you typically find yourself stressing out over what to eat, confused by all the food information out there, eating out or reaching for takeout menus on a regular basis, we are here to help! We have done all the hard work for you, specifically curating 7 days of meals with whole, nourishing foods, creating weekly shopping lists and outlining the most efficient way to meal prep, so that you minimize your time in the kitchen.

This deeply nourishing whole foods plant based meal plan is comprised of whole REAL foods. If we turn our focus to whole real food, closest to its purest form, we will derive the most nutrients, vitamins, and minerals from our food – the perfect fuel to power a vital and healthy life. As a result, you won't find any processed sugar, refined flour, soda, unhealthy oils, meat, or dairy in any of these recipes. The nourishing recipes included in this meal plan focus on an abundance of organic vegetables & fruit, satiating complex carbs, plant powered protein, and wholesome healthy fats.



Deeply Nourished 7 Day Meal Plan

PHILOSOPHY

The goal of the Deeply Nourished 7-Day Kick Starter meal plan is to help you feel more vibrant and empowered in mind and body through eating mostly plant based WHOLE REAL FOODS.

Some mind-set mantras and beliefs that you will want to partake in to get the full benefit of the 7-day program include:

ABUNDANCE

I live in abundance my plate is filled with a bounty of beautiful fruits and vegetables.

GRATITUDE

I have everything I need and am grateful for my body's ability to heal and flourish.

MINDFULNESS

I will use food and movement to show my body respect.

HELPFUL TIPS:

- Drink a minimum of 2 liters* filtered water daily - this is a MUST!!
- Try to get in your first liter of water before your first sip of coffee or tea in the morning it will help you hit your 2 liter goal and will be a great boost in detoxifying from the day before and hydrating for the day ahead!
- Get in REGULAR movement (even if it is JUST 10 minutes of intentional movement daily).
- Regular exercise helps with digestion, sleep, hormone regulation, and more!.

*Measurement intended for average sized woman. Daily amount suggested may increase or decrease depending on participant size.

Deeply Nourished 7 Day Meal Plan

TIPS & TRICKS

Servings Guidance:

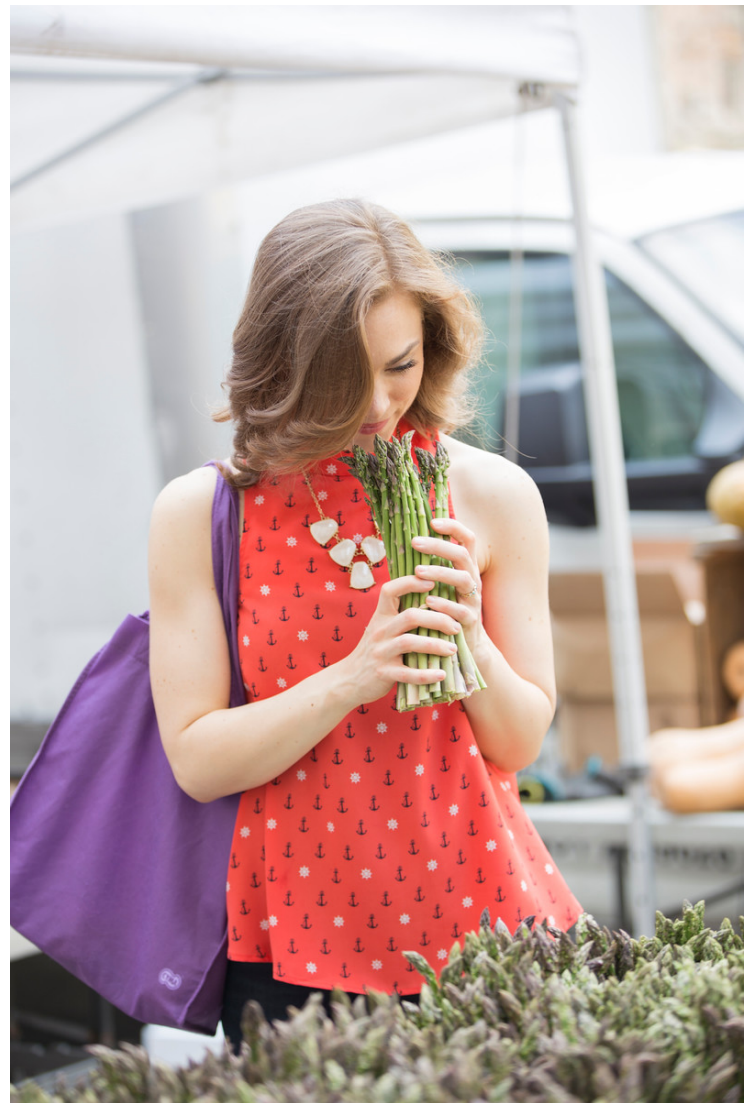
- Except where noted, breakfast & lunch meals are 1 serving.
- Except where noted, dinner is 2 servings unless it is meant for leftovers - then it is 4 servings.
- Adjust recipe measurements accordingly if cooking for more or less people.

Storage Tips:

- Some recipes only call for ½ a lemon/lime, store remaining half face down on a small plate in the fridge to save for the next use.
- Store fresh herbs in a glass jar filled a quarter way with water in the fridge
- Some recipes call for ¼ or ½ of an avocado, store remaining avocado in fridge with the pit (it keeps it from browning).

Pro Hacks:

- Be CREATIVE with leftovers! To some people, leftovers can be boring. Feel free to liven your leftover meal up by doing the following:
- Add some toppings (nuts, seeds, a squeeze of lemon/lime, or fresh herbs).
- Serve in a different manner (cold vs. warm, in a bowl vs. a plate) – these little changes can trick your brain into thinking it is a new dish.
- When in doubt – add a premade sauce like salsa or sriracha (I like Wildbrine's probiotic sriracha) or a home made dressing/pesto (see recipes for a few examples).
- Always feel free to add more veggies to to any meal! One of my favorite "hacks" is adding greens as the base to a pasta or grain dish.



Deeply Nourished 7 Day Meal Plan

THE PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kick Start Your Day	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice	Hot Water with Lemon +/- Celery Juice
Breakfast	Smoothie of Choice	Smoothie of Choice	Smoothie of Choice	Smoothie of Choice	Smoothie of Choice	Southwest Tofu Scramble	Blueberry Oat Pancakes
Mini Meal	Dark Chocolate Berry Chia Pudding	Dark Chocolate Berry Chia Pudding	Blueberry Overnight Oats	Apple	Rice Cakes, Avocado & Hummus	Smoothie of Choice	Smoothie of Choice
Lunch	Lemon Tahini Kale Salad with Blueberries	Kitchen Sink Curried Lentils	Cauliflower, Kale & Lentil Detox Soup	Winter Buddha Bowl	Creamy Basil Pesto with Brown Rice Pasta	Lentil, Sweet Potato & Arugula Salad	Collard Tacos
Dinner	Kitchen Sink Curried Lentils	Cauliflower, Kale & Lentil Detox Soup	Winter Buddha Bowl	Creamy Basil Pesto with Brown Rice Pasta	Lentil, Sweet Potato & Arugula Salad	Collard Tacos	Slow Cooker Vegan Chili
Dessert <small>*optional</small>	Steeped Goji Berry Tea	Mango Nice Cream	Vanilla Mylk Latte	Almond Butter Stuffed Dates	Steeped Goji Berry Tea	Mango Nice Cream	Vanilla Mylk Latte

Abundance: Veggies (especially green leafy veggies) and fruits in their whole form

Moderate: Animal based products, oils, unrefined sugar

Limit: Processed foods, coffee, caffeinated teas, alcohol*

Avoid: Processed/Refined Sugars, artificial ingredients & coloring

*This one is a SORE subject for some. If you are truly trying to lose weight and decrease inflammation I HIGHLY recommend completely cutting alcohol out of your diet (or drastically reducing it) and focusing on whole real foods and hydration.

Smoothie Options: Bright-Eyed Green Smoothie, Cauliflower Blueberry Smoothie, Green Goddess Smoothie

Items in green are leftovers

Deeply Nourished Shopping List

Fruits

- 1 Apple
- 3 Avocado
- 2 1/2 cups Blueberries
- 1 slice Fresh Lime Juice
- 1/2 cup Juice Of Lemon
- 3 1/2 Lemon
- 3 Medium Apple
- 3 Medium Pear
- 3 Medium Ripe Banana
- 1/2 cup Raspberries
- 2 Ripe Banana

Breakfast

- 2 tbsps Almond Butter
- 1/2 cup Pure Maple Syrup
- 2 Plain Rice Cake

Seeds, Nuts & Spices

- 1 2/3 tbsps Ceylon Cinnamon
- 1/3 cup Chia Seeds
- 3 1/16 tbsps Chili Powder
- 1 tsp Cinnamon
- 2 tps Cumin
- 1/2 tsp Cumin Powder
- 2 tps Garlic Powder
- 1/4 cup Goji Berries
- 1 tbsp Good Curry Powder
- 1/4 cup Hemp Hearts
- 1 1/2 tps Minced Onion**
- 1 tsp Oregano
- Fine Sea Salt
- 1 tsp Powdered Ginger
- 1/4 cup Raw Cashews
- 1 cup Slivered Almonds
- 1/4 tsp Turmeric

Vegetables

- 4 cups Arugula
- 2 cups Basil Leaves
- 1 cup Bay Spinach (Or Greens Of Choice)
- 1 Beet
- 1 bag Tri-colored Potatoes
- 5 Carrot
- 2 heads Cauliflower
- 7 heads Celery
- 1 cup Chopped Cherry Tomatoes
- 18 cups Chopped Romaine Lettuce
- 21 cups Chopped Spinach
- 1 bunch Cilantro
- 1 bunch Collard Greens
- 1 1/2 cups Fresh Herb Of Choice
- (optional for smoothie)
- 1 bulb Garlic
- 3 tbsps Ginger
- 2 Green Bell Pepper
- 22 cups Kale Leaves
- 1 cup Loosely Packed Greens
- 1 Parsnip
- 2 cups Radishes
- 1 1/2 Red Bell Pepper
- 1 Red Onion
- 2 Sweet Potato
- 1 Turnip
- 1 White Onion
- 1 Yellow Onion

Condiments & Oils

- 1/2 cup Extra Virgin Olive Oil
- Freshly Ground Black Pepper
- 1 tbsp Heaping Tablespoon Virgin Coconut Oil Or Avocado Oil
- 1 tbsp Heaping Tablespoon Virgin Coconut Oil Or Olive Oil
- Hot Sauce
- 1 tbsp Olive Oil
- 1 tbsp Pitted Kalamata Olives
- 3/4 cup Tahini

Cold

- 3 1/2 cups Unsweetened Almond Milk
- 24 ozs Unsweetened Vanilla Almond Milk
- 1/4 cup Hummus
- 8 oz Extra Firm Tofu

Other

- 1 1/3 tbsps Barley Grass Juice Powder
- 12 pieces Ice Cubes

Frozen

- 3 cups** Frozen Corn
- 5 cups** Frozen Mango
- 2 cups** Frozen Peas
- 2 cups** Frozen Strawberries
- 2 cups** Frozen Wild Blueberries
- 1 cup** Frozen Cauliflower
- 4 cups** Peeled And Diced Veggies*

Boxed & Canned

- 14 ozs** 1 Can Diced Tomatoes
- 2 Cans** Full Fat Coconut Milk
- 15 oz** Black Beans
- 1 cup** Brown Rice
- 12 oz** Brown Rice Penne
- 6 cups** Canned Whole Tomatoes
- 2 cups** Chickpeas
- 6 1/4 cups** Lentils
- 1 jar** Organic Salsa
- 6 cups** Organic Vegetable Broth
- 1 cup** Quinoa
- 2 cups** Red Kidney Beans
- 1/2 cup** Uncooked Red Lentils
- 2 cups** White Navy Beans
- 1/2 cup** Cooked Brown Basmati Rice Or Grain Of Choice

Baking

- 1/2 tsp** Baking Powder
- 1 tbsp** Cocoa Powder
- 4 Drops** Stevia Liquid
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Gluten Free Rolled Oats
- 1 tbsp** Nutritional Yeast
- 1 1/2 cups** Oats
- 1/4 cup** Pitted Dates
- 2 Splash** Organic Vanilla Extract
- 1 3/4 tsps** Vanilla Extract

Hot Water with Lemon

2 ingredients · 5 minutes · 1 serving



Directions

1. Heat water. You can use the stove, microwave, or an electric kettle.
2. Combine the heated water and lemon.
3. Let the water cool a bit, so it is drinkable.
4. Enjoy!

Ingredients

- 2 cups** Water (hot)
- 1/4** Lemon (juiced)

Celery Juice

1 ingredient · 5 minutes · 2 servings



Directions

1. If using a juicer, cut off the bottom of the head of celery and push through juicer 1-2 stalks at a time.
2. If using a high-speed blender (I prefer the Vitamix): 1. Cut off the bottom of the celery, roughly chop, place in the blender. 2. Start off at a low speed and work your way up until it is completely liquefied (can add a little filtered water if you are having a difficult time getting it going). 3. Use a metal seive or a nut milk bag to strain the contents of the blender. 4. Discard celery pulp.
3. Enjoy!

Notes

Pro Tip:

This recipe makes two servings. So, you can pour half into a mason jar (or airtight container) and save it for tomorrow. Consume within 3 days.

Ingredients

1 head Celery (Cut off bottom and rinse well. Keep leaves on.)

Cauliflower Smoothie with Blueberries and Ceylon Cinnamon

10 ingredients · 6 minutes · 1 serving



Directions

1. Place ingredients in the blender. (Put leafy greens on the bottom and larger frozen fruits/veg towards the top).
2. Add in filtered water to your desired consistency (start with a little and then add more).
3. Blend
4. Enjoy!

Notes

Wild Blueberries

Wild blueberries are one of the most potent superfoods on the planet! These little gems can be found in the frozen section of your grocery store. Typically these berries are picked and frozen at the peak of their ripeness.

Ceylon Cinnamon

Organic traditional cinnamon (Cassia) can be used here. Cassia contains a compound called coumarin and if consumed in large quantities can be toxic. Opt for Ceylon if you are a cinnamon lover since levels of coumarin are practically undetectable.

Banana

I like a CREAMY smoothie. So, I prefer to freeze the bananas that I use in smoothies. Leave banana out if you are struggling with Candida or want a low sugar option.

Ingredients

- 1/2 cup** Frozen Cauliflower (*If you pre-steam the cauliflower and then freeze it, it is actually easier to digest.)
- 1/2 cup** Loosely Packed Greens (*Spinach, Kale, Collards)
- 3/4 cup** Frozen Wild Blueberries (*use organic conventional blueberries if you can't find wild.)
- 1 tsp** Ceylon Cinnamon
- 1/2 tsp** Powdered Ginger
- 2 tbsps** Hemp Hearts (*heaping)
- 1** Pinch Sea Salt
- 1** Splash Organic Vanilla Extract
- 1** Ripe Banana
- 1/4 cup** Cold Filtered Water (To thin/make blending easier)

Green Goddess Smoothie Recipe

11 ingredients · 5 minutes · 4 servings



Directions

1. Combine the leafy greens and water in a blender. Begin processing on low and gradually increase speed until thoroughly blended.
2. Next, add the celery, apple, pear, ginger, and herbs (if using). Finally, add the banana, lemon juice, and ice.
3. Blend until smooth. Serve at once or refrigerate in an air-tight container. Good for up to 2½- 3 days.

Ingredients

- 7 cups** Chopped Spinach (about a medium bunch)
- 6 cups** Chopped Romaine Lettuce (1 small head)
- 2 cups** Cold Filtered Water
- 2 stalks** Chopped Celery (about 1 1/2 cups (2 med stalks))
- 1** Medium Apple (cored and coarsely chopped)
- 1** Medium Pear (cored and coarsely chopped)
- 1** Medium Ripe Banana (peeled and cut in thirds)
- 2 tbsps** Juice Of Lemon
- 1/2 cup** Fresh Herb Of Choice (Cilantro +/- Parsley) (*start with a little and can gradually add more)
- 4 pieces** Ice Cubes (*add a few and can gradually add more to get to your desired consistency)
- 1 tbsp** Ginger (*1/4 inch piece peeled)

Bright-Eyed Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Put your greens in your high-speed blender first.
2. Add your frozen fruit.
3. Include your Barely Grass Juice Powder
4. Pour in the water and blend.
5. Enjoy!

Notes

Benefits

Full of Vitamin C, Vitamin K and fiber this smoothie is a GREAT way to start your day!

Barley Grass Juice Powder

Daily Green Boost is my favorite brand. Here is the link:

https://www.amazon.com/gp/product/B00OM623I0/ref=oh_aui_search_detailpage?ie=UTF8&psc=1.

Ingredients

- 2 cups** Kale Leaves (*can replace or combine with spinach)
- 1 cup** Frozen Mango
- 1 cup** Frozen Strawberries
- 2 tsps** Barley Grass Juice Powder (*See notes for my favorite brand.)
- 1 cup** Cold Filtered Water (*adjust according to preference)

Southwest Tofu Scramble

15 ingredients · 30 minutes · 2 servings



Directions

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Serve immediately with the breakfast potatoes, toast, or fruit. I like to add more flavor with salsa, hot sauce, and/or fresh cilantro. Alternatively, freeze for up to 1 month and reheat on the stovetop or in the microwave.

Ingredients

- 8 ozs** Extra Firm Tofu
- 1 tbsp** Olive Oil
- 1/4 bulb** Red Onion (thinly sliced)
- 1/2** Red Bell Pepper (thinly sliced)
- 2 cups** Kale Leaves (loosely chopped)
- 1/2 tsp** Sea Salt
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Cumin Powder
- 1/4 tsp** Chili Powder
- Water (to thin)
- 1/4 tsp** Turmeric (optional)
- 2 tbsps** Salsa (*to taste)
- 1 tsp** Cilantro
- Hot Sauce (*to taste)
- 2 servings** Breakfast Potatoes (*Sweet Potatoes or Mini Tri-Colored Potatoes can be used)

Blueberry Oat Pancakes

10 ingredients · 20 minutes · 4 servings



Directions

1. In a good blender (we use our #Vitamix) or food processor blend all ingredients except blueberries.
2. Blend thoroughly
3. Pour into a bowl and let stand 3-5 min.
4. Stir in blueberries.
5. Heat a pan to med heat.
6. Oil the pan (use coconut spray or approx 1 TBSP coconut oil). *oil as needed
7. Using 1/4 Cup pour batter into the pan. (We can fit 3-4 pancakes in our pan).
8. Cook each side for approx 2-3 min (or until slightly browned). *I like to look for bubbles in the tops of the pancakes before flipping.
9. Serve and eat warm! Enjoy!

Notes

Can be made with NO oil

This recipe can be made with no oil. If you want to make it using no oil, you will need to pre-heat your oven to 350 degrees F. Use 1/4 cup to scoop batter & pour into circular shapes on a pan lined w/ parchment paper. Bake for 5-6 min on each side.

Ingredients

- 1 1/2 cups Gluten Free Rolled Oats
- 1 cup Unsweetened Almond Milk
- 1/4 cup Maple Syrup
- 1 tbsp Flax Egg (*to make flax egg you use 1 tbsp organic milled flax seed, and combine with 3 tbsp hot water. Stir and let it sit until it has congealed.)
- 1/2 cup Frozen Wild Blueberries
- 1 tsp Vanilla Extract
- 1 tsp Ceylon Cinnamon
- 1/2 tsp Fine Sea Salt
- 1/2 tsp Baking Powder (*opt for the non-aluminum baking powder)
- 1 tbsp Heaping Tablespoon Virgin Coconut Oil Or Avocado Oil

Dark Chocolate Berry Chia Pudding

7 ingredients · 3 hours · 2 servings



Directions

1. In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
2. Cover the bowl and refrigerate for at least 3 hours, or overnight.
3. For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

Notes

No Berries

Use any type of chopped fruit instead.

Storage

Keeps well in the fridge up to 5 days.

Ingredients

- 1/4 cup Chia Seeds
- 1 tbsp Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

- 2 Plain Rice Cake
- 1/4 cup Hummus
- 1/2 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

Lemon Tahini Kale Salad with Blueberries

10 ingredients · 15 minutes · 4 servings



Directions

1. Place kale leaves in a large bowl. Add a squeeze of lemon – season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
2. In a blender or food processor, combine your remaining lemon juice with tahini, maple syrup, and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
3. Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!

Notes

No Kale

Use any dark leafy green instead.

No Lentils

Use chickpeas or beans instead.

Storage

Stores well in the fridge up to 2 days.

Ingredients

- 8 cups** Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Tahini
- 1 1/2** Lemon (juiced)
- 1 tbsp** Maple Syrup (*Optional)
- 1/4 cup** Water
- 2 cups** Lentils (cooked, drained and rinsed)
- 2 cups** Frozen Peas (thawed)
- 2 cups** Radishes (finely sliced)
- 1 cup** Blueberries

Kitchen Sink Curried Lentils

14 ingredients · 33 minutes · 4 servings



Directions

1. In a large pot, melt the coconut oil over low-medium heat.
2. Peel (if necessary) and dice the veggies into 1/2-inch pieces. Add them into the pot and stir until combined. Increase heat to medium.
3. Add in the rest of the ingredients (lentils, water, diced tomatoes [with juices], coconut milk, all the spices, salt, and pepper). Stir until combined.
4. Increase heat to high and bring to a low boil. Reduce heat to medium and cook, uncovered, for 18 to 30 minutes, until the veggies and lentils are tender; the cook time will depend on the types of veggies you use, and their size. Stir the dal frequently while cooking, and reduce the heat if necessary to prevent it from sticking to the pot. (If you're using potatoes, I suggest covering the pot while cooking since they don't contain as much water to "cook off". You may need to add more water to thin the mixture.)
5. If desired, serve over rice, and garnish with cilantro and lime (it's still great without these additions, though!).

Notes

Veggie Pro Tip:

This is one recipe where I take the shortcut and buy organic bagged frozen veggies. I typically use haricot vert (thin French green beans), cauliflower, peas, and butternut squash

Ingredients

- 1 tbsp** Heaping Tablespoon Virgin Coconut Oil Or Olive Oil (20 mL)
- 4 cups** Peeled And Diced Veggies* (I like to use organic frozen veggies including hericot green beans, cauliflower, peas, and butternut squash)
- 1/2 cup** Uncooked Red Lentils
- 1/2 cup** Water (plus more if needed)
- 14 ozs** 1 Can Diced Tomatoes (14-ounce/398 mL)
- 14 ozs** 1 Can Full Fat Coconut Milk (14-ounce/398 mL)
- 1 1/2 tsps** Garlic Powder
- 1 1/2 tsps** Minced Onion**
- 1 tbsp** Good Curry Powder (or to taste***)
- 3/4 tsp** Fine Sea Salt (to taste)
- Freshly Ground Black Pepper, (to taste)
- 1/2 cup** Cooked Brown Basmati Rice Or Grain Of Choice
- 1 tsp** Fresh Chopped Cilantro Leaves
- 1 slice** Fresh Lime Juice

Lentil, Cauliflower, & Kale Detox Soup copy

10 ingredients · 40 minutes · 6 servings



Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers:

Refrigerate in a covered container up to 4 days. This will make quite a bit (6-8 servings). So portion out what you will use this week and freeze the rest. Will be good frozen up to 6 months.

NO Oil Option:

This recipe can be made with no oil. Just use some vegetable broth to cook up the onions, carrots, and celery instead of oil.

Spice It UP!

Top this delicious soup with some avocado slices and Sriracha for an added extra creaminess and kick!

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 **stalks** Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 **head** Cauliflower (chopped into florets)
- 4 **cups** Kale Leaves (chopped)
- 6 **cups** Organic Vegetable Broth
- 2 **1/4 cups** Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Winter Buddha Bowl

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 420.
2. Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
6. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
7. Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Ingredients

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

Creamy Basil Pesto with Brown Rice Pasta

12 ingredients · 15 minutes · 4 servings



Directions

1. Boil water in a pot
2. Add package of brown rice pasta. Follow boxed directions (Jovial takes about 10 minutes).
3. While your pasta is cooking prepare the basil pesto.
4. In a high-speed blender or food processor add 2 cups packed basil, 2 raw garlic cloves, 1/4 cup cashews (soak 2 hours prior if you don't have a high-speed blender), add the juice of 1 medium lemon, 2 tsp olive oil, and 1/8 tsp sea salt. Blend thoroughly.
5. Drain and rinse cooked pasta. (*Rinsing brown rice pasta with cool water will make it less sticky)
6. Add in your desired amount of basil pesto.
7. Serve pasta over a bed of leafy greens. (I usually use 1 packed cup of greens).
8. Top your creation with quartered cherry tomatoes, kalamata olives, and nutritional yeast (*optional).
9. Enjoy!

Notes

Brown Rice Pasta

Not ALL brown rice pasta is created equal. My family's favorite brand is Jovial. You could also use lentil pasta or chickpea pasta.

Nutritional Yeast

Nutritional yeast is a great source of B vitamins for those following a Whole Foods Plant Based Diet (vegan).

Ingredients

- 12 ozs** Brown Rice Pasta (*Jovial is my absolute favorite brand)
- 2 cups** Basil Leaves (*about 1 bunch)
- 1/4 cup** Raw Cashews (*use organic raw cashews)
- 3 tbsps** Juice Of Lemon (1 medium lemon yields 3 tbsp of juice)
- 2 pieces** Garlic Clove
- 2 tbsps** Extra Virgin Olive Oil (*Can be made with less or no oil)
- 1/8 tsp** Fine Sea Salt
- 1 tbsp** Water (*to thin – add 1 tbsp of water at a time until desired consistency is reached)
- 1 tbsp** Pitted Kalamata Olives
- 1 cup** Baby Spinach (Or Greens Of Choice) (*arugula or massaged kale would be good too!)
- 1 cup** Chopped Cherry Tomatoes (*cut into quarters)
- 1 tbsp** Nutritional Yeast (*Sprinkle on to your liking)

Lentil, Sweet Potato & Arugula Salad

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils

Use chickpeas or ~~ground meat~~ instead.

No Tahini

Use sunflower seed butter instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

Ingredients

- 2 Sweet Potato (medium, diced)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Tahini
- 1/4 **cup** Water
- 1 **tbsp** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Arugula
- 2 **cups** Lentils (cooked)

Collard Tacos

8 ingredients · 30 minutes · 4 servings



Directions

1. Cook your brown rice (as this will take the longest). Follow the directions on the package.
2. Rinse your black beans well.
3. Wash the collards and pat to dry.
4. Once the brown rice has finished cooking assemble your tacos to your liking!
5. Enjoy!

Notes

Use what you have!

Get as creative as you want with your veggies. You REALLY can't go wrong! Use what you have.

Collard Wraps/Tacos

I know this might seem foreign at first if you have never tried it before...but just give it a chance! You want to break off the long stem. The collard leaves are SUPER sturdy, so you can literally "wrap" them like a burrito! Yum!

Ingredients

1 bunch Collard Greens (*If you can't find collards, butter leaf lettuce, or romain can work as well.)

15 ozs Black Beans (*opt for the unsalted and organic)

1 cup Brown Rice

2 tbsps Organic Salsa (*add to your liking)

1 Avocado (*can add as much or as little as you want. I typically opt for 1/4 to 1/2 for total consumption.)

1/4 cup Red Onion

1 Red Bell Pepper

1 cup Frozen Corn (*can opt for fresh)

Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Serve it With

Organic toast, quinoa, brown rice or a salad.

Storage

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

Extra Spicy

Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

6 cups Canned Whole Tomatoes

2 cups Red Kidney Beans (cooked, drained and rinsed)

2 cups White Navy Beans (cooked, drained and rinsed)

2 cups Frozen Corn

2 stalks Celery (diced)

2 Green Bell Pepper (de-seeded and chopped)

2 Carrot (chopped)

1 White Onion (diced)

4 Garlic (cloves, minced)

2 tsps Cumin

1 tsp Oregano

3 tbsps Chili Powder

1 tbsp Sea Salt

Steeped Goji Berry Tea

2 ingredients · 5 minutes · 1 serving



Directions

1. Place the Goji berries in a teacup and pour boiled water over top. Cover and let steep for 5 minutes.
2. Sip your tea with the Goji berries left in. You can eat them as you go. Enjoy!

Ingredients

- 2 tbsps** Goji Berries
- 1 cup** Water (boiled)

Mango Nice Cream

4 ingredients · 5 minutes · 4 servings



Directions

1. Place all ingredients in your high-powered blender or food processor.
2. Process until you get a smooth and creamy mixture and there are no more mango chunks. Do not over process or it will begin to melt. If you are using a Vitamix, you will need to use your tamper stick.
3. 3. Serve immediately.

Notes

Make it EXTRA with my Chocolate Magic Shell Recipe – Pt. 1

Serves approx. 4-8 | Ingredients • *1 tbsp organic unrefined coconut oil • 1 tbsp organic cacao powder • 1 tbsp organic pure maple syrup *You can use 2 tbsp coconut oil to make the shell crisper. Play with this and see what you prefer.

Chocolate Magic Shell Recipe Cont'd – Pt. 2

1. Heat water to boiling temp. (I use an electric kettle). 2. Pour about 1 cup hot water into heat safe dish (large enough to fit a mason jar in). 3. Put all ingredients into mason jar. 4. Take mason jar and put into hot water.

Chocolate Magic Shell Recipe Cont'd – Pt. 3

5. Stir vigorously until texture is smooth and free of clumps and lumps. 6. Drizzle on your favorite nice cream & ENJOY!

Chocolate Magic Shell Recipe Cont'd – Pt. 4

Pro Tip: Store in airtight container and refrigerate. Good for 7 days. Just put the container in a bowl of hot water to liquefy again.

Ingredients

- 3 cups** Frozen Mango
- 7 1/2 ozs** Organic Coconut Milk (*use FULL fat)
- 1 Pinch** Fine Sea Salt (*optional)
- 1/2 tsp** Vanilla Extract

Vanilla Mylk Latte

3 ingredients · 5 minutes · 1 serving



Directions

1. Measure out a mugful of unsweetened vanilla almond milk. You can either make it yourself or use store-bought. The organic 365 unsweetened vanilla is my favorite.
2. Using low heat, heat your mugful of unsweetened vanilla almond milk in a pot to warm it up. Don't boil!
3. Pour the heated milk back into your mug, then add 1 tsp. of cinnamon and stir.
4. Sweeten as desired with Stevia.
5. Sip slowly and enjoy!!

Ingredients

- 12 ozs** Unsweetened Vanilla Almond Milk
- 1 tsp** Ceylon Cinnamon
- 2 Drops** Stevia Liquid (*optional – start with 2 drops and then add one drop at a time until you achieve the sweetness you want.)

Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



Directions

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

- 1/4 cup Pitted Dates
- 2 tbsps Almond Butter