

VEGAN RICOTTA PINWHEELS

Meal A

Serves 2

Basil Ricotta Cheese

1/4 cup soaked unsalted raw cashews (See Chef's Note)

1/8 cup almond milk

1/2 package extra firm tofu, organic (See Chef's Note)

1/2 tsp white wine vinegar

2 tsp dried basil

1 small clove of garlic

Salt

Pepper

Wraps

4 flour tortillas or gluten-free tortillas

1/2 cup fresh spinach

1 tomato, diced

1/2 cup black or kalamata olives, sliced

Directions:

1. First make the Basil Ricotta Cheese: Place all ingredients in a food processor and process until smooth.
2. Divide the ricotta evenly on the tortillas. Top with fresh spinach, chopped tomatoes, and black or kalamata olives.
3. Tightly roll up the tortillas. Press edges to seal. Trim off the ends and cut each roll into 6-8 slices.

Per Serving: 388 Calories, 14.6g Fat, 52.8g Carbs, 3.2g Fiber, 3.7g Sugar, 11.1g Protein

Chef's Notes:

- Soak cashews for about 30 minutes. If you have a heavy duty blender it also works without soaking.
- If you do not plan to use the other 1/2 block of tofu soon, freeze or buy the twin pack of tofu that is separated into 2 halves.

Prep Notes: Prepare Basil Ricotta Cheese ahead storing in fridge for later use. Make pinwheels to order.

Kid-Friendly: Omit spinach, tomato and black olives and top ricotta with a thin layer of marinara or salsa and prepare recipe and directed. Serve desired fresh veggies on the side.

Add Calories: Bulk tortillas up with extra veggies, add white beans and serve as a wrap.

Lower Calories/Fat: Omit Basil Ricotta Cheese and substitute with oil free hummus (recipe in Cooking Videos of your membership!)

SWEET AND SOUR CHICKPEAS AND BROCCOLI

Meal B

Serves 2

Ingredients:

Sweet & Sour Sauce

¼ cup maple syrup, honey, agave nectar (or sugar)

2 Tbsp apple cider vinegar

2-3 Tbsp rice vinegar

1 1/2 Tbsp ketchup

2 tsp low-sodium soy sauce or gluten-free tamari or soy-free coconut aminos

½ tsp garlic powder

2 Tbsp water

Chickpeas & Veggies

3 cloves of garlic, finely chopped

½ large bell pepper, thinly sliced

2 cups small broccoli florets

1 15-oz can chickpeas or 1 1/2 cups prepared chickpeas

A generous dash of salt, black pepper, cayenne

2 Tbsp water, room temp

2 tsp cornstarch or other starch (i.e. arrowroot powder, tapioca, flour or gluten-free flour blend)

1 cup cooked brown rice

Optional:

- Sesame seeds
- Red pepper flakes
- Green onions
- Pineapple

Directions:

1. Cook rice according to package directions.
2. Whisk all the Sweet & Sour Sauce ingredients in a bowl and set aside. You can also add them directly to the pan at step 5.
3. Heat a small amount of water over medium high heat in a large skillet. Add garlic and cook for 2 minutes or until translucent.
4. Add the peppers and mix in. Cover and cook for 2 minutes.
5. Add the broccoli and mix in. Cover and cook for 1 minute.
6. Add the chickpeas, Sweet & Sour Sauce, a generous dash of salt, black pepper and cayenne. Reduce heat to medium. Cover and cook for 10 minutes.
7. Taste the sauce carefully and adjust to preference. Add more sour, sugar or salt.

8. Mix cornstarch in room temperature water and add the mixture to the pan. Mix in. Cover and cook for 2 to 3 minutes until the sauce thickens.
9. Garnish with sesame seeds, red pepper flakes, pineapple and/or scallions, if using, and serve with cooked rice or grains of choice.

Per Serving: 451 Calories, 3.3g Fat, 94.5g Carbs, 6.9g Fiber, 32.4g Sugar, 12.6g Protein

Chef's Note: For variation, add pineapple chunks.

Prep Notes: Make entire dish ahead. Alternatively, prep Sweet & Sour Sauce and Chickpeas & Veggies in advance, storing separately in fridge until later use. Cook rice in advance.

Kid-Friendly: Sub out chickpeas for soy curls and serve with desired vegetables on the side. Serve with chopsticks!

Lower Calories: Omit brown rice and served over cauliflower rice or another riced vegetable or shirataki noodles. Eat with chopsticks!

Up Your Greens: Stir in spinach, kale or bok choy at Step 6.

DRIVE-THRU LENTIL BURGERS

Meal C

Serves 2

Ingredients:

3/4 cup cooked brown rice
1/2 small onion, chopped
1 clove garlic, minced
1 cup cooked lentils, rinsed and drained
1/4 cup oats
1/2 tsp dried basil
1/2 tsp sea salt
1/2 tsp ground black pepper
2 burger buns or lettuce cups

Directions:

1. Preheat oven 350-400F. Line cookie sheet with parchment and set aside.
2. Line skillet with ¼ cup water and saute onions until soft and lightly browned. Add garlic and cook a few minutes more. Add water to skillet to prevent sticking as needed. Transfer to food processor.
3. Add rice, lentils, oats, basil, salt and pepper to the onions in food processor. Pulse until the mixture comes together. Adjust seasonings to taste. With slightly wet hands form 4 thin burger patties.
4. Bake 10-15 minutes, flip, repeat until nicely browned on both sides.
5. Serve on burger buns or lettuce cups with optional [Special Sauce](#) and favorite burger toppings.

Per serving: 379 calories, 2.8g fat, 77.5g carbs, 9.7g fiber, 6.2g sugars, 15.2g protein

[Special Sauce](#), serves 3-4

½ cup low fat vegan mayo

4 Tbsp ketchup

4 Tbsp dill relish or dill pickle

4 Tbsp white vinegar

2 tsp fresh lemon juice

To make Special Sauce: Whisk ingredients together in small bowl.

Per serving: 89 calories, 7.1g fat, 4.1g carbs, .1g fiber, 3.7g sugars, .3g protein

Prep Notes: Make burgers ahead and reheat to serve. Alternatively, make lentil patties ahead, cover with plastic wrap and refrigerate until ready to bake and serve.

Kid-Friendly: Add slice of vegan cheese.

Add Calories: Serve with [Special Sauce](#) and side of baked potato fries and dipping sauce.

Lower Calories: Serve on lettuce cups with sliced tomato, pickle and onion.

Up Your Greens: Serve with steamed broccoli or green salad on the side.

CREAMY POTATO SOUP WITH TOFU BACON

Meal D

Serves 2

Ingredients:

3 medium Yukon Gold potatoes, peeled and diced
1 small onion, diced
1 clove garlic, minced
1 stalk of celery, diced
1 carrot, peeled and diced
1 cup vegetable broth
1/4 tsp rosemary, dried
1/8 - 1/4 tsp white (or black) pepper (using more will make it spicy)
1/2 tsp salt or to taste
1 Tbsp raw cashews
1 Tbsp nutritional yeast
1 cup nondairy milk
1 Tbsp cornstarch or flour

Tofu Bacon

1/2 package extra firm tofu (see Chef's Note) or chickpeas
1 Tbsp nutritional yeast
1 Tbsp water
2 Tbsp maple syrup
2-3 drops liquid smoke
2 tablespoons soy sauce, low-sodium or gluten-free tamari or soy-free coconut aminos
1 tsp onion powder
1/2 tsp garlic powder

Directions:

To Make Tofu Bacon: Drain and press tofu by wrapping clean cloth and placing between cutting boards. Add weight on top by using hand weights or heavy soup cans, allowing to sit for 15-20 minutes. Crumble pressed tofu into a sealable container and then, add all other ingredients. Allow tofu or chickpeas to marinate for at least 30 minutes or overnight. Bake crumbled tofu or chickpeas at 375F on a parchment lined baking sheet for 15 minutes, remove from oven, stir it around. Bake for another 10 minutes. If using chickpeas, bake until lightly browned and crispy. Depending on the moisture of your tofu you may need more time. Continue baking until tofu is crispy.

Soup:

1. Sauté the onion, carrots and celery until soft, about 8 minutes, in a medium-sized saucepan, then add garlic.
2. Cut the potatoes into small cubes to speed up cooking time and add them to the pan, along with the broth, rosemary, pepper, and salt. Simmer, covered, for about 15 minutes.
3. While the potatoes cook, add cashews, non-dairy milk, nutritional yeast and cornstarch to a blender and blend until smooth.
4. Add soup to the blender, pulse a few times until you reach desired consistency. I like mine a little chunky, but maybe you like yours super creamy.
5. Return to pan and simmer over low heat until hot.
6. To Serve, top with tofu bacon or roasted chickpeas.

Per Serving: 435 Calories, 6.3g Fat, 81.7g Carbs, 8.6g Fiber, 21.5g Sugar, 18.9g Protein

Chef's Note: If you do not plan to use the other ½ block of tofu soon, freeze or buy the twin pack of tofu that is separated into 2 halves.

Prep Notes: Make soup and Tofu Bacon ahead, storing separately in fridge until ready to reheat.

Kid-Friendly: Omit Tofu Bacon and serve with toast, crackers or quick croutons. For quick croutons, toast whole grain bread, cube and sprinkle on soup.

Lower Calories: Sub chickpeas for tofu in Tofu Bacon. Omit cashews.

Add Calories: Serve with baked sweet potato or add rice to soup.

Up Your Greens: Add broccoli florets to soup at the end or serve on the side or with green salad.

CUBAN STYLE PICADILLO

Meal E

Inspired by Cilantro and Citronella

Serves 2

Ingredients:

2 cloves of garlic, minced
1 Tbsp tomato paste
¼ tsp cinnamon
1 tsp ground cumin
1 tsp oregano
Pinch of ground cloves
Pinch of nutmeg
1 bay leaf
28-oz can of whole tomatoes, drained, reserving juice if more liquid is needed
1 medium-large potato, diced
1 medium red pepper, diced
2 tsp red wine vinegar
2 cups cooked lentils
¼ cup green olives, sliced
¼ cup raisins
½ tsp salt (or more to taste)
Pepper
1 cup brown rice or white rice
A small bunch of cilantro or parsley, optional

Directions:

1. Heat a large saucepan over medium heat. Add a splash of water and garlic and sauté until soft. Add the tomato paste, bay leaf and all the herbs and spices and saute for a couple of minutes, stirring, until the tomato paste darkens in color and the spices are fragrant.
2. Add the whole tomatoes and break them up a bit with your spoon. Add the potato, pepper and vinegar and cover the pan. Simmer until the potatoes are fork tender.
3. Uncover the pan and add the lentils, olives, raisins, salt and pepper and cook for a couple of minutes to warm everything through. If you like a bit of a sauce, you can add some of the reserved tomato juice.
4. Serve the picadillo with rice and garnish with some cilantro or parsley, if using.

Per Serving: 483 Calories, 4g Fat, 100.5g Carbs, 16.7g Fiber, 20.5g Sugar, 17g Fiber

Prep Notes: Prepare entire dish ahead, storing separately from cooked rice in fridge until ready to serve.

Kid-Friendly: Omit any undesired spices or vegetables. Can use crushed tomatoes instead of whole.

Lower Calories: Omit green olives and substitute sun-dried tomatoes. Omit rice and serve as stew.

Up Your Greens: Add handful greens at Step 3.

CHIPOTLE WHITE BEAN QUESADILLAS

Meal F

Inspired by Cilantro and Citronella

Serves 2

Ingredients:

Chipotle Bean Spread (save any leftover spread to dip veggies in for a snack)

1 can of white beans, drained and rinsed

2 chipotle peppers in adobo sauce and some of the adobo sauce, to taste

1 clove of garlic, roughly chopped

1 Tbsp lime juice

½ tsp cumin

1/2 tsp dried oregano

1/4 tsp dried thyme

½ tsp salt

Pepper, to taste

4 flour tortillas

1 recipe of Chipotle Bean Spread

1 tomato, chopped

1 green pepper, chopped

½ small red onion, chopped

A handful of black olives, sliced, optional

A bunch of fresh cilantro, roughly chopped, optional

Salsa or guacamole, to serve, optional

To make Chipotle Bean Spread: Combine everything in a food processor or blender. If you're not sure about the spiciness, start with just one chipotle, you can add more after. Blend until everything is combined and you reach the consistency that you like (add a little water if necessary). Taste and adjust the seasonings to your liking.

Directions:

1. Spread some Chipotle Bean Spread on one side of a tortilla, sprinkle chopped veggies over spread and top with a second tortilla, pressing them together. Assemble both quesadillas in this way.
2. Heat a nonstick pan or grill pan over medium heat. Toast the quesadillas on each side for a couple of minutes or until crispy, using a spatula to flip them.

3. Remove to a plate and cut into four pieces. Serve with salsa or guacamole.

Per Serving: 356 Calories, 5.3g Fat, 62.5g Carbs, 13.7g Fiber, 6.1g Sugar, 14.3g Protein

Prep Notes: Make Chipotle Bean Spread and prep green pepper and onion ahead, storing separately in fridge until ready to assemble and grill quesadillas.

Kid Friendly: Omit any undesired veggies in quesadilla (i.e. onion, tomato, green pepper) and serve with favorite dipping sauce.

Lower Calories: Omit tortillas, garnish bean spread with diced red onion, tomato and green pepper and serve with fresh veggies for dipping.

Add Calories: Serve with side of rice or grains.

Up Your Greens: Add handful of spinach to quesadilla before grilling.

VELVETY BASIL PASTA WITH SUNDRIED TOMATOES

Meal G

Serves 2

Ingredients:

8 oz pasta, ½ box of your favorite shape or gluten-free pasta

1 small onion, diced

2 cloves of garlic, minced (or more to taste!)

1 ½ cups unsweetened nondairy milk

2 Tbsp cornstarch

1 ½ Tbsp cold water

Small jar of sun-dried tomatoes, chopped

Small bunch of basil (4-5 tablespoons), chopped

Salt and pepper, to taste

Vegan parmesan or nutritional yeast, optional

Red pepper flakes, optional

Directions:

1. Cook pasta according to the package directions. In a small bowl, mix together the cornstarch and water, set aside.
2. Heat a large saucepan over medium heat and a little water and onions. Saute until they are beginning to become translucent and then add in the garlic and continue sauteing until fragrant and translucent.
3. Add in the almond milk and heat to a low simmer. Stir in the cornstarch slurry and bring back to a simmer while stirring constantly. Allow to simmer, stirring, for a couple of minutes until the sauce has thickened. Remove from heat and stir through the sun-dried tomatoes and basil. Taste and season with salt and pepper. Combine the sauce with the pasta and serve.

Per Serving: 478 Calories, 5.4g Fat, 91.2g Carbs, 5.2g Fiber, 12.5g Sugar, 18.5g Carbs

Prep Notes: Make entire dish ahead, cooking pasta al dente if planning to reheat later.

Kid-Friendly: Can puree sauce after adding sun-dried tomatoes, returning to pan to add chopped basil. Garnish with vegan parmesan and serve with crusty bread.

Lower Calories/Fat: Serve over shirataki noodles or spaghetti squash.

Up Your Greens: Serve with side of steamed broccoli or salad.

PEANUT MAPLE OATMEAL

Meal H

Serves 1

Ingredients:

Pinch salt
½ cup rolled oats
1 cup water
1 1/2 Tbsp peanut butter
1 Tbsp ground flax seed, optional
1 Tbsp maple syrup
2 Tbsp nondairy milk

Directions:

1. In small saucepan bring 1 cup water and pinch of salt to boil.
2. Add rolled oats and turn heat down to simmer, stirring regularly 3-5 minutes.
3. Stir in peanut butter until well incorporated and remove from heat.
4. Stir in ground flax seed.
5. Transfer to serving bowl and drizzle maple syrup and nondairy milk to serve.

Per Serving: 368 calories, 15.3g fat, 48.9g carbs, 7.2g fiber, 13.7g sugars, 12.1g protein

Prep Notes: Make to order.

Lower Calories: Substitute PB2 for peanut butter.

OIL-FREE CHOCOLATE CHIP COOKIES

Meal I

Serves 12

Ingredients:

1 Tbsp flax seeds

2 Tbsp water

1 1/4 cup all-purpose unbleached flour (different flours will produce different outcomes)

1/3 cup raw sugar

1/4 cup brown sugar

1/2 tsp baking soda

1/2 tsp baking powder

1/4 tsp sea salt

2 heaping Tbsp almond butter

1 tsp vanilla extract

2 Tbsp maple syrup

1/4 cup nondairy milk

1/2 cup vegan chocolate chips (i.e. Enjoy Life minis)

Directions:

- 1. Preheat oven to 350°F. Line baking sheet with parchment paper.**
- 2. In a small dish, mix flax seeds with water and set to the side for 5 minutes to make the flax "egg"**
- 3. In a separate bowl mix the flour, sugars, baking soda, baking powder and salt.**
- 4. In separate bowl, whisk together the almond butter, vanilla, maple syrup, flax "egg" and milk until well combined.**
- 5. Add wet ingredients to dry ingredients, mix well.**
- 6. Stir in the chocolate chips.**
- 7. Roll in tablespoon-sized balls and place them on parchment lined baking sheet or nonstick baking mats and flatten them out a little with your palm.**
- 8. Bake for 7-10 minutes. (8 usually does the trick for me - they will be very soft when they first come out, but will harden up a little.)**

Per Serving: 103 Calories, 3.5g Fat, 17.4g Carbs, .8g Fiber, 13.1g Sugar, 1.6g Protein

