

60 DAY

Weight Loss Journey

VEGETARIAN RECIPES



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JUICES

Directions: Juice all ingredients through a juicer; add a dash of cinnamon, ginger, or cayenne to enhance digestion. This is also known as warming digestion.

Here are a few reminders:

- All juices are made for 1-2 servings
- All juices must be made in a juicer unless you are using a high-speed blender; if so, use a cheesecloth to strain the juice.
- If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can also lightly steam the dark leafy greens before using (applicable for both juices and smoothies).

MORNING LEMON WATER

1 cup room-temperature water
juice of 1 lemon
dash of sea salt

GREEN JUICE

1 green apple, peeled and cored
1 cup mixed greens
4 celery stalks
1 cucumber
juice of 1 lemon
½-inch piece ginger, peeled

CARROT JUICE

5 carrots
1 apple, cored
1-inch piece ginger, peeled
dash of cinnamon

THYROID JUICE

1 beet
1 cucumber
5 celery stalks
1-inch piece ginger, peeled
juice of 1 lemon
juice of 1 lime
dash of sea salt

SMOOTHIES

If you have a blender, add all the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add the ice and blend. Feel free to add water to reach your desired thickness.

Feel free to add fruit to any vegetable smoothie to add sweetness. Try ½ cup berries, ½ apple, or ½ banana.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- shredded coconut
- raw cacao
- honey
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

COCO SMOOTHIE

1 ½ cups non-dairy milk or water
½ avocado
1 cup spinach
½ cup blueberries
2 tablespoons raw cacao
dash of cinnamon

IMMUNE SMOOTHIE

½ cups non-dairy milk or water
½ avocado
1 tablespoon coconut oil
4 kale leaves
1 orange
⅛ cup parsley
dash of cayenne
dash of cinnamon

GINGER SMOOTHIE

1 ½ cups non-dairy milk or water
½ avocado
1 tablespoon coconut oil
1 cup frozen berries
1 cup spinach
1-inch piece of ginger
dash of cinnamon

LEMON SMOOTHIE

1 ½ cups of non-dairy milk or water
½ avocado
1 cup spinach
2 kale leaves
½ cup pineapple
juice of ½ lemon
1-inch piece of ginger

BERRY SMOOTHIE

1 ½ cups non-dairy milk or water
½ avocado
1 cup berries
1 cup spinach
½ cup parsley
1 tablespoon flax seeds
dash of cayenne

BREAKFAST

WARM CHIA PUDDING

Serves 1

- 1 cup non-dairy milk
- 1/3 cup chia seeds
- 1 teaspoon pumpkin pie spice
- 1 teaspoon honey
- 1 cup fresh fruit of your choice

Warm the non-dairy milk in a saucepan over low heat for about 5 minutes. Pour milk into a serving bowl with chia seeds. Season with pumpkin pie spice and honey. Mix well and let mixture sit for 5 minutes until chia seeds have absorbed all the milk. Top with fresh fruit and serve.

COCONUT MILK YOGURT AND BERRIES

Serves 1

- 1 cup vanilla coconut milk yogurt
- 1 cup fresh berries of your choice

Scoop yogurt into a serving bowl and top with fresh berries.

SCRAMBLED EGGS WITH AVOCADO TOAST

Serves 1

- 1 teaspoon coconut oil
- 2 eggs
- sea salt and black pepper to taste
- 1 slice Ezekiel bread
- 1/2 avocado, sliced

Melt coconut oil in a hot pan over medium heat. Crack eggs into a small bowl and scramble well with a fork. Season with salt and pepper. Pour into the hot pan and cook for about 1 minute. Use fork to swirl the eggs around the pan until curdles start to form. Continue to do this for about 2 to 3 minutes until you get your desired consistency. Cook the egg about a minute or two longer if you like firmer eggs. Serve on toasted Ezekiel bread topped with avocado.

RAISIN SPICED OATMEAL

Serves 2

- 1 ¾ cups water
- 1 cup rolled oats
- 1 scoop vanilla protein powder
- 1 teaspoon pumpkin pie spice
- 1 handful of raisins
- 1 tablespoon honey
- 1 cup chopped fruit of your choice

Add water, oats, and protein powder to a pot over medium heat. Allow the mixture to come to a simmer and mix well. Add pumpkin pie spice, raisins and honey. Mix well until creamy (about 5 minutes). Serve topped with fruit of your choice.

SNACKS & DIPS

BAKED APPLE CHIPS

Makes 4 to 5 servings

4 apples
juice of 1 lemon
2 cups cold water
sprinkle of cinnamon
sprinkle of ground ginger

Preheat oven to 200 degrees Fahrenheit. Line a baking sheet with parchment paper.

Add lemon juice to a bowl of cold water and set to the side. Wash and thinly slice apples, core and all. Place apple slices in the cold water and lemon juice mixture for a few seconds to prevent browning. Remove apple slices from the water and place in a single layer on lined baking sheet. Sprinkle the chips with cinnamon and ginger powder.

Bake apple slices for 1 hour, then flip to the other side. Bake for another hour. If the slices are not dry enough, bake for another 10 to 15 minutes. Once the apple slices are done, remove from heat and set to the side to cool completely. Store in an airtight container.

GUACAMOLE

Serves 2

2 avocados
1 handful cilantro, chopped
1 scallion, chopped
1 small tomato, chopped
1 garlic clove, chopped
1 teaspoon cumin powder
sea salt and black pepper to taste

Mix all ingredients in a small bowl. Mash with a fork until well incorporated but still chunky. Serve with vegetable sticks, cucumber slices, or flax seed crackers. Store in a covered container in the refrigerator for up to 1 day.

HUMMUS

Serves 4

2 15-ounce cans garbanzo beans, drained and rinsed
2 heaping teaspoons tahini
1 garlic clove
3 tablespoons extra virgin olive oil
1 teaspoon smoked paprika
sea salt and black pepper to taste
juice of 1 lemon

Mix all ingredients in a blender or food processor until smooth. Serve with vegetable sticks, cucumber slices, or flax seed crackers. Store in a covered container in the refrigerator for up to 5 days.

PROTEIN BALLS

ALMOND CHOCOLATE OAT BALLS

- 1 cup rolled oats
- ½ cup raw chocolate chips
- ½ cup almond butter
- ½ cup ground flax seeds
- ⅓ cup honey
- 1 teaspoon vanilla extract
- 1 scoop vanilla protein powder

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

SAVORY SWEET PROTEIN BALLS

- 1 cup rolled oats
- ⅓ cup unsweetened coconut flakes
- ⅓ cup raw almonds, chopped
- ½ cup almond butter
- ½ cup ground flax seed
- ⅓ cup honey
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

CINNAMON GINGER BITES

- 1 cup rolled oats
- ½ cup almond butter
- ½ cup ground flax seeds
- ⅓ cup honey
- 1 teaspoon cinnamon
- 1-inch piece of ginger, grated
- 1 teaspoon vanilla extract
- 1 scoop vanilla protein powder

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

RECIPE BASICS

QUINOA

Serves 4

1 cup quinoa
2 cups water or vegetable broth

Mix quinoa and water or vegetable broth in a small pot over medium heat. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes. Fluff and serve. Store in a closed container in the refrigerator for up to 5 days.

LENTILS

Serves 4

1 cup dried brown lentils
2 cups water or vegetable broth

Mix lentils with water or vegetable broth in a small pot over medium heat. Bring to a boil, then reduce heat to a simmer. Cook for about 20 to 30 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not tender, add a few tablespoons of water and continue to cook for a few extra minutes. Store in a closed container in the refrigerator for up to 5 days.

BROWN RICE

Serves 4

1 cup brown rice
2 ¼ cups water or vegetable broth

Mix rice with water or vegetable broth in a small pot over medium heat. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 30 to 40 minutes until rice is tender. Please note that different brands require different cooking times. Check your box for cooking instructions.

SIDE SALAD

2 cups mixed greens

1 handful cherry tomatoes

1 cup peeled and chopped cucumber

Combine all ingredients in a small bowl and serve with a salad dressing of your choice.

SALADS

MASSAGED KALE SALAD

Serves 2

- 1 bunch kale (any variety), chopped
- 2 scallions, chopped
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried basil
- sea salt and black pepper to taste
- 1 avocado

Place chopped kale and scallions in a large mixing bowl. Top with olive oil, basil, sea salt, black pepper, and avocado. Use clean, bare hands to massage the ingredients together until the kale is wilted and dark green in color. The other ingredients should be well mixed and have turned into a salad dressing. Serve immediately or store in a closed container for no more than 1 day.

CUCUMBER SPINACH SALAD

Serves 2

- 3 cups baby spinach
- 2 cups peeled and chopped cucumber
- 1 carrot, grated
- 1 small red pepper, chopped
- ½ cup chopped purple cabbage
- 1 small red onion, thinly sliced
- 1 handful pumpkin seeds
- Honey Lemon Dressing (recipe in Dressings)

Place baby spinach in a large mixing bowl. Top with cucumber, carrot, red pepper, purple cabbage, red onion, and pumpkin seeds. Serve with Honey Lemon Dressing.

ROASTED SQUASH WITH MIXED GREENS

Serves 2

2 cups chopped butternut squash
1 tablespoon coconut oil
sea salt and black pepper to taste
4 cups mixed greens
2 scallions, chopped
1 handful pumpkin seeds
Tahini Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Place squash in a mixing bowl. Massage with melted coconut oil and season with sea salt and black pepper. Place the squash on a baking sheet in a single layer and roast for about 25 to 30 minutes until tender. Set to the side to cool.

In a separate serving bowl, combine mixed greens, scallions, and pumpkin seeds. Top with squash and serve with Tahini Dressing.

GREEN BEAN SALAD

Serves 2

1-pound fresh green beans
3 cups mixed greens
1 cup cooked quinoa (recipe in Recipe Basics)
1 handful chopped walnuts
Honey Lemon Dressing (recipe in Dressings)

Pour 8 cups salted water in a large pot. Bring water to a boil and add green beans. Cook for about 10 to 12 minutes until tender. Drain, rinse with cold water, and set to the side to cool.

In a separate mixing bowl, add mixed greens and cooked quinoa. Top with green beans and chopped walnuts. Serve with Honey Lemon Dressing.

QUINOA TABBOULEH SALAD

Serves 2

2 cups cooked quinoa (recipe in Recipe Basics)

1 bunch flat leaf parsley, finely chopped

1 cucumber, peeled and chopped

2 scallions, chopped

1 handful fresh mint leaves, chopped

2 garlic cloves, finely chopped

juice of 1 lemon

¼ cup extra virgin olive oil

sea salt and black pepper to taste

Tahini Dressing (recipe in Dressings)

Combine all ingredients in a large mixing bowl. Stir well and serve immediately or store in a closed container for up to 3 days.

RAW ENTREES

VEGGIE BOATS

Serves 2

4 brown rice tortillas or romaine lettuce leaves
1 avocado, sliced
1 tomato, sliced
1 cucumber, peeled and sliced
1 tablespoon hemp seeds
1 cup sprouts
Tahini Dressing (recipe in Dressings)

Lay out the tortillas or romaine leaves on flat surface. Place all the ingredients on each leaf and fold like a taco. Serve immediately.

GRAPEFRUIT SALAD

Serves 2

1 cup mixed greens
2 cups spinach
2 grapefruits, peeled and sliced
½ cup cherry tomatoes, sliced in half
½ cup sunflower seeds
1 avocado, diced
Honey Lemon Dressing (see recipe in Dressings)

Place the mixed greens and spinach in a large bowl. Top with grapefruit, cherry tomatoes, sunflower seeds, and avocado. Toss in dressing before serving.

SWEET SPROUT SALAD

Serves 2

- 2 apples, chopped
- 2 cups sprouts of your choice
- 1 small red onion, chopped
- 2 cups baby spinach
- 1 handful sunflower seeds
- Honey Lemon Dressing (recipe in Dressings)

Combine all ingredients in a bowl and serve immediately or store in a closed container for up to 3 days.

RAW NOODLE COLLARD WRAP

Serves 2

- 1 12-ounce package kelp noodles
- juice of 1 lemon
- 2 large collard leaves
- 1 large carrot, grated
- 1 small beet, peeled and grated
- 1 handful fresh basil leaves
- 1 avocado, sliced
- Tahini Dressing (recipe in Dressings)

Remove the kelp noodles from the package, place in a bowl or shallow dish, and cover with cool water. Add juice of 1 lemon and let them soak for about 10 minutes until the noodles are tender. Drain and set to the side. Lay out collard leaves on a flat surface. Top each leaf with carrot, beet, basil, avocado, noodles, and Tahini Dressing. Wrap like a burrito and serve immediately.

TEX-MEX CAULIFLOWER RICE

Serves 2

4 cups cauliflower rice*
1 tablespoon extra-virgin olive oil
½ teaspoon chili powder
1 teaspoon cumin
1 teaspoon smoked paprika
sea salt and black pepper to taste
1 bunch cilantro, chopped
2 scallions, chopped
juice of 1 lime
1 handful cherry tomatoes, halved

*Cauliflower rice can be purchased at Whole Foods, Trader Joe's, and some other major grocery store chains. If you cannot find it, you can buy a medium size head of cauliflower and grate it or chop it in a food processor to a rice-like consistency.

Combine all ingredients in a medium-sized mixing bowl and mix well. Serve immediately or store in a closed container for up to 3 days.

DRESSINGS

TAHINI DRESSING

¼ cup tahini
juice of 1 to 2 lemons
1 garlic clove, chopped
sea salt and black pepper to taste

Combine all the ingredients in a small bowl and mix well. Store refrigerated in an airtight container for up to 3 days.

HONEY LEMON DRESSING

juice of 2 lemons
1 tablespoon honey
1 teaspoon dried basil
¼ cup extra virgin olive oil
sea salt and pepper, to taste

Combine all ingredients in a small bowl and mix well. Store refrigerated in an airtight container for up to 3 days.

SOUPS

VEGETABLE SOUP

Serves 2

- 2 tablespoons coconut oil
- 2 tablespoons tomato paste
- 1 large fennel bulb, chopped
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 cup chopped carrots
- 2 cups chopped broccoli
- 2 cups chopped zucchini
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 tablespoon dried Italian seasoning
- 8 cups vegetable broth
- 1 bunch parsley, chopped

Melt 2 tablespoons coconut oil in a large soup pot over medium heat. Add tomato paste. Fry the tomato paste in the oil for about 3 minutes. Add chopped fennel, onion, and garlic. Fry for an additional 5 minutes. Add carrots, broccoli, zucchini, garbanzo beans, Italian seasoning, and vegetable broth. Stir well and cover. Bring the pot to a boil. Stir, then reduce heat to a simmer. Continue to cook until the vegetables are tender. Turn off the heat and add chopped parsley. Stir well and serve.

LEMON LENTIL SOUP

Serves 2

2 tablespoons coconut oil
1 onion, chopped
2 celery stalks, chopped
2 garlic cloves, chopped
2 cups chopped carrots
2 cups dried brown lentils
1 teaspoon cumin
8 cups vegetable broth
2 cups fresh spinach
juice of 1 lemon

Melt coconut oil in a large soup pot over medium heat. Add chopped onion, celery, and garlic. Cook for about 3 minutes, then add carrots, lentils, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 30 to 40 minutes or until the lentils are tender. Once the lentils are tender, turn off the heat and stir in spinach and lemon juice. Stir well and cover for about 5 minutes before serving.

SPICED CARROT SOUP

Serves 2

2 pounds carrots, chopped
1 large onion, chopped
2 tablespoons coconut oil
1 teaspoon curry powder
sea salt and black pepper to taste
1 13.5-ounce can organic coconut milk
juice of 1 lime

Preheat oven to 400 degrees F.

Combine carrots and onion in a large mixing bowl. Coat with melted coconut oil and season with curry powder, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for about 20 to 25 minutes until the vegetables are tender and golden brown.

When the vegetables are tender, add them to a high-speed blender with coconut milk and lime juice. Blend until smooth and serve with a side salad.

KALE SWEET POTATO AND BLACK BEAN SOUP

Serves 2

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 cups chopped sweet potatoes
- 1 bunch chopped kale
- 1 15-ounce can black beans, drained and rinsed
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 6 cups vegetable broth

Melt coconut oil in a large pot over medium heat. Add onion and garlic. Stir for about 3 minutes until fragrant. Add sweet potatoes, kale, black beans, paprika, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 15 minutes or until the sweet potatoes are tender.

QUINOA VEGETABLE STEW

Serves 2

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 celery stalk, chopped
- 1 large carrot, chopped
- 1 large zucchini, chopped
- 2 large tomatoes, chopped
- 1 cup vegetable broth
- 2 teaspoons cumin powder
- 1 teaspoon dried oregano
- 1 cup cooked quinoa (recipe in Basic Recipes)
- 1 bunch cilantro, chopped

Melt coconut oil in a large pot over medium heat. When the oil is melted add chopped onion, garlic, and celery. Stir for about 3 minutes, then add carrot, zucchini, tomatoes, vegetable broth, cumin powder, and oregano. Stir well, cover, and bring to a boil. Reduce heat and add quinoa and cilantro. Let the stew simmer for another 5 minutes before serving.

WARM ENTREES

ROASTED BRUSSEL SPROUTS WITH LENTILS

Serves 2

1-pound Brussel sprouts, trimmed and halved (lengthwise)
1 large onion, roughly chopped
2 tablespoons coconut oil
1 teaspoon smoked paprika
sea salt and black pepper to taste
2 cups cooked brown lentils (recipe in Basics)
Tahini Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Combine Brussel sprouts and onion in a large mixing bowl. Coat with melted coconut oil and season with paprika, sea salt, and black pepper. Place in a single layer on a baking sheet. Bake for about 30 minutes until brown along the edges. Serve the Brussel sprouts warm over lentils, topped with Tahini Dressing.

CAULIFLOWER MASH WITH BLACK BEANS

Serves 2

1 head cauliflower
¼ cup non-dairy milk of your choice
sea salt and black pepper to taste
1 bunch cilantro, chopped
1 15-ounce can black beans, drained and rinsed
1 avocado

Chop cauliflower into bite-sized pieces. Steam the cauliflower until tender (about 5 minutes). Place cauliflower in a blender or food processor. Add milk,

salt, and pepper and blend until smooth. Remove from blender and transfer to a serving bowl.

Warm black beans in a small pot over low heat. You may need to add about $\frac{1}{4}$ cup of water or vegetable broth to keep them from drying out. Season with sea salt and black pepper.

To serve, place cauliflower mash into a bowl with chopped cilantro, black beans, and sliced avocado.

SPICY ROASTED TOFU AND VEGETABLES

Serves 2

- 1 12-ounce block organic extra firm tofu, drained
- 2 small beets, peeled and chopped
- 2 cups chopped butternut squash
- 1 large onion, chopped
- 2 tablespoons coconut oil
- 1 teaspoon cayenne powder (optional)
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- sea salt and black pepper to taste

Preheat oven to 400 degrees F.

Chop tofu into bite-sized pieces. Place in a large mixing bowl with beets, squash, and onion. Coat with melted coconut oil and season with cayenne, paprika, thyme, sea salt, and black pepper. Layer onto a baking pan and bake for about 30 minutes until tender and golden brown. Serve with a side salad (recipe in Recipe Basics).

ZUCCHINI ZEN BOWL

Serves 2

1 tablespoon coconut oil
2 cups chopped zucchini
1 teaspoon dried thyme
sea salt and black pepper to taste
2 cups cooked brown rice (recipe in Recipe Basics)
1 cup cooked brown lentils (recipe in Recipe Basics)
1 handful chopped parsley
1 avocado, sliced
Honey Lemon Dressing (recipe in Dressings)

Melt coconut oil in a large pan over medium heat. Add chopped zucchini and season with thyme, sea salt, and black pepper. Sauté for about 10 minutes. Serve on a warm bed of brown rice and lentils. Top with parsley, avocado, and Honey Lemon Dressing.

GINGER SAUTÉ

Serves 2

1 tablespoon coconut oil
1 small onion, thinly sliced
1-inch piece of ginger, grated
2 garlic cloves, chopped
2 cups shredded purple cabbage
1 large carrot, grated
1 tablespoon sesame seeds
2 cups cooked brown rice (recipe in Recipe Basics)

Melt coconut oil in a pan over medium heat. Add onion, ginger, and garlic. Sauté for about 1 minute until fragrant. Add cabbage and cover for about 5 minutes. You may need to add about $\frac{1}{4}$ cup of water or vegetable broth to keep the cabbage from burning. Once the cabbage is tender, add carrots and toss for another 2 minutes. Serve the cabbage and carrots over warm brown rice with sesame seeds.

VEGETABLE CURRY

Serves 2

2 tablespoons coconut oil
1 onion, chopped
2 garlic cloves, chopped
1-inch piece of ginger, grated
1 bunch broccoli, chopped
2 cups chopped carrots
2 cups chopped purple cabbage
2 cups water or vegetable broth
1 13.5-ounce can organic coconut milk
1 teaspoon dried thyme
1 teaspoon curry powder
sea salt and black pepper to taste
2 cups cooked brown rice (recipe in Recipe Basics)

Melt coconut oil in a large pot over medium heat. Add onion, garlic, and ginger. Sauté for about 1 minute until fragrant. Add broccoli, carrots, and cabbage along with water or vegetable broth, coconut milk, thyme, curry powder, sea salt, and black pepper. Mix and simmer, covered, for about 15 minutes. Stir well and serve over warm brown rice.

STUFFED ACORN SQUASH

Serves 2

1 large acorn squash
2 tablespoon coconut oil
1 onion, chopped
2 garlic cloves, chopped
2 celery stalks, finely chopped
1 cup chopped carrots
2 cups fresh spinach
2 cups cooked lentils
1 teaspoon sage
1 teaspoon thyme
salt and pepper to taste

Preheat oven to 400 degrees.

Cut the squash in half. Remove the seeds and coat the cut side with 1 tablespoon of coconut oil. Place face down onto a baking sheet and bake for about 40 minutes until tender.

While the squash is cooking, prepare the stuffing. Melt 1 tablespoon of coconut oil in a sauté pan over medium heat. Add onion, garlic, celery and carrot. Sauté for about 5 minutes, then add spinach and lentils. Season with sage, thyme, sea salt, and black pepper. Mix well until the spinach is wilted. Serve in the center of the acorn squash.

ROASTED ROOT VEGGIE SALAD

Serves 2

- 1 large beet, peeled and chopped
- 1 large fennel bulb, chopped
- 1 cup chopped carrots
- 1 large onion, chopped
- 2 tablespoons coconut oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- sea salt and black pepper to taste
- 3 cups mixed greens
- Honey Lemon Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Coat the beets, fennel, carrots, and onion with melted coconut oil. Season with turmeric, cumin, sea salt, and black pepper. Layer onto a baking sheet and bake for about 30 minutes until tender. Serve warm or cold over mixed greens. Top with Honey Lemon Dressing.

SAUTÉED KALE WITH SOBA NOODLES

Serves 2

2 ounces uncooked soba noodles

1 tablespoon coconut oil

1 small onion, chopped

1 bunch kale, chopped

1 teaspoon gomasio*

Boil soba noodles according to package instructions. Drain and set to the side to cool while sautéing the kale.

Melt coconut oil in a large pan over medium heat. Add chopped onion and kale. Sauté for about 5 minutes until the kale is wilted. Season with gomasio and serve with soba noodles.

*Gomasio can be found at any health food store in the seaweed section. Alternatively, you can order it online at Amazon or most other health food online retailers.

DESSERTS

RASPBERRY CHOCOLATE CHIA PUDDING

Serves 1

- 1 cup non-dairy milk
- 1 tablespoon honey
- 1 tablespoon raw cacao
- 1 teaspoon pumpkin pie spice
- 1/3 cup chia seeds
- 1/4 cup raspberries (fresh or frozen)

Combine milk, honey, raw cacao, and pumpkin pie spice in a small mixing bowl and mix well. Add chia seeds and stir. Let mixture sit for about 5 minutes. Stir again and top with raspberries.

SAUTÉED APPLES WITH COCONUT ICE CREAM

- 1 tablespoon coconut oil
- 2 apples, cored and chopped
- 1 teaspoon pumpkin pie spice
- 1 scoop vegan coconut ice cream (Luna & Larry's Coconut Bliss)
- 1 tablespoon unsweetened coconut flakes

Melt coconut oil in a sauté pan over medium heat. Add apples. Season with pumpkin pie spice and sauté for 15 to 20 minutes until the apples are soft. Serve warm or cold over ice cream topped with coconut flakes.