

The Complete Plant-Based Cookbook for Beginners

**2000 Variations of Budget-Friendly,
Delicious Vegan Recipes + An Easy
7-Day Meal Plan for a Simple,
Healthy Lifestyle**

by Ted Skinner



EASY ! TASTY ! HEALTHY !




100%



VEGAN

100%

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INTRODUCTION

Benefits of Plant-Based Eating

For Your Health: Say hello to fiber and nutrients. Plant-based diets are like giving your heart a cozy hug. Plus, you'll feel so good that friends might ask you for recipes instead of diet advice!

For Your Taste Buds: A plant-based diet opens up a world of new flavors—spice up lentils, make cheese from nuts, and find new veggie friends. Fiber and antioxidants it's like sending superheroes to your arteries.

Type 2 Diabetes: Plants deliver complex carbs that stabilize blood sugar—no rollercoaster sugar spikes—just a steady, healthy relationship between your body and insulin.

Cancer: Plant-based foods are abundant in antioxidants, which have been demonstrated to combat the effects of free radicals. It's like having an internal security team keeping those troublemakers in check.

Obesity: Plants fill you up without weighing you down. Low calories but high in volume make maintaining a healthy weight easier.

High Cholesterol: Plants have zero cholesterol. That's right—zero! Eating more greens and less greasy stuff keeps your arteries unclogged and your blood flowing like traffic-free highways.

Inflammation: Chronic inflammation can be tricky, but plant-based diets offer anti-inflammatory foods that help soothe your body, like a peace treaty for your health.

Tips for Success in Plant-Based Cooking

Embrace Spices: Your spice rack is your new best friend. Start with the basics, like garlic powder,

Blender Magic: Cashews become creamy sauces, dates turn into dessert bases, and smoothies stay smooth. Master your blender settings for silky or chunky textures. It can even whip up soups.

Beans, Beans: They're protein-packed, cheap, and versatile.

Learn to soak and cook them for fresher flavors and fewer “sound effects”:) Get

Saucy: Homemade sauces—supercharge simple meals. **Bulk Up:** Explore bulk bins for grains, nuts, and seeds. It's eco-friendly and wallet-friendly, so no more dusty walnuts lurking in the pantry.

Colorful Plate: Bright fruits and veggies offer a kaleidoscope of nutrients. The more vivid the plate, the happier your body. **Plan & Prep:** Avoid the dreaded “What's for dinner?” meltdown. Plan meals and prep ingredients; you'll thank yourself on busy weeknights.

Experiment & Have Fun: Your plant-based kitchen is a playground—mix it up and embrace “happy accidents.” Who knows, your next kitchen flop could become the new culinary craze. May your knives stay sharp, your avocados be perfectly ripe, and your plates overflow with abundance!

Ingredients to Use



Fruits: Apples, bananas, berries, oranges, grapes, kiwis, mangoes, pineapples.

Vegetables: Spinach, kale, broccoli, cauliflower, carrots, bell peppers, tomatoes, mushrooms.

Grains: Quinoa, brown rice, barley, bulgur, couscous, farro, oats.

Nuts and Seeds: Almonds, walnuts, cashews, peanuts, chia seeds, flaxseeds, hemp seeds, and sesame seeds.

Legumes: Chickpeas, black beans, kidney beans, lentils, green peas, black-eyed peas.

Plant-Based Proteins: Tofu, tempeh, seitan, soy curls, vegan meat substitutes.

Plant-Based Dairy Alternatives: Almond milk, soy milk, oat milk, coconut milk, vegan yogurt.

Plant-Based Fats: Avocado, coconut oil, olive oil, peanut butter, tahini.

Herbs and Spices: Basil, cilantro, parsley, mint, oregano, thyme, cumin, paprika, turmeric, garlic powder, onion powder.

Condiments and Sauces: Soy sauce, tamari, balsamic vinegar, apple cider vinegar, nutritional yeast, tahini, mustard, salsa, hot sauce.

Ingredients to Avoid



Meat and Poultry: Beef, pork, chicken, lamb, turkey. Seafood: Fish, shrimp, crab, lobster, mussels.

Eggs: Chicken eggs, quail eggs, duck eggs. Gelatin: It is derived from animal collagen and is commonly found in desserts, marshmallows, and gummy candies. Lard: Animal fat obtained from pigs, often used in baking and frying. Animal-based Broths: Beef broth, chicken broth, and any other broth made from animal or bones meat.

Honey: While honey is often considered a natural and healthy sweetener, it's important to recognize that it's an animal-derived product. For those following a strict vegan lifestyle, honey should be avoided. Instead, opt for plant-based alternatives like agave syrup, maple syrup, or date syrup, which provide similar sweetness without compromising vegan principles.

Certain Additives: Some food additives may be derived from animal sources, such as cochineal (derived from insects) or shellac (derived from insects' secretions), so it's essential to check labels for these ingredients.

Certain Sweeteners: Some sweeteners may not be vegan-friendly, such as certain types of white sugar processed using bone char.



Avocado Toast with Cherry Tomatoes



Prep time:
10 min



Cook time:
5 min



Servings:
4



Approximately:
290 calories,
5g protein,
30g carbohydrates,
18g fat,
9g fiber.

Ingredients

- 4 slices of whole-grain bread
- 2 ripe avocados
- 12 cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 2 tablespoons olive oil
- Juice of 1 lime
- Salt and pepper, to taste
- Optional: red pepper flakes, fresh basil leaves

Directions

1. Toast the bread slices to your desired level of crispiness.
2. Now for the fun part! Grab a bowl and mash the avocado with lime juice, salt, and pepper. Spread the delicious avocado mixture evenly over each slice of toasted bread.
3. Top each slice with cherry tomatoes and red onions.
4. Drizzle with olive oil.
5. Sprinkle red pepper flakes and decorate with basil to elevate the taste.
6. Serve immediately to enjoy the freshness. Don't wait another minute! You've got to try this delicious avocado toast with cherry tomatoes.





Banana Nut Overnight Oats



Prep time:
15 min



Cook time:
Overnight
chilling required



Servings:
4



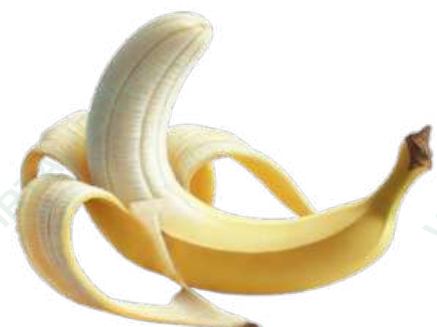
Approximately:
350 calories,
10g protein,
30g carbohydrates,
12g fat,
8g fiber.

Ingredients

- 2 cups rolled oats
- 2 ripe bananas, mashed
- 2 tablespoons chia seeds
- 1/4 cup walnuts, chopped
- 2 cups almond milk
- 2 tablespoons artificial honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Directions

1. Let's start with the basics. Take those rolled oats, mash up those bananas, toss in the chia seeds, walnuts, cinnamon, and just a pinch of salt, and mix it all in a big old' bowl. It's that simple!
2. Now, stir in the almond milk, honey, maple syrup, and vanilla extract until well combined.
3. Now, here's the part that requires a bit of patience. Now, divide the mixture into four jars or airtight containers. Let the oats soak up all that lovely liquid and soften overnight or for at least six hours. Waiting will make it taste even better!
4. Stir each portion well before serving and add toppings if desired. The recipe is versatile, so let your creativity run wild!
5. For a refreshing twist, a handful of fresh blueberries or raspberries for a fruity touch, or a few slices of kiwi or pear! The possibilities are endless!



BREAKFAST DELIGHT

Vegan Yogurt Parfait with Granola and Berries



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
290 calories,
5g protein,
30g carbohydrates,
18g fat,
9g fiber.

Ingredients

- 2 cups vegan yogurt (homemade or store-bought)
- 1 cup granola (make sure it's vegan)
- 1/2 cup fresh strawberries, sliced
- 1/2 cup fresh blueberries
- 1/4 cup fresh raspberries
- Optional: drizzle of agave syrup or maple syrup for added sweetness

Directions

1. Gather four lovely serving bowls or glasses to make a beautiful presentation.
2. Spoon about a quarter cup of your favorite vegan yogurt into each bowl.
3. Add a layer of 2 tablespoons of granola over the yogurt in each bowl.
4. Add a layer of mixed berries (strawberries, blueberries, and raspberries) over the granola.
5. Now for the fun part! Repeat the layering with another 1/4 cup of yogurt, more granola, and berries until all the ingredients are used. Finish with a layer of berries on top.
6. You can drizzle a little agave or maple syrup over the berries to make it even sweeter.
7. Serve it immediately, or let it chill until ready for a refreshing, healthy breakfast!





Tacos with Black Beans and Avocado



Prep time:
10 min



Cook time:
5 min



Servings:
8



Approximately:
320 calories,
10g protein,
45g carbohydrates,
12g fat,
13g fiber.

Ingredients

- 8 corn tortillas
- 2 cups cooked black beans (canned or cooked)
- 2 avocados, sliced
- 1 cup chopped lettuce
- 1 cup diced tomatoes
- 1/2 cup finely chopped red onion
- 1/2 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 lime, cut into wedges
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- Optional: jalapeño slices or hot sauce for extra heat

Directions

1. Mix the black beans in a bowl with ground cumin, salt, and pepper.
2. Heat the corn tortillas one at a time in a dry skillet over medium heat until warm and slightly crispy, about 30 seconds per side.
3. Place tortillas on a flat surface and evenly distribute the black bean mixture.
4. Top each tortilla with sliced avocado, chopped lettuce, diced tomatoes, red onion, and cilantro.
5. Just squeeze a little lime over each taco to add extra zing!
6. Serve as soon as possible with jalapeño slices or hot sauce for an extra kick.





BREAKFAST DELIGHT

Vegetarian Chickpea Salad Sandwich



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
330 calories,
10g protein,
45g carbohydrates,
10g fat,
8g fiber.

Ingredients

- 1 can (15 oz.) chickpeas, drained and rinsed
- 1/4 cup vegan mayo (the magic that holds it all together)
- 1 celery stalk, finely chopped
- 1 small red onion, finely chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice (for that citrus kick)
- 1/4 teaspoon paprika (smoky vibes only)
- Salt and pepper to taste
- 4 whole grain sandwich bread slices
- I've added some lovely lettuce leaves and tomato

Directions

1. **Mash and Mix:** Give those chickpeas a little mashing with a fork or potato masher in a bowl. You want to get a nice chunky texture but not completely smooth. It'll give you a nice stressrelief session! Add the vegan mayo, chopped celery, red onion, Dijon mustard, lemon juice, and paprika. Mix until combined like a wellorchestrated symphony.
2. **Season:** Sprinkle in some salt and pepper. Taste and adjust the seasonings because sometimes life needs a little adjusting.
3. **Assemble:** Lay out your slices of bread. Divide the chickpea salad evenly among half of the slices. Top with lettuce and tomato because we need our greens and reds for a nutritious and appealing sandwich.
5. **Close it Up:** Cap them with the remaining slices of bread. Give them a gentle press to seal the deal—no ingredients left behind!
6. **Serve:** Diagonally cut each sandwich in half because it's a shared culinary tradition that brings us together.





Salad with Mixed Greens and Fruit



Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
270 calories,
6 protein,
24g
carbohydrates,
18g fat,
5g fiber.

Ingredients

- 4 cups mixed greens (the more types, the merrier— like a party in a salad bowl)
- 1 cup sliced strawberries
- 1 apple, cored and chopped (choose a red one)
- 1 orange, peeled and sectioned
- 1/2 cup blueberries
- 1/2 cup walnuts, toasted
- 1/4 cup grated dairy-free feta cheese
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon artificial honey or maple syrup
- Salt and pepper to taste

Directions

1. Start with the greens in a large bowl. These are not just greens but the foundation of your culinary masterpiece. Their role is crucial, setting the stage for the vibrant flavors and textures that will follow.
2. Artfully scatter the strawberries, apples, oranges, and blueberries over the greens. It is your canvas, your Jackson Pollock painting, but one you can eat. Sprinkle the toasted walnuts and crumbled feta with the finesse of a true artist.
3. In a small bowl, stir balsamic vinegar, olive oil, honey, salt and pepper. Drizzle the dressing over the salad like you're performing a culinary baptism, where the dressing is the holy water that brings the salad to life. This step is a ritual, ensuring that every leaf and fruit is baptized in the deliciousness of the dressing with care and reverence.
4. Handle the salad with care, tossing everything gently to mix. Remember, this salad has feelings too. Serve immediately or let it sit for a while. Let the flavors mingle, mix, and make small talk.





BREAKFAST DELIGHT

Quesadilla with Spinach and Vegan Cheese



Prep time:
10 min



Cook time:
10 min



Servings:
4



Approximately:
280 calories,
8 protein,
34g carbohydrates,
12g fat,
5g fiber.

Ingredients

- 4 large flour tortillas (the canvas for your edible art)
- 2 cups fresh spinach (or enough to make you feel like you're eating your veggies)
- 1 cup vegan cheese, shredded (because who needs dairy when you can have faux-dairy?)
- 1/2 red onion, thinly sliced
- 1 clove garlic, minced)
- 2 tablespoons olive oil (for that nice sizzle)
- Salt and pepper to taste
- Optional: a pinch of cumin or paprika (If you like to feel spicy)

Directions

1. Start by heating a teaspoon of olive oil in a skillet over medium heat. Add garlic and onion, and sauté until the onions are translucent and everything smells like heaven. It's that simple! Toss in the spinach until it wilts but still has self-respect. If you're feeling adventurous, season with salt, pepper, and optional spices such as cumin, paprika, or chili powder. Remove the veggies from the skillet, and prepare for the real magic.
2. Place a tortilla in the skillet, sprinkle a quarter of the vegan cheese on half of the tortilla, and then spread some of the spinach mixture over the cheese. It's like building a tiny, flat, edible mountain.
3. Fold the other half of the tortilla over like you're closing a book on your ex.
4. Cook until the bottom is golden brown, about 2 minutes; then, with the finesse of a circus acrobat, flip the quesadilla and cook the other side. It's like a fun cooking show in your kitchen! Repeat with the remaining tortillas.





BREAKFAST DELIGHT

Burrito with Refried Beans and Salsa



Prep time:
15 min



Cook time:
10 min



Servings:
4



Approximately:
550 calories,
20g protein,
60g
carbohydrates,
25g fat,
10g fiber.

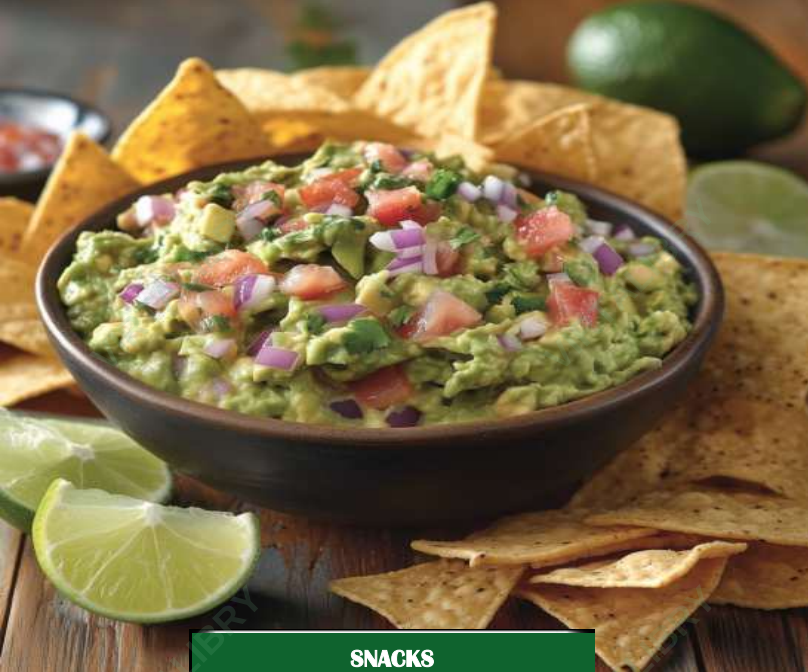
Ingredients

- 4 large flour tortillas (the canvas for your edible art)
- 2 cups fresh spinach (or enough to make you feel like you're eating your veggies)
- 1 cup vegan cheese, shredded (because who needs dairy when you can have faux-dairy?)
- 1/2 red onion, thinly sliced
- 1/2 cup of vegan sour cream
- 1/2 cup diced tomatoes
- 1/4 cup chopped cilantro
- 1/4 cup sliced jalapeños (optional)
- 1 avocado, sliced

Directions

1. Warm the tortillas in a microwave for about 30 seconds or on a skillet over medium heat for about 15 seconds per side to make them pliable.
2. Spread each tortilla with about 1/2 cup of refried beans.
3. Layer shredded lettuce, cheese, diced tomatoes, and slices of avocado on top of the beans.
4. Add a generous spoonful of salsa over the toppings.
5. Add sliced jalapeños and a dollop of sour cream to each burrito if desired.
6. Fold the bottom of the tortilla over the filling, then fold in the sides and roll up tightly to enclose the filling.
7. Serve immediately or lightly grill the burritos on a skillet for a couple of minutes on each side to crisp the tortillas.





SNACKS

Guacamole with Tortilla Chips



Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
250 calories,
4g protein,
18g carbohydrates,
20g fat,
9g fiber.

Ingredients

- 3 ripe avocados
- 1 lime, juiced
- 1/2 red onion, finely chopped
- 1 jalapeño, seeded and minced
- 1/4 cup cilantro, chopped (optional.)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tomato, diced
- Tortilla chips, for serving

Directions

1. Use a fork to mash the avocados in a medium bowl to your desired consistency. If you like it chunky, pretend you're lightly tickling them. If you like it smooth, pretend it's a stress ball.
2. Add the lime juice, red onion, jalapeño, cilantro, salt, and pepper. Mix it!
3. Stir in the diced tomato.
4. Serve with a mountain of tortilla chips.
5. Dip, crunch, repeat.
6. Optional step: fend off friends who will try to steal bites.



Edamame with Sea Salt



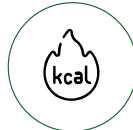
Prep time:
5 min



Cook time:
10 min



Servings:
4



Approximately:
100 calories,
8g protein,
9g carbohydrates,
3g fat,
4g fiber.

Ingredients

- 2 cups frozen edamame in the pod (nature's stress balls)
- 1 tablespoon sea salt (regular salt just won't cut it for these green stars)

Directions

1. Waterworks: Boil a large pot; it's as simple as making a tiny ocean. Once it's bubbling like a witch's cauldron, toss in the edamame.
2. Swimming Lessons: Allow the edamame pods to cook for about 5 minutes. This is the perfect time for them to learn how to backstroke, or in other words, to turn bright green and tender.
3. Drain the Pond: It's time to fish out those delicious edamame beans. You can use a slotted spoon or a colander. Whatever you prefer! Give them a quick shake to say goodbye to any clingy water droplets.
4. Salt Bae Moment: Sprinkle sea salt over the warm pods.
5. Serve them warm, and enjoy the fruits of your labor.



SNACKS

Antipasto Skewers

Caprese Skewers



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
150 calories,
5g protein,
10g carbohydrates,
10g fat,
3g fiber.

Ingredients

- 12 cherry tomatoes
- 12 pitted Kalamata olives
- 12 cubes of vegan cheese (dairy-free)
- 12 fresh basil leaves (for a touch of green elegance)
- 4 skewers
- Optional: Balsamic glaze (for drizzling like a pro)
- Salt and pepper to taste

Directions

1. Start your skewer assembly line by impaling one cherry tomato. It's less violent than it sounds.
2. Follow the tomato with a basil leaf, like a little edible cape.
3. Next, skewer an olive and then a cube of vegan cheese. Repeat the sequence until your skewer is a vibrant tower of colors.
4. Sprinkle salt and pepper over each skewer to season the ensemble.
5. If you're feeling fancy, drizzle some balsamic glaze over the skewers.



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
120 calories,
4g protein,
8g carbohydrates,
8g fat,
2g fiber.

Ingredients

- 16 cherry tomatoes
- 16 small balls of vegan mozzarella
- 16 fresh basil leaves
- Balsamic glaze for drizzling
- Salt and pepper to taste

Directions

1. Skewer Assembly: Start by playing a game of stack-up. Skewer a cherry tomato, a basil leaf (fold it if it's too big), and a ball of vegan mozzarella. Repeat until each skewer has a lovely red, green, and white lineup.
2. Arrange the skewers on a platter.
3. Sprinkle a little salt and pepper.
4. Drizzle balsamic glaze over the skewers in zigzag pattern as if you're painting the Sistine Chapel's lesser-known cousin.
5. Serve Immediately!





SNACKS

Bruschetta with Tomato and Basil



Prep time:
10 min



Cook time:
5 min



Servings:
4



Approximately:
180 calories,
5g protein,
27g carbohydrates,
7g fat,
2g fiber.

Ingredients

- 4 slices of whole-grain bread
- 2 ripe avocados
- 12 cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 2 tablespoons olive oil
- Juice of 1 lime
- Salt and pepper, to taste
- Optional: red pepper flakes, fresh basil leaves

Directions

1. Let's start by preheating your oven to 450°F (232°C)
2. Place the baguette rounds on a baking sheet and delicately brush each with olive oil. Listen to the satisfying sizzle as they enter the oven for a quick broil, transforming into a golden and toasty delight, about 1-2 minutes per side.
3. While the bread is toasting, toss the diced tomatoes, chopped basil, minced garlic, balsamic vinegar, and two tablespoons of olive oil in a bowl. Let the enticing aroma of the garlic and basil fill your kitchen.
4. Season the tomato mixture with salt and pepper. Stir like you're mixing a love potion.
5. Once the bread is toasted, spoon generous amounts of the tomato mixture onto each slice.
6. Serve immediately and revel in the vibrant colors and delicious look of your creation. Watch them disappear faster than your favorite series' season finale, leaving you and your guests craving for more.





SNACKS

Sushi Rolls with Vegetables



Prep time:
30 min



Cook time:
20 min



Servings:
4



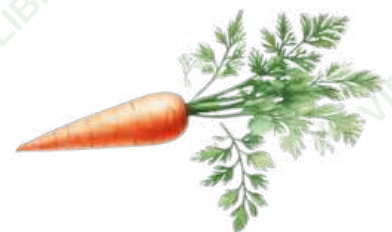
Approximately:
210 calories,
4g protein,
37g carbohydrates,
7g fat,
5g fiber.

Ingredients

- 1 cup sushi rice (the sticky kind)
- 1+1/4 cups water
- 2 tablespoons rice vinegar (the secret of sushi)
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 4 sheets of nori (seaweed, not a typo)
- 1/2 cucumber, julienned (think tiny veggie batons)
- 1 carrot, julienned
- 1 avocado, sliced (the butter of the veggie world)
- Optional: soy sauce, wasabi, and pickled ginger (the sushi trinity)

Directions

1. **Rice Prep:** Rinse your sushi rice in cold water until the water runs clear. It's like a spa day for rice. Cook it with 1+1/4 cups water. Once cooked, mix in rice vinegar, sugar, and salt. Let it cool down.
2. **Roll Setup:** Lay a nori sheet on a bamboo sushi mat. If you don't have a mat, use your Jedi mind tricks to keep it tight.
3. **Assembly Time:** Spread a thin layer of cool rice on the nori. Leave about an inch clear at the far end to seal the deal later. Lay cucumber, carrot, and avocado in neat little rows like sunbathing on a beach.
4. **Roll It:** Start at the end closest to you and roll it up tightly. Use the mat to keep everything snug. When you reach the end, dab the clear strip of nori with water to seal the seaside story.
5. **The Cut:** With a sharp knife (dip it in water if it sticks), cut the roll into six even pieces. It's like crafting a culinary gem.
6. **Serve:** Plate these beauties with soy sauce, wasabi, and pickled ginger. It's not just food; it's an experience.





SNACKS

Sweet Potato Toast with Avocado Mash



Prep time:
10 min



Cook time:
15 min



Servings:
4



Approximately:
200 calories,
4g protein,
24g carbohydrates,
12g fat,
7g fiber.

Ingredients

- 2 large sweet potatoes, sliced lengthwise into 1/4-inch thick slices (who knew sweet potatoes could be toast?)
- 2 ripe avocados
- Juice of 1 lime
- Salt and pepper to taste (because even avocados need a little pep talk)
- Optional toppings: cherry tomatoes, sliced radishes, or a sprinkle of crushed red pepper flakes

Directions

1. Toast the Tato: Simply pop your sweet potato slices into a toaster or lay them on a baking sheet under the broiler. Toast or broil until they're tender and slightly crispy. It might take a couple of rounds in the toaster—be patient; great toast takes time!
2. Mash the Avocado: While the sweet potatoes are toasting, scoop out the avocado flesh into a bowl. Now, add the lime juice, salt, and pepper, and mash it all together.
3. Once your sweet potato slices have achieved optimal toastiness, spread them generously with the avocado mash. It is where the magic happens!
4. Garnish Galore: Now, the fun part! Add any optional toppings you like to make your sweet potato toast uniquely yours.
5. Serve: Serve up this culinary masterpiece immediately. Remember, sweet potato toast is best enjoyed fresh and hot!





SNACKS

Stuffed Jalapeños with Vegan Cream Cheese



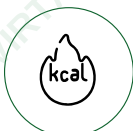
Prep time:
15 min



Cook time:
20 min



Servings:
4



Approximately:
180 calories,
5g protein,
15g carbohydrates,
12g fat,
3g fiber.

Ingredients

- 12 jalapeño peppers
(for those who like to live on the spicy side of life)
- 1 cup vegan cream cheese
(because who needs dairy when you've nuts?)
- 1/4 cup nutritional yeast. If you're looking for a cheesy flavor without the cheese.
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt to taste
- 1/2 cup breadcrumbs
(for that crunch you can hear across the room)
- Olive oil spray (for a light mist of luxury)

Directions

1. **Prep the Peppers:** Cut the jalapeños in half lengthwise, then carefully scoop out the seeds and membranes. This process is like embarking on a fun culinary adventure, with the added thrill of creating a delicious dish.
2. **Mix Filling:** In a bowl, stir together a simple yet flavorful combination of vegan cream cheese, nutritional yeast, onion powder, garlic powder, and a pinch of salt. This straightforward process yields a delicious result.
3. **Fill 'Em Up:** Spoon or pipe the mixture into the jalapeño halves.
4. **Crumb Coating:** Sprinkle breadcrumbs over the stuffed jalapeños.
5. **Bake to Perfection:** To get started, place the jalapeños on a baking sheet lined with parchment paper. Mist them with olive oil spray to get that golden glow. Bake at 400°F for about 20 minutes until the peppers are tender and the breadcrumbs are toasted.
6. **Serve Hot:** The best way to enjoy these stuffed jalapeños is straight from the oven, so get ready to savor the delicious flavors. The heat enhances the taste, so serve them hot and enjoy the burst of flavors. Just remember to blow on them first!





Classic Minestrone Soup



Prep time:
15 min



Cook time:
40 min



Servings:
6



Approximately:
280 calories,
14g protein,
45g carbohydrates,
5g fat,
12g fiber.

Ingredients

- 2 tablespoons olive oil (for slick cooking)
- 1 large onion, chopped
- 2 cloves garlic, minced (a little garlic breath?)
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 zucchini, diced
- 1 cup green beans, cut into one-inch pieces
- 4 cups vegetable broth
- 2 cups water (just plain old H₂O)
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) diced tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil (because we need a little Italian flair)
- 1 cup small pasta, like elbows (Italian style)
- 1/4 cup vegan Parmesan cheese
- Salt and pepper to taste

Directions

1. **Heat Things Up:** In a large pot, let the olive oil sizzle over medium heat. Add the onion and garlic, and sauté until they're not just translucent and fragrant
2. **Veggie Party:** Toss carrots, celery, zucchini, and green beans. Stir like you're leading a veggie orchestra, and enjoy the colorful symphony coming to life in your pot!
3. **Broth Ocean:** Add the vegetable broth and water. The water helps to balance the flavor and bring it to a simmer.
4. **Bean Bonanza:** Toss the kidney beans, tomatoes, oregano, and basil. Stir it up and let it cook for 20 minutes until the veggies are tender but not giving up on life!
5. **Pasta Time:** Cook Pasta until it's al dente, which is Italian for «don't overcook it.»
6. **Season and Serve:** Season with salt and pepper, sprinkle with Parmesan cheese.





SOUPS

Vegan Butternut Squash Soup



Prep time:
15 min



Cook time:
30 min



Servings:
4



Approximately:
180 calories,
3g protein,
30g carbohydrates,
7g fat,
6g fiber.

Ingredients

- 1 large butternut squash (2 lbs.), peeled, seeded and cubed
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1 teaspoon ground cinnamon (for a hint of autumn)
- 1/2 teaspoon ground nutmeg
- Salt and pepper to taste
- Optional: coconut cream for drizzling (to make it fancy)

Directions

1. **Squash Prep:** Start your workout by wrestling the butternut squash onto your cutting board and showing it who's boss. Peel, seed, and cube it.
2. **Sauté Station:** Heat the olive oil in a large pot over medium heat. Add the onion, garlic, and sauté until they're soft and translucent, or until you start crying from the onion, whichever comes first.
3. **Squash Toss:** Add those heroic butternut squash cubs to the pot and give them a good stir to coat them in that delicious onion and garlic goodness!
4. **Broth Bath:** Pour the vegetable broth and bring the whole concoction to a boil. Turn down the heat and let everything simmer until the is nice and tender, which should take about 20 min. Just enough time to regret not buying the pre-cut squash!
5. **Spice It Up:** Sprinkle in the cinnamon and nutmeg.
6. **Blend It:** You've got two great options for getting that soup nice and smooth. You can puree it right in the pot with an immersion blender, or you can transfer it to a blender
7. **Season and Serve:** Taste and adjust seasoning with salt and pepper. Serve this delicious dish hot with a drizzle of coconut cream to wow your loved ones, or enjoy it straight from the pot if you're in a relaxed, easygoing mood.



SOUPS

Thai-Inspired Coconut Curry Soup



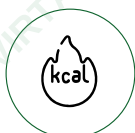
Prep time:
15 min



Cook time:
20 min



Servings:
4



Approximately:
250 calories,
6g protein,
18g
carbohydrates,
18g fat,
3g fiber.

Ingredients

- 1 tablespoon coconut oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon Thai red curry paste
- 4 cups vegetable broth (the base of existential soupy goodness)
- 1 can (14 oz.) coconut milk (for that creamy dreaminess)
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 2 cups mixed vegetables (carrots, bell peppers, and whatever else you bought but forgot in the back of the fridge)
- 1/2 cup sliced mushrooms
- Juice of 1 lime
- Fresh cilantro and sliced green onions for garnish (because we eat with our eyes first)

Directions

1. **Heat Things:** Melt the coconut oil over medium heat in a large saucepan. Add garlic, onion and ginger. Cook until the onion is as translucent as you plan to get to the gym tomorrow.
2. **Flavor:** Stir in Thai red curry paste and stir-fry for a minute or until it smells so good your neighbors wonder what's cooking.
3. **Liquid Gold:** Bring vegetable broth, coconut milk, soy sauce, and sugar to a simmer.
4. **Veggie Party:** Toss in the mixed vegetables and mushrooms. Let them get to know each other in the hot tub of curry goodness for about 10 minutes or until they're tender but not mushy.
5. **Final Flare:** Squeeze in the lime juice and give it a good stir. It is where the soup starts to sing.
6. **Garnish galore:** Ladle the soup into bowls and top with a generous sprinkling of cilantro and green onions, if you like.





SOUPS

Chickpea and Vegetable Soup



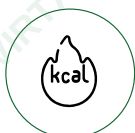
Prep time:
10 min



Cook time:
25 min



Servings:
4



Approximately:
210 calories,
8g protein,
35g carbohydrates,
5g fat,
9g fiber.

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 cloves garlic
- 2 carrots, peeled and diced
- 2 celery stalks, diced (the underrated hero of soups)
- 1 zucchini, diced
- 15-ounce can of chickpeas, drained and rinsed (the star of the show)
- 1 can (14.5 oz.) diced tomatoes (no chopping required, hooray!)
- 4 cups vegetable broth (the soup's foundation)
- 1 teaspoon dried thyme (for a touch of herby magic)
- Pepper and salt to taste
- Optional: a handful of spinach (because why not add more greens?)

Directions

1. **Sauté Squad:** Gently heat the olive oil in a large pot over medium heat. Now, it's time to add the onion and garlic. Let's sauté them together until the onion is soft and transparent.
2. **Veggie Toss:** Throw in the carrots, celery, and zucchini. Sauté them until they soften and look like they're at a veggie spa getting a steam treatment.
3. **Chickpea Dive:** Add the chickpeas and diced tomatoes. Stir them into the veggie mix.
4. **Broth Bath:** Pour the vegetable broth, sprinkle in the thyme, and bring the whole party to a simmer. Let it bubble gently, uncovered, until the vegetables are tender, about 15 minutes.
5. **Season and Spin:** Season with salt and pepper to taste. If you're feeling extra, toss a handful of spinach for kicks (and extra nutrients) during the last few minutes.
6. **Serve it Up:** Ladle the soup into bowls, and if you're feeling fancy, throw on some extra herbs or a swirl of olive oil because, let's face it, it makes it Instagram-worthy.





SOUPS

Mexican Tortilla Soup



Prep time:
10 min



Cook time:
30min



Servings:
4



Approximately:
265 calories,
12g protein,
40g
carbohydrates,
8g fat,
10g fiber.

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño, seeded and minced
- 1 teaspoon ground cumin
(the spice that makes you say «ah!»)
- 1 teaspoon chili powder (for that extra kick)
- 1 can (15 oz.) diced tomatoes
(no dicing required, hallelujah!)
- 4 cups vegetable broth
- 1 cup frozen corn
(fresh is great, but frozen is so convenient)
- 1 can (15 oz.) of black beans, nice and clean,
ready to be cooked up!
- 3 corn tortillas, cut into
- Salt and pepper to taste
- Fresh cilantro and avocado for garnish
(because it's not just soup, it's a masterpiece)

Directions

1. **Base Flavors:** Heat the olive oil in a large pot over medium heat. Toss in the onion, garlic, and jalapeño, cooking until the onion is soft and your kitchen smells like a taqueria.
2. **Spice It Up:** Stir in the cumin and chili powder, letting the spices toast for a minute as they sunbathe in the Mexican sun.
3. **Tomato Tango:** Add the diced tomatoes with their juices to the pot, stirring to combine, and let the flavors mingle.
4. **Broth and Boil:** Pour in the broth and bring everything to a boil. It is where the magic starts, or as we call it, the soup disco.
5. **Corn and Beans, please:** Add the corn and black beans. Turn down the heat and let it simmer for about 20 minutes, just enough time to plan your next vacation to Cancun.
6. **Tortilla Time:** Meanwhile, bake or fry the tortilla strips until crispy. They will add crunch to your dish.
7. **Final Touches:** Season the soup with salt and pepper. It's best served hot, with crispy tortilla strips, a sprinkle of fresh cilantro, and avocado slices on top.



SOUPS

Roasted Red Pepper and Tomato Soup



Prep time:
10 min



Cook time:
30min



Servings:
4



Approximately:
180 calories,
3g protein,
22g carbohydrates,
10g fat,
6g fiber.

Ingredients

- 4 large red bell peppers, which you should halve and seed. (like little red boats ready to roast)
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 4 cups chopped ripe tomatoes (or 1 can (28 oz.) of whole tomatoes if you're not into chopping)
- 2 cups vegetable broth (the soup's spa water)
- 1 teaspoon smoked paprika (for a touch of smoke without the fire)
- Salt and pepper to taste (season like you mean it)
- Optional: a swirl of vegan cream alternative (for those who like a little luxury)

Directions

1. **Sauté Squad:** Gently heat the olive oil in a large pot over medium heat. Now, it's time to add the onion and garlic. Let's sauté them together until the onion is soft and transparent.
2. **Veggie Toss:** Throw in the carrots, celery, and zucchini. Sauté them until they soften and look like they're at a veggie spa getting a steam treatment.
3. **Chickpea Dive:** Add the chickpeas and diced tomatoes. Stir them into the veggie mix.
4. **Broth Bath:** Pour the vegetable broth, sprinkle in the thyme, and bring the whole party to a simmer.

Let it bubble gently, uncovered, until the vegetables are tender, about 15 minutes.

5. **Season and Spin:** Season with salt and pepper to taste. If you're feeling extra, toss a handful of spinach for kicks (and extra nutrients) during the last few minutes.
6. **Serve it Up:** Ladle the soup into bowls, and if you're feeling fancy, throw on some extra herbs or a swirl of olive oil because, let's face it, it makes it Instagram-worthy.



SALADS

Classic Caesar Salad with Vegan Dressing



Prep time:
15 min



Cook time:
10 min



Servings:
4



Approximately:
180 calories,
6g protein,
15g carbohydrates,
12g fat,
4g fiber.

Ingredients

- 1 large head of Romaine lettuce, washed and chopped (the emperor of greens)
- 1/2 cup vegan Caesar dressing (not a single anchovy was harmed in the making of this dressing!)
- 1 4 cup vegan Parmesan cheese (yes, it exists, and it's fabulous)
- 1 tablespoon olive oil (for that slick salad style)
- 2 cloves garlic
- Salt and pepper to taste

Directions

1. **Crouton Crunch:** Preheat your oven to 375°F (190°C). In a bowl, toss your favorite bread (cubed) with a drizzle of olive oil, a few minced garlic cloves, and a tiny pinch of salt. Spread these on a baking sheet and bake until they're golden and crispy about 10 minutes. These croutons are about to bring the crunch back to your life.
2. **Lettuce Begin:** Add the chopped Romaine to a large salad bowl. It isn't just any bowl of greens; it's the base of your culinary empire.
3. **Dressing Rehearsal:** Drizzle that creamy vegan Caesar dressing over the greens.
4. **Cheese, please:** Sprinkle vegan Parmesan cheese over the top like you're dusting a cake with powdered sugar.
5. **Crouton Shower:** Scatter those golden, garlicky croutons over the salad like confetti at a parade.
6. **Toss Like a Boss:** Gently toss everything together to coat the leaves evenly. Each piece of lettuce should look like it's been to a spa day.
7. **Season to Perfection:** Season it quickly with salt and pepper because sometimes the simplest things make the most significant difference.



Greek Salad with Tofu



Prep time:
20 min



Cook time:
0 min



Servings:
4



Approximately:
190 calories,
9g protein,
15g carbohydrates,
12g fat,
4g fiber.

Ingredients

- 1 block tofu, pressed and crumbled (for that fauxfeta feel)
- 1 tablespoon lemon juice (for a little zest in your step)
- Pepper and salt to taste
- 1 cucumber, sliced into half-moons (the moonlight of your salad)
- 2 large tomatoes cut into wedges (for a splash of color)
- 1 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted (the little purple gems)
- Red wine vinegar to taste (the kick your taste buds asked for)
- Optional: a handful of fresh parsley, chopped (for that herby punch)
- Just a dash of dried oregano (optionally)
- 1 tablespoon of olive oil

Directions

1. **Tofu Transformation:** In a bowl, combine crumbled tofu, lemon juice, olive oil, oregano, and a sprinkle of salt and pepper. Let this marinate while you prepare the rest of the salad
2. **Salad Assembly:** In a large serving bowl, arrange the cucumber slices, tomato wedges, and red onion in a display that would make the Acropolis proud.
3. **Olive Oasis:** Scatter Kalamata olives over the top like you're tossing coins into a fountain
4. **Dress to Impress:** Drizzle the red wine vinegar over the salad. It isn't just dressing; it's adding flair to the affair.
5. **Tofu Toss:** Marinate your tofu feta over the salad in a Spoon. It's ready to mingle and impress.
6. **Herbal Highlights:** If using, sprinkle chopped parsley over the top for a final touch of green that says, «I'm not just beautiful; I'm tasty too!»



SALADS

Rainbow Detox Salad



Prep time:
15 min



Cook time:
20 min



Servings:
4



Approximately:
250 calories,
6g protein,
18g
carbohydrates,
18g fat,
3g fiber.

Ingredients

- 2 cups shredded purple cabbage (for a pop of color and some veggie royalty)
- 2 cups shredded green cabbage
- 1 cup shredded carrots
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced (can't have red without yellow)
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons sesame seeds (for a tiny bit of crunch)

For the Sesame Ginger Dressing:

- 1/4 cup olive oil
- 2 tablespoons sesame oil (doubling down on sesame,)
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons grated ginger
- 1 garlic clove, minced
- 1 tablespoon maple syrup
- Salt and pepper to taste (yes, these again)

Directions

1. **Colorful Combine:** In a large salad bowl, mix purple cabbage, green cabbage, carrots, and bell peppers.
2. **Dress to Impress:** In a little bowl, whisk together olive oil, sesame oil, rice vinegar, soy sauce, grated ginger, minced garlic, and maple syrup. This dressing is a spa treatment for your veggies.
3. **Pour and Toss:** Drizzle your artistic creation of a dressing over the rainbow of vegetables.

Toss gently to coat every shred and slice because naked veggies are a no-go in this dish.

4. **Sprinkle Sesame:** Sprinkle sesame seeds and chopped cilantro over the top, like adding fairy dust to your magical vegetable pile.
5. **Chill or Serve:** Let the salad sit for about 10 minutes to soak up all those delicious flavors, or dive right in if you're in a hurry!



SALADS

Vegan Waldorf Salad



Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
280 calories,
4g protein,
30g carbohydrates,
18g fat,
4g fiber.

Ingredients

- 3 medium crisp apples, cored and chopped (choose your favorite color)
- 1 cup red seedless grapes, halved (because who wants seeds in their teeth?)
- 1/2 cup celery, thinly sliced
- 1/2 cup walnuts, roughly chopped (get out your frustrations on these nuts)
- 1/3 cup vegan mayonnaise
- 1 tablespoon lemon juice (to keep the apples from partying too hard and turning brown)
- Salt and pepper to taste (the dynamic seasoning duo)
- Optional: a handful of raisins or dried cranberries (for those who like a little extra sweetness in their bowl)

Directions

1. **Fruit Meet Veggie:** In a large bowl, toss together the chopped apples, halved grapes, and sliced celery. It is like the garden party of your dreams.
2. **Nutty Buddy:** Add the chopped walnuts to the mix. They're here to add a bit of nutty sophistication to your salad.
3. **Dress to Impress:** Whisk together the vegan mayo and lemon juice in a small bowl—season with salt and pepper to taste.
4. **Mix and Mingle:** Now, drizzle the dressing over the apple mixture and gently toss it to coat.
5. **Sweet Surprise:** If you're going the extra mile, throw in some raisins or dried cranberries for that unexpected sweet pop.
6. **Chill Factor:** I hope you enjoy this salad! Just let it chill in the fridge for at least an hour before serving. It gives everyone time to get to know each other in the bowl.





SALADS

Grilled Vegetable Salad with Balsamic Glaze



Prep time:
20 min



Cook time:
15 min



Servings:
4



Approximately:
200 calories,
4g protein,
27g carbohydrates,
10g fat,
6g fiber.

Ingredients

- 1 zucchini, sliced into rounds
- 1 yellow squash, sliced into rounds (sunshine on a plate)
- 1 red bell pepper, seeded and cut into narrow strips
- 1 yellow bell pepper, seeded and cut into wide strips
- 1 eggplant, sliced into rounds (the steak of vegetables)
- 1 red onion, cut into rings
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 cup balsamic glaze
- Optional: vegan cheese

Directions

1. **Preheat Your Grill:** Fire up your grill to mediumhigh. It's not just a heat wave; it's a flavor wave.
2. **Dress Rehearsal:** Toss the zucchini, yellow squash, red and yellow bell peppers, eggplant, olive oil, red onion, salt and pepper in a big bowl. They're getting ready for their tan.
3. **Grill Baby, Grill:** Lay the vegetables in a single layer on the grill. Grill each side for about 3-4 minutes or until they have excellent and tendergrill marks. Rotate them like you're the DJ of grilling.
4. **Assembly Line:** Once grilled, let the veggies cool slightly (they need a break, too), then cut them into bite-sized pieces. Think of it as some vegetable confetti.
5. **Glaze Craze:** Arrange the chopped veggies on a platter. Drizzle with balsamic glaze.
6. **Cheese, please:** If you're using cheese, now's the time to sprinkle that crumbled goat cheese or vegan alternative over the top. It's like adding snow to a mountain.
7. **Serve with Swagger:** Bring this masterpiece to the table and watch your guests wonder if they're at a barbecue or an art gallery.



SALADS

Mango Avocado Salad with Lime Dressing



Prep time:
10 min



Cook time:
10 min



Servings:
4



Approximately:
290 calories,
3g protein,
35g carbohydrates,
20g fat,
7g fiber.

Ingredients

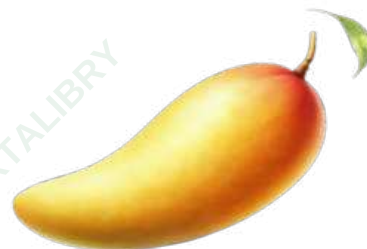
- 2 ripe avocados, peeled, pitted, and diced
- 1/2 red onion, thinly sliced
- 1/4 cup fresh cilantro

For the Lime Dressing:

- Juice of 2 limes
- 3 tablespoons olive oil
- 1 tablespoon artificial honey
- Salt and pepper to taste

Directions

1. **Fruit Tango:** Toss the diced mangos and avocados in a not-so-mysterious large bowl. Be gentle; we're not making guacamole... yet.
2. **Onion Gatecrasher:** Scatter your thinly sliced red onion and chopped cilantro over the fruit. It's like a party where sweet meets zesty, and everyone gets along.
3. **Dressing Mixology:** In a small bowl, whisk together lime juice, olive oil, honey, salt, and pepper.
4. **Dress to Impress:** Drizzle your homemade dressing over the mango and avocado mix. Toss gently to coat everything in limey goodness and ensure that every piece gets its moment in the spotlight.
5. **Serve Immediately:** Because, let's face it, avocado waits for no one.





SALADS

Lentil Salad with Roasted Vegetables



Prep time:
20 min



Cook time:
30 min



Servings:
4



Approximately:
350calories,
12g protein,
40g
carbohydrates,
18g fat,
15g fiber.

Ingredients

- 1 cup dried green lentils (because they're not just for soup anymore)
- 2 cups water
- 1 small zucchini, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

For the Dressing:

- 3 tablespoons Dijon mustard (not just for hot dogs)
- 2 tablespoons apple cider vinegar (for that tangy punch)
- 1 tablespoon maple syrup
- 1/4 cup olive oil (again with the olive oil)
- Salt and pepper to adjust your life's seasoning

Directions

1. **Lentil Launch:** Rinse and sort those lentils like you're panning for gold. Add lentils to a pot with 2 cups of water and boil. Reduce heat, cover, and simmer until tender yet firm, about 20-25 minutes.
2. **Roast the Roster:** Preheat your oven to 425°F (because we're about to turn up the heat on these veggies). Toss zucchini, bell peppers, and red onion with olive oil, salt, and pepper. Spread them on a baking sheet like they're sunbathing. Roast for 20 minutes or until they look sun-kissed and tender.
3. **Dressing Drill:** While the veggies are getting tan, whisk together Dijon mustard, apple cider vinegar, olive oil, and maple syrup in a bowl. Season with salt and pepper.
4. **Mix and Mingle:** Drain the lentils and let them cool because nobody likes a sweaty salad. In a large bowl, mix the cooled lentils and roasted vegetables.
5. **Serve or Surrender:** Serve this concoction immediately if you enjoy warm salads, or chill it in the fridge if you're all about that cold salad life.



SALADS

Thai Peanut Noodle Salad with Crispy Tofu



Prep time:
20 min



Cook time:
20 min



Servings:
4



Approximately:
540calories,
21g protein,
58g
carbohydrates,
28g fat,
5g fiber.

Ingredients

- 14 oz. firm tofu, pressed and cubed
- 1/4 cup cornstarch (for that crispy exterior)
- Salt and pepper to taste
- 3 tablespoons vegetable oil
- 8 oz. rice noodles
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1 cucumber, julienned (hydration in a vegetable)
- 1/4 cup chopped cilantro
- 1/4 cup chopped peanuts (for a bit of crunch)

For the Peanut Dressing:

- 1/3 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 2 teaspoons brown sugar
- 1 teaspoon sesame oil (the secret sauce)
- 1/2 teaspoon grated ginger (spice up your life)
- 1 garlic clove, minced
- Water to thin, as needed
(let's not make this a paste)

Directions

1. **Tofu Time:** Toss tofu cubes with cornstarch and a good pinch of salt and pepper. Gently heat the vegetable oil in a pan over medium-high heat. Then, add the tofu and fry until it's golden and crispy, which should take about 10 minutes. Turn occasionally.
2. **Noodle Navigation:** Cook the rice noodles according to the instructions on the package, and you're all set! When the rice noodles are boiled, drain and rinse them under cold water.
3. **Dressing Dance:** In a small bowl, whisk together peanut butter, soy sauce, lime juice, brown sugar, sesame oil, ginger, and garlic.

Add water a tablespoon at a time until the dressing is as smooth.

4. **Vegetable Vogue:** In a large bowl, combine the cooled noodles, bell pepper, carrot, cucumber, and cilantro. It's like a fashion show of flavors.
5. **Combine Forces:** Add the crispy tofu and drizzle with the peanut dressing. Toss gently to coat everything in that nutty goodness.
6. **Garnish Galore:** Sprinkle chopped peanuts on top because, let's face it, everything's better with a bit of extra crunch.



SALADS

Edamame and Quinoa Salad with Miso Dressing



Prep time:
20 min



Cook time:
20 min



Servings:
4



Approximately:
540calories,
21g protein,
58g carbohydrates,
28g fat,
5g fiber.

Ingredients

- 14 oz. firm tofu, pressed and cubed
- 1/4 cup cornstarch (for that crispy exterior)
- Salt and pepper to taste
- 3 tablespoons vegetable oil
- 8 oz. rice noodles
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1 cucumber, julienned (hydration in a vegetable)
- 1/4 cup chopped cilantro
- 1/4 cup chopped peanuts (for a bit of crunch)

For the Peanut Dressing:

- 1/3 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 2 teaspoons brown sugar
- 1 teaspoon sesame oil (the secret sauce)
- 1/2 teaspoon grated ginger (spice up your life)
- 1 garlic clove, minced
- Water to thin, as needed
(let's not make this a paste)

Directions

1. **Tofu Time:** Toss tofu cubes with cornstarch and a good pinch of salt and pepper. Gently heat the vegetable oil in a pan over medium-high heat. Then, add the tofu and fry until it's golden and crispy, which should take about 10 minutes. Turn occasionally.
2. **Noodle Navigation:** Cook the rice noodles according to the instructions on the package, and you're all set! When the rice noodles are boiled, drain and rinse them under cold water.
3. **Dressing Dance:** In a small bowl, whisk together peanut butter, soy sauce, lime juice, brown sugar, sesame oil, ginger, and garlic.

Add water a tablespoon at a time until the dressing is as smooth.

4. **Vegetable Vogue:** In a large bowl, combine the cooled noodles, bell pepper, carrot, cucumber, and cilantro. It's like a fashion show of flavors.
5. **Combine Forces:** Add the crispy tofu and drizzle with the peanut dressing. Toss gently to coat everything in that nutty goodness.
6. **Garnish Galore:** Sprinkle chopped peanuts on top because, let's face it, everything's better with a bit of extra crunch.



SALADS

Grilled Peach Salad with Balsamic Reduction



Prep time:
10 min



Cook time:
10 min



Servings:
4



Approximately:
220 calories,
6g protein,
27g carbohydrates,
12g fat,
3g fiber.

Ingredients

- 4 ripe peaches, halved and peeled
- 1 tablespoon olive oil
- 4 cups mixed greens (the base of any salad)
- 1/2 cup crumbled vegan cheese
- 1/4 cup toasted almonds

For the Balsamic Reduction:

- 1/2 cup balsamic vinegar
- 1 tablespoon artificial honey or agave syrup
- Salt and pepper to taste

Directions

1. **Vinegar Vanishing Act:** Pour your balsamic vinegar into a small saucepan. Add the honey and gently heat to a simmer. Let it reduce to about half, which should take around 10 minutes. It's like watching paint dry but more aromatic.
2. **Peach Prep:** Brush your peach halves with olive oil because everyone needs a moisturizer before a grill session. Grill them cut-side down over medium heat until just charred and tender, about 4-5 minutes. Flip them carefully unless you want a peach-flavored floor.
3. **Salad Assembly:** Toss the mixed greens in a large bowl.
4. **Peach Placement:** Once your peaches are grilled and slightly cooled, slice them into wedges and lay them on the greens.
5. **Cheese and Nuts:** Sprinkle crumbled. Cheese and toasted almonds over the top. It's like a party.
6. **Dress it Up:** Drizzle the balsamic reduction over the salad like you're signing an autograph.
7. **Season and Serve:** Sprinkle in salt and pepper because sometimes life needs something extra. Serve immediately to maximize the awe.



MAIN DISHES

Vegan Mushroom Stroganoff with Cashew Cream

Ingredients

- 1 cup raw cashews (soak them for four hours or overnight)
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced (a little garlic breath)
- 1 pound mushrooms, sliced (choose your favorite)
- 2 teaspoons smoked paprika (for a hint of «Did someone start a campfire in here?»)
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard (for that tangy kick)
- 3/4 cup vegetable broth (mushroom's best liquid friend)
- Salt and pepper to taste
- Chopped parsley for Garnish
- Cooked noodles or rice for serving (Stroganoff without carbs is just a sad, lonely stew)

Directions

1. **Cashew Prep:** Drain the soaked cashews and throw them into a blender with about 1/2 cup water. Blend until super smooth.
2. **Sauté Session:** Heat olive oil in a large skillet over medium heat. Cook for about five minutes.
3. **Mushroom Party:** Toss in the mushrooms and let them cook until they're browned and release their juicy secrets, about 10 minutes. Stir in the smoked paprika for a bit of smoke without the fire.
4. **Flavor Town:** Add soy sauce and Dijon mustard to the mushrooms, mixing thoroughly to ensure every mushroom gets a ticket to Flavor Town.
5. **Get Saucy:** Pour the cashew cream and vegetable broth, stirring until the mixture becomes a saucy concoction. Let it simmer gently for a few minutes to thicken up and for flavors to marry – it's a quick relationship.
6. **Season and Serve:** Taste and adjust seasoning with salt and pepper because no one's perfect. Serve this creamy goodness over noodles or rice garnished with chopped parsley for that pop of color and freshness.



Prep time:
15 min



Cook time:
20 min



Servings:
6



Approximately:
390calories,
13g protein,
28g
carbohydrates,
27g fat,
4g fiber.



MAIN DISHES

Classic Vegan Spaghetti Bolognese



Prep time:
10 min



Cook time:
30 min



Servings:
4



Approximately:
430calories,
21g protein,
75g carbohydrates,
9g fat,
9g fiber.

Ingredients

- 12 oz spaghetti
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, finely diced 1 celery stalk, finely diced (see carrot's reason)
- 12 oz. meatless ground «beef» (the imposter of the recipe)
- 1 can (28 oz.) crushed tomatoes (because who has time to crush their own?)
- 2 tablespoons tomato paste (for that tomatoes kick)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- Fresh basil for Garnish

Directions

1. Noodle Time: Cook spaghetti according to package instructions. Aim for al dente.
2. Heat Things Up: While your pasta is cooking, heat some olive oil in a large skillet over medium heat. Add the garlic, onion, and sauté until the onion turns transparent and starts to spill its secrets, about 5 minutes.
3. Veggie Unite: Toss in the carrot and celery. Cook about five more minutes until they soften up and admit they're necessary.
4. The Great Pretend: Stir in the meatless ground «beef.» Break it up like it's breaking up with its identity until it starts to brown, about 8-10 minutes.
5. Tomato Tango: Add the crushed tomatoes, tomato paste, oregano, and dried basil. Let the mixture simmer until it thickens into something resembling a sauce, not just a sad soup (about 15 minutes).
6. Season to Taste: Sprinkle in a little salt and pepper. It's like adjusting the picture settings on your TV — find what works for you.
7. Combine Forces: Drain the spaghetti and plate it. Pour the Bolognese sauce over the noodles like you're dressing them for the Oscars.
8. Garnish and Serve: Top with fresh basil because we're trying to be as authentic.



Classic Vegetable Stir-Fry



Prep time:
15 min



Cook time:
10 min



Servings:
4



Approximately:
150 calories,
4g protein,
18g carbohydrates,
7g fat,
4g fiber.

Ingredients

- 2 tablespoons sesame oil (for that nutty flair)
- 1 red bell pepper, sliced into bite-size pieces (keep it colorful)
- 1 green bell pepper, same as above
- 1 medium onion, sliced
- 2 carrots, julienned
- 1 cup broccoli florets
- 1 cup snap peas (snappy and green)
- 2 cloves garlic, minced
- 2 tablespoons soy sauce (salt's more exciting cousin)
- 2 tablespoons of vegan oyster sauce
- 1 tablespoon fresh ginger, grated
- sesame seeds for garnish

Directions

1. **Heat Things Up:** Grab your sesame oil and heat it up in a large skillet or wok over medium-high heat. You want it hot enough to make a splash but not so hot that you're sending smoke signals.
2. **Veggie Sauté:** Add the onions and carrots to the skillet—Stir-fry for about 2 minutes or until they look glossy and runway-ready.
3. **Green Scene:** Toss the broccoli, bell peppers, and snap peas. Keep things moving in the pan for another 3-4 minutes. This isn't a lazy Sunday; keep those veggies active.
4. **Garlic and Ginger Magic:** Make a little space in the middle of your pan and pop in the garlic and ginger. Let them get aromatic for about 30 seconds, just long enough to wake up every nose in the neighborhood.
5. **Sauce On:** Pour in the soy sauce and oyster sauce. Stir everything together so the veggies are well-coated and shiny. Let it cook for another minute or two, and the sauce will thicken up a bit and stick to your veggies like a cool, stylish accessory!
6. **Final Flair:** Sprinkle sesame seeds over the top for that last touch of flair because who doesn't like a bit of sparkle?



MAIN DISHES

Chickpea Curry



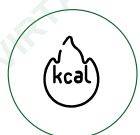
Prep time:
10 min



Cook time:
20 min



Servings:
4



Approximately:
360calories,
12g protein,
44g
carbohydrates,
18g fat,
10g fiber.

Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon curry powder (let's make it taste like a trip to India)
- 1 teaspoon ground cumin (because why not?)
- 1 can (14 oz.) diced tomatoes (tomatoes in their pajamas)
- 2 cans (about 15 ounces each) of chickpeas, drained and rinsed.
- 1 can (14 oz.) coconut milk (for a creamy, dreamy vibe)
- Salt to taste
- Fresh cilantro, chopped (for a dash of fancy)
- Cooked rice for serving (because curry without rice is like a hug without a squeeze)

Directions

1. **Heat Up:** In a large pot, heat the olive oil over medium heat. Add the onion and sauté until it's soft and translucent.
2. **Garlic and Ginger Tango:** Toss in the garlic and ginger, stirring until the kitchen smells better than your favorite candle.
3. **Spice World:** Sprinkle in the curry powder and cumin, and let them toast for a minute. This is where things start smelling like your local Indian restaurant.
4. **Tomato taste:** Now, pour in the diced tomatoes with their juices. Let the mix simmer until the tomatoes look ready for a little rest, and then you're all set!
5. **Chickpea Party:** Add the chickpeas and coconut milk, and bring the whole thing to a gentle boil. Turn down the heat and let it simmer for about 10 minutes. That's all it takes to thicken the plot!
6. **Season and Serve:** Season with salt to your taste and sprinkle over some cilantro like you're a chef on TV. Serve this creamy concoction over a bed of fluffy rice.



MAIN DISHES

Stuffed Bell Peppers



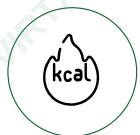
Prep time:
20 min



Cook time:
30 min



Servings:
4



Approximately:
280calories,
12g protein,
42g carbohydrates,
8g fat,
8g fiber.

Ingredients

- 4 large bell peppers (pick a color, any color)
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup cooked rice (leftover rice from last night's takeout works great)
- 15 ounces can of black beans, drained and rinsed, is all you need!
- 1 cup corn kernels (frozen, canned, or if you're fancy, fresh)
- 1 teaspoon cumin (for that smoky whisper)
- 1/2 teaspoon chili powder (just a hint of spice)
- 1 cup tomato sauce (it's not just for spaghetti)
- Salt and pepper to taste
- 1/2 cup shredded cheese or vegan cheese (because cheese is life, even if it's pretend)

Directions

1. **Pepper Prep:** Heat your oven to 375°F (190°C). Slice the bell peppers' tops and remove the seeds and membranes.
2. **Onion Action:** Gently heat the olive oil in a skillet over medium heat. It's time to add the onion and garlic. Let's sauté them together until the onion is soft and transparent and the garlic is just thinking about browning.
3. **Mix It Up:** Stir in the cooked rice, black beans, corn, cumin, chili powder, and half of the tomato sauce. Let it warm in the pan for a few minutes until everything is heated. Season with salt and pepper to taste.
4. **Stuff 'Em:** Fill the hollowed-out bell peppers with your rice and bean mixture. Top each with a spoonful of the remaining tomato sauce.
5. **Cheese It:** Sprinkle the shredded cheese on top because, let's face it, everything's better with a cheese hat.
6. **Bake Time:** Place the stuffed peppers in a cake pan. Cover with a light layer of foil and bake in the oven for about 25 minutes. Take the foil off and bake for another five minutes or until the cheese is bubbly and golden.



Sweet Potato and Black Bean Chili

Ingredients

- 2 tablespoons olive oil (to keep everything from sticking like a bad relationship)
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 big sweet potatoes, peeled and cubed
- 2 15-ounce cans of black beans, rinsing and draining (because nobody likes bean juice)
- 1 can (28 oz.) diced tomatoes (keep the juice, it's precious)
- 1-quart vegetable broth (soup's foundation)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- Salt and pepper to taste (as always)
- Optional toppings: avocado, cilantro, lime

Directions

1. **Heat the Stage:** Heat olive oil in a large saucepan on medium-high heat. Add the garlic and onion and sauté until the onion is as translucent as your motives for eating this healthy dish.
2. **Sweet Potato Dance:** Toss those cubed sweet potatoes and stir them around until they're all shiny and coated in oil. Let them fry a bit until they soften, about 5 minutes.
3. **Bean There, Done That:** Add the black beans and diced tomatoes with their juice.
4. **Liquid Luck:** Pour in the vegetable broth. This is when the chili starts to look like an actual chili and not just a random act of vegetables.
5. **Spice It Up:** Sprinkle in the chili powder and cumin. Stir well to prevent spice clumps—nobody likes a surprise spice clump.
6. **Simmer Down:** Bring everything to an excellent, strong boiling point, gently reduce the heat and let it simmer away, uncovered, just like that! Please give it a little stir occasionally to make sure it's all nice and cozy. You're aiming for the sweet potatoes to be tender and the flavors to marry, about 25 minutes.
7. **Season to Taste:** Just a pinch of salt and pepper to your liking. Because, let's face it, sometimes we need a little extra flavor in our lives.
8. **Serve with Style:** Ladle this deliciousness into bowls and top with sliced avocado, chopped cilantro, and a squeeze of lime if you like it zesty!



Prep time:
15 min



Cook time:
35 min



Servings:
4



Approximately:
330 calories,
12g protein,
55g carbohydrates,
7g fat,
15g fiber.



MAIN DISHES

Vegan Shepherd's Pie



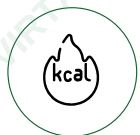
Prep time:
25 min



Cook time:
30 min



Servings:
4



Approximately:
400calories,
18g protein,
72g
carbohydrates,
10g fat,
12g fiber.

Ingredients

For the filling:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup mushrooms, chopped
- 1 cup frozen peas
- 1 can (15 oz.) lentils, drained and rinsed (or cook your own)

- 2 tablespoons tomato paste
- 1 teaspoon dried thyme (for a touch of class)
- 1 teaspoon dried rosemary
- 1/2 cup vegetable broth
- Salt and pepper to taste

For the mash:

- 4 large potatoes, peeled and chopped
- 1/4 cup almond milk (or other plant-based milk)
- 2 tablespoons vegan butter (or olive oil)
- Salt to taste

Directions

1. **Potato Time:** Start boiling those potatoes in a large pot of salted water. Cook (about 20 minute)suntil they're falling apart like a cheap suit. The vegetables should be drained and mashed with almond milk, vegan butter, and a pinch f of salt. Set aside your masterpiece.
2. **Sauté :** Meanwhile, heat the olive oil in another pan over medium heat. Add garlic and onion. Cook these onions until they look nice and clear, which should take about five minutes.Throw in the carrots, celery, and mushrooms. Let them get to know each other until they start to soften, about 10 minutes. No rush, good things take time.
3. **Peas and Quiet:** Add the peas, lentils, tomato paste, thyme,rosemary, and vegetable broth.
4. **Layer Up:** Preheat your oven to 400°F (204°C). In a baking dish, layer the vegetable-lentil mixture. Then, lovingly spoon and spread the mashed potatoes over the top. Drag a fork across the top if you want some fancy ridges.
5. **Bake It till You Make It:** Pop the dish in the oven and bake until the top is golden and slightly crispy about 20 minutes.
6. **Cool Down:** Let it sit for a few minutes before serving because mouth burns are not included in this recipe.



MAIN DISHES

Vegan Buddha Bowl

Ingredients

- 1 cup quinoa (the grain that's a seed), playing the ultimate undercover game)
 - 2 cups water (because even quinoa gets thirsty)
 - 1 sweet potato, cubed
 - 15 ounces of chickpeas, drained and rinsed (chickpeas, the gateway legume)
 - 1 avocado, sliced
 - 1 cup kale, chopped
 - 1 sliced red bell pepper
 - 2 tablespoons olive oil
 - 1 teaspoon paprika
 - Salt and pepper to taste
- For the dressing:
- 3 tablespoons tahini (sesame paste, because why not?)
 - 1 tablespoon maple syrup
 - 1 lemon, juiced
 - 2 tablespoons water (to get the consistency just right)
 - Salt to taste

Directions

1. **Quinoa Quest:** Rinse the quinoa. Combine it with 2 cups of water in a medium pot, bring to a boil, then cover and simmer for about 15 minutes or until all water is absorbed. Let it sit covered for 5 minutes, then fluff it with a fork like you're giving it a mini spa treatment.
2. **Sweet Potato Tango:** Toss cubed sweet potatoes with a tablespoon of olive oil, paprika, and a sprinkle of salt and pepper. Spread on a baking sheet and roast in a 400°F oven until tender and slightly caramelized, about 25 minutes.
3. **Chickpea Cha-Cha:** Toss those chickpeas with olive oil and sprinkle them with a pinch of salt and pepper. On another baking sheet, roast alongside the sweet potatoes until crispy and golden, about 20 minutes.
4. **Green Scene:** While roasting, give your kale a good rubdown with oil and salt to soften it up for the bowl. It's like a kale massage.
5. **Dress to Impress:** Whisk together tahini, maple syrup, lemon juice, water, and a dash of salt for the dressing. It should be fairly thick.
6. **Bowl Building:** Divide the cooked quinoa among bowls. Top with roasted sweet potatoes, crispy chickpeas, sliced avocado, chopped kale, and red bell pepper.
7. **Final Flourish:** Drizzle each bowl generously with tahini dressing because every Buddha bowl deserves to be dressed up.



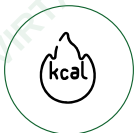
Prep time:
20 min



Cook time:
30 min



Servings:
4



Approximately:
420 calories,
12g protein,
60g carbohydrates,
18g fat,
10g fiber.



MAIN DISHES

Veggie Mandala



Prep time:
30 min



Cook time:
20 min



Servings:
4



Approximately:
190calories,
4g protein,
28g carbohydrates,
7g fat,
6g fiber.

Ingredients

- 2 sweet potatoes, thinly sliced (the base layer of our edible art)
- 1 zucchini, thinly sliced (green wheels of wonder)
- 1 yellow squash, thinly sliced (the sunnier side of zucchini)
- 1 red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon dried thyme (a whisper of the garden)
- 1 teaspoon dried rosemary (for that hint of the forest)
- Optional: a sprinkle of nutritional yeast or vegan parmesan (for a cheesy illusion)

Directions

1. **Prep Stage:** Preheat your oven to 375°F (190°C). Grab a round baking dish or a cast-iron skillet because we're not just cooking; we're crafting beauty.
2. **Oil Canvas:** Drizzle a little olive oil on the bottom of your dish. This prevents sticking and adds a luxe sheen to the bottom layer of your veggie masterpiece.
3. **Start the Spiral:** Begin at the center of the dish and arrange the sweet potato slices in a tight spiral. Follow with a layer of zucchini, then yellow squash, red onion, and red bell pepper. Continue layering and alternating vegetables until the dish is filled, and it looks like a veggie rainbow.
4. **Season:** Drizzle with olive oil and sprinkle salt, pepper, thyme, and rosemary evenly over the top. Each layer should get some seasoning love.
5. **Bake the Masterpiece:** Cover the dish with foil and bake in the oven for about 20 minutes. Remove the foil and bake for 10 minutes or until the edges are crispy and the center is tender.
6. **Finishing Touch:** For extra flair, sprinkle some nutritional yeast or vegan parmesan over the top for a cheesy taste without the cheese.
7. **Serve with Pride:** Let it cool for a few minutes before serving. Slice it like a pie and marvel at the colorful layers of your veggie mandala.



Vegetarian Lasagna



Prep time:
15 min



Cook time:
35 min



Servings:
4



Approximately:
330 calories,
12g protein,
55g
carbohydrates,
7g fat,
15g fiber.

Ingredients

- 9 lasagna noodles (nine is a magic number)
- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup mushrooms, sliced
- 2 cups fresh spinach
- 1 jar (24 oz) marinara sauce
- 2 cups vegan ricotta cheese
- 2 cups dairy-free mozzarella cheese
- 1/2 cup grated vegan Parmesan cheese
- Salt and pepper to taste
- Optional: Fresh basil or herbs for garnish

Directions

1. **Noodle Prep:** Preheat your oven to 375°F (190°C). Cook lasagna pasta according to package. Directions -until al dente. Drain and set aside on a dry towel, as no one likes a soggy lasagna.
2. **Sauté Session:** Heat the olive oil in a large skillet over medium heat. Add the onion and garlic, and sauté onion is translucent (about 5 minutes). Add zucchini red bell pepper, and mushrooms. Cook until they are tender, and all their secrets are out (about 10 minutes). Stir in spinach until wilted. Season to the spinach until it wilted. Season to taste with salt and pepper.
3. **Layer Up:** In a 9x13-inch baking dish, spread a thin layer of marinara sauce. Then, gently place of noodles over over the sauce. Spread a layer of the ricotta cheese, followed by the sautéed vegetables, mozzarella sprinkle, and a marinara sauce drizzle. Just keep layering until you've used up all your ingredients and top it off with a layer of noodles a final blanket of vegan mozzarella and vegan Parmesan if you're feeling fancy.
4. **Bake It:** Cover with foil and bake in the oven for 25 minutes. Remove the foil and bake for another 20 minutes or so. You'll know it's done when the cheese is bubbly and starting to brown. This is where the magic happens.
5. **Cool & Serve:** Let the lasagna sit for 10 minutes before cutting. This patience test allows the layers to set so you don't end up with a lasagna landslide.
6. **Garnish:** Sprinkle with fresh basil or herbs.



SIDE DISHES

Herbed Couscous with Roasted Vegetables



Prep time:
15 min



Cook time:
25 min



Servings:
4



Approximately:
350 calories,
9g protein,
60g
carbohydrates,
10g fat,
8g fiber.

Ingredients

- 1 cup couscous
- 1+1/4 cups vegetable broth
- 2 zucchinis, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, chopped
- 2 carrots, peeled and chopped
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons mixed dried herbs (like thyme, oregano, and basil – the herbal trifecta)
- Fresh parsley or cilantro for garnish (optional)

Directions

1. **Roast the Veggies:** Preheat your oven to 400°F (200°C). Toss zucchini, red bell pepper, yellow bell pepper, onion, and carrots with olive oil, salt, pepper, and dried herbs. Spread them on a baking sheet and roast in the oven until tender and slightly caramelized, about 20 minutes. This is where the magic happens.
2. **Couscous Creation:** While those gorgeous veggies are roasting away, bring the vegetable broth to a boil in a nice, mid-sized saucepan. Stir in the couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork like you're combing the hair of a tiny grain creature.
3. **Mix and Mingle:** Combine the roasted vegetables and fluffed couscous in a large bowl. Mix gently to unite the grainy goodness with the veggie party.
4. **Garnish and Serve:** If feeling fancy, sprinkle with freshly chopped parsley or cilantro to add fresh flavor and color.





SIDE DISHES

Tangy Coleslaw with Creamy Dressing



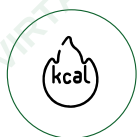
Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
180calories,
1g protein,
20g carbohydrates,
11g fat,
3g fiber.

Ingredients

- 4 cups shredded cabbage (the backbone of any respectable coleslaw)
- 1 large carrot, shredded (for a bit of color and crunch)
- 1/2 red onion, thinly sliced
- For the Creamy Dressing:
 - 1/2 cup vegan mayonnaise
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon Dijon mustard (a little spice never hurt)
 - 1 tablespoon maple syrup
 - 1/2 teaspoon salt (flavor enhancer)
 - 1/4 teaspoon black pepper
 - Optional: a sprinkle of sesame seeds or chopped parsley for garnish

Directions

1. **Slaw Assembly:** Toss the shredded cabbage, carrot, and red onion in a large mixing bowl. This colorful trio is the start of something great.
2. **Dressing Whisk-a-Thon:** In a smaller bowl, whisk together the vegan mayo, apple cider vinegar, Dijon mustard, maple syrup, salt, and pepper. Whisk until the mixture is smooth and looks like it could win a beauty contest.
3. **Mix and Mingle:** Pour the creamy dressing over the slaw. Toss everything together until the veggies are well-coated. It's like a mini veggie spa day in there.
4. **Chill Out:** Let the coleslaw sit in the refrigerator for at least an hour before serving. This is when the flavors get to know each other.
5. **Garnish and Serve:** Just before you're ready to dig in, give it one last toss. If you'd like to add a special touch, sprinkle sesame seeds or chopped parsley.





SIDE DISHES

Garlic Mashed Potatoes (Dairy-Free)



Prep time:
10 min



Cook time:
20 min



Servings:
4



Approximately:
220 calories,
3g protein,
37g carbohydrates,
7g fat,
4g fiber.

Ingredients

- 2 pounds' russet potatoes, peeled and quartered (ready to take a hot bath)
- 4 cloves garlic, minced
- 1/2 cup almond milk, unsweetened (keeping it cow-friendly)
- 1/2 cup vegan butter
- Salt and pepper to taste
- Optional: chopped chives or parsley for garnish (for those Instagram-worthy shots)

Directions

1. **Boil the Spuds:** Place those peeled and quartered potatoes in a large pot of salted water. Bring to a boil and let them cook until they're tender enough to mash without a fuss, about 15–20 minutes.
2. **Garlic Sauce:** While the potatoes are boiling, grab a small pan and gently sauté the minced garlic with a smidge of vegan butter. You're aiming for golden and fragrant, not charred and bitter.
3. **Mash-Up:** Drain your potatoes well and return them to the pot. Add the sautéed garlic, vegan butter, and almond milk. Mash everything together using a potato masher, electric mixer, or a fork if you're old school.
4. **Season Well:** Sprinkle in some salt and pepper. Remember, it's all about tasting as you go. Unless you trust your instincts so much, you'd marry them.
5. **Garnish for the Gram:** Transfer those creamy potatoes to a serving dish. If you're going for that gourmet look, sprinkle on chopped chives or parsley. It adds color and makes you feel like you're eating at a fancy restaurant.





SIDE DISHES

Grilled Vegetables

Ingredients

- 1 zucchini, sliced into 1/4 inch rounds
- 1 yellow squash, sliced into 1/4 inch rounds
- 1 red bell pepper, seeded and cut into wide strips
- 1 green bell pepper, seeded and cut into wide strips
- 1 red onion, cut into wedges (because every party needs an onion)
- 8 oz. button mushrooms, whole (they hold their own on the grill)
- 3 tablespoons olive oil (the elixir of Mediterranean life)
- 1 teaspoon salt
- 1/2 teaspoon black pepper (just enough kick)
- Fresh herbs like rosemary or thyme for garnish (optional)

Directions

1. Fire Up the Grill: Preheat your grill to mediumhigh heat. This isn't just about cooking; it's about tanning those veggies.
2. Dress to Impress: In a large bowl, toss all the vegetables with olive oil, salt, and pepper until they're well coated and ready to party.
3. Grill Time: Layer the vegetables on the grill rack in a single layer. If they're small enough to fall through, use a grill basket or mat to prevent them from diving into the flames.
4. They are flipping It Good! Now, let's get those veggies cooking! Grill them for about 10 minutes, turning occasionally until they're tender and have gorgeous grill marks. It's not just food; it's edible art.
5. Garnish and Serve: Transfer the grilled veggies to a serving platter. If you're feeling extra, sprinkle fresh herbs for that gourmet touch.





SIDE DISHES

Cauliflower Rice



Prep time:
10 min



Cook time:
5 min



Servings:
4



Approximately:
120 calories,
3g protein,
12g carbohydrates,
7g fat,
5g fiber.

Ingredients

- 1 large head of cauliflower (the chameleon of vegetables)
- 2 tablespoons olive oil (for a little Mediterranean flair)
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1/2 cup chopped parsley or cilantro for garnish (optional)

Directions

1. **Pulse It:** Break the cauliflower into florets, toss them into a food processor, and pulse until the texture resembles rice. If your food processor protests with all that bulk, do it in batches to avoid cauliflower puree instead.
2. **Heat Things:** Heat the olive oil in a large skillet over medium heat. Add the chopped garlic and sauté until fragrant, about 30 seconds, unless you get distracted.
3. **Stir-Fry the 'Rice':** Add the cauliflower rice to the skillet, stirring to coat it with all that garlicky goodness—season with salt and pepper. Cook, stirring occasionally, until the cauliflower is tender and slightly crispy, about 5 minutes. This isn't just cooking; it's transforming cauliflower into something your kids might eat.
4. **Garnish and Serve:** If you opted for parsley or cilantro, now's the time to sprinkle it over the top like you're your chef on a cooking show.





SIDE DISHES

Arugula and Beet Salad



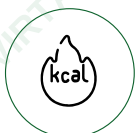
Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
280 calories,
7g protein,
20g carbohydrates,
21g fat,
5g fiber.

Ingredients

- 4 medium beets, cooked, peeled, and diced
- 4 cups arugula, washed and dried (the peppery powerhouse of greens)
- 1/2 cup walnuts, toasted (for a crunchy cameo)
- 1/4 cup vegan feta cheese (for a tangy touch)
- 2 tablespoons balsamic vinegar (for that sweet zing)
- 1/4 cup olive oil
- Salt and pepper to taste
- Orange segments or dried cranberries for a sweet contrast (optional)

Directions

- Beet It:** You can start with your pre-cooked beets; there's no problem if they're storebought! We all love a little bit of hassle-free in our lives. Just dice them into bite-sized pieces to make them fork-friendly.
- Leaf It Up:** In a large salad bowl, lay down a bed of fresh arugula. It's like laying out a green carpet for those glamorous beets.
- Nutty by Nature:** Scatter those toasted walnuts over the top like you're making it rain at the club. This is where the crunch comes in.
- Cheese, please:** Sprinkle crumbled vegan feta over the salad. It's like the confetti at the end of a parade—celebratory and slightly messy.
- Dress to Impress:** In a small bowl, whisk the balsamic vinegar and olive oil with a pinch of salt and pepper. Pour this over the salad like you're anointing royalty.
- Mix and Mingle:** Gently toss the salad to mix all the ingredients. The dressing should give each leaf a little love.
- Garnish Galore:** If you're using orange segments or dried cranberries, now's the time to add that pop of sweetness. It's like the cherry on top, except it's an orange. Or a cranberry. You get the picture.

Decadent Chocolate Avocado Mousse



Prep time:
15 min



Cook time:
0 min



Servings:
4



Approximately:
230 calories,
3g protein,
27g carbohydrates,
14g fat,
9g fiber.

Ingredients

- 2 ripe avocados, peeled and pitted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup
(because Nature's candy is the best candy)
- 1/3 cup coconut milk
(for a little tropical twist)
- 1 teaspoon vanilla extract
(the flavor booster)
- Pinch of salt (to balance the sweetness)
- Optional toppings: shaved chocolate, raspberries, or coconut flakes

Directions

1. **Blend It Like Beckham:** In a food processor or high-powered blender, combine the avocados, cocoa powder, maple syrup, coconut milk, vanilla extract, and a pinch of salt. Blend until the mixture is smoother than a jazz singer's voice.
2. **Taste Test:** Sneak a taste and adjust the sweetness or cocoa levels to your liking. If you think it could be sweeter, add more maple syrup; splash in more coconut milk if it's too thick.
3. **Chill Out:** Spoon the mousse into serving dishes, cover them with plastic wrap, and let them chill in the fridge for at least an hour or until it's as chilled as your favorite lounge chair.
4. **Serve with Flair:** Before serving, add any optional toppings you like. Shaved chocolate for a bit of decadence, raspberries for a tart contrast, or coconut flakes for a snow-like finish.





BAKING AND DESSERTS

Chewy Vegan Chocolate Chip Cookies



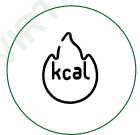
Prep time:
15 min



Cook time:
10 min



Servings:
24



Approximately:
180calories,
1g protein,
24g
carbohydrates,
10g fat,
1g fiber.

Ingredients

- 1 cup coconut oil, solid (not melted because we're not making soup here)
- 1+1/4 cups brown sugar (sweetness is key in the cookie universe)
- 1/4 cup almond milk (cow's milk is so passé)
- 1 tablespoon vanilla extract
- 2+1/4 cups all-purpose flour (the foundation of any respectable cookie)
- 1 teaspoon baking soda (it's the little lift that could)
- 1/2 teaspoon salt (to balance the sugary sweetness)
- 1 cup vegan chocolate chips
- 1/2 cup chopped walnuts (optional for those who like a crunch with their munch)

Directions

1. **Preheat and Prep:** We'll be cooking at 375°F (190°C). Line your baking sheet with parchment paper or a silicone mat to make your life a little easier. This will help prevent your cookies from sticking.
2. **Cream the Base:** In a large bowl, use an electric mixer to cream the solid coconut oil and brown sugar until smooth and somewhat fluffy. You're not making a cloud, but you're not making sand.
3. **Wet Meets Dry:** Add the almond milk and vanilla extract to the sugar mixture and beat until combined. Whisk together the flour, baking soda, and salt in another bowl.
4. **Combine Forces:** Gradually mix the dry ingredients into the wet ingredients. Stir until just combined; over-mixing is the nemesis of excellent cookies.
5. **Chocolate Chip Invasion:** Fold in the vegan chocolate chips (and walnuts, if using). Distribute them evenly so every bite has a bit of chocolatey goodness.
6. **Spoon and Space:** Drop spoonfuls of the cookie dough onto your prepared baking sheets. Leave enough space between them to allow for a bit of spreading. They like their personal space.
7. **Bake and Cool:** Place the cookies in the oven and bake for 8-10 minutes, or until the edges are just turning brown but the center still looks slightly undercooked. Let them sit on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.



BAKING AND DESSERTS

Indulgent Blueberry Crumble Bars

Ingredients

For the base and crumble:

- 1+1/2 cups all-purpose flour (because we're building foundations here)
- 1 cup old-fashioned oats (for that rustic charm)
- 1/2 cup granulated sugar (everything's better with a little sweetness)
- 1/4 cup brown sugar
- 1/2 teaspoon baking powder (the lift that every crumble needs)
- 1/2 teaspoon salt (balance in everything)

- 3/4 cup coconut oil, solid (keeping it dairy-free and delicious)
- 1 teaspoon vanilla extract

For the filling:

- 2 cups fresh blueberries (tiny blue gems of joy)
- 2 tablespoons granulated sugar (just a sprinkle)
- 2 teaspoons cornstarch (for the thickening plot twist)
- Juice of half a lemon (for that zesty kick)

Directions

1. **Preheat Oven:** First, you'll want to heat your oven to 375°F (190°C). Line an 8x8-inch baking pan with parchment paper or grease it well so nothing sticks because no one likes a clingy bar.
2. **Mix Dry Ingredients:** In a large bowl, whisk together flour, oats, granulated sugar, brown sugar, baking powder, and salt. This is your crumble and base.
3. **Add Fats and Flavors:** Gently work the coconut oil and vanilla extract into the mixture until it has a crumbly yet cohesive texture reminiscent of an excellent indie band! Set aside about 1 cup for the topping.
4. **Prepare the Base:** Press the remaining mixture firmly into the bottom of your prepared pan to form a solid base.

This is no time for flimsy foundations.

5. **Berry Filling:** In another bowl, toss blueberries with sugar, cornstarch, and lemon juice. Spread this berrylicious mix evenly over the crust.
6. **Crumble Topping:** Sprinkle the reserved crumb mixture over the blueberry layer like a culinary sand artist.
7. **Bake:** Slide into the oven and bake for 45 minutes until the top is golden brown and the berry filling is bubbly and has formed a jammy consistency.
8. **Excellent and Cut:** Once ready, let the bars sit in the pan until completely cool. Then, you can slice them and enjoy!



Prep time:
15 min



Cook time:
45 min



Servings:
12



Approximately:
280calories,
3g protein,
40g carbohydrates,
12g fat,
2g fiber.



BAKING AND DESSERTS

Vegan Pavlova (Egg-Free)

Ingredients

For the Vegan Meringue:

- 1/2 cup aquafaba (chickpea brine - the magical vegan egg white)
- 1/4 teaspoon cream of tartar (to keep everything stiff and in order)
- 1 cup refined sugar
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch (the thickener we all need)

For the Topping:

- 1 can coconut cream, chilled overnight (it's like heavy cream, but tropical)
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract
- Fresh fruit such as berries, kiwi, and passionfruit (for a burst of freshness and color)

Directions

1. **Prep Like a Pro:** Preheat your oven to 200°F (93°C). Line your baking sheet with parchment paper and draw a circle approximately 9 inches in diameter to serve as a reference point.
2. **Whip the Aquafaba:** In a large bowl, beat the aquafaba with cream of tartar until soft peaks form. This could take up to 10 minutes, so don't plan any arm workouts today.
3. **Gradually Add Sugar:** Continue beating while adding sugar slowly until the mixture is glossy and stiff peaks form. This is where magic happens.
4. **Fold in Flavor:** Gently fold in vanilla extract and cornstarch, ensuring it does not deflate your beautiful peaks. You're a gentle giant here.
5. **Shape It:** Spoon the meringue onto the parchment within your drawn circle. Mold it gently with the back of the spoon to create a well in the center.
6. **Bake:** Bake for about 1.5 to 2 hours or until the meringue is dry and crisp to the touch. Please turn off the oven and let it cool completely inside. Patience is a virtue, especially in vegan baking.
7. **Whip the Coconut Cream:** Scoop the solid part of the chilled coconut cream into a bowl, leaving any liquid behind. Now, add the powdered sugar and vanilla. Whip away until you've got a lovely, smooth, fluffy result!
8. **Top and Serve:** Once the meringue base is excellent, spread the whipped coconut cream over it and carefully arrange your fresh fruit.



Prep time:
20 min



Cook time:
2 hours



Servings:
4



Approximately:
340 calories,
1g protein,
56g carbohydrates,
12g fat,
1g fiber.



BAKING AND DESSERTS

Vegetarian Tiramisu (Egg-Free, Dairy-Free)



Prep time:
30 min



Cook time:
0 min



Servings:
6



Approximately:
330 calories,
6g protein,
40g
carbohydrates,
16g fat,
3g fiber.

Ingredients

- 1/2 cup of deliciously strong brewed coffee and let it cool (to wake up the flavors)
- 1/4 cup coffee liqueur (optional, for that extra kick)
- 1 package vegan ladyfingers (because every tiramisu needs its base)
- 1 cup of raw cashews should be soaked for four hours and subsequently drained (the secret to creaminess)
- 1/2 cup coconut cream
- 1/4 cup maple syrup (for a touch of natural sweetness)
- 1 teaspoon vanilla extract (flavor's best friend)
- 2 tablespoons unsweetened cocoa powder (for the grand finale)
- Optional: dark chocolate shavings for garnish (because we like to be extra)

Directions

1. **Coffee Mix:** Combine the cooled coffee and coffee liqueur in a shallow dish. This will be your dipping station, where ladyfingers take a quick dive.
2. **Layer Base:** Dip the vegan ladyfingers briefly into the coffee mixture (don't let them swim for too long) and line the bottom of a 9x9-inch dish. This is the foundation of your masterpiece.
3. **Creamy Filling:** In a blender, combine soaked cashews, coconut cream, maple syrup, and vanilla extract. Blend until smooth and dreamy, like the ideal dairy-free cream.
4. **Assemble:** Spread half of this creamy filling evenly over the ladyfingers in the dish. Top with another layer of coffee-dipped ladyfingers and the rest of the cream.
5. **Chill:** Cover it and put it in the fridge for at least four hours, or even overnight, if you can resist the temptation! This wait time lets the flavors marry—it's a dessert wedding.
6. **Serve:** Sift cocoa powder over the top before serving to create a classic tiramisu look. If you're feeling fancy, garnish with dark chocolate shavings.



BAKING AND DESSERTS

Vegetarian Apple Pie (Egg-Free, Dairy-Free)



Prep time:
30 min



Cook time:
50 min



Servings:
6



Approximately:
490 calories,
5g protein,
80g
carbohydrates,
206g fat,
4g fiber.

Ingredients

For the crust:

- 2 1/2 cups all-purpose flour (the building blocks of pie)
- 1 teaspoon salt (flavor enhancer)
- 1 teaspoon sugar (just a touch of sweetness)
- 1 cup vegan butter, chilled and cubed
- 6-8 tablespoons ice water (to bring it all together)

For the filling:

- 6 cups thinly sliced apples (~6 medium apples)
- 3/4 cup sugar (apples like to dress up)
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon (the spice of life)
- 1/4 teaspoon ground nutmeg (just a pinch for that warm feeling)
- 2 tablespoons lemon juice (to keep the apples bright and slightly tart)

Directions

1. **Crust Time:** Grab a big bowl and mix the flour, salt, and sugar like you're making magic. Cut in that vegan butter until it looks like crumbly sand (not the kind you get stuck in your shoes). Now, drizzle in ice water slooowly, stirring until the dough holds together when you pinch it. If it's feeling stubborn, add a bit more water, one tablespoon at a time. Divide your dough into two discs, wrap them like little presents, and pop them in the fridge for at least an hour. Dough needs some chill time, too.
2. **Apple Party:** In a large bowl, invite your sliced apples to a flavor dance with sugar, flour, cinnamon, nutmeg, and a squeeze of lemon juice. Make sure every slice gets coated.
3. **Roll Out:** Dust a surface with flour, and roll out one of your dough discs into a circle big enough to fit your pie tin. Gently lay it in the dish and trim the edges—no overachieving crust bits hanging out.
4. **Fill 'er Up:** Pour in that glorious apple filling, piling it high.
5. **Top It Off:** Roll out the second disc and place it over the apples. Cut a few slits for steam (or get fancy with a lattice top). Trim the edges and seal them up like a pie crust pro.
6. **Bake & Wait:** Brush the top with almond milk, sprinkle some sugar for sparkle, and bake at 375°F (190°C) for 50-60 minutes. Let it cool (if you can wait) before diving in.



BAKING AND DESSERTS

Vegetarian No-Bake Cheesecake



Prep time:
20 min



Cook time:
0 min



Servings:
6



Approximately:
560 calories,
10g protein,
50g carbohydrates,
37g fat,
3g fiber.

Ingredients

For the crust:

- 1/2 cup graham cracker crumbs
(from around 12 full-sheet graham crackers)
- 1/4 cup coconut oil, melted
(keeps it all together)
- 2 tablespoons sugar
(for just a hint of extra sweetness)

For the filling:

- 1/2 cup raw cashews soaked in hot water
for one hour
- 1/2 cup canned coconut cream
- 1/3 cup maple syrup
- 1/4 cup lemon juice
- 2 teaspoons vanilla extract
- A pinch of salt

Directions

1. **Crust Creation:** In a bowl, mix graham cracker crumbs, melted coconut oil, and sugar until well combined. Press this mixture into the bottom of a 9-inch pie pan or spring form pan, forming a tight and even layer. This is your stage; make it firm.
2. **Smooth Operator:** In a blender or food processor, blend the soaked cashews, coconut cream, lemon juice, maple syrup, a sprinkle of vanilla extract, and a teeny-tiny pinch of salt until the mixture is smooth and creamy.
3. **Filling the Stage:** Pour this lusciously smooth filling over the crust in the pan. Use a spatula to smooth the top like you're icing a cake for a baking show.
4. **Chill Out:** Refrigerate the cheesecake for at least 4 hours or overnight if you can stand the wait. The chill time helps the cheesecake set and develop flavors that make your taste buds dance.
5. **Serve with Style:** Before serving, consider topping with fresh berries, a drizzle of chocolate, or whatever your heart desires. It's your canvas; paint it delicious.





BAKING AND DESSERTS

Vegetarian Lemon Drizzle Cake



Prep time:
15 min



Cook time:
35 min



Servings:
6



Approximately:
330 calories,
2g protein,
60g carbohydrates,
8g fat,
1g fiber.

Ingredients

For the cake:

- 1/2 cups all-purpose flour (the backbone of any respectable cake)
- 1 teaspoon baking powder (the lift-off we need)
- 1/2 teaspoon salt
- 1 cup granulated sugar (because we're making cake, not a salad)
- 1/2 cup unsweetened applesauce (the secret egg replacer)

- 1/4 cup vegetable oil (keeps things moist)
- Zest of 2 lemons (for that zingy personality)
- 1/2 cup lemon juice (squeezed from about 2-3 lemons)
- 1/4 cup plant-based milk (soy, almond, oat)

For the drizzle:

- 1/3 cup granulated sugar
- 1/4 cup lemon juice

Directions

1. Preheat and Prepare: Crank your oven to 350°F (177°C). Line an 8-inch round cake tin with something like parchment paper. This isn't just preventive; it's essential.
2. Dry blend: In a large bowl, whisk together flour, baking powder, and salt.
3. Wet Mix: In another bowl, stir together the sugar, applesauce, vegetable oil, lemon zest, lemon juice, and plant-based milk. This is where the magic starts.
4. Mix: Combine the wet and dry components until well combined.
5. Bake: Pour the batter into your ready-made tin. Just smooth the top and bake for about 35 minutes, or until a skewer inserted into the center comes out clean.
6. Drizzle Prep: While baking the cake, combine the extra sugar and lemon juice for the drizzle in a small saucepan. Heat gently until the sugar dissolves. This isn't just a drizzle; it's a glaze that means business.
7. Soak It Up: When your cake comes out of the oven, it's time for some fun! Grab a skewer and poke holes all over your beautiful creation. It's therapeutic, and it'll make your cake even more special. Spoon the warm lemon drizzle over the hot cake. It's about absorption, not just topping.
8. Cool: Once your cake is done, let it rest in the tin before transferring it to a wire rack.

BAKING AND DESSERTS

Vegetarian Carrot Cake with Cream Cheese



Prep time:
20 min



Cook time:
30 min



Servings:
6



Approximately:
620 calories,
6g protein,
85g carbohydrates,
28g fat,
3g fiber.

Ingredients

For the cake:

- 1/2 cup all-purpose flour
- 1 teaspoon baking powder (the lift-off agent)
- 1/2 teaspoon baking soda (for that extra rise)
- 1/4 teaspoon salt (flavor enhancer)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg (for a hint of spice)
- 1/2 cup applesauce (nature's egg replacer)
- 3/4 cup granulated sugar

- 1/2 cup vegetable oil (moisture is critical)
- 1/4 cup orange juice (for a citrusy twist)
- 1+1/2 cups grated carrots
- 1/2 cup chopped walnuts (for crunch)

For the frosting:

- 1/2 cup vegan cream cheese, softened
- 1/4 cup vegan butter, softened
- 2 cups powdered sugar
- 1 teaspoon vanilla extract

Directions

1. **Preheat and Prep:** Start heating the oven to 350°F (or 175°C). Grease and flour an 8-inch cake pan. Sticking is only suitable in relationships, not baking.
2. **Dry Mix:** In a mixing bowl, combine the following dry ingredients: flour, salt, baking soda, baking powder, cinnamon, and nutmeg. It's like the foundation of a flavor skyscraper.
3. **Wet Mix:** In another bowl, mix the applesauce, sugar, oil, and orange juice until smooth. This is where the magic begins.
4. **Combine:** Start by mixing the dry ingredients into the wet. Blend until everything is combined, then fold in grated carrots and walnuts. It's like a veggie party, and everyone's invited.
5. **Bake It:** Put the batter into the prepared pan. Slide it into the oven and bake until the toothpick comes out clean, which should take about 30 minutes: patience, young baker.
6. **Frosting Time:** While your cake is cooling, you can prepare to make a delicious frosting! Whip vegan cream cheese, butter, powdered sugar, and vanilla extract until smooth and fluffy.
7. **Frost and Serve:** Once the cake is cool, frost generously. If you're feeling nutty, decorate with extra walnuts.



BAKING AND DESSERTS

Moist Banana Bread with Walnuts



Prep time:
15 min



Cook time:
60 min



Servings:
6



Approximately:
330 calories,
4g protein,
50g carbohydrates,
14g fat,
3g fiber.

Ingredients

- 3 ripe bananas, mashed (the spottier, the better; they're not aging, they're evolving)
- 1/3 cup melted coconut oil (because butter is so last century)
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract (a little dash of magic)
- 1 teaspoon baking soda (it's not just for science projects)
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1+3/4 cups all-purpose flour (the foundation of any good bread)
- 1/2 cup walnuts, chopped (for a crunchy surprise)
- Optional: A handful of chocolate chips or a sprinkle of raw sugar on top (why not?)

Directions

1. Prepare: First, heat your oven to 350°F (175°C). Then, grease a 9x5-inch loaf pan or line it with parchment paper to prevent sticking.
2. Mix the Wet Ingredients: In a large bowl, whisk together the mashed bananas, melted coconut oil, maple syrup, and vanilla extract. Mix until you can no longer mix, and everything looks happily combined.
3. Combine the Dry Ingredients: In another bowl, sift together the flour, baking soda, salt, and cinnamon. This is where the chemistry magic begins.
4. Merge the Eras: Pour the dry ingredients into the wet ingredients and stir until combined.
5. Personality: Now it's time to fold in those chopped walnuts and any other yummy extras you've decided to throw in. Chocolate chips? Go for it! Raw sugar? Sprinkle away!
6. Bake Bread: Pour the batter into your prepared loaf pan. Slide it into the oven and bake for about 60 minutes, or until a toothpick inserted into the center is clean but moist. It should hold together.
7. Cool and Serve: Let the bread cool in the pan for a few minutes, then transfer it to a wire rack to cool completely. This patience will be rewarded with perfect slices.



REFRESHMENTS

Cucumber Mint Lemonade



Prep time:
10 min



Cook time:
60 min



Servings:
4



Approximately:
100 calories,
1g protein,
27g carbohydrates,
0g fat,
1g fiber.

Ingredients

- 1 large cucumber, peeled and chopped
- 1 cup of fresh lemon juice (from 4-6 lemons)
- 1/2 cup of sugar
- 4 cups cold water
- 1/4 cup fresh mint leaves
- Ice cubes
- Additional cucumber slices and lemon slices for garnish

Directions

1. Prep: Toss the chopped cucumber into a blender.
2. Lemon-Sugar Synergy: In a minor pitcher, dissolve the sugar thoroughly in the lemon juice.
3. Blend It: In the blender, pour the lemon-sugar mixture over the cucumber. Add the mint leaves. Blend until the mixture is smooth.
4. Strain: Strain the mixture through a fine mesh sieve into a large pitcher. Press on the solids with a fork or spoon to extract maximum flavor.
5. Water It Down: Stir in the cold water. If you want to make it a little sweeter, add more sugar.
6. Garnish and Serve: Add ice cubes to the pitcher or directly to the glasses. If you're trying to impress, garnish with additional cucumber slices, lemon slices, and maybe a sprig of mint.



Classic Fresh Lemonade



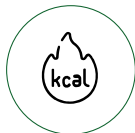
Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
150 calories,
0g protein,
39g carbohydrates,
0g fat,
0g fiber.

Ingredients

- 1 cup freshly squeezed lemon juice (from 4-6 medium lemons)
- 3/4 cup granulated sugar
- 4 cups cold water
- Ice cubes (for that chill factor)
- Lemon slices and mint leaves for garnish

Directions

1. Juice Your Lemons: Wrestle those lemons until you've extracted 1 cup of juice. This is not just a physical activity; it's a therapeutic one.
2. Dissolve the Sweetness: Combine the lemon juice and sugar in a large pitcher. Stir vigorously until the sugar has dissolved. Pour in the cold water and stir it again.
3. Just a little ice, dear: Add ice cubes to the pitcher or directly to the glasses if ready to serve immediately. This keeps it cool and refreshing.
4. Garnish and serve: Decorate each glass with a lemon slice and a mint sprig. Pour the lemonade into glasses and ensure each receives an equitable amount of ice and garnish. Then kick back, sip, and enjoy the fruits of your minimal labor.



Spicy Tomato Juice Cocktail

Ingredients

- 4 cups tomato juice (fresh)
- 2 tablespoons lemon juice
- 2 teaspoons hot sauce (or more)
- 2 teaspoons vegan Worcestershire sauce
- 1/2 teaspoon celery salt
- 1/2 teaspoon black pepper (ground)
- Optional garnishes: celery sticks, pickles, olives or lemon wedges

Directions

1. **Mix It Up:** In a large pitcher, combine tomato juice, lemon juice, hot sauce, vegetarian Worcestershire sauce, celery salt, and black pepper.
2. **Stir with Passion:** Use a long spoon to stir everything together like a bartender in a fancy speakeasy.
3. **Taste and Tweak:** If it's too tame, add more hot sauce. Too spicy? Add with a celery stick, or get creative with pickles, a little more tomato juice and it'll be fine!
4. **Chill Out:** Refrigerate the mixture for an hour to let the flavors marry.
5. **Serve with Style:** Pour the tomato juice cocktail into glasses over ice cubes. Garnish olives, or a lemon wedge on the rim.



REFRESHMENTS

Powerhouse Vegetable Juice

Ingredients

- 4 medium carrots, peeled
- 2 large tomatoes, quartered
- 1 red bell pepper, seeds removed
- 1 small beet, peeled and quartered
- 3 celery stalks
- 1 cucumber, peeled
- 1-inch piece of ginger peeled
- A handful of parsley
- Optional: salt or a lemon juice

Directions

1. **Prepare:** Wash all your vegetables and cut them into pieces that your juicer can handle.
2. **Juicing time:** Load your vegetables into the juicer. Start with the softer ones, like tomatoes and cucumbers, then move on to the harder ones, like beets and carrots. Don't forget the ginger! It's the secret spice that will make all the difference.
3. **Green Finale:** Finish with a flourish of parsley to ensure that your reds have some greens.
4. **Stir and Taste:** Give your juice a good stir. If it tastes too earthy, a pinch of salt or a lemon can be your saving grace.
5. **Serve Immediately:** Pour the juice into glasses. If you're feeling fancy, garnish with a celery stalk or a wedge of lemon.



REFRESHMENTS

Creamy Matcha Latte with Almond Milk



Prep time:
5 min



Cook time:
5 min



Servings:
4



Approximately:
50 calories,
2g protein,
10g carbohydrates,
0g fat,
1g fiber.

Ingredients

- 2 teaspoons matcha green tea powder
- 1 tablespoon hot water
- 2 cups unsweetened almond milk
- 1-2 tablespoons maple or agave syrups
- Optional: A pinch of vanilla extract or cinnamon

Directions

1. **Sift and Whisk:** Start by sifting the matcha powder into a small bowl to avoid lumps. Add the hot water and whisk vigorously until the matcha is completely dissolved and resembles a small puddle of green velvet.
2. **Heat :** In a small saucepan heat the almond milk over medium heat. Don't let it boil.
3. **Sweeten the Deal:** Stir in maple or agave syrups and keep stirring until warm and friendly. Add some cinnamon or vanilla.
4. **Combine the Forces:** Pour the matcha mixture into one or two mugs. Slowly add the warm almond milk. Do a final whisk right in the mug, as if you were conducting an orchestra of flavor. This is where the magic happens, turning your ordinary morning into a gourmet affair.
5. **Serve with Flair:** Sprinkle some matcha powder on top for a chic garnish. Maybe even a cinnamon stick.



Velvety Chai Latte



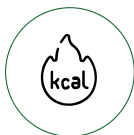
Prep time:
5 min



Cook time:
10 min



Servings:
4



Approximately:
90 calories,
1g protein,
20g carbohydrates,
2g fat,
1g fiber.

Ingredients

- 2 cups water
- 4 black tea bags
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 2 cups almond milk
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract

Directions

1. **Spice Things Up:** Bring water to a boil in a medium saucepan. Add tea bags all the spices (cinnamon, ginger, cardamom, and cloves).
2. **Simmer Down:** Reduce heat and let it simmer for about 5 minutes. This is where the magic happens and the flavors mingle.
3. **Milk It:** Add almond milk and maple syrup to the pan. Bring back to a gentle simmer, just enough to heat everything through.
4. **Vanilla Vibes:** Stir in vanilla extract off the heat. It's like adding a whisper of intrigue.
5. **Strain to Gain:** Strain the mixture through a fine sieve into a pitcher.
6. **Froth and Serve:** Use a milk frother if desired. Pour into cups, and sprinkle a little cinnamon on top for that barista touch.



Refreshing Herbal Iced Tea



Prep time:
5 min



Cook time:
15 min



Servings:
4



Approximately:
60 calories,
0g protein,
16g carbohydrates,
0g fat,
0g fiber.

Ingredients

- 4 cups water
- 3 tablespoons of your favorite herbal tea blend (hibiscus, chamomile, or peppermint)
- 1/4 cup maple or agave syrups
- Lemon slices (for a citrusy cameo)
- Ice cubes (it's not iced tea if it's not iced))
- Fresh mint leaves (for that extra zing)

Directions

1. **Boil and brew:** Bring a large pot of water to the boil. Turn off the heat and add the herbal tea. Let it steep for about 10 minutes.
2. **Sweeten the Deal:** While the tea is still warm add a splash of syrup – maple or agave.
3. **Cool it Down:** Strain the tea into a large pitcher. Say goodbye to the leaves; they've done their job. Let the tea cool to room temperature before continuing.
4. **Ice, Ice Baby:** Fill the pitcher with ice cubes,
5. **Chill Out:** Give it a few hours to blend and chill. mint leaves and lemon wedges.
6. **Serve and Swagger:** Pour the iced tea into glasses. Add more ice if you want it Arctic-style. Garnish with extra mint leaves and a wheel of lemon for that 'gram-worthy look.



REFRESHMENTS

Hydrating Coconut Water Mojito



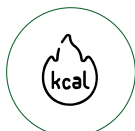
Prep time:
0 min



Cook time:
5 min



Servings:
4



Approximately:
60 calories,
1g protein,
15g carbohydrates,
0g fat,
2g fiber.

Ingredients

- 2 cups coconut water
- 1/2 cup fresh lime juice (what's a mojito without lime?)
- 1/4 cup mint leaves+extra for garnish
- 2 tablespoons sugar
- Ice cubes (to keep things cool)
- Sparkling water
- Lime slices and additional mint sprigs

Directions

1. **Mix Like a Pro:** Muddle the mint leaves with lime juice and sugar in a pitcher. This isn't just mixing; it's releases the mint's mojo.
2. **Mix it Up:** Pour the coconut water and stir to dissolve the sugar completely. This is where the coconut crashes the mojito party.
3. **Ice:** Fill glasses with ice cubes to the brim. It's like building mini igloos, but faster.
4. **Pour and Fizz:** Evenly distribute the mojito mixture among the glasses. Top each with a splash of sparkling water for that extra sparkle.
5. **Garnish and Serve:** Add a lime slice and a sprig of mint to each glass. It's like adding a tropical hat to your drink.



REFRESHMENTS

Immune-Boosting Green Smoothie



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
140 calories,
3g protein,
30g carbohydrates,
2g fat,
5g fiber.

Ingredients

- 2 cups fresh spinach
- 1 cup kale, stems removed
- 1 small cucumber, chopped
- 2 ripe kiwis, peeled and sliced
- 1 banana, sliced
- 1/2 inch piece of ginger, minced
- 1 tablespoon chia seeds (for omega-3s and thickening power)
- 1 cup coconut water
- Ice cubes (optional)

Directions

1. Prep and Blend the Greens: Wash and prep your spinach, kale, and cucumber. Toss them in a blender with a splash of coconut water and blend until smooth.
2. Sweeten and Spice: Add kiwis, banana, and ginger for that sweet and zesty kick. Blend it all into a vibrant green mix.
3. Chia and Chill: Sprinkle in chia seeds, pour the rest of the coconut water, and toss in some ice if you like it extra refreshing. Blend until silky smooth.
4. Taste and Adjust: Taste it. If it's too thick, add more coconut water. Too thin? More banana or chia seeds can thicken it up.
5. Serve: Pour into glasses, stick in a straw, and enjoy your fountain of youth—or at least a healthy drink.



Super Green Smoothie



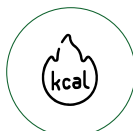
Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
250 calories,
5 protein,
35g carbohydrates,
12g fat,
10g fiber.

Ingredients

- 2 cups fresh spinach (the secret to turning your smoothie into a green monster)
- 1 ripe avocado, pitted and scooped
- 2 ripe bananas
- 1/2 cup fresh pineapple chunks
- 2 tablespoons chia seeds
- 2 cups unsweetened almond milk
- Ice cubes (optional)

Directions

1. Assemble the Squad: Blend all the ingredients. This isn't just a smoothie; it's a nutritious meal. Start by adding the spinach to the blender. Yes, it may look like you're making a salad, but trust the process. Add the avocado and bananas. Add the pineapple chunks. They're not just for show — they add natural sweetness and tangy flavor. Sprinkle in the chia seeds. These tiny seeds pack a punch.
2. Liquid Base: Pour in the almond milk. Adjust the amount to see if you want your smoothies thicker or thinner.
3. Blend: Hit the blend button and watch the magic happen. It should take about a minute.
4. Ice Ice Baby: If you decide to use ice, add it last for extra cooling, then quickly blend again.



Homemade Ginger Kombucha

Ingredients

- 1 gallon filtered water
- 1 cup sugar (it's not for you, it's for the SCOBY)
- 8 bags black tea (or 2 tablespoons loose leaf)
- 2 cups starter tea from a previous batch of kombucha or store-bought (unflavored)
- 1 SCOBY per fermentation jar (that's the Symbiotic Culture of Bacteria and Yeast, AKA the party host)
- 1-2 tablespoons fresh ginger, grated
- Optional: Additional flavorings like fruit, herbs, or spices for the second fermentation

Directions

1. Make the magic: Boil the water and steep the tea. Add the sugar and stir. Let the water cool to room temperature. Fill the fermentation jar(s) with tea and carefully place the SCOBY(s) in. Cover the jar with a cloth and secure with a rubber band. Place the jar in a warm, dark place for 7-14 days. Let the SCOBY(s) do their thing. Check on day 7 and up; they should be sharp but not too vinegary.
2. Ginger: Once the kombucha has fermented to your liking, remove the SCOBY(s) and reserve 2 cups of tea for the next batch. Add freshly grated ginger to the kombucha and bottle for a second fermentation. Second fermentation: Cap the bottle and let sit at room temperature for 3-8 days. The liquid will be fizzy at this point. The longer it sits, the more fizzy it will become.
3. Serve: Chill to stop fermentation. Serve cold. You can add flavorings such as lemon zest or a sprig of mint for extra flavor.



REFRESHMENTS

Homemade Ginger Beer

Ingredients

- 1/4 cup fresh ginger, finely grated
- 1/2 cup sugar
- 1/2 lemon, juiced
- 1/8 teaspoon yeast (yes, the same stuff you use in bread)
- 4 cups water
- Optional: a pinch of cloves or cinnamon

Directions

1. Grate and Celebrate: Start by wrestling with plus 48 hours fermentation the ginger until it's finely grated.
2. Sugar Rush: In a clean plastic bottle capable of holding at least 5 cups, dissolve the sugar in about 1 cup of warm water. Stir vigorously!
3. Spice it Up: Add ginger, lemon juice, and optional spices to the bottle. These are your flavor warriors.
4. Yeast Beast: Sprinkle the yeast into the plastic bottle. It's tiny but mighty, and about to turn your concoction into a fizzy wonder.
5. Fill 'er Up: Add the remaining water, leaving about an inch of headspace at the top. Seal the bottle tightly. Wait for It: Store the bottle at room temperature for 24 to 48 hours. Your kitchen just became a science lab. Check the bottle periodically; if it feels too hard, release a little pressure to avoid a ginger explosion.
6. Chill and Serve: Once it's bubbly and tastes like victory, refrigerate to stop the fermentation. If you want to be cool about it, serve chilled.



Prep time:
15 min
plus 7-14 days
fermentation



Cook time:
0 min



Servings:
4



Approximately:
140 calories,
3g protein,
30g carbohydrates,
2g fat,
5g fiber.



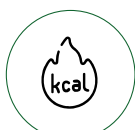
Prep time:
15 min
plus 48 hours
fermentation



Cook time:
5 min



Servings:
4



Approximately:
120 calories,
0g protein,
30g carbohydrates,
0g fat,
0g fiber.



SAUCES

Classic Basil Pesto

Ingredients

- 2 cups fresh basil leaves (packed like your suitcase for a weekend getaway)
- 1/3 cup pine nuts (or walnuts if the pine nuts are too high maintenance)
- 3 cloves garlic, peeled (because pesto without garlic is just a sad herb salad)
- 1/2 cup extra-virgin olive oil
- 1/4 cup nutritional yeast (swapping out the Parmesan to keep it plant-based)
- Salt and pepper to taste (because even pesto needs a little pep talk)

Directions

1. Basil Bash: Combine basil leaves, pine nuts, and garlic in a food processor. Pulse until coarsely chopped. This recipe is like a mini party for your food processor.
2. Oil It Up: With the processor running, gradually add olive oil in a steady stream. You want a smooth, emulsified texture that whispers, «I'm fancy.»
3. Cheesy Does It: Add the nutritional yeast and pulse again to blend. This is where the magic happens, and your pesto gets its cheesy mood without the cheese.
4. Season to Taste: Add salt and paprika to taste. Please give it a quick blitz to mix these new players into the game.
5. Final Flare: If it's too thick, add more oil or a splash of water. It should be spreadable but not runny—nobody likes a pesto puddle.
6. Serve or Store: Use immediately over pasta, spread on sandwiches, or as a dip. If storing, place it in a jar and spread thinly with olive oil over the top to keep it green and gorgeous.

Here's a list of dishes where you can use basil pesto:

- Pesto Pasta: Toss it with your favorite pasta, like spaghetti, fusilli, or penne. You can add vegetables like cherry tomatoes and zucchini for a wholesome meal.
- Caprese Salad: Drizzle pesto over sliced tomatoes and fresh vegan mozzarella for an enhanced salad.
- Pesto Bruschetta: Spread on toasted baguette slices and top with chopped tomatoes and basil leaves.
- Pesto Potato Salad: Mix pesto into boiled and cooled new potatoes. Add pine nuts and fresh spinach.
- Pesto Rice: Stir pesto into cooked rice along with some pine nuts and sun-dried tomatoes.
- Vegetable Bake: Layer roasted vegetables like eggplant, zucchini, and bell peppers in a baking dish, interspersed with dollops of pesto and cheese, and bake until bubbly.



Prep time:
10 min



Cook time:
0 min



Servings:
4



Approximately:
290 calories,
6g protein,
4g carbohydrates,
29g fat,
3g fiber.



SAUCES

Sweet and Spicy Mango Chutney

Ingredients

- 3 ripe mangoes, peeled and diced
- 1 red onion, finely chopped
- 1/2 cup apple cider vinegar
- 1/2 cup brown sugar
- 1 tablespoon freshly grated ginger
- 1 garlic clove, minced
- 1/2 teaspoon ground cinnamon (for a hint of mystery)
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon red chili flakes (for those who like to feel the heat)
- Salt to taste (just a pinch)

Directions

1. **Mango Mania:** Peel and slice mangoes
2. **Mix Master:** In a large saucepan, combine the diced mangoes, red onion, apple cider vinegar, and brown sugar.
3. **Spices:** Add ginger, garlic, cinnamon, nutmeg, and chili flakes. It's like sending the pot on a trip around the world.
4. **Simmer Down:** Bring the liquid to a boil. Then boil the heat and simmer for 30 minutes to get everything soft and mushy.
5. **Taste and Adjust:** Add more chili flakes if you need more heat. Want it more sweet? Add a sprinkle of more sugar. This is your chutney; make it to your liking.
6. **Cool and arrange in jars:** Remove from heat and let cool. Spread the chutney into clean jars. If not serving immediately, seal the jars and store them in the fridge.

Here's a list of dishes where you can use basil pesto:

- **Rice Dishes:** Stir some into rice dishes to add a fruity contrast to savory flavors.
- **Salads:** Drizzle over fresh salads to add a fruity dressing component.
- **Roasted Vegetables:** Brush it on roasted vegetables like carrots, sweet potatoes.
- **Breakfast Items:** Spread it on toast, bagels, or English muffins for a sweet start to the day.
- **Mix it into a dressing** for a dynamic salad flavor or Brussels sprouts for a caramelized finish.
- **Sandwiches and Wraps:** Spread it on your sandwiches or wraps to add extra flavor. It pairs exceptionally well with paneer or as a spread in a veggie burger.



Prep time:
15 min



Cook time:
30 min



Servings:
4



Approximately:
200 calories,
1g protein,
50g carbohydrates,
1g fat,
3g fiber.



SAUCES

Creamy Tahini Sauce

Ingredients



Prep time:
0 min



Cook time:
5 min



Servings:
4



Approximately:
180 calories,
5g protein,
8g carbohydrates,
16g fat,
3g fiber.

- 1/2 cup tahini (sesame seed paste because we're all about that nutty goodness)
- 3 tablespoons lemon juice (freshly squeezed)
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon cumin
- 2 to 4 tablespoons water (to achieve your preferred consistency)
- Optional: a pinch of paprika or cayenne

Directions

1. **Mix Mastery:** Serve right away or store in an airtight container in the fridge for up to a week. This is your arm workout for the day.
2. **Garlic Get-In:** Stir in minced garlic, salt, and cumin. Depending on your feelings, this is where garlic smells good or bad.
3. **Water It Down:** Gradually add water, one tablespoon at a time, until the desired consistency is reached.
4. **Spice It Up:** Please add a small quantity of paprika or cayenne.
5. **Taste Test:** Taste it and adjust the seasoning if needed. Too tangy? Add more tahini. Too thick? Splash in more water. It's all about balance.
6. **Serve or Store:** It should be served immediately or stored in an airtight container in the refrigerator for up to one week. Like a fine wine or your sense of humor, it improves with age.

Here's a list of dishes where you can use basil pesto:

- **Grilled Eggplant:** Brush tahini sauce over grilled eggplant slices for a smoky, creamy treat.
- **Veggie Burgers:** Swap out mayo for tahini sauce to add a nutty flavor to your burgers.
- **Roasted Cauliflower:** Toss cauliflower in tahini before roasting or drizzle on top afterward.
- **Kale Salads:** Use it as a dressing for a hearty kale salad, mixing it with lemon juice and extra spices.
- **Hummus:** Swirl it into or on top of your hummus for an extra layer of flavor.
- **Sweet Potatoes:** Dollop on baked sweet potatoes for a creamy contrast to the sweet flesh.
- **Avocado Toast:** Spread on toast before topping with avocado slices for a rich, nutty base.



SAUCES

Spicy Avocado Aioli

Ingredients

- 2 cups fresh basil leaves
- 1 large ripe avocado (the smoother, the better—no lumps allowed here!)
- 1/2 cup vegan mayonnaise (because we're keeping it egg-free)
- 1 clove garlic, minced
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper (or more if you're feeling fiery)
- 1/4 teaspoon black pepper (for a bit of mystery)

Directions

1. **Avocado Unleashed:** Halve the avocado, remove the pit, and scoop out the green gold. Mash it in a medium bowl until it's as smooth as your moves.
2. **Mix It Up:** Add the vegan mayonnaise, minced garlic, lime juice, salt, cayenne, and black pepper to the mashed avocado. This is not just mixing; it's creating culinary art.
3. **Whisk Away:** Use a whisk or fork to blend everything until it's creamy and thoroughly combined.
4. **Taste and Tweak:** Taste it. If it's too tame, add more cayenne. Too thick? Add a splash of lime juice. This is your show; make it spicy!
5. **Chill Out:** Cover and refrigerate for at least 30 minutes before serving.
6. **Serve with Flair:** Spoon into a serving bowl or squirt from a squeeze bottle if you're fancy.

Here's a list of dishes where you can use basil pesto:

- **Sweet Potato Fries:** Dip these crispy treats into the aioli for a heavenly match.
- **Grilled Vegetables:** Brush it on grilled zucchini, bell peppers, or mushrooms.
- **Tacos:** A dollop on top of black bean or grilled veggie tacos can do wonders.
- **Salad Dressing:** Thin it with more lime juice and drizzle over a mixed green salad.
- **Roasted Cauliflower:** Toss it in after roasting for a creamy finish.
- **Breakfast Burritos:** Spread inside before filling with scrambled tofu and veggies.
- **Falafel Wraps:** Drizzle over homemade falafel stuffed in pita bread with veggies.
- **Grilled Eggplant:** Brush tahini sauce over grilled eggplant slices for a smoky, creamy treat.



Prep time:
0 min



Cook time:
10 min



Servings:
4



Approximately:
200 calories,
1g protein,
8g carbohydrates,
19g fat,
4g fiber.

SAUCES

Zesty Tomato Relish

Ingredients

- 4 large ripe tomatoes, chopped (pick the juiciest ones!)
- 1 red onion, finely diced (watch out for tears)
- 1 red bell pepper should be finely diced (for a pop of color)
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 1 teaspoon mustard seeds (tiny but mighty)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper (spice it up!)
- A pinch of chili flakes (for those who dare)

Directions

1. Join forces: Combine the tomatoes, onion, and bell pepper in a medium saucepan. This is the start of something beautiful.
2. Sweet and Tangy: Add the apple cider vinegar and brown sugar to the pan. Stir to combine—this is where the magic happens.
3. Spice it Up: Sprinkle in the mustard seeds, salt, pepper and chili flakes. It's like a flavor fiesta.
4. Simmer Down: Bring to a boil, then reduce heat to off and let it simmer gently for about 20 minutes. You're looking for a thick, jamlike consistency. Patience is a virtue.
5. Cool and Collect: Remove from heat and let it cool. As it cools, it will thicken up even more.
6. Jar and Joy: Grab your jars and spoon the relish into them. Pop them in the fridge until you're ready to serve.

Here's a list of dishes where you can use basil pesto:

- Veggie Burgers: Spread it on veggie burgers for a zesty twist.
- Roasted Veggies: Serve it as a side to roasted vegetables for an added layer of taste.
- Rice or Quinoa Dishes: Mix it into rice or quinoa for a tangy infusion.
- Savory Pastries: Fill puff pastry with tomato relish and vegan cheese for a delicious snack.
- Baked Potatoes: Top baked potatoes with relish and vegan yogurt for a comfort food upgrade.
- Tacos: Spoon some into tacos for extra flavor.
- Pasta Salads: Stir into cold pasta salads for a picnic-ready dish.



Prep time:
10 min



Cook time:
20 min



Servings:
4



Approximately:
70 calories,
1g protein,
17g carbohydrates,
0g fat,
2g fiber.



SAUCES

Classic Cranberry Sauce

Ingredients

- 12 oz. fresh cranberries (about 3 cups, not just for Thanksgiving!)
- 1 cup sugar (cranberries are pretty tart on their own)
- 1 cup water (just enough to give everything a good swim)
- Zest and juice of 1 orange (for that citrus twist)

Directions

1. **Berry Prep:** Rinse the cranberries under cool water, and pick out and discard any that look imperfect.
2. **Combine and Boil:** Combine the water and sugar in a medium saucepan. Put the saucepan on the stove over medium heat and bring it to a nice, gentle boil, and you're all set. Stir to dissolve the sugar.
3. **Berry Time:** Add the cranberries and return to a boil. Turn down the heat and let everything simmer for about 10 minutes, or until most cranberries burst open like little flavor fireworks.
4. **Zest it Up:** After the cranberries have burst, stir in the orange zest and juice. Let it simmer for another five minutes, mixing sometimes to prevent it from sticking to the pan.
5. **Cool Down:** Take the pan off the heat and allow the sauce to cool to room temperature. As it cools, it will thicken, and it'll be just perfect for you.
6. **Chill Out:** Transfer to a bowl and refrigerate until cold. This sauce likes to chill.

Here's a list of dishes where you can use basil pesto:

- **Roasted Vegetables:** Drizzle it over roasted Brussels sprouts or carrots for a sweet contrast.
- **Morning Oatmeal:** Swirl into oatmeal for a fruity start to the day.
- **Vegetarian Roast:** This dish accompanies a vegetarian roast or nut loaf, providing a splash of color.
- **Desserts:** Top vanilla ice cream or cheesecake for a delightful dessert.



Prep time:
5 min



Cook time:
15 min



Servings:
4



Approximately:
130 calories,
0g protein,
34g carbohydrates,
0g fat,
2g fiber.



SAUCES

Classic Balsamic Vinaigrette

Ingredients



Prep time:
0 min

- 2 cups fresh basil leaves
- 1/4 cup balsamic vinegar (the star of the show)
- 3/4 cup extra virgin olive oil
- 2 tablespoons artificial honey
- 1 clove garlic, minced
- Salt and pepper to taste



Cook time:
5 min

Directions



Servings:
4

1. Mix the Base: Combine the balsamic vinegar, honey, mustard, and chopped garlic in a small jar with a tight-fitting lid. This is where the flavor party starts.
2. Emulsify: Slowly whisk in the olive oil or add it to your jar and shake vigorously. The goal is to get a beautifully emulsified dressing in which oil and vinegar are more than acquaintances—they're best friends.
3. Season: Add salt and pepper to taste. It's like adjusting the volume of your favorite song.
4. Final Whisk: Give it one last whisk or shake to ensure everything is well combined and ready to dress up any dish.
5. Serve or Store: Serve immediately or refrigerate in a jar. Shake well before serving if it's been sitting for a while, as it likes to separate when it rests.



Approximately:
270 calories,
0g protein,
5g carbohydrates,
28g fat,

Here's a list of dishes where you can use basil pesto:

- Garden Salads: Drizzle it over mixed greens, cherry tomatoes, and cucumbers for a refreshing salad.
- Grilled Vegetables: Brush it on grilled zucchini, bell peppers, and eggplant for an extra layer of flavor.
- Roasted Brussels Sprouts: Toss Brussels sprouts in vinaigrette before roasting for a caramelized finish.
- Sandwich Spread: Elevate your sandwich game by using it as a flavorful spread on veggie paninis.
- Marinade: Marinate tofu or tempeh in the vinaigrette before cooking to infuse rich flavors.
- Caprese Salad: A classic drizzle over fresh mozzarella, tomatoes, and basil.
- Pasta Salad: Use this dressing for a cold pasta salad mixed with fresh veggies and herbs.

PLANT-BASED MEAL PLAN FORMULA

The «One-Week Wonder»

Here's the deal: We don't believe in overwhelming you with meal plans for 28, 365, or—gasp!—2000 days. Who's got time to plan that far ahead? Instead, we've developed a flexible, no-stress approach called the «One-Week Wonder.» It's all about giving you a simple, manageable framework for creating your weekly plant-based meal plans.

Why It Works:

No Pressure, Just One Week: You're not locked into a month-long commitment. Start with one week and repeat or tweak it based on what you love!

Calculate Your Daily Calories (Without Using a Magic 8 Ball)

Check out these numbers for a rough estimate—they're like a calorie cheat sheet just for you.

Women:

Sedentary (light activity, couch-potato-ish): ~1,800 calories/day

Moderately active (you exercise but aren't training for the Olympics): ~2,000 calories/day

Active (workouts, running errands, plus maybe chasing kids around): ~2,200 calories/day

Men:

Sedentary: ~2,200 calories/day

(a little extra because, well, testosterone)

Moderately active: ~2,600 calories/day

Active: ~3,000 calories/day (you wild thing, you)

For the Little Ones (2–8 years old):

Around 1,000–1,400 calories/day

(Kids have the energy to spare. Just watch them run.)

For Tweens and Teens:

Girls (9–13 years): 1,400–2,200 calories/day
(depending on activity levels)

Flexible AF: Do you have a favorite recipe? Add it in! Want to switch up dinner? No problem! Our formula is designed to adapt. Real-Life Tested: You don't need to batch-cook 20 meals on Sunday. Just prep a little here and there, and you're golden. With the One-Week Wonder, you'll master the art of plant-based eating without feeling overwhelmed. Just grab your favorite recipes, calculate your daily calorie needs (remember that part?), and mix it up as you go. It's easy, breezy, and totally doable.

Boys (9–13 years): 1,600–2,600 calories/day
(you know, growing spurts and all)

For Teens (14–18 years):

Girls: 1,800–2,400 calories/day (their growth slows a bit)

Boys: 2,000–3,200 calories/day (hollow legs, anyone?)

Adults (19–50 years):

Women: 1,800–2,400 calories/day (depending on activity—yes, sitting counts too)

Men: 2,200–3,000 calories/day (they burn through calories as they burn through gas money)

For the Seasoned and Fabulous (51+ years):

Women: 1,600–2,200 calories/day

Men: 2,000–2,800 calories/day
(because experience counts but calories... not as much)

Age Matters (But You're Still Awesome).

There is no need to obsess over every calorie. These numbers are like a GPS—they help guide you, but you can still take a few detours. You might need more if you're active or feeling like Superman one day. Suppose it's a lazy day, less. The key is balance.

Plant-Based Meal Plan

You don't need a culinary degree to plan meals. For each day, aim for four meals: breakfast, lunch, dinner, and a snack. Throw in fun refreshments like smoothies or iced teas to keep things interesting. The key? Mix and match different veggies, fruits, grains, and proteins. Variety is the spice of life (and your plant-based meals)! Batch cooking is your best friend. Make a big batch of quinoa or lentils on Sunday, and you have a base for salads, wraps, or bowls all week long. Trust me, your future self will thank you. There is no need to reinvent the (vegan) wheel. Keep breakfast and lunch simple with avocado toast, overnight oats, or veggie wraps. Save the more “fancy” meals for dinner when you've got a little more time to flex your culinary muscles.

Example-Week Plan:

Monday:

BREAKFAST:

Vegan Yogurt Parfait with Granola
and Berries – 230 kcal

Add flax seeds – 100 kcal

Total: 330 kcal

LUNCH:

Edamame and Quinoa Salad with
Miso Dressing – 320 kcal

Add avocado – 80 kcal

Herbal Iced Tea – 50 kcal

Total: 450 kcal

DINNER:

Grilled Vegetable Stir-Fry – 300 kcal

Add tofu for extra protein – 150 kcal

Coconut Water Mojito – 50 kcal

Total: 500 kcal

SNACK: Antipasto Skewers

– 150 kcal

Trail Mix – 200 kcal

Total: 350 kcal

Daily Calories: 1,880 kcal

Tuesday:**BREAKFAST:**

Avocado Toast – 230 kcal

Add chia seeds – 100 kcal

Total: 330 kcal

LUNCH:

Vegan Waldorf Salad – 280 kcal

Add a serving of cooked quinoa – 120 kcal

Fresh Lemonade – 50 kcal

Total: 450 kcal

DINNER:

Vegan Shepherd's Pie – 400 kcal

Add a serving of roasted veggies – 150 kcal

Cucumber Mint Lemonade – 50 kcal

Total: 600 kcal

SNACK:

Guacamole with Tortilla Chips – 250 kcal

Dark Chocolate and Almonds – 180 kcal

Total: 430 kcal

Daily Calories: 1,810 kcal

Wednesday:**BREAKFAST:**

Tacos with Black Beans and avocado – 320 kcal

Velvety Chai Latte – 90 kcal

Total: 410 kcal

LUNCH:

Greek Salad – 300 kcal

Add quinoa – 120 kcal

Powerhouse Vegetable Juice – 80 kcal

Total: 500 kcal

DINNER: Vegan Mushroom Stroganoff – 400 kcal

Double the mushroom portion – 100 kcal

Fresh Lemonade – 50 kcal

Total: 550 kcal

SNACK: Bruschetta with Tomato and Basil – 180 kcal

Protein Bar – 250 kcal

Total: 430 kcal

Daily Calories: 1,810 kcal

Thursday:**BREAKFAST:**

Vegetarian Chickpea Salad

Sandwich – 330 kcal

Creamy Matcha Latte – 50 kcal

Total: 380 kcal

LUNCH:

Sushi Rolls with Vegetables – 210 kcal

Add a miso soup – 80 kcal

Cucumber Mint Lemonade – 50 kcal

Total: 340 kcal

DINNER: Sweet Potato and Black Bean Chili – 400 kcal

Add olive oil drizzle – 120 kcal

Fresh Lemonade – 50 kcal

Total: 570 kcal

SNACK:

Stuffed Jalapeños with Vegan Cream Cheese – 180 kcal

Fruit Salad with Almond Butter – 180 kcal

Total: 360 kcal

Daily Calories: 1,850 kcal

Friday:**BREAKFAST:**

Quesadilla with Spinach and Vegan Cheese – 280 kcal

Add flax seeds – 100 kcal

Total: 380 kcal

LUNCH:

Vegan Buddha Bowl with Sweet Potato and Chickpeas – 350 kcal

Coconut Water Mojito – 50 kcal

Total: 400 kcal

DINNER:

Grilled Tofu with Brown Rice and Steamed Vegetables – 400 kcal

Add soy sauce drizzle – 50 kcal

Herbal Iced Tea – 50 kcal

Total: 500 kcal

SNACK: Fruit Salad with Almond Butter – 150 kcal

Total: 150 kcal Daily

Calories: 1,830 kcal

Saturday**BREAKFAST:**

Vegan Pancakes with Maple

Syrup – 350 kcal

Add a handful of walnuts – 100 kcal

Total: 450 kcal

LUNCH:

Kale Salad with Roasted Veggies and Tahini Dressing – 300 kcal

Fresh Lemonade – 50 kcal

Total: 350 kcal

DINNER:

Stuffed Zucchini with Quinoa and Tomato Sauce – 400 kcal

Add olive oil drizzle – 120 kcal

Spicy Tomato Juice Cocktail – 50 kcal

Total: 570 kcal

SNACK:

Roasted Chickpeas – 200 kcal

Total: 200 kcal

Daily Calories: 1,870 kcal

Sunday:**BREAKFAST:**

Vegan Tofu Scramble with Spinach and Mushrooms – 300 kcal

Add avocado slices – 80 kcal

Total: 380 kcal

LUNCH:

Avocado and Black Bean Salad – 320 kcal

Cucumber Mint Lemonade – 50 kcal

Total: 370 kcal

DINNER:

Sweet Potato and Chickpea Curry – 400 kcal

Add coconut milk – 100 kcal

Herbal Iced Tea – 50 kcal

Total: 550 kcal

SNACK:

Antipasto Skewers – 150 kcal

Total: 150 kcal

Daily Calories: 1,900 kcal

Tips for Boosting Calories Across the Week

Breakfast:

Adding peanut butter or a tablespoon of almond to your breakfast (like oats or toast) adds about 90-100 kcal. Swap out low-calorie plant-based milk (like almond milk) for full-fat coconut or soy milk. This can add 50-100 kcal per serving.

Lunch:

Avocado is a rich source of healthy fats and can add around 80-120 kcal if you increase it by half or more. Include quinoa, brown rice, or couscous in salads and wraps. A serving of cooked quinoa adds about 100-150 kcal.

Dinner:

Increase the portion size of chickpeas, beans, or lentils in dishes like curries or soups. A half cup of cooked chickpeas adds 140 kcal. Drizzle an extra tablespoon of olive oil over stir-fries, salads, or roasted veggies, adding 120 kcal.

Snacks:

A little trail mix with tasty nuts, seeds, and dried fruit can easily add around 200 kcal.

Choose whole-food-based energy bars for a snack, averaging 200-250 kcal per bar. Adding hummus as a snack or with meals provides 150-200 kcal.

Add nuts or seeds to salads and smoothie bowls. Use tahini or hummus as a dip for veggies and snacks. If needed, include a protein smoothie as a second snack.

After a week, check in with yourself. Are you feeling great? Tweak your plan to add more of what you love or try new recipes. The idea is to enjoy the process, not to feel like you're chained to a rigid plan.

TOP 30 PLANT-BASED SOURCES OF PROTEIN

These versatile vegan protein sources can be included in various dishes, from main courses and side dishes to snacks and shakes, ensuring a balanced and protein-rich vegan diet.

- | | |
|--|--|
| <ul style="list-style-type: none"> • Seitan (Wheat Gluten) - Approx. 25g protein per 3.5 oz • Tofu (Firm) - Approx. 15-20g protein per 3.5 oz. • Tempeh - Approx. 19g protein per 3.5 oz. • Lentils - Approx. 18g protein per cup (cooked) • Chickpeas - Approx. 15g protein per cup (cooked) • Black Beans - Approx. 15g protein per cup (cooked) • Kidney Beans - Approx. 13g protein per cup (cooked) • Peanuts - Approx. 38g protein per cup • Almonds - Approx. 20g protein per cup • Spirulina - Approx. 8g protein per 2 tablespoons • Quinoa - Approx. 8g protein per cup (cooked) • Peanut Butter - Approx. 8g protein per 2 tablespoons • Edamame - Approx. 17g protein per cup (cooked) • Nutritional Yeast - Approx. 14g protein per 1/4 cup • Hemp Seeds - Approx. 10g protein per 3 tablespoons | <ul style="list-style-type: none"> • Pumpkin Seeds - Approx. 12g protein per 1/3 cup • Chia Seeds - Approx. 6g protein per 2 tablespoons • Sunflower Seeds - Approx. 6g protein per 1/4 cup • Green Peas - Approx. 8g protein per cup (cooked) • Oatmeal - Approx. 6g protein per cup (cooked) • Spinach - Approx. 5g protein per cup (cooked) • Broccoli - Approx. 4g protein per cup (cooked) • Asparagus - Approx. 4g protein per cup (cooked) • Artichokes - Approx. 4g protein per cup (cooked) • Potatoes - Approx. 4g protein per cup (cooked) • Whole Wheat Pasta - Approx. 7g protein per cup (cooked) • Wild Rice - Approx. 7g protein per cup (cooked) • Cashews - Approx. 5g protein per 1/4 cup • Soy Milk - Approx. 7g protein per cup |
|--|--|

MEASUREMENT CONVERSION TABLES

Teaspoons (tsp) to Milliliters (ml) Pounds (lb.) to Kilograms (kg)

- 1 tsp. (teaspoon) = 5 ml
- 1 tbsp. (tablespoon) = 15 ml

• 1 lb. = 0.4536 kg

Cups to Liters

- 1 cup = 240 ml = 0.24 liters
- 1/2 cup = 120 ml
- 1/3 cup = 80 ml
- 1/4 cup = 60 ml

Temperature Conversions

Fahrenheit (°F) to Celsius (°C)
 • Formula: °F = (°F - 32) × 5/9 °C = (°F - 32) × 9/5
 • Example: 350°F = 177°C

Weight Conversions

Ounces (oz.) to Grams (g)
 • 1 oz. = 28.35 g

Ingredient Equivalents Flour

- 1 cup of all-purpose flour = 120 grams
- 1 cup of bread flour = 127 grams
- 1 cup of granulated sugar = 200 grams
- 1 cup of powdered sugar = 120 grams

Common Baking Pan Size Conversions Round Cake Pans

- 8-inch diameter = 20 cm diameter
- 9-inch diameter = 23 cm diameter

Square and Rectangular Baking Dishes

- 9 inches' x 9 inches = 23 cm x 23 cm
- 13 inches' x 9 inches = 33 cm x 23 cm

CONCLUSION

Every recipe in this book is crafted to introduce you to the endless possibilities of plant-based eating—from sunrise smoothies to late-night lentil tacos.

Beyond recipes, I've compiled pro tips to ensure that your plant-based meals are as fun to make as they are to eat.

This book is extra special because it includes a bit of family love. Inspired by my passion and enthusiasm, my granddaughter, Ann Skinner Jr., played an important role in creating this cookbook. With her creative ideas and energy, Ann ensured these recipes would appeal to the next generation of green eaters. Her dedication and belief in the power of plant-based living made every step of this journey even more meaningful.

And yes, there's also a touch of modern magic! This book has a secret ingredient—artificial intelligence! I teamed up with AI to ensure these recipes taste fantastic and are packed with extra creativity. Think of AI as my sous-chef—organizing ideas, providing inspiration, and helping assemble everything smoothly (without making a mess in the kitchen). But don't worry—all the love and flavor are still 100% human, with a sprinkle of Ann's youthful touch.

Now, it's time to roll up your sleeves and bring these recipes to life. Your kitchen is your new playground, and those veggies are begging to be spun into something spectacular. Dive into this plant-based journey enthusiastically and transform how you cook, eat, and think about food.

If these recipes have you sprouting new ideas, don't keep them to yourself! Hop onto Amazon and share your thoughts. Your review helps us and guides fellow food enthusiasts on their plant-based adventures. Let's cultivate a world of green eaters with Ann and our plant-powered community!



DISCLAIMER

The recipes and information in Ted Skinner's & Ann Skinner Jr.'s "Plant-Based Cookbook for Beginners" are for informational purposes only and not intended as medical advice. Before starting any new diet or health program, checking with your healthcare professional is always a good idea. The nutritional info in this book is only an estimate, and it can change depending on the ingredients and how they're made. The author and publisher don't assume responsibility for the accuracy of these values.

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Thank you so much for purchasing my book!

You don't need a culinary degree to plan meals. For each day, aim for four meals: breakfast, lunch, dinner, and a snack. Throw in fun refreshments like smoothies or iced teas to keep things interesting. The key? Mix and match different veggies, fruits, grains, and proteins. Variety is the spice of life (and your plant-based meals)! Batch cooking is your best friend. Make a big batch of quinoa or lentils on Sunday, and you have a base for salads, wraps, or bowls all week long. Trust me, your future self will thank you. There is no need to reinvent the (vegan) wheel. Keep breakfast and lunch simple with avocado toast, overnight oats, or veggie wraps. Save the more "fancy" meals for dinner when you've got a little more time to flex your culinary muscles.

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